

Take Heart

(Derby)


Registered Charity No 1163703

www.takeheartderby.co.uk


A social support group for heart patients, their families and carers.



Newsletter September, 2016.

 **Walking in the wilds.** Six members and a granddaughter met up for this walk. We started by walking past the Abbey pub, a grade 2 listed building dating to the 15th century, then past Flat Square where the three storey houses were built on three sides of the square in 1792. The walk then went through the short riverside gardens and crossed the river by the weir, built in 1782 to power the mills, which mostly produced cotton thread. We continued along Folly Road with the rugby club to our left, then over the brook into Darley playing fields. The path along the river bank to the southern end of the fields meets the route of the old Great Northern Railway – this crossed the river by the bridge built by Andrew Handyside in 1878 at his Britannia Foundry some 200 metres downstream. The walk continued northwards through Darley Park, once owned by the Evans family who moved into the hall in 1835. It remained in the family until the death of Ada Evans in 1929. Part of the estate was sold off in 1931 but the hall and 40 acres of parkland were given to Derby Borough Council who opened it as a public park in 1933. Over the years more land has been added. The hall remained in the park until its demolition in 1960. The area now houses the tea room and terrace garden. As the park is on a slope it took some time to reach the tea room for refreshment, with bacon butties consumed by the usual suspects. It was a pleasant 2.5 mile walk on a lovely day.



 **Wife's affair.** A man returns home a day early from a business trip. It's after midnight. While en-route home, he asks the cabby if he would be a witness. The man suspects his wife is having an affair, and he wants to catch Her in the act. For £100, the cabby agrees. Quietly arriving home, the husband and cabby tip toe into the bedroom. The husband switches on the lights, yanks the blanket back and there is his wife in bed with another man! The husband puts a gun to the naked man's head. The wife shouts, 'Don't do it! I lied when I told you I inherited money'. HE paid for the Porsche I gave you. HE paid for our new cabin cruiser. HE paid for your Derby County season tickets. HE paid for our house at the lake. HE paid for your African tour and 4 x 4. HE paid for our country club membership, and HE even pays the monthly dues!' Shaking his head from side-to-side, the husband lowers the gun. He looks over at the cabby and says, 'What would you do? The cabby replies, "I'd cover him with that blanket before he catches a cold"

July coffee morning. With many members engaged in “babysitting” duties, there were still the usual suspects meeting for coffee at the end of August. Bacon butties are a popular selection by many but some greedy individual went a stage further with a full “Derbyshire”. Can you name him? Despite the slight reduction in numbers there was the usual loud chatter as we compared notes about holidays just taken or others who were soon to disappear. Our weather has been generally good and often better than some tourist ‘hotspots’, so the staycationers were often more pleased about their holiday at home. Pam also signed up some late commers for the Denby factory tour. Be sure to remember the next coffee morning on 27 September.



Changing Light Bulbs. Q: How do children schooled at home change a light bulb?
 A: First, the mother borrows three books from the library on electricity, then the kids make models of light bulbs, read a biography of Thomas Edison and do a skit based on his life. Next, everyone studies the history of lighting methods, wrapping up with dipping their own candles. Next, everyone takes a trip to the store where they compare types of light bulbs as well as prices and figure out how much change they'll get if they buy two bulbs for £2.99 and pay with a five-pound note. On the way home, a discussion develops over the history of money and also Elizabeth Fry, as her picture is on the five-pound note. Finally, after building a homemade ladder out of branches dragged from the woods, the light bulb is installed. And there is light.

Feedback. The following is feedback from last month's Newsletter, “A very good read (again) with loads of useful information; how do you do it/ another great newsletter interspersed as usual with some great humour hank you/ Thank you for the newsletter - informative and interesting as usual/ Many thanks for the newsletter ,excellent jokes this month, just wonder where you get them from” Contact Michael with your views!

Can you save 10p per week until February 2017? If each member household were to save 10p per week, as a group we could see £500.00 raised over a full year for our 2017 Jam Jar Challenge. Amazing and easy! The BHF finance some amazing research to help us and those who are yet to have heart problems. Please help if you can?



An eagle was sitting on a tree resting, doing nothing. A small rabbit saw the eagle and asked him, 'Can I also sit like you and do nothing?' The eagle answered: 'Sure, why not.' So, the rabbit sat on the ground below the eagle and rested. All of a sudden, a fox appeared, jumped on the rabbit and ate it. Moral of the story: *To be sitting and doing nothing, you must be sitting very, very high up.*

TH(D) giving you the correct advice. Marilyn Thompson sent the following report she had read in the Guardian “According to a recent European Society of Cardiology Congress, recently held in Rome” - Take Heart (Derby) have been giving you all the correct advice for several years now. “The conference reported on a 12-year study about the effect of regular physical activity on cardiovascular disease in older people aged 65 to 74 years. Currently the average person is walking for less than 10 minutes a day. Emily Reeve – senior cardiac nurse at the British Heart Foundation commented that this study highlights the importance of physical activity at any age- with an aim to achieve a minimum of 150 minutes of aerobic activity every week. Gardening, fishing or walking are recommended. At the same conference in Rome it was also stated that people who have suffered a heart attack and are divorced are 14% more likely to have a second heart attack than those who remain married - and are less likely to comply with medication regimes. They then turned to the benefits of a Mediterranean diet, advising that people already suffering from heart problems are 37% less likely to die early if they eat a diet which is rich in vegetables and oily fish. The study followed 1,200 people with a history of heart attacks, strokes and blocked arteries over a period of seven years. The conference stated that the Mediterranean diet was better than statins for tackling heart disease- but concluded that by doing both you will achieve the best chances!!!” Nice to know we got something right.

Denby factory tour. A local tourist attraction was the venue for an ad-hoc visit by nineteen members and guests earlier this month. We were shown a video outlining the history of the company and then a tour of the factory. Our guide, Karen, kept us within ‘the green and blue safety lines’. We paused to be advised what was happening at various stages during the casting and glazing of pottery. The skill levels of the



individual were amazing in an industry which still has a huge level of manpower to produce the finished pottery. One major element of the process was that there was no waste, literally everything was re-used in some way. At the end of the tour we were encouraged to press our own frog, with many efforts now sitting proudly at home waiting to dry out prior to painting. A great afternoon culminated in refreshments in Bourne’s restaurant.

Make space in your home with Bag it, Beat it, 2016. The Bhf have announced “*their fantastic appeal for bags of donations is back again in September and need your help from business and home throughout the county (and across the country) to raise vital funds for the BHF. Would you be willing to have some bags to hand to employees, customers members family and friends. You could even arrange a Bag it, Beat it challenge amongst your contacts and even have a prize for the winner. Clear the clutter from your house by taking part and help raise vital funds. Its not just clothes that can be put into the bags. Fill them with clothes, shoes, books, DVD’s, CD’s, or childrens toys. The more bags you fill the more money can be raised to help millions of people whose lives have been affected by heart disease.*” Bags are available from Michael for distribution. You could even bring them to the coffee morning on 27th September. Start your de-clutter now.

Supermarket Sweep. A man has taken early retirement and got a job as a supermarket greeter. His superiors are very pleased with his work, except that he is consistently 5 or 10 minutes late. His boss asks him, "What would they have said in your previous job if you' d come in 5 minutes late every day?". The man replied, "I expect they would have said, 'Good morning, Admiral. Would you like a cup of tea?'"

Have you received your copy of Heart Matters yet? As a Heart Support Group affiliated to the British Heart Foundation, Take Heart (Derby) recommends that all members ensure they get a copy. You may receive it in print, delivered free to your home address - or online to your computer. It is published every two months - a high quality magazine- and all for free! Call 0870 600 6566 to ask to be added to their circulation list – or to order any of the free British Heart Foundation Publications. You will be sent a free welcome pack when you first join, including a recipe folder. The award-winning heart health magazines offer information on heart conditions and treatments, the latest research, real life stories and nutritional information to keep your heart healthy. It is an all colour, high quality magazine with accurate information you can rely upon. If you have never seen a copy - the ask Marilyn Thompson - our publications officer or contact her on 01332 558756.

Diamond wedding anniversary. Ken and Molly Illsley recently celebrated their diamond wedding anniversary at home with their family. Son Jed sent in this photograph of the happy couple about to cut their cake (I hope they saved me a slice). Ken & Molly have been strong supporters of our group for many years. Congratulations to you both and we look forward to seeing you again soon.



Stop and Search.

"How long have you been driving without a rear light, sir?" demanded the policeman. The driver jumped out, ran to the rear of his car, and gave a low moan. His distress was so great that the cop was moved to ease up on him a bit.

"Oh, come now," he said, "you don't have to take it so hard. It isn't that serious."


"It isn't?" cried the motorist. "What happened to my boat and trailer?"


What a shame that not many members turned out to listen to Joan Ward, who is a Blue Badge tourist guide for Derbyshire. We were treated to another afternoon of laughter by her talk called "let's have a laugh". Joan told us that she had been doing talks for many years about her job as a Blue Badge tourist guide, but had always been interested in the funny snippets that you would see in newspapers or magazines. She said that she decided to start collecting funny adverts and notices with the thought that she would be able to get a new talk together which would make people laugh. With this in mind, she thought she would test it out on her husband. As she read out some of the things she thought was funny she looked at her husband who hadn't laughed once. She asked him what he thought and his suggestion was to cancel any talk she had booked, but she said she has realised that men have a different sense of humour. Joan said that laughter is the best medicine; it can lower your blood pressure, reduces stress and can delay the onset of dementia. She went on to





read out some of the funniest adverts that she had found. An advert in her local paper read girls wanted for pickling, another read man wanted to work in dynamite, must be willing to travel and the third was shop assistant required sex no obligation. An advert in the Ripley co-op read for sale delightful rats, unwanted Christmas present, and from the Belper news came, Council to make rubbish announcement and residents to discuss replacing ramps


with councillors as well as red tape holds up new bridge and the final one young swimmers advised to drink water. A notice on a school notice board read sex lessons delayed due to teachers needing more training. Headline in Derby Evening Telegraph was Helen had trouble with wind and a national paper, sisters reunited after 18 years at checkout. A paper reported that 1,000 tea bags worth £10 had been stolen and the police stated that the thief was getting help with his drink problem. Ann read out a piece from a newspaper in Finland which stated that people in an office block were advised that in case of a fire if they could not reach a fire extinguisher, they should fasten themselves in a room and expose themselves at the window. A teacher asked her pupils to explain what wonder lust meant, their answer was it is what old people go on a cruise for. Parish Newsletters, small band of ladies cleaning the garden beds, if you would like to share a bed with a lady gardener please ring this number also young mothers group read anyone wanting to be a little mother please see the vicar later in the vestry. A notice outside the church read the talk is about Heaven and how we get there, the notice underneath read coach leaves from here at 7pm. Note from British Gas to Mr Purdy telling him that he would not be charged for the gas used during the explosion which blew up his house. A French teacher had written on a boy's school report, by the time Michael learns French he will be too old to cross the channel. Council note read lady rang the council to ask when the plasterer was coming as she had been stripped and ready for days. There were a huge number of funny adverts and by the end of the talk everyone went home feeling they'd had an afternoon of fun and laughter, just what the doctor ordered.

 **Next month.** Tina Hensey is our speaker for October. She will combine two topics: “Healthy Eating- the balance of good health” together with “Exercise for All “- the benefits of exercise. Tina organises “Walking for Health” events for Chesterfield Borough Council where she is a Community Lifestyle Officer in the Healthy Living Centre. She plans to make us work too - by arranging a “chair exercise” routine for us all to do - so bring along your tracksuit and trainers and get ready to emulate Team GB? On Monday 10 October at 2.30 PM in the Friends Meeting House, St Helens Street, Derby DE1 3GY.


 **Love this Japanese Doctor!** Q: Aren't fried foods bad for you? A: YOU NOT LISTENING! Food fried in vegetable oil. How getting more vegetable be bad?


 **Member news.** This month we have been advised that Margaret Smith passed away suddenly in July – our thoughts are with John and his family at this time. April Howe has returned home following her operation and we wish her a speedy recovery. Jean Mosely is still receiving treatment and fighting hard. Betty Hassell is coping well and celebrated her birthday this month with lots of cards, visitors and flowers at her nursing home. Barry Birkin is at home and battling to be fit. If you know anyone who is unwell, then please let Michael know. We wish all who are ill a speedy recovery.

 **Birthdays.** Birthday wishes this month go to Laura Blatherwick, Graham Bracewell, Paul Dudley, Ted Evans, Doreen Goodes, Kay Grant, David Hancock, Betty Hassell, Ian Knowles, David Newton, Geoff Oliver, and Barbara Pearson. A very happy birthday to you all. If I have missed you, please contact me with your details.

 **Swimming news.** The Queens Leisure Centre have been repairing the roof over the family pool for a very long time. They have previously given us target dates they think this pool will re-open but none have been met. Now they are not saying anything except that it is still being worked on and they will let us know when it is complete. Watch this space – I have confirmed our requirement to return at 3.15 PM on Wednesdays as soon as it is ready.

Love this Japanese Doctor! Q: What are some of the advantages of participating in a regular exercise program? A: Can't think of one, sorry. My philosophy: No pain...good!

 **The Annual Sponsored Swimming** event will take place at the Arc Leisure Centre in Matlock on Saturday 15 October. Funds raised will be donated to the BHF Mending Broken Hearts appeal. More details can be obtained from John Dean on 01335 123456 or email: dean580@btinternet.com. Good luck to you all.

 **I was at the check out** at my local supermarket with just a few items and the lady behind me put her things on the belt close to mine. I picked up one of those dividers that they keep by the till and placed it between our things so they wouldn't get mixed. After the girl had scanned all of my items, she picked up the divider, looking it all over for the bar code so she could scan it. Not finding the bar code, she said to me, 'Do you know how much this is?' I said to her 'I've changed my mind; I don't think I'll buy that today.' She said 'OK,' and I paid her for the things and left. She had no clue to what had just happened. (But the lady behind me had a big smirk on her face as I left)



News from the British Heart Foundation. *High blood pressure can be caused by a tiny organ that senses oxygen levels in the blood, according to new research we funded with your donations. Researchers at the [University of Bristol](#) discovered that this organ, which is no bigger than a grain of rice, can be targeted to treat [high blood pressure](#). The organ is a pair of 'carotid bodies' in the neck on either side of the throat between two major arteries that feed blood to the brain. As part of the study, published in the [American College of Cardiology journal Basic to Translational Science](#), patients had one of these carotid bodies and experienced an immediate and sustained drop in blood pressure. This procedure was carried out on a small group of 15 people with high blood pressure as part of a pilot trial to see if the treatment was safe. Lead researcher [Professor Julian Paton](#), whose research we have funded for many years, said: "Treating the carotid body is a novel approach and a potential game changer, as we believe we are reducing one of the main causes for hypertension in many patients. "High blood pressure treatment typically tackles the symptoms targeting the end organs such as the heart, kidneys and blood vessels, and not the causes." The people who were successfully treated had naturally raised carotid body activity. At rest, they breathed more and had exaggerated breathing in response to reduced oxygen levels in the blood. Carotid bodies normally 'sniff' the levels of oxygen in the blood and, like a thermostat, respond when levels get too low. They signal the brain to increase the breathing rate and blood pressure. Removing a carotid body caused falls in blood pressure that were greater than we see through medication. This suggests the strong potential for treating high blood pressure by targeting the organ. In the future the researchers believe this could be done with a drug, which would be more practical than surgery. Our Associate Medical Director, Professor Jeremy Pearson, said: "High blood pressure affects around 30 per cent of UK adults and can lead to fatal heart attacks and stroke. We urgently need to find new and better ways to treat high blood pressure and that will only be possible through research. "By tackling the problem differently and seeking to understand the underlying causes of increased blood pressure, this BHF-funded research team has shown for the first time that removal of the carotid body can effectively reduce blood pressure in patients with resistant hypertension. "This proof of principle clinical study is the exciting first stage in developing less invasive methods or new drugs targeting the carotid body, which can be used in future to treat patients whose blood pressure is not controlled with current medication." Source; <https://www.bhf.org.uk/news-from-the-bhf/news-archive/2016/september/blood-pressure-treatment-breakthrough>.*




What colour was her hair? Several years ago, we had an trainee who was none too swift. One day she was typing and turned to a secretary and said, 'I'm almost out of typing paper. What do I do?' 'Just use paper from the photocopier', the secretary told her. With that, the trainee took her last remaining blank piece of paper, put it on the photocopier and proceeded to make five blank copies.
(Well you were wrong, she was a brunette)



Uplift your spirits. Singing is well known to be a cheerful pastime. Would you be interested in joining with other members of TH(D) and lighten your mood – please contact Trisha Flude on 01332 380219 for an informal chat.



 **Logic from an uncluttered Mind** A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large mammal its throat was very small. The little girl stated that Jonah was swallowed by a whale. Irritated, the teacher reiterated that a whale could not swallow a human; it was physically impossible. The little girl said, 'When I get to heaven I will ask Jonah'. The teacher asked, 'What if Jonah went to hell?' The little girl replied, 'Then you ask him'.

 **Forthcoming programme.**

 **September.**

Thursday 22th Lunch at The Bridge Inn, Duffield Bank, Duffield DE56 4BG at 12 noon.
Tuesday 27th Coffee morning at The Cube café/bar from 10.30 AM.
Wednesday 28th Swimming at the Queens Leisure Centre at 3.15 PM.

October.

Wednesday 5th Swimming at the Queens Leisure Centre at 3.15 PM.
Monday 10th Tina Hensey will advise how to “Exercise and Eat Healthily” from 2.30 PM in the Friends Meeting House, St Helens Street, Derby DE1 3GY.
Wednesday 12th Swimming at the Queens Leisure Centre at 3.15 PM.
Monday 17th Walking back to health - 🐢 - Alvaston walk of 2 ¾ miles, meet at St Michaels & All Angels Church, Church Street, Alvaston, Derby DE24 0PR meet at 9.45 to walk at 10.00 AM.
Tuesday 18th Lunch at the Dog & Duck, London Road, Shardlow, Derby DE72 2GR at 12 noon.
Wednesday 19th Swimming at the Queens Leisure Centre at 3.15 PM.
Tuesday 25th Coffee morning at The Cube café/bar from 10.30 AM.
Wednesday 26th Swimming at the Queens Leisure Centre at 3.15 PM.

 **Exercise classes.**

Royal Derby Hospital - Contact Christine Chambers on 01332 785597 for phase 4 rehab only. “Exercise for the Heart”. Contact Jane on 07930 975681. Classes at Draycott and Ilkeston. “Mobile Sports Therapy” contact Matt on 01332 832224 or 07714718910. Cardiac Rehab Programme at Belper Leisure Centre, Amanda Gowling, 01773 825285 Seated exercise classes at URC, Becketwell Lane, Derby. Tel Gwen on 01283 701284

 **Contacts.**

If members have a problem and would like to talk to someone in private, please telephone any committee member. BHF Heart Health Line 0300 330 3311, Mon-Fri 9am-5pm, to seek information on heart health. Any queries or comments about Take Heart (Derby) should be directed to Michael Flude on 01332 380219, email michael.flude@takeheartderby.co.uk. or 14 Brookside Road, Breadsall, Derby DE21 5LF.

Items for the newsletter should be sent to Michael, information about publications to be sent to Marilyn on 01332 558756 and lunch venues to Pam on 01332 606563.

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