

# Take Heart

(Derby)

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

[www.takeheartderby.co.uk](http://www.takeheartderby.co.uk)

Registered Charity No 1163703



## Newsletter April 2018



**Lunch at Woodlands Hotel, Allestree.** Well, we finally made it to the Woodlands. There have been a number of attempts in years gone-by but it was closed when we went or it was being refurbished. Was it worth the wait? Opinion was divided. One table report they enjoyed their meal which was served promptly and was well cooked. Unfortunately, those at another table were not so pleased. Peas, particularly were not cooked and some of the meals were only tepid at best. Even a curry (which probably came in a packet ready for the micro-wave) was not even hot, let alone cooked. Having been split about the food, the social event was a huge hit, which is a large portion of what our social calendar is all about. Next month is our formal spring lunch at Mickleover Golf Club, where we hope for a first-class meal.



**Don't use a big word** when a singularly unloquacious and diminutive linguistic expression will satisfactorily accomplish the contemporary necessity.



**Birthdays.** Happy birthday this month to a very large number of members, including David Backhouse, Lyn Calladine, Joyce Cocking, Barbara Cooper, Philip Fitzpatrick, Richard Flatman, Trisha Flude, Doug Glenday, April Howe, John Hughes, Celia Hunter, Ken Illsley, Philip Johnson, Ian King, Vivien McCurdy, Barbara Polhill, Philip Robinson, John Ruddle, Lorna Skidmore and Betty Summers. We hope you have a happy and memorable day.



### Frequently Asked Questions from the Etch-A-Sketch Help Desk:

Q: My Etch-A-Sketch has all of these funny little lines all over the screen.

A: Pick it up and shake it.

Q: How do I turn my Etch-A-Sketch off?

A: Pick it up and shake it.

Q: What's the shortcut for Undo?

A: Pick it up and shake it.

Q: How do I create a New Document window?

A: Pick it up and shake it.

Q: How do I set the background and foreground to the same colour?

A: Pick it up and shake it.

Q: What is the proper procedure for rebooting my Etch-A-Sketch?

A: Pick it up and shake it.

Q: How do I delete a document on my Etch-A-Sketch?

A: Pick it up and shake it.

Q: How do I save my Etch-A-Sketch document?

A: Don't shake it.



**March coffee morning.** What a wintery day it was – who said spring had started? We were missing a number of people who had foolishly booked holidays in the run up to Easter. There were many who had undertaken “baby” sitting duties of grandchildren. Still there were xx members in attendance. Margaret was busy obtaining menu choices from those attending the Spring lunch in April. Next coffee morning is 24<sup>th</sup> April – will you be there?



**Don't forget** to put all your loose change into a jam jar in readiness for the challenge event in February next year – every little help's (now where have I heard that before). You would be surprised how your change adds up if you do it regularly. The total received at this year's event was £320.98 and will be presented to the BHF at our coffee morning on 29<sup>th</sup> May. Hope to see you there.



**It's A Dog's Life.** Bernard, who is noted for his gracious manners, was awakened one morning at four-forty, four AM by his ringing telephone. . . "Your dog's barking, and it's keeping me awake," said an angry voice. Bernard thanked the caller and politely asked his name and number before hanging up. The next morning at precisely four-forty, four a.m., Bernard called his neighbour back . . . "Good morning, Mr. Williams.... Just called to say that I don't \*have\* a dog."



**2018 Subs are overdue.** Thank you to all those who have paid their annual subs on time. For those few who have not yet paid, I remind you our subscription year is from January until December. We are trying to complete our annual financial report and would ask you to send your remittance ASAP. Please send your cheque to Richard Flatman, 105 Ferrers Way, Allestree, Derby DE22 2BE. We request a minimum of £10.00 per household per year, “probably the best value membership in the world!!” Of course, you can contribute more if you wish. Why not Gift Aid it, whereby HMRC will add a further 25% and it won't cost you a penny more. Some of you even send postage stamps as well, which is always useful. Thank you in advance. **You can even do it on-line (follow the instructions below).**



**Will IVF babies be members of Take Heart (Derby) in the years ahead?** Scientists have warned against the risks of intensive [IVF treatment](#) as research suggests it increases the risk of heart disease in children. The “high stimulation” method, where powerful drugs are used to stimulate egg production, is a commonly used practise in British fertility clinics. But experts are now claiming there is growing evidence the treatment can result in offspring with higher blood pressure and thicker arteries than normal. Those traits among babies raise the risk of heart attacks and strokes as adults. The warnings will be presented this week at the International Society for Milder Approaches to Assisted Reproduction conference in London. They are based on a study comparing 65 Swiss pre-school children who were born from [fertility treatment](#) to 57 who were conceived naturally. It found that those in the former group tended to have “generalised vascular dysfunction”. A second study analysing all UK births following fertility treatment showed slightly poorer health outcomes in offspring where more than 18 eggs were retrieved at once. Dr Sherman Siber, an American IVF pioneer, told The Mail on Sunday: “Hyper-stimulation is crazy because you end up getting a lot of poor-quality eggs.” The studies contribute to a growing body of evidence that harsh fertility regimes can be associated with poor health outcomes in children. Approximately 66,000 Britons were conceived through IVF. Source: <https://www.telegraph.co.uk/science/2018/04/08/ivf-children-risk-heart-disease-procedure-intense-experts-warn/> in a report by Henry Bodkin in the Daily Telegraph 8 April 2018.



**The Joys of Grandparenthood.** A little girl climbed up onto her grandfather’s lap and asked, “Did God make me?” “Yes,” the grandpa replied. “Did he make you, too?” “Yes.” “Well,” the girl said, looking at his wrinkles and thinning hair, “he sure is doing a better job nowadays!”



**Making payments** to Take Heart (Derby) can be completed via our website [www.takeheartderby.co.uk](http://www.takeheartderby.co.uk). Select Just Giving folder, click on the MyDonate icon. Select either single or regular donation and then select a value to donate – click next. Add your name and a message for the reason you are donating, either annual subs or general donation – click next. The next page deals with Gift Aid. If you are a UK tax payer, by selecting to add Gift Aid, your donation allows our charity to achieve an additional 25% from the UK Government (HMRC). This is done automatically and does not involve any additional payment by you or any paperwork. We hope this additional facility will be of benefit to you.



**I went to see the doctor this morning.** "Someone decided to graffiti my house last night!" I raged. "So why are you telling me?" the doctor asked. "I can't understand the writing," I replied. "Was it you?"



**First walk of the year is on Saturday 28 April.** The first walk is the Ticknall tramway and village circular. Meet at Ticknall Village Hall car park, Ingleby Lane, Ticknall DE73 7JW. There is 1 stile, with walking on an all-weather surface. The walk starts at 10.00 so make sure you get there with a bit of time to spare. For more details contact Graham Bracewell on 01332 704195 otherwise, we will see you there.





**Our speaker this month** was Richard Matkin, with the talk called “honey all the way”. Richard is the chairman of the Burton Bee Keepers Association and talked us through what happens to a bee hive from winter to summer. He explained that there are different types of bees, some are called solitary, another called masonry, but the honey bee is the one we all associate with. The honey bee is different from all the others because they live as a colony throughout the winter. We were told that there are three members of the honey bees, firstly there is the “queen bee” who is the mother of every other bee in the colony, secondly there are the “worker bees”, these are female and during the winter months there would be five to ten thousand of them in a colony, and the third are the “drone bee” these are male and would be found in the hundreds in the colony. Richard said that it is believed that bees were living on the earth long before man. Hives are made of pottery or wood but many years ago they would have been made of straw. The queen bee will lay her eggs in the bottom of a cell in early spring which turns into a grub, the worker bees will feed this grub then put a wax lid on the grub then 23 days later this will turn into a bee. Richard told us that in the summer months the worker bees only live for around seven weeks as they have to work so hard, during this time as the queen bee will be laying around 2,000 eggs per day. Also, during this period the amount of bees in the colony can increase to between forty and sixty thousand. Richard said that bees will also collect resin from trees and turn it into a type of glue called bee glue. The bees will go right inside the flower to suck the nectar which they will turn into honey. Whilst gathering this nectar they will collect pollen on their backs so that when they fly into another flower they will pollinate it. We were told that a colony might decide that they need a new queen. Worker bees will then take a worker egg and put it into a queen cell and feed it with royal jelly which makes it into a queen. Instinct tells the old queen that there is a new queen, so she will fly off with some of the worker bees and will attach themselves to a tree. They will hang on the tree whilst the worker bees look for a new nest; which happens in early summer. After a few days the new queen will fly up to where the drone bees are to mate with them, unfortunately for the drone bees, they die after mating. The queen can fly up to 90 feet before this happens. Richard told us that during the winter months you have to make sure that the bees have enough food to last them through the winter, so a bee keeper would make a sugar paste to feed them with. A very enjoyable talk with members asking Richard a number of questions. He also had some lovely jars of honey to sell as well as bee’s wax polish that he produces.



**Committee vacancy.** Our Treasurer has given notice that he is to stand down from post following the AGM in July. We offer our most grateful thanks to Richard for carrying out this role for a number of years and for guiding us through the Charitable Status in 2015. We, therefore seek a new Treasurer/committee member to take post from the AGM onwards. Are you interested? Please contact Michael to discuss this very important role on 01332 380219.



**Member news.** So many of you have been hit for a second time with this horrible winter bug, with many being placed on a combination of antibiotics and steroids as a fail-safe method of trying to eradicate it. Trisha Flude had a short stay in RDH, Gill Flatman has been booked in for treatment, John & Janet Holmes have experienced difficulties recently. I am also the bearer of sad news about a former member, Gwen Williams, who passed away recently. Her funeral is planned for 3.20 PM on 20 April at Markeaton Crematorium. Geoff Hinks is not getting out much, John Ruddle is also struggling with walking. Noreen Shepherdson is still recovering and hopes to be with us again soon. Molly Illesley says she and Ken are a bit up and down but happily Ken is up when Molly is down and vice-versa. Per Staehr is back on ward 408 with a recurrence of the issue which saw him at RDH for a few weeks last month. Ann Quadri is also residing at RDH currently. Good luck to you all and we hope you soon recover. If you know someone who is ill, then please let Michael know.



**Q: What's it like having a toddler?** A: Imagine raising a heavily caffeinated chimpanzee who is allergic to sleep.



**News from the BHF.** There is fresh hope for hundreds of thousands of people in the UK with the potentially deadly heart condition dilated cardiomyopathy. We're investing over £2 million on the largest ever study of this poorly-understood disease. DCM is a condition that stretches and thins the heart muscle, so it becomes 'baggy' and is unable to pump blood around the body efficiently. It is estimated to affect up to 260,000 (1 in 250) people in the UK and is the leading cause of heart transplantation. Additionally, a staggering 650,000 (1 in 100) people in the UK risk developing the condition due to a common mutation in the titin protein. This mutation predisposes the heart to developing DCM when it is placed under stress such as pregnancy, some cancer treatments and possibly other stresses like alcohol abuse. Development of the condition puts people at greater risk of sudden death and can also lead to heart failure. After coronary heart disease, DCM is the leading cause of heart failure. Currently DCM is very poorly understood, with most causes unknown and poor outcomes for patients – research suggests that 15% of patients do not survive beyond 5 years after diagnosis, and up to half of deaths occur within the first 2 years of diagnosis. The multi-centre study of over 2,000 patients with DCM across England will investigate the interaction between genes and lifestyle factors to understand more about why people develop the condition and who is at risk of sudden death or heart failure. Six hospital trusts from across England will be recruiting patients for the study. The researchers will use advanced DNA sequencing, biological markers in the blood and cardiac imaging approaches to assess interactions between genes and seek to discover new genetic mutations underlying DCM, as well as assessing for potential environmental interactions. Ultimately the study aims to find better ways to diagnose, treat and prevent people dying from this disease. Professor Stuart Cook, Professor of Clinical and Molecular Cardiology at Imperial College London, is leading the study. Speaking about the complex nature of the condition, he said: "For about 1 in 4 patients with DCM we can find a genetic cause, but that leaves us with hundreds of thousands of people with DCM that we cannot explain, which hinders our ability to diagnose and treat the patients or help their families. "There are currently no targeted treatments that are specific for DCM, but as we get a better understanding of the genes which cause the condition, we can hope to develop new treatments which target these genes and pathways." Our Medical Director, Professor Sir Nilesh Samani, spoke about the hope this study provides: "This new funding represents a really exciting step towards understanding more about this dangerous condition, and could help us develop new tests and treatments in the future." Inherited heart conditions can affect anyone. But our research is keeping families together. Source: <https://www.bhf.org.uk/news-from-the-bhf/news-archive/2018/march/largest-ever-study-of-killer-heart-condition>.



**I wanted** to go jogging this morning but Proverbs 28:1 says "the wicked run when no one is chasing them," so there goes that.



**Breaking News!!!** A secondary school teacher was arrested today at Heathrow Airport as he attempted to board an international flight while in possession of a ruler, a protractor, a pair of compasses, a slide-rule and a calculator. At a press conference, a UK Border Control spokesman said he believes him to be a member of the notorious extremist Al-Gebra movement. He did not identify the man, who has been charged by the Police with carrying weapons of maths instruction. 'Al-Gebra can be a problem for all of us', the Spokesman said. 'They derive solutions by means and extremes, and sometimes go off on tangents in search of absolute values. They maintain secrecy by using secret codenames such as "X" and "Y" and refer to themselves as "unknowns" but we have determined that they belong to a common denominator of the axis of medieval with coordinates in every country.' As the Greek Philosopher Isosceles used to say, 'There are three sides to every triangle.' When asked to comment on the arrest, opposition Leader Jeremy Corbyn said 'If God had wanted us to have better weapons of maths instruction, He would have given us more fingers and toes.' Fellow Labour colleagues, including Diane Abbott, told reporters they could not recall a more intelligent or profound statement by the Opposition Leader.



**Spring lunch.** You would have thought that spring would have arrived by now. However, the topic of conversation was inevitably about when spring would eventually arrive. For most pundits "next week" seemed to be the answer. Lets see. We dined at



Mickleover Golf Club again following a very successful Christmas luncheon. We saw thirty-two members and guests in the private dining room enjoy a veritable feast. Plenty of choices booked in advance and lots of extra's on the day. There were many votes of thanks to Margaret Storry, who once again collated all your choices and organised things, so that all we had to do was turn up, sit down and consume. We all seemed very capable on the day. Next up is our Cream Tea event at Royal Crown Derby in June (see notes below)



**Newsletter feedback.** The following messages were received following last month's Newsletter: *"Thank you very much for a very entertaining and amusing newsletter, I don't know where you get the jokes from/ Brilliant, we are having fun/Always a great read/The calendar is inspirational/It's the best read of the month/Who writes this stuff? Brilliant/The jokes really brighten up my day/I found the item about a weak hand grip very interesting as I could not understand why I was having trouble! Hopefully- no weak handshake- but I do have problems with jars and bottles. Now all is revealed- I had missed it in the BHF notifications."* Thank you to all those who respond, I achieve much pleasure in reading your comments (even the critical one's)! Please send your comments to Michael.



**Summer Cream Tea** on Tuesday 12 June. Our annual cream tea event will follow the same pattern as previous years. Royal Crown Derby tea rooms will be the venue once again. Normally the price is £4.95 but members pay only £2.50 each with guests at £4.50. Booking is essential as there is a maximum of fifty places on offer. Contact Margaret Storry on 01332 766916 to secure your place. Don't miss out on a terrific afternoon from 2.30 PM.



**Swimming.** It has taken a long time to achieve a slot back at the Queens Leisure Centre following extended repairs to the roof. We now meet at 3.15 PM on Wednesdays in the teaching pool. This was not ideal but the only option we were offered following Derby City Council's decision to drop our allocation. Response has not been brilliant since we returned to the pool in January. There are numerous reasons to take up swimming, some are listed here -

- 30 minutes of steady paced lane swimming burns over 200 calories – well over 400 in an hour.
- Any swimming that makes you breathe more heavily counts as 'moderate' activity. Even treading water takes effort, so you are working most of the time you're in the pool.....But remember – chatting in the shallow end only works your facial muscles!
- The pressure and resistance of the water makes your body work that little bit harder. 30 minutes of activity in the water is worth 45 minutes of the same activity on land.
- The water takes your weight, so swimming can be great for those who want low impact exercise - women during pregnancy for example, or for people who have mobility problems or want to protect their joints.
- Swimming works your whole body for all over toning!
- Swimming is great for your heart. Because you are using your whole body your heart has to pump blood hard to your arms and legs, helping circulation too.
- It is also great for your lungs – length swimming in particular forces you to breathe in a deep and rhythmic way which gives your lungs a boost.
- Being in water can have great psychological benefits too – the pool can 'take you away from it all' and the feeling of being in water can be refreshing, relaxing, and liberating as the water takes your weight.
- People of all different ages and abilities can enjoy swimming together – if you choose an activity you can do with friends and family you are more likely to stick at it. You'll be having so much fun you won't notice you're working out too!



**It would be great to see more of you taking the plunge and let Michael know your thoughts about the new arrangements.**



**May talk** is by Paul Newsham with his recollection of "What my mother & father used to say". Will you remember if you parents quoted any of these gems? It takes place on Monday 14<sup>th</sup> May. Be there to be sure!



## Forthcoming events

### April.

Friday 20 <sup>th</sup>	Singing for Fun at 10.00 AM
Tuesday 24 <sup>th</sup>	Coffee morning at The Cube café/bar from 10.30 AM.
Wednesday 25 <sup>th</sup>	Swimming at the Queen's Leisure Centre at 3.15 PM.
Friday 27 <sup>th</sup>	Singing for Fun at 10.00 AM
Saturday 28 <sup>th</sup>	Walking back to health - 🐢 - Ticknall tramway and village circular. Meet at Ticknall Village Hall car park, Ingleby Lane, Ticknall DE73 7JW. There is 1 stile, with walking on an all-weather surface.

### May.

Wednesday 2 <sup>nd</sup>	Swimming at the Queen's Leisure Centre.
Friday 4 <sup>th</sup>	Singing for Fun at 10.00 AM
Wednesday 9 <sup>th</sup>	Swimming at the Queen's Leisure Centre.
Friday 11 <sup>th</sup>	Singing for Fun at 10.00 AM
Monday 14 <sup>th</sup>	Talk by Paul Newsham will remind us of some of the things your parents used to say in his talk entitled "What my mother and father used to say". Come and reminisce with us.
Wednesday 16 <sup>th</sup>	Swimming at the Queen's Leisure Centre
Thursday 17 <sup>th</sup>	Lunch at Bridge Inn, Duffield Bank, Duffield, Derby DE56 4BG
Friday 18 <sup>th</sup>	Singing for Fun at 10.00 AM
Wednesday 23 <sup>rd</sup>	Swimming at the Queens Leisure Centre.
Friday 25 <sup>th</sup>	Singing for Fun at 10.00 AM
Saturday 26 <sup>th</sup>	Walking back to health - 🐢 Darley Park and Strutt Park. Discover the former industrial village of Darley Abbey on this two-mile walk, taking in the old Strutts Mill and weir, the River Derwent and Chester Green. Easy walking, just one steep climb along Darley Grove. Café in Darley Park. Meet at Deans Field car park, Darley Abbey village, Derby DE22 1DX.
Tuesday 29 <sup>th</sup>	Coffee morning at The Cube café/bar.
Wednesday 30 <sup>th</sup>	Swimming at the Queen's Leisure Centre.



## 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 01283 701284

BHF Heart Health Line 0300 330 3311, Mon-Fri 9am-5pm, to seek information on heart health.

**Listening ears.** Please use the numbers when you feel in need of advice or just a chat – a problem shared is a problem halved – so call now, do not be shy, pick up the phone. Committee members are Pam 01332 606583, Richard 01332 557028, Michael & Trisha 01332 380219, Robert 01332 608219 and Margaret 01332 766916.

Any queries or comments about Take Heart (Derby) should be directed to Michael Flude on email [michael.flude@takeheartderby.co.uk](mailto:michael.flude@takeheartderby.co.uk), 01332 380219 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.