

Take Heart

(Derby)


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


www.takeheartderby.co.uk


Registered Charity No 1163703



Newsletter August 2018

 **General Data Protection Regulations (GDPR).** Thank you to all those who have completed the revised membership form. If you have not acted upon this request, we still require you to do so. New EU regulations replace the Data Protection Act from 25 May 2018. We are required to request your agreement to hold your details and use them. In the past we have never given, nor will we give YOUR DETAILS to anyone without your consent. **It is essential for your continued membership to complete the new forms sent to you previously.** There is NO NEED FOR PAYMENT, just complete the form. If you are a tax payer then please sign section 4 to enable your charity to claim Gift Aid, which does **NOT** require a further donation from you – the money comes from HMRC (probably the only time in our lives when the tax man gives something back). Thank you for your continued co-operation and support.

 **One evening, after the honeymoon,** Tom was working on his Harley motorcycle in the garage. His new wife was standing there by the bench watching him. After a long period of silence, she finally said, "Honey, I've just been thinking, now that we're married, maybe it's time you quit spending so much of your time out here in your garage. You probably should consider selling your Harley and all that welding equipment; they take up so much of your time. And that gun collection and fishing gear, they just take up so much space. And you know the sailboat is such an ongoing expense; and you hardly use it. I also think you should lose all those stupid model airplanes and your home brewing equipment..." And what's the use of that vintage hot rod sports car? Tom got a horrified look on his face. She noticed and said, "Darling, what's wrong?" He replied, "There for a minute, you were starting to sound like my ex-wife." "Ex-wife!?" she shouted, "YOU NEVER TOLD ME YOU WERE MARRIED BEFORE!" Tom replied, "I wasn't..."

 **July coffee morning.** You could tell by the slightly reduced numbers that the holiday season had started. Twenty-nine members took coffee and other drinks together at the Cube café/bar in July. As usual there was plenty of talk about forthcoming holidays, a few questions about the GDPR revised membership forms and even an impromptu committee meeting to discuss the changeover of the Treasurer role. Everything is in hand. There were visits from several members who we do not see very often as they have other regular events taking place at same time as our coffee morning. We even had a prospective new member who travelled in from Belper. Our fame is spreading!!! **IMPORTANT NOTICE** – the Cube is closed in August and so we are consuming our coffee at the Royal Crown Derby tea rooms on Osmaston Road, Derby.



♥ **The Magician.** "What's your father's occupation?" asked the school secretary on the first day of the new academic year. "He's a magician, miss" said Little Johnny. "How interesting. What's his favourite trick?" "He saw's people in half." "Wow! Now, next question. Any brothers or sisters?" "One half brother and two half-sisters."

♥ **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. You would be surprised how your change adds up if you do it regularly. The total received this year was £311.00. Thank you for your generosity once again but the challenge now is to beat that total next year. If we all member households save just 50p per month, that is £6.00 per year each. With 120 households, the total could be a magnificent £720.00. Staggering and easily achievable - can you all help?



♥ **Thought for the Day.** Love thy neighbour - tune thy piano.

♥ **Birthdays.** Happy birthday this month go to Barry Birkin, Helen Blackburn, Sally Cholerton, Barbara Colder, Michelle Evans, Pearl Fitzpatrick, Michael Flude, Geoff Hinks, Alan Merigold, Sue Oliver, Doreen Owen, Frank Pallett, Carol Pearson, Sam Redfearn, Tony Rolfie, Avril Simcox, Amber Smith, Marcus Smith, Richard Wheatley, Tina Whitfield, Peter Stevens, Rachel Wright, Hannah Wright, Debbie Wright and Ronald Wright. We hope you all have a happy and memorable day.

♥ **First Date.** At the end of their first date, a young fellow takes the girl back to her home. On the front porch, leaning against the wall with a bit of swagger, he decides to try for that important first kiss. He: "Sweet thing, how 'bout a good night kiss?" She: "Oh, I couldn't do that. My parents will see us!" He: "Oh come on! Who's gonna see us at this hour?" She: "No, please. I would just die of embarrassment if someone saw us." He: "Baby, there's nobody around, they're all sleeping!" She: "No way. It's just too risky!" He: "Oh please, please, I like you so much!!" She: "No. I like you too, but I just can't!" He: "Oh yes you can. Please, Sugar? Please?" She: "No, no. I just can't." He: "Pleeeeeease" Then the porch light goes on and the girl's sister shows up in her pyjamas, sleepy, hair dishevelled. "Dad says go ahead and give him a kiss. Or I can do it. Or if need be, he'll come down himself and do it. But for crying out loud tell him to take his hand off the intercom button!"

♥ **Keeping cool with TH(D).** During the stifling summer, temperatures in hospital wards became unbearable, so TH(D) rose to the challenge with the purchase of three tower fans for ward 408. Member Debbie Giles tested one out on a visit to the ward and commented, "What a relief to get some air. Great for the patients who had been struggling with a lack of air movement around each bay. Glad we could help". Bev McDonald added, "Thanks once again to Take Heart (Derby) for helping out when we needed it."



♥ **My mother taught me RELIGION.** "You better pray that will come out of the carpet."



Take Heart's intrepid walkers were out in ideal weather in Cromford.



A gentle two and half mile stroll along the historic Cromford canal was enjoyed by nearly a dozen Take Heart members. The walk, at the end of July, started at the 17th century Cromford Wharf and took in the canal, the Victorian pumping station and railway repair workshops. Led by walk organiser, Peter Stevens, the group managed to dodge the predicted high winds and heavy rain and enjoyed a sunny meander taking in the views and wildlife. Walkers heard how the canal dates from the late 17th century and, despite mill owner Sir Richard Arkwright's links, it was mainly used to move stone and coal rather than the cotton produced at his mill next door. Just over a mile from the wharf, the group saw the wonderful stone built pumping station built to lift water from the river below. When it was first mooted, mill owners along the River Derwent objected because they felt it would reduce water flow. The solution was to run the pumping station on Sundays only! Crossing the canal via a restored swing bridge, walkers visited the former workshops complex where running repairs were carried out to the incline rail line, which connected the canal with the main rail system. While there, the narrow boat "Birdswood" negotiated the swing bridge on its trip along the waterway. Michael is hoping to arrange a Take Heart trip on the boat, so watch this space! Final stop was at the canal tea room for a welcome cuppa and lunch.

Why not join the group for our remaining outings on Saturday, 18th August for the Ticknall limeyards circular. Meet at Ticknall Village Hall car park, Ingelby Lane, Ticknall DE73 7JW. One stile, with stout footwear being essential. For more details contact **Graham on 01332 8704195** otherwise, we will see you there.

Then on September 29 at 10.00 AM. The venue is the Birchover village to take in the Nine Ladies stones and views across Stanton Moor. Contact Peter on 01332 831499.



AGM. There were several Resolutions to pass at our AGM. Pleasingly, there were many questions as each report was given which gave the opportunity to expand upon the details of the reports. Six resolutions were proposed and all passed without dissent. 1. Accepted the minutes of the last meeting. 2. Adopted the accounts. 3. Re-elected Michael Flude, Patricia Flude and Richard Flatman to the committee. 4. Elected Margit Staehr to the committee. 5. Re-appoint Michael Flude as Chairman and 6. Appoint Margit Staehr as Treasurer duly accepted. We hope you will continue to support those who have volunteered to supervise your Charity.

The meeting was then handed over to Dr Julia Baron, our President. She proceeded to give a brief outline of the effects that the merger of Derby & Burton hospitals would have. The situation will become clearer with time but some of the procedures previously undertaken at Glenfield and Nottingham (with one of our cardiac consultants) will now remain in house. She fielded an array of questions about statins, the differences between heart attacks and strokes, fresh thoughts and guidelines about the link between cholesterol and diet.

♥ **What if** there were no hypothetical questions?

♥ **White Swan rises to the challenge.** Fourteen members and a guest turned up at the



White Swan for lunch expecting a sumptuous feast. That's exactly what they got, too. Despite the variety of meals ordered all meals arrived within minutes of each other. Very tasty and not hard on the pocket (or credit card) either. Some even risked their cholesterol with a selection of tempting sweets. Wow but how many walked off the excesses, you may ask. Well, I can tell you at least four walked

across the road to catch a bus. As for the others, well they walked as far as the car park. Next month our pub lunch is at the former steak house, Denby Lodge on 21st August. Tempting steaks are available as some of us can testify.

♥ **I wonder why** we are so obsessed with trying to find intelligent life on other planets when its so hard to find any here on earth?

♥ **WHY: In golf, where did the term 'Caddie' come from?** BECAUSE: When Mary Queen of Scots went to France as a young girl, Louis, King of France, learned that she loved the Scots game 'golf.' He had the first course outside of Scotland built for her enjoyment. To make sure she was properly chaperoned (and guarded) while she played, Louis hired cadets from a military school to accompany her. Mary liked this a lot and when she returned to Scotland (not a very good idea in the long run), she took the practice with her. In French, the word cadet is pronounced 'ca-day' and the Scots changed it into caddie.

♥ **Member news** Sadly, Peter Polhill passed away in July after a long illness. Ruth Nixon, a member since 1990 also passed away recently with her funeral service at Markeaton Crematorium at 11.20 AM on Wednesday 29 August. Trisha Flude has been back to RDH again but is OK. Gill Flatman has completed her treatment successfully. Michael Flude is waiting for a rotator cuff operation. Several members have suffered from the heat which has recently left us, but don't let us complain too much. We do not have to spend hours watering our plants now. Let's hope there is better news next month. We wish all of you a speedy recovery. If you know someone who is ill, then please let Michael know.

♥ **Some things** are better left unsaid, which I generally realise immediately after I have already said them!

♥ **Never ask** a woman who is eating ice cream straight from the carton, how she is doing!



Merger of local hospitals and what it means for heart patients. Further to the article

last month about Royal Derby & Queens Hospital (Burton) merging, one of the advantages for heart patients has been published in the Derby Telegraph. For a number of years, patients needing life-saving cardiac devices fitted had to travel to Glenfield, Nottingham or Stoke. That created a long journey which was time consuming and at additional cost. Ironically, the procedure would be carried out by a Royal Derby cardiologist. Not very efficient or beneficial for anyone. Now these procedures can be carried out at Royal Derby which means patients will receive treatment quicker and locally. Dr Damien Kelly, clinical lead for cardiology, said, "Cardiac resynchronisation pacemakers and implantable defibrillators are vital treatments that prolong and improve the lives of patients with a wide range of heart conditions. We are now able to implant these devices in Derby, thus improving access and reducing waiting times. We are delighted that the sickest cardiac patients can now enjoy prompt treatment at Royal Derby without the need to travel to other centres."



I JUST discovered my age group! I am a Seenager (Senior teenager).

I have everything that I wanted as a teenager, only 55-60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and my own car. I have ID that gets me into bars and the wine store - I like the wine store best. The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared? And I don't have acne. Life is Good! Also, you will feel much more intelligent after reading this, if you are a Seenager. Brains of older people are slow because they know so much. People do not decline mentally with age; it just takes them longer to recall facts because they have more information in their brains. Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear. Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem; it is nature's way of making older people do more exercise. SO THERE!! I have more friends I should send this to, but right now I can't remember their names. So please forward this to your friends; they may be my friends, too.



Amendments to 2018 Programme of Events. Several dates or events have changed since we planned this year's programme. Please amend your calendar/diary as follows:

Tuesday 28th August. Coffee morning will be held at **Royal Crown Derby tea rooms** at 10.30 AM in lieu of The Cube which is closed for maintenance.

Thursday **20th September** Date recorded incorrectly on the Programme (shows 19th). Lunch at Seven Wells, Heage Lane, Etwall, Derby DE65 6LS.

Saturday 27th October Walking back to health - 🐢 - **Milton and Foremark circular.** Meet in Swan Inn car park, 49 Main Street, Milton, DE65 6EF at 10.00am. There are 4 stiles and field paths.

Tuesday 4th December Date change for the Christmas luncheon (not 11th as programme) **Christmas luncheon at Mickleover Golf Club, Uttoxeter Road, Mickleover, Derby DE3 9AD at 12 noon for 12.15. Booking is required via Margaret Storry, 86 The Hollow, Littleover, Derby DE23 6GL. A menu will be circulated when available**



"There is more to eggs than just eating" was the title of our latest talk from Heather Vickers. Heather told us that 28 years ago she went to evening classes to learn bobbing



lace making and whilst she was there noticed a class where they were decorating eggs. Although she does bobbing lace making for which she has won best in show, today she had brought with her the wonderful eggs that she had decorated. Heather said that she joined the egg decorating class and was lucky enough to be the only newcomer so that she had the full attention of the tutor which meant that at the start of the second year she was at the same level as the rest of the class. Heather then showed us a number of eggs that she works on these ranged from duck and goose eggs to quail and pullet eggs, but the most interesting one was the egg of the Emu which was completely black. We were shown an assortment of the different eggs that she had decorated, each one with an exquisite decoration. One of the eggs was covered in small pearls decorated with two owls, which consisted of 298 crystals. Members were amazed at the range of decorations on the eggs some had a beautiful painted decoration, some had intricately cut out designs with others having hand-made flowers. Each egg was lined with silk and had delicate hinges, one of them a jewellery box that Heather had made for herself even had two drawers in it. We were shown some of the tools that she used for this delicate work and explained about the paint that she uses and how many coats needed to be put on before she starts work. A couple of the eggs that we were shown were covered in silk material and then the decoration had been added. There were others which opened into three pieces with figures inside. Heather has won many accolades for her egg decorating, winning best in show on many occasions at the County show. She had even made 24 specially designed bells from eggs for the members of her WI to celebrate their 25 years. Heather concluded her talk by showing us two wonderful eggs one was Cinderella's coach



with two white horses the other egg had a glass door which when you looked inside you could see a paint easel with a painting on it, other paintings as well as artist brushes. It also had a light inside, absolutely amazing. Some of our members bought decorated eggs at the end of the afternoon.



Newsletter feedback. The following messages were received following last month's Newsletter: *"Wow, you continue to amaze me every month/I look forward to the best email every month from takeheartderby.co.uk/Perhaps you should look more kindly on our Irish friends/it's a bit of a cheek but can you produce two Newsletters per month – I need cheering up more often/the month is not complete without this marvellous and humourous Newsletter"* 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.



My wife hosted a dinner party for all our friends, some of whom we hadn't seen for ages and everyone was encouraged to bring their children along as well. All throughout dinner my wife's best friend's four-year-old daughter stared at me as I sat opposite her. The girl could hardly eat her food for staring. I checked my shirt for spots, felt my face for food, and patted my hair in place, but nothing stopped her from staring at me. Finally I asked her, *"Why are you staring at me?"* Everyone at the table had noticed her behavior, and the table went quiet, waiting for her response. The little girl said, *"I'm just waiting to see how you drink like a fish."*



News from the BHF A new study that could prevent missed or wrongful diagnosis of the underlying cause of heart failure has been funded by the BHF. Researchers at the University of Leicester have been awarded a £158,000 project grant from the nation's biggest heart charity to compare the accuracy of two different diagnostic tests that are normally used to help detect causes of heart failure. Heart failure is a long-term condition that occurs when the heart is unable to pump blood around the body as effectively as it should. Its main symptoms include shortness of breath and feeling unusually tired or weak. Patients are also likely to develop swollen feet, ankles and stomach, along with swelling around the lower back area. For people with severe heart failure, everyday tasks like going upstairs or walking to the shops become impossible. To detect the causes of heart failure, patients can undergo a cardiac MRI 'stress' test. Two drugs - adenosine and dobutamine - can be used to 'stress' the heart. Either drug can be injected into patients to increase the workload of the heart, allowing doctors to better assess blood flow to the heart and see which parts of the heart muscle are not receiving an adequate blood supply. However, it is unclear which of these drugs is the most accurate for detecting narrowed arteries, which reduce blood flow to the heart, and researchers at Leicester suspect that some patients with heart failure have a reduced sensitivity to adenosine. This could potentially lead to missed or wrongful diagnosis. The two-year study will compare the two drugs in 100 patients with heart failure to find out which provides the most accurate diagnosis in cardiac MRI stress testing. The research, thought to be the first of its kind in people with heart failure, is being led by Professor Gerry McCann at the University of Leicester BHF Cardiovascular Research Centre based at Leicester's Hospitals. Professor Gerry McCann, Professor of Cardiac Imaging at the University of Leicester and Consultant Cardiologist at Leicester's Hospitals, said: "MRI scanning is the best way to determine the cause of heart failure, as it allows us to take highly sophisticated images of the beating heart and examine it in much greater detail. It also presents us with a safe and accurate way to diagnose if coronary heart disease is the likely underlying cause. "However, we don't know which medicine allows us to best look at the blood supply to the heart during the MRI scan. This research will help us to understand which drug is the most effective and could help us to prevent missed or wrongful diagnoses which would directly affect the care given." Dr Lucie Duluc, our Research Advisor, said: "Heart failure is a chronic condition that affects over half a million people in the UK. It currently has no cure and claims thousands of lives each year. "Funding this new research at the University of Leicester could improve the diagnosis of the underlying causes of heart failure. This will allow people to receive the best treatments in order to live full and active lives. "This funding has only been made

possible by the fantastic generosity of the public. We rely on their support to drive forward research programmes in our mission to beat heartbreak forever and ensure that we keep hearts beating and blood flowing.” Source: <https://www.bhf.org.uk/what-we-do/news-from-the-bhf/news-archive/2018/august/new-study-to-improve-diagnosis-of-the-cause-of-heart-failure>.



Forthcoming events

August.

Friday 24th Singing for Fun at 10.00 AM
Tuesday 28th Coffee morning at **Royal Crown Derby tea rooms.**
Wednesday 29th Swimming at the Queen’s Leisure Centre.
Friday 31st Singing for Fun at 10.00 AM

September.

Wednesday 5th Swimming at the Queen’s Leisure Centre.
Friday 7th Singing for Fun at 10.00 AM
Monday 10th “The Romance of the Derbyshire Dales” is the title of this month’s talk to be given by Danny Wells. Will that include some of those wonderful locations you have visited?
Wednesday 12th Swimming at the Queen’s Leisure Centre.
Friday 14th Singing for Fun at 10.00 AM
Wednesday 19th Swimming at the Queen’s Leisure Centre.
Thursday 20th Lunch at Seven Wells, Heage Lane, Etwall, Derby DE65 6LS.
Friday 21st Singing for Fun at 10.00 AM
Tuesday 25th Coffee morning at The Cube café/bar.
Wednesday 26th Swimming at the Queen’s Leisure Centre.
Friday 28th Singing for Fun at 10.00 AM
Saturday 29th Walking back to health - 🌿 - Nine Ladies, Birchover. A three mile walk around Birchover, taking in Stanton Moor, the Nine Ladies standing stones and a memorial to the repeal of the Corn Laws. Moderate walk along footpaths with good views. Meet at the Red Lion, Birchover, DE4 2BN.



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, 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.

Affiliated to the British Heart Foundation