

Take Heart

(Derby)


Registered Charity No 1163703

www.takeheartderby.co.uk

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





Newsletter December, 2016.- Merry Christmas.

 **Coffee in November.** Despite the freezing weather thirty-nine members turned up at the November coffee morning. There seems to be a liking for skinny latte's in preference to the normal empty cup priced at £1.60 for the TH(D) drink. Personally, I like to taste the coffee but each to their own. The bacon butty brigade were there again. Angela was collecting the balances for the Christmas lunch, with fifty-three signed up. Michael & Trisha were somewhere else on this occasion but everyone was talking about the seasonal weather and how plans were progressing for Christmas. Speaking of which, our Christmas coffee morning is on



20 December from 10.30 AM. TH(D) tea and coffee will be free of charge as is our custom on in December, and a mince pie as well as the normal biscuit. Those who prefer a skinny latte will have to pay for their own, as will the bacon butty brigade. There will also be the very first appearance of the Take Heart Singers, who will lead us through some carols to mark the festive season. We hope you will join in with the singing (even if you think you cannot sing).

 **Christmas Shopping?** A couple were in a busy shopping centre just before Christmas. The wife suddenly noticed that her husband was missing and as they had a lot to do, she called him on her mobile phone. The wife said, "Where are you? You know we have lots to do." He said, "Do you remember the jewellers we went into about 10 years ago, and you fell in love with that diamond necklace? I could not afford it at the time and I said that one day I would get it for you?" Little tears started to flow down her cheek and she got all choked up... "Yes, I do remember that shop," she replied. "Well, I am in the gun shop next door to that."

 **Two IRISHMEN** were looking at a Mail order catalogue and admiring the models. One said to the other, 'Have you seen the beautiful girls in this catalogue?' The second one replies, 'Yes, they are very beautiful. And look at the price!' The first one says, with wide eyes, 'Wow, they aren't very expensive. At this price, I'm buying one.' The second one smiles and pats him on the back. 'Good idea! Order one and if she's as beautiful as she is in the catalogue, I will get one too.' Three weeks later, the youngest IRISHMAN asks his pal, 'Did you ever receive the girl you ordered from the catalogue?' The second IRISHMAN replies... 'No, but it shouldn't be long now. All her clothes arrived yesterday!!'


Feedback. The following is feedback from last month's Newsletter, "Newsletter safely received and printed off, thank you/ Just to confirm I have received my newsletter for November . I have enjoyed reading it and found it very amusing. I also didn't think your photograph of me wasn't too bad considering I hate having my picture taken. So thank you 😊/ Thankyou Michael, sent to all Ashbourne BHF Committee members/ Thanks for the newsletter it's brilliant as ever, I sent you or current Stay Warm & Healthy flier but it's not in the newsletter, could you please include it in your next issue/ Thank you for another great newsletter. I am sure that all members appreciate your efforts and news, I know that I do! Unfortunately, due to a prior dinner engagement I am unable to join you at the Roundhouse on Dec. 14th but wish you all a lovely time. Thank you to both you and Trish for your welcome and hard work on behalf of Take Heart throughout the year, I really appreciate it/ Always an interesting read and good to see what the group are doing". Contact Michael with your views!

The Stay Warm and Healthy in Derby project aims to help local vulnerable people struggling to keep warm by offering advice and practical support to stay warm, safe and healthy in their homes. **Home Energy Advice:** helping you to keep warm this winter by giving free, independent and confidential advice and information on heating & insulation offers and schemes, and referring you to other help where needed **Welfare Benefits:** advice on welfare benefits, including welfare reform, and help with benefit claims. **Home and Heating Maintenance:** there may be help available to help you to keep warmer at home, such as boiler repairs and emergency heating, and fire safety advice. **Handy Person Services:** helping with small repairs around the home. **Health Advice:** information about the free NHS health check programme, flu jabs and cancer screening programmes. Telephone 01332 640337 for details.

November luncheon. Fourteen members arrived at the Broadway Inn on a very wet Thursday to join together over lunch. Several were early and had ordered their meal to get a head start hoping the meal would help to keep out the cold. The photographer dropped by to record the event, sold or delivered some calendars and then left. Hope you were alright? Don't forget, December is a formal lunch which you should already have ordered. By the time you read this, it will be too late, we ate yesterday.




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. 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. Call 01332 558756 if you need help.


 **Swimming news.** Derby City Council has announced a further £600,000 investment to repair the roof of the Queens Leisure Centre. Quite what they have been doing for the past year was not explained but they now anticipate it will take until the summer of 2017 to conclude the work. I have confirmed our requirement to return at 3.15 PM on Wednesdays as soon as it is ready. Watch this space.


 **Can your household save 10p per week until February 2017?** If each member



household were to save 10p per week, as a group we could see more than £500.00 raised over a full year for our 2017 Jam Jar Challenge. Amazing and easy! The BHF finance some incredible research to help us and those who are yet to have heart problems. The BHF rely entirely on the generosity of our supporters to fund life-saving research. Each year the BHF fund around £100 million of new research into heart and circulatory disease, which will go on to help the 7 million people living with these conditions in the UK. Please help if you can?

 **January speaker.** Dr Robert McIntosh was raised in South East England, but chose to go to Aberdeen to complete his training and degree in Medical Science where he gained a first in 2003. He then moved to Brompton and Harefield Hospital to pursue his chosen specialism in cardiology, completing his training in North West London. He spent two years overseas in New Zealand, and has written research papers in cardiology, gaining several awards. Dr McIntosh lists his hobbies and interests as scuba diving, mountaineering and fatherhood- having three children. He moved to the East Midlands and has held consultancy posts in Nottingham, at Trent Cardiac centre and Derby Royal and Nuffield Hospitals. His talk to Take Heart (Derby) is on the topic of heart failure - and he will also tackle your questions about cardiology in general. So an opportunity to get your questions answered without having to wait six months for an appointment. If you are unable to attend and have a question – forward it to Michael who will put the question on your behalf.

 **Member news.** Sadly, I advise you of the passing of Gordon Gaskin on 12 December. He was 86 and had been a member for more than thirteen years. Some might remember him making the tea and coffee at the United Reform Church rooms for many years. I will advise by email of his funeral arrangements. Those not on email who wish to know should telephone Michael in the next two weeks. Jean Moseley has received some great news during the past week and is full of the joys of spring. Margaret Knifton has given up driving but would welcome a lift to coffee mornings if you can help. Ken Illesley has also taken the decision to stop driving. Ian King is recovering from an ankle operation but is still getting around in a wheelchair. Many of you have experienced chesty/flu like symptoms but are hopefully on the mend. Let Michael know of anyone experiencing difficulties. We wish you all a speedy recovery. We wish all who are ill a speedy recovery.

 **Birthdays.** Birthday wishes this month go to Cynthia Bland, Neal Blatherwick, Valerie Bray, John Bucknell, Julie Cooper, Fred Evans, Ray Grant, Rita Hancock, Chris Knifton, Annie McCulloch, Chris Mills, Maureen Mole, Jean Moseley, Lilian Payne, Rex Plummer, Geoff Sykes, Michelle Hallam and Sue Walker. There is also a very special birthday to be celebrated by Noreen Shepherdson who will be 90 years young on 21 December – congratulations Noreen. A very happy birthday to you all. If I have missed you, please contact me with your details.




We are nearing the new-year and as such it will be time to renew memberships. Our membership scheme is taken from January until December each year and is a minimum of £10.00 per household. Don't forget that you may make your donation "Gift Aided" which will allow our group to reclaim an extra 25% back from HMRC. It costs you nothing, all you have to do is advise the Treasurer, Richard Flatman that you wish your donation to be treated in this way. A reply slip is included towards the end of this Newsletter which I hope will serve as a reminder to renew your membership. We trust you have enjoyed this year's events and hope that next year will be just as or more enjoyable. We look forward to seeing more of you.





Christmas luncheon at the Engine Shed. We experienced a wonderful spring lunch




at this venue and so we opted to hold our Christmas lunch here. Sadly, whilst the food tasted very nice it was somewhat cold. It did not prevent fifty-two members enjoying a start to the seasonal festivities, however. There were twenty-two prizes in our raffle which resulted in members requesting to be seated on table 3 next time – they won loads. Congratulations to all our winners and a big thank you to all those who helped make this another successful event in our calendar (Angela, Mick, Michael, Trisha and Pam being amongst those lending a hand).


 **Love this Japanese Doctor!** Q: Is chocolate bad for me? A: You crazy?!? HEL-LO-O!! Cocoa bean! Another vegetable! It best feel-good food around!

 **News from the British Heart Foundation.** I have received the following correspondence from the BHF. *“We’re excited to announce that for the very first time people affected by CVD will have the opportunity to inform what research we fund. BHF recently established a new Clinical Studies Committee who approve and monitor the applications we receive for clinical research and patients will now be able to feed into these discussions. Please pass this on to members of your group and any other contacts you may have as this is an exciting opportunity for people affected by CVD to get involved in. We have two different roles (up to 15 positions) on offer for you and members of your group to apply for: [Lay member](#) - two patient representatives who will be part of the Clinical Studies Committee and Patient Advisory Group. [Patient Advisory Group Member](#) - 12 – 15 people affected by CVD who will support the Lay Members by providing a wider patient perspective. Please note, you can be considered for both roles if you wish but you will need to state this in your application form. It is your personal experience of cardiovascular disease that is most important for these roles, so you do not need to have a scientific background or any prior scientific knowledge – all we ask is that you have a keen interest in the research BHF funds. We will provide you with full training and support to ensure you are fully prepared to take on the role. For more information, including a role profile for the two positions, please visit our [website](#). If you are interested in getting involved, please complete the [online application form](#) by **Wednesday 4th January 2017** and refer to the role profile where appropriate. If successful you will need to be available for: (a) a face-to-face or phone interview w/c 16th January 2017, (b) a mandatory two day training session 21st – 22nd February 2017 in London. If you have any questions or would like any further information please email us at heartvoices@bhf.org.uk or call 0207 554 0426.”* So, here is an opportunity to be involved and to help steer this group in a direction which will help BHF to help others like ourselves. If you do apply, please advise Michael that you are doing so. Thank you for your help.

 **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!

 **Uplift your spirits.** Singing is well known to be a cheerful pastime. TH(D) now has the Take Heart Singers who are planning to lead some Christmas carols at the December coffee morning on 20th December. If you are interested in joining with other members of TH(D) and lighten your mood – please contact Trisha Flude on 01332 380219 for an informal chat.



 **Advance notice** of an evening of Music & Magic, with Georges fish & chip supper on 25 February 2017. The venue will be St Nicholas Church Hall, Allestree Lane, Allestree, Derby DE22 2PE. More details will be announced in January’s Newsletter. We will need some help to set up and clean up and some volunteers to create some puddings/cakes for afters. Contact Trisha Flude on 01332 380219.

 **Forthcoming programme.**

 **December.**

Tuesday 20th Christmas coffee morning at The Cube café/bar. Free TH(D) tea or coffee with mince pie and a very special surprise. Don't miss out.
Wednesday 21st Swimming at the Queens Leisure Centre.
Wednesday 28th Swimming at the Queens Leisure Centre.

 **January.**

Wednesday 4th Swimming at the Queens Leisure Centre.
Monday 9th Dr Rob McIntosh will advise us about "Heart Failure" and the latest news about heart matters. There will be an opportunity to ask questions.
Wednesday 11th Swimming at the Queens Leisure Centre.
Tuesday 17th Lunch at The Blue Jay, Raynesway, Derby DE21 7BH.
Wednesday 18th Swimming at the Queens Leisure Centre.
Wednesday 25th Swimming at the Queens Leisure Centre.
Tuesday 31st Coffee morning The Cube café/bar.

 **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.

2017 membership renewal. Please return the slip below to our treasurer, R. Flatman, 32 Cornhill, Allestree, Derby DE22 2FS and cheques made payable to "Take Heart (Derby)".

Take Heart (Derby) Registered Charity No. 1163703

I would like to enhance my donation through Gift Aid. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations, it is my responsibility to pay any difference.

Name (print)

Address (incl. post code)

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Signed Date

