

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter December 2018



It's that time of year again. January sees the start of our new subscription year and consequently you are requested to send your donation to our treasurer. Minimum of £10.00 per household is the suggested figure. You can pay on line, go to www.takeheartderby.co.uk and select "Just Giving" and follow the instructions (don't forget to add your name). Alternatively please send a cheque payable to "Take Heart (Derby)" to M Staehr, 6 Keats Avenue, Littleover, Derby DE23 4ED. There are still **nineteen households** who have not completed the revised membership form. **It is essential for your continued membership to complete the new forms to enable your group to comply with the General data Protection Regulations which came into force in May.** Additionally, 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.



Lunch at Jonty Farmer. A great value meal, enjoyed by all who attended. We keep returning to this venue, it has good food at reasonable prices, it is on a bus route, has plenty of parking (and a doctor's surgery across the car park if it all goes wrong). What more can you ask for? Maybe a lift next time perhaps.



Mick decided to pay his old mate, Paddy, a visit. When he arrived, he was surprised to see the room full of chairs. "Bejesus Paddy, where did you get all these chairs," said Mick. "Doctors waiting room" beamed Paddy. "Every time I go there the receptionist says 'take a chair'!!!"



A poem to which I can relate.

I remember the bologna of my childhood, And the bread that we cut with a knife,
 When the children helped with the housework, And the men went to work, not the wife.
 The cheese never needed a fridge, And the bread was so crusty and hot,
 The children were seldom unhappy, And the wife was content with her lot.
 I remember the milk from the bottle, With the yummy cream on the top,
 Our dinner came hot from the oven, And not from a freezer; or shop.
 The kids were a lot more contented, They didn't need money for kicks,
 Just a game with their friends in the road, And sometimes the **Saturday** flicks.
 I remember the shop on the corner, Where cookies for pennies were sold
 Do you think I'm a bit too nostalgic? Or is it...I'm just getting Old?
 Bathing was done in a wash tub, With plenty of rich foamy suds,
 But the ironing seemed never ending As Mama pressed everyone's 'duds'.
 I remember the slap on my backside, And the taste of soap if I swore.
 Anorexia and diets weren't heard of, And we hadn't much choice what we wore.
 Do you think that bruised our ego? Or our initiative was destroyed?
 We ate what was put on the table. And, I think life was better enjoyed*
 Author, Unknown.



November coffee morning. Almost forty members partook of tea/coffee at the Cube where further sales of additional calendars were made. There was a lot of discussion about plans for Christmas. Many were excited and looking forward to the Christmas lunch. Several members were paying their membership for 2019 (yes it is coming round again). Others were reminiscing about the summer weather which has sadly disappeared altogether.



One for Christmas! Santa Claus has the right idea. Visit people only once a year.
 - Victor Borge



Birthdays. Happy birthday this month go to Cynthia Bland, Neal Blatherwick, Val Bray, John Bucknell, Patricia Cant, Julie Cooper, Mary Cox, Charles Dowsett, Fred Evans, Ray Grant, Rita Hancock, Chris Mills, Maureen Mole, Debbie Oliver, Lilian Payne, Rex Plummer, Noreen Shepherdson, Michelle Hallam, Sue Walker and Stan Werbinski. We hope you all have a happy and memorable day.



Flight of Fancy? An airplane pilot had had a particularly difficult flight and a rough landing. The airline had a policy which required the first officer to stand at the door while the passengers exited, smile and give them a "Thanks for flying Royal Airlines." But, in the light of his bad landing, the pilot had a hard time looking the passengers in the eye, thinking that someone would have a smart comment. Finally, everyone had got off except for this little old lady walking with a cane. She said, "Sonny, mind if I ask you a question?" "Why no, ma'am," replied the pilot, "What is it?" The little old lady said, "Did we land or were we shot down?"




Christmas luncheon. Wow. What an event. Sixty members and guests filled the private dining room at the Mickleover Golf Club for our annual Christmas meal. It was wonderful to see the room full of people enjoying themselves. This is the rich reward that the committee members feel when we see so many enjoy an event. The food was delicious and plentiful. The service was very good and the drinks flowed freely. Margaret Storry was applauded for all the effort and organisation she brings to the occasion. She and Pam worked hard to sell raffle tickets and, in the process, sold tickets to the value of £148.00 for our charity. Thanks' were offered to all those who donated an amazing twenty prizes for the raffle. As is often the case with a TH(D) function, there was plenty of chatter and laughter. Some of the comments are captured here: *"Brilliant do, thanks/Thanks to all who helped to give us terrific Christmas Lunch today/Best lunch event I've been to for a long time/thanks to all those who put on this marvellous event and the food was good as well/Fabulous lunch – can we do another one before Christmas/Thanks for a brilliant Christmas Lunch yesterday with really lovely food and company - everyone that I managed to speak to said so; and so well organised - well done Margaret/Just a snapshot of our new member David Etches and your Ambassador in full uniform from our super Christmas Lunch. Praise to Margaret for the arrangement. Both David and his wife enjoyed the event and the excellent food. Also shown are a couple of additional photo's of some of the members.*




The Will. John Smith is on his deathbed and knows the end is near. His nurse, his wife, his daughter and 2 sons, are with him. He asks for 2 witnesses to be present and a camcorder be in place to record his last wishes, and when all is ready he begins to speak:

- My son, "Bernie, I want you to take the Mayfair houses."
- My daughter "Sybil, you take the apartments over in the east end."
- My son, "Jamie, I want you to take the offices over in the City Centre."
- "Sarah, my dear wife, please take all the residential buildings on the banks of the river."

The nurse and witnesses are blown away as they did not realize his extensive holdings, and as Doug slips away, the nurse says, "Mrs. Smith, your husband must have been such a hard-working man to have accumulated all this property". Sarah replies, "Property? the fool had a paper round".

 **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?




 **Take Heart Singers.** The singing group were entertaining residents of Leylands, off Broadway in November. The group had sung at this venue on several previous occasion's but this time they requested a show with Christmas songs and carols. A bit early but nevertheless the singers duly obliged. The audience joined in many of the tunes (the words were projected onto a screen for that purpose). All in all a very enjoyable afternoon. The show was such a huge success that the Take Heart Singers are to be invited back again.

Future shows are:


18th December – a Christmas song rendition at our Christmas coffee morning at The Cube

19th December - a Christmas song celebration at Asterdale WI, Spondon Village Hall, Spondon DE21 7FG at 2000 hours.

20th December – a Christmas song rendition at St Mathews Fellowship Room, Darley Abbey Drive, Darley Abbey, Derby DE22 1EF at 1930 hours.

 **Take Heart (Derby) calendar 2019** is now ready for distribution. Yes, our new calendar has been printed and available to collect from Michael. We offer one copy per household, with additional copies available at £4.00 each (plus post and packing of £1.50). The quality is very good and compares favourably with calendars on offer at £9.99 elsewhere. Order your extra copies early from Michael. Comments received include, "*Just to let you know that our Take Heart calendar and programme were dropped through our letterbox this morning. Congrats to the photographers!/The programme looks full on again for 2019 – how do you organise so much in advance/I loved so much of the photographs, they took me back to my younger days exploring our beautiful county/The calendar is like the Newsletter being one of the best and fabulous value to us, many thanks/Love the new calendar and there is more space to write in the boxes – very good*". Let Michael know your thoughts.



 **Pearly Gates Humour.** A priest, a drunkard and an engineer were led to the guillotine for their crimes. The executioner pulled the priest forward first and asked him if he wanted to be facing up or down when he met his face. "Upward," said the priest. "I want to be looking toward heaven when I die." The blade zoomed downward, but stopped just an inch short of the priest's throat. All assembled agreed that it was divine intervention, and let the priest go free. The drunkard was pulled forward next, and decided to copy the priest, hoping he would get as lucky. Again the blade zoomed down but stopped just short of the drunkard's throat. So the authorities released him as well. It was finally the engineer's turn. He, like the others, decided to face upward. The blade slowly raised back into place. "Oh, hey, I think I know what the problem is." The engineer exclaimed. "That cable to the left appears to be catching the rope!"



Thousands of heart attack deaths would be prevented if high risk patients took higher doses of statins and adhered to the prescription advice given by their doctor, according to new research. The researchers, from Imperial College London and the University of Leicester, estimate that 12,000 cardiovascular events including **heart attacks** and **strokes** would be averted with higher dose prescriptions and greater adherence to stain treatment. The first of its kind study, published in JAMA, analysed patient data from the Clinical Practice Research Datalink (CPRD) which includes over five million records from more than 450 GP practices. The research focused on three groups of patients at high risk of cardiovascular events: those with established heart disease; those with diabetes but no history of heart disease; and those with chronic kidney disease but no prior heart attack and stroke. Almost 30,000 patients recently started on cholesterol lowering medications were scored using a measure which combined the intensity of treatment they received (statins alone or combined with another cholesterol-lowering drug called ezetimibe) and their adherence. Those who took their medication as prescribed 80% of the time over period were classed as 'adherent'. When researchers measured the relative risk reduction compared to untreated patients an average of three years after treatment, they found patients who were on the highest intensity treatment and had the highest adherence had the greatest reduction in LDL cholesterol levels and cardiovascular risk, with a 40% reduction in their risk of cardiovascular events. By comparison, those patients on the lowest intensity treatment and with poor adherence had a risk reduction of just 5% compared to those not on medication. Our Medical Director, Professor Sir Nilesh Samani, said: "This is real-world evidence shows that taking your medicine as prescribed can make all the difference. If you're taking statins, it's essential that you continue to take them regularly, as advised by your doctor. This is even more important if you're at high risk, which includes people who've already had a heart attack or stroke, or those who have inherited high cholesterol levels. "This isn't the first study to show how important adherence is, but it's a timely reminder given the misinformation about statins that may stop some people from taking them as prescribed." "If you are concerned about taking statins, my advice is to make an appointment with your GP. This will ensure you can make an informed decision on the medication you take with the guidance of your doctor."


Source: <https://www.bhf.org.uk/what-we-do/news-from-the-bhf/news-archive/2018/december/higher-statins-dose-and-proper-adherence-would-prevent-thousands-of-heart-attacks-and-strokes>.





Fruitcake recipe (repeated from last year as everyone enjoyed the cake so much)


1 cup water	1 cup sugar	4 large eggs
2 cups dried fruit	1 teaspoon baking soda	1 teaspoon salt
1 cup brown sugar	lemon juice	nuts
1 gallon whiskey (or your favourite tippie)		


Sample the whiskey to check for quality. Take a large bowl. Check the whiskey again to be sure it is of the highest quality. Pour one level cup and drink. Repeat. Turn on the electric mixer; beat 1 cup butter in a large, fluffy bowl. Add 1 teaspoon sugar and beat again. Make sure the whiskey is still OK. Cry another tup. Turn off mixer. Break 2 legs and add to the bowl and chuck in the cup of dried fruit. Mix on the turner. If the fried druit gets stuck in the beaterers, pry it loose with a drewdriver. Sample the whiskey to check for tonsistency. Next, sift 2 cups of salt. Or something. Who cares?? Check the whiskey. Now sift the lemon juice and strains your nuts. Add one table. Spoon. Of sugar or something. Whatever you can find. Grease the oven. Turn the cake tin to 350 degrees. Don't forget to beat off the turner. Throw the bowl out the window. Check the whiskey again. Go to bed. Who the hell likes fruitcake????


 **I can't rely on my husband!** He said he would go to the ends of the Earth for me (but he keeps coming back).


 **Heart failure patient tips.** Make sure you have the flu jab. Always carry a hat, scarf and gloves to prevent heat loss at your extremities. Ensure your mobile is fully charged before going out. Making a journey, then ensure you take your medication with you plus water to swill them down. Carry a summary of your medication with you. Carry snow socks for car tyres, body warming packs and a snow shovel in the car. Ensure your car is winter ready and service it. Visit a pub or café for tea/coffee and keep warm there (it might be cheaper than heating your home). Wear layers of clothes both indoors and out, you can always take off a layer if you are too warm. Ensure you have some basic, long lasting supplies of long life milk, part baked bread rolls baked beans, tinned soup, tinned fruit, frozen vegetables, bottles of drinking water, packets of rice & pasta, tinned tomatoes and eggs. Ensure your repeat prescriptions are ordered before the christmas shut down.

 **And one for the clergy!** The secret of a good sermon is to have a good beginning and a good ending; and to have the two as close together as possible. - George Burns

 **Our next meeting** with a speaker is on 14th January at The Friends Meeting House, St Helen's Street, Derby DE1 3GY at 2.30 PM, for a talk about "Inn Signs" (pubs to you and I). The talk will be given by Robert Mee. Let's give him a warm Take Heart welcome for the new year with lots of you brave souls turning out. See you there.

 **I used to wear glasses** to sharpen my pencils but now I can't see the point.

 **New members.** This month we welcome David & Shirley Etches and Trevor & Doreen Swain. Welcome to you all and we hope you enjoy many events with us.

 **Top Ten Tips for Winter.** South Derbyshire Clinical Commissioning Group (SDCCG) have issued guidelines to help us through the winter months, although the weather has been milder than seasonal. 1. Get your flu jab – protect yourself and those you come into contact with. 2. If you have a cold you do NOT need to see a GP. Treat it yourself with over the counter remedies at your pharmacy and drink plenty of water. 3. Prevent the spread of winter bugs (Norovirus) by not visiting your GP. There is nothing the GP can do whilst you have it. Avoid public places and call 111 for advice. 4. Make sure your medicine cabinet is stocked up. Have stocks of cold remedies, painkillers, antiseptic cream and plasters. 5. Order repeat prescriptions in good time as GP surgeries and pharmacies will be closed for periods during the Christmas period. 6. Make good use of pharmacies. They can provide advice with over the counter remedies and advice whether you need more expert attention. 7. Need same day response from your GP. Phone early and keep trying, they will answer sooner or later. 8. Use services wisely. 999 should only be used for emergencies (head injuries, heart attack, broken bones etc.) Sprains, cuts, rashes should mean a visit to the Walk-in-Centre, but if you need advice telephone 111. If your GP is available then contact them about high temperature, vomiting and ear pain. Pharmacies are available to assist with diarrhoea, cough, cold or headache. Of course minor grazes, sore throat and hangovers are a matter for self-care. 9. Keep warm. Heat your main living room to 18 – 21 C (64 – 70 F) and the rest of the house to 16 C. Check electric blankets before re-using them this winter. 10. Eat healthily. Food is a vital source of energy and helps keep the body warm. Have hot meals and drinks regularly throughout the day. Stews, soups and curries will do the trick and have meals prepared in advance in case of adverse weather.



Thought for the Day. My wife has a slight impediment in her speech. Every now and then she stops to breathe - Jimmy Durante



Member news. Geoff Hinks has been unwell recently and has spent two lengthy spells in Royal Derby. He says he is a little better but his mobility is compromised. Anyone in Shelton Lock area available to visit/give lifts? Sadly, I need to report of the passing of Margaret Knifton who had been a member for sixteen years. Ill health had restricted her attendance in recent years. Noreen Shepherdson has been back in hospital for a number of weeks and is to be transferred to a specialist home shortly. Molly Illesley has returned home and reports some days are better than others. We wish all of you a speedy recovery. If you know someone who is ill, then please let Michael know.



Newsletter feedback. The following messages were received following last month's Newsletter: *"Great jokes in the newsletter, perhaps you could produce a magazine to include the one hundred best jokes over the last few years/ Brilliant, lots going on./Luv the jokes. Thanks for calendar, all happy pictures/As a new member of Take Heart I find your newsletter excellent. It is informative and interesting with humorous sections, very well balanced/Full of interest, as usual/newsletter is excellent and full of information"*. 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.



Medical Notes

This is a collection of notes exactly as typed by medical secretaries:

- Patient has left her white blood cells at another hospital.
- Patient has chest pain if she lies on her left side for over a year.
- On the second day the knee was better and on the third day it disappeared.
- The patient has been depressed since she began seeing me in 1993.
- Discharge status: Alive, but without my permission.
- Patient had waffles for breakfast and anorexia for lunch.
- While in ER, Eva was examined, x-rated and sent home.
- Skin: somewhat pale, but present.
- Patient has two teenage children, but no other abnormalities.
- The patient was in his usual state of good health until his airplane ran out of fuel and crashed.
- Mrs Evans slipped on the ice and apparently her legs went in separate directions in early December.
- Patient was seen in consultation by Dr Jones, who felt we should sit on the abdomen and I agree.
- The patient refused autopsy.
- She is numb from her toes down.
- She stated that she had been constipated for most of her life until she got a divorce.
- Both breasts are equal and reactive to light and accommodation.
- Examination of genitalia has revealed that he is circus-sized.
- Patient was found in bed with her power mower.



Watch out gentlemen!!! 5 Deadly terms used by women.

1. FINE – This is the word women use to end an argument when she knows she is right and you need to shut up.
2. NOTHING – Means “Something” and you need to be worried.
3. GO AHEAD – This is a dare, not permission, don’t do it.
4. WHATEVER – A woman’s way of saying screw you.
5. IT’S OK – She is thinking long and hard on how and when you will pay for your mistake.



Forthcoming events

December.

- Tuesday 18th Christmas, free TH(D) tea/coffee morning with coffee and carols at The Cube café/bar from 10.30AM.
- Wednesday 19th Swimming at the Queen’s Leisure Centre at 3.15PM.



January.

- Wednesday 2nd Swimming at the Queen’s Leisure Centre.
- Friday 4th Singing for Fun at 10.00 AM
- Wednesday 9th Swimming at the Queens Leisure Centre.
- Friday 11th Singing for Fun at 10.00 AM
- Monday 14th Inn signs and their stories is the topic for our opening talk of the year With Robert Mee. Does your pub have a famous sign? Robert is a Local historian, author and a contributor to magazines.
- Wednesday 16th Swimming at the Queen’s Leisure Centre.
- Friday 18th Singing for Fun at 10.00 AM
- Tuesday 22nd Lunch at The Argosy, Manor Road, Derby DE22 3HZ.
- Wednesday 23rd Swimming at the Queen’s Leisure Centre.
- Friday 25th Singing for Fun at 10.00 AM.
- Tuesday 29th Coffee morning The Cube café/bar.
- Wednesday 30th 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, Margit Staehr 01332 513932 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.