

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703




Newsletter July 2018

 **General Data Protection Regulations (GDPR).** 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 AND return them to Michael at 14 Brookside Road, Breadsall, Derby DE21 5LF. 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.

 **June coffee morning.** What a lovely morning to meet friends for coffee and a chat, catching up with all the latest gossip. It was lovely to see Coleen Yates back with us after some difficult months. Several members reported holiday bookings being made, with trips to Bournemouth, Newquay, Edinburgh and York. One member has booked for the South of France, with others making Spain their chosen destination. But with all this incredible sunshine in the UK, why does anyone need to go abroad? Some were talking about walks they were planning in addition to the programmed TH(D) walks. Great stuff but where are you when we undertake an official Take Heart walk and just as important, where are the photographs of your achievements? Remember when it is a planned walk, all walkers are covered by our public liability insurance from the BHF. Send your photographs to Michael if the walks are in Derbyshire or East Staffs – we might consider them for the calendar. Just for a change, no-one was walking around asking for bookings to be made to a Take Heart (Derby) event. Now we could afford a cup of coffee.



 **Great quotes from Great People.** “Sometimes, when I look at my children, I say to myself Lillian, you should have remained a virgin”..
Lillian Carter (mother of Jimmy Carter)



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?



Great quotes from Great People. “I had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalogue: - 'No good in a bed, but fine against a wall.’
- Eleanor Roosevelt



Birthdays. Happy birthday this month go to Bob Betchley, Cath Blatherwick, Gordon Cant, Vernon Essex, Pam Fearn, Gill Flatman, Ian Gibson, Janet Gilbert, Yvonne Gilbert, John Gutteridge, Marion Jackson, Margaret Potter, Margaret Prince, Nicola Smith, Margaret Storry, Val Tatlow, Marilyn & Neil Thompson, Jaqueline Whittaker and Christopher Wright. We hope you all have a happy and memorable day.



To commemorate the 79th birthday of Julie Andrews, actress/vocalist, made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP. One of the musical numbers she performed was 'My Favourite Things', from the legendary movie 'Sound Of Music'. Here are the lyrics she used: **sing it, it's especially hysterical!!!**
*Botox and nose drops and needles for knitting. Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string. These are a few of my favourite things.
Cadillacs and cataracts, hearing aids and glasses. Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings. These are a few of my favourite things.
When the pipes leak. When the bones creak. When the knees go bad,
I simply remember my favourite thing. And then I don't feel so bad.
Hot tea and crumpets and corn pads for bunions. No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they bring. These are a few of my favourite things.
Back pain, confused brains and no need for sinnin'. Thin bones and fractures and hair that is thinnin'.
And we won't mention our short-shrunken frames. When we remember our favourite things
When the joints ache, When the hips break. When the eyes grow dim,
Then I remember the great life I've had. And then I don't feel so bad.*

Editor's note: A new track for the Take Heart Singers, I think.



A senior citizen said to his eighty-year old buddy: 'So I hear you're getting married?' 'Yep!' 'Do I know her?' 'Nope!' 'This woman, is she good looking?' 'Not really.' 'Is she a good cook?' 'Naw, she can't cook too well.' 'Does she have lots of money?' 'Nope! Poor as a church mouse.' 'Well, then, is she good in bed?' 'I don't know.' 'Why in the world do you want to marry her then?' 'Because she can still drive!'



The Derbyshire Dales Woodcraft Club



have adopted TH(D) as their charity of the year for 2018. Our thanks are extended to our member Douglas Moseley (seen 2nd from the right) who proposed us at their annual meeting earlier this year. Also in the picture (from l to r) Douglals' daughter Deborah, Trisha Flude, Derek Puplet (chairman of the Woodcraft club), and daughter Yvonne. The "Woodcraft club meet monthly where their work is put on display, along with demonstrations and even the opportunity to "turn" a piece of timber. There were also opportunities for carving, scrolling, marquetry and pyrography. Also shown are a couple of shots of work completed by the



woodcrafters. Yes you can see a hat which has been turned on a lathe from wood. Simply amazing!!! Refreshments are provided for a donation and include cake, sausage rolls, cake, sandwiches and cake!!! They issue a

monthly Newsletter titled "Woodworms" and which carries news of events and a few jokes – here is one of them: "A woman has the last word in any argument. Anything a man says after that is the beginning of a new argument"



On their way to get married

a young Catholic couple are involved in a fatal car accident. The couple found themselves sitting outside the Pearly Gates waiting for St. Peter to process them into Heaven. While waiting, they began to wonder: Could they possibly get married in Heaven? When St. Peter showed up, they asked him. St. Peter said, "I don't know. This is the first time anyone has asked. Let me go find out," and he left. The couple sat and waited, and waited. Two months passed and the couple were still waiting. While waiting, they began to wonder what would happen if it didn't work out; could you get a divorce in heaven? After yet another month, St. Peter finally returned, looking somewhat bedraggled. "Yes," he informed the couple, "You can get married in Heaven." "Great!" said the couple, "But we were just wondering, what if things don't work out? Could we also get a divorce in Heaven?" St. Peter, red-faced with anger, slammed his clipboard onto the ground. "What's wrong?" asked the frightened couple. "OH, COME ON!," St. Peter shouted, "It took me three months to find a priest up here! Do you have any idea how long it'll take me to find a lawyer?"



Member news

Sadly, Enid Jeffery-Walker passed away in June after a series of illness's. She had been a member for many years and will be missed. Trisha Flude made a sufficient recovery to be allowed home, with further investigations as an outpatient required but then 5 minutes prior to kick-off against Sweden she was speeding her way back to RDH. Michael Brinkworth has a stay of execution by having an injection rather than the hip replacement he expected. Michael Flude also received good news that physio might help avoid a shoulder operation, with a message from one member saying, "I do hope your shoulder will fully recover soon so that you can hang the washing outside". Noreen Shepherdson, Gill Flatman, Ken Illesley are unwell receiving treatment. Coleen Yates has suffered a few trauma's but was pleased to be back at the coffee morning. What a poorly lot we are. 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.



Take Heart's intrepid walkers took a step back in time when they took a four-mile stroll around three of Derby's historic parks in a report held over from last month. Pete Stevens



Pete Stevens writes "The start of the walk was Darley Abbey village, taking in Darley Park, Derwent Park and a section of Strutt's Park. The 11 members were joined by a couple of guests, Jeremy and Alison Eagles - who brought along their collie Bella for company. Jeremy, a retired government planning inspector, gave members a potted history of Darley Abbey, from its early days as a monastic settlement through to 18th and 19th century industrialisation. He explained how Derby banker William Evans spotted the potential

of water power provided by the river Derwent to establish one of England's first cotton spinning mills. The site flourished until the 1950's when the factory housing built by Evans fell into disrepair and was due for demolition. Fortunately, the introduction of government grants enabled home owners to improve their properties which are now among some of the most expensive in Derby. Leaving the mill site, the group, headed through Darley Park, hugging the river and discussing the flood protection work currently underway to safeguard homes in Chester Green. Walkers then crossed the Derwent using Handyside Bridge which once carried steam trains into the city before skirting Derby Rowing Club and the edge of Strutt's Park. They continued through the green space of Darley Park and ended up with well-earned refreshments at the Park café, part of the long- demolished Darley Hall. Some of the group then spent a pleasant 20 minutes taking in the park's nationally recognised collection of hydrangeas which, unfortunately, had yet to burst into colour."



Report of the walk. From Mickleover station on 29 June - a report by Graham Bracewell. Seven members of Take Heart met on the station approach road to brave the weather for the monthly short walk. The temperature was in the upper 20s without a cloud in the sky, but mercifully the route is shaded by trees on both sides for most of the way. The abandoned track-bed from here through Etwall to Eggington is maintained as a cycle way and footpath by Derbyshire County Council and in many respects is ideal walking for the less able – no hills, no stiles, all weather surface etc. Mickleover station is about a mile north of the village centre, which may explain why it closed to regular passenger traffic in December 1939. It's a remarkable survivor - in contrast there is no trace of Etwall station




building, and very little of Breadsall. It's now a well maintained des.res. and the sloping approach road has four classic gas lamps (now electrically powered) that may be originals. A forty-five-minute walk from the station took us to our target return point – a pair of gates across the track-bed – and our first photo-shoot. A very short diversion was made to confirm and note for future reference the presence of a blackthorn tree – a bearer of sloe fruit, much valued for gin manufacture. In short, a round trip of about 1.5 hours or about 3 miles. Ideal – so where were you? Mind you, the shorts and

tee-shirts that were en-vogue were the centre of attention for the biting insect population of northern Mickleover, or possibly I was the only one who was the victim of their unwelcome blood lust. A bit of railway history to end with - the line through Mickleover was opened in 1878 by the Great Northern Railway (became part of the LNER in 1923). It ran from

Nottingham through Ilkeston, Breadsall, Derby' Friargate and on to Eggington, where there were then running rights over the North Staffs Railway to Burton-on-Trent. In late Victorian times Britain had an insatiable demand for both coal and Burton beer, and this line had access to both. It was viewed as an unwelcome interloper by the Midland Railway which regarded the area as their fiefdom. Passenger traffic ceased in 1964 and freight in 1968.


 **Our next walk of the year is on Saturday 28 July** Cromford Canal. An easy, two-and-a-half miles stroll along the historic Cromford Canal, taking in the mills founded by Sir Richard Arkwright and the coal-fired water pumping station. The walk gives views of the surrounding valley with refreshment stops at either end. The narrow boat "Birdswood" travels the canal in summer. Approx two and a half miles. Meet at the Cromford Canal car park (pay and display) DE4 3RQ. The walk starts at 10.00 so make sure you get there with a bit of time to spare. There are refreshments available at the beginning, half way and at the end. For more details contact Pete Stevens on 01332 831499 otherwise, we will see you there.



 **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. Accept the minutes of the last meeting. 2. Adopt the accounts. 3. Re-elect Michael Flude, Patricia Flude and Richard Flatman to the committee. 4. Elect Margit Staehr to the committee. 5. Re-appoint Michael Flude as Chairman and 6. Appoint Margit Staehr as Treasurer. 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) would 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.



 **Paddy and Mick** found 3 hand grenades and decided to take them to the police station. Mick "What if one explodes before we get there?" Paddy: "We'll lie and say we only found two!"



Heroes of Derbyshire!!! This is an annual award ceremony to celebrate all the good deeds carried out by so many people throughout Derbyshire. The 2018 edition saw several members of TH(D) attending to support our Chairman, Michael Flude who had been selected as a finalist in one category. Much to his surprise he was the winner of that



category – Hero of Derbyshire. When the Police & Crime Commissioner introduced the overall winner for this year, it was him again. Wow. Two buses at the same time! Michael was interviewed after the award and believe it or not he was lost for words. Another first I hear you say? Michael commented later: "It was flattering to be nominated, never mind winning. I hope this recognition will raise the profile of Take Heart (Derby) and lead to greater recognition for the work we do. We have

good people within the group that help to produce a charity worthy of the name".



Flower Power. A man went into a florist to enquire about potted geraniums. "I'm sorry," said the shop assistant in the flower shop, "we don't have potted geraniums. We do have African violets instead?" Replied the customer sadly, "No, it was geraniums my wife told me to water while she was gone." (Note: you can apply this analogy to Michael's predicament with the washing machine and tumble drier experience whilst Trisha was in hospital).



Merger of local hospitals. University Hospitals of Derby and Burton NHS Foundation Trust was formed on 1 July 2018 to bring together five hospitals and the expertise of 12,000 staff to provide the highest quality care to around 950,000 patients in and around Southern Derbyshire, South and East Staffordshire and North West Leicestershire. The new organisation is formed from the merger of Derby Teaching Hospitals and Burton Hospitals NHS Foundation Trusts and will provide services from the Royal Derby Hospital and Queen's Hospital Burton, along with three community hospitals – the Sir Robert Peel Hospital in Tamworth, the Samuel Johnson Hospital in Lichfield and London Road Community Hospital in Derby. The merger will secure general services at Queen's Hospital in Burton, including A&E, develop more specialised services at the Royal Derby Hospital and make best use of the community hospitals. The Trust's initial priority is to ensure that all clinical services continue to operate safely and effectively but over time it will be making the changes needed to realise major benefits for its patients. Some services - Cardiology, Orthopaedics, Radiology, Renal medicine, Stroke services and Cancer care - have already been reviewed in detail so that the Trust can start to make some of these changes more quickly. For most patients and service users there will be little noticeable difference at first – the first obvious changes will be new external signs on buildings, updated letterheads and social media platforms, followed by new email addresses and identity badges. The new Trust is also looking for members to sit on the Council of Governors. This rewarding role is about representing patients and the public and working with the Trust Board to ensure the very best services are delivered. If you are interested have a chat with Michael who has been a Governor for 3 years. Nominations open 2 August and close 17 August. There are some information sessions at the end of July. For more information call 01332 785440 or email dhft.membership@nhs.net. Source: Justine Fitzjohn, Deputy Director of Governance, UHBD NHS Foundation Trust



Great quotes from Great People. Last week, I stated this woman was the ugliest woman I had ever seen. I have since been visited by her sister and now wish to withdraw that statement. - Mark Twain



Lunch at the Lion. A bit of a change for us to eat in Ripley but it turned out to be a good choice. The food was plentiful and enjoyable and good value. Fourteen members enjoyed another social event held in a private room. The planned committee meeting was postponed due to the absence of committee members for health reasons. Was it the high temperature that saw so much liquid consumed? Not sure if the water tablets were such a great idea at breakfast!!!



Newsletter feedback. The following messages were received following last month's Newsletter: *"Many thanks for the birthday mention in the newsletter and for the very nice birthday card/ Thank you for the June Newsletter. I hope your arm is recovering now. gardening can be dangerous/washing machines were invented by man for use by women, you are not on that pay scale/another great edition, keep up the good work "* 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.



News from the BHF The NHS is lagging behind other countries in its treatment of a range of deadly diseases including heart attacks and strokes, according to a new report. The report - published by the Nuffield Trust, the Health Foundation, the Institute for Fiscal Studies and The King's Fund - looked at three aspects of good healthcare in the UK and 18 similar countries, including France, Germany, Italy, Japan and the USA. It highlighted the UK's NHS performs worse than average in the treatment of 8 out of the 12 most common causes of death. This includes the UK having worse than average survival rates for deaths from heart attacks and strokes after 30 days. The report was published as part of a series for the BBC to mark the NHS's 70th birthday. Simon Gillespie, our Chief Executive, said: "The NHS has made huge progress in transforming survival rates and care for heart and circulatory diseases over the last 70 years. But the UK is now lagging behind many European countries in the early diagnosis, treatment and rehabilitation of heart attacks and strokes. "This report is an important reminder that we can't get complacent. The NHS should prioritise improvements in care for the nation's seven million heart and circulatory disease patients. We need a bold new strategy that connects risk reduction, disease prevention, diagnosis, treatment and recovery, and takes advantage of emerging technology and research utilising data science and artificial intelligence. With a bold new approach, we can reduce early deaths from heart disease and stroke and ensure the UK public is given the world-leading care they deserve." The report follows the Prime Minister's announcement of an additional £20 billion a year increase in funding for NHS England by 2023-24. We believe that prioritising the prevention and treatment of heart and circulatory disease should be a priority for the plan on how this funding will be directed. Source: <https://www.bhf.org.uk/what-we-do/news-from-the-bhf/news-archive/2018/june/nhs-needs-bold-new-approach-to-change-outcomes-on-heart-and-circulatory-diseases>.



A coach load of paddies on a mystery tour decided to run a sweepstake to guess where they were going..... the driver won £52.00!



Forthcoming events

July.

Friday 20 th	Singing for Fun at 10.00 AM
Wednesday 25 th	Swimming at the Queen's Leisure Centre.
Friday 27 th	Singing for Fun at 10.00 AM
Saturday 28 th	Walking back to health - 🍄 - Cromford Canal. An easy, two-and-a-half miles stroll along the historic Cromford Canal, taking in the mills founded by Sir Richard Arkwright and the coal-fired water pumping station. The walk gives views of the surrounding valley with refreshment stops at either end. The narrow boat "Birdswood" travels the canal in summer. Approx two and a half miles. Meet at the Cromford Canal car park (pay and display) DE4 3RQ.
Tuesday 31 st	Coffee morning at The Cube café/bar.

August.

Wednesday 1 st	Swimming at the Queen's Leisure Centre.
Friday 3 rd	Singing for Fun at 10.00 AM
Wednesday 8 th	Swimming at the Queen's Leisure Centre.
Friday 10 th	Singing for Fun at 10.00 AM.
Monday 13 th	Heather Vickers will advise us that "Eggs aren't just for eating". Apart from the obvious, I wonder what she has in store for us? The only way to find out is to be there!
Wednesday 15 th	Swimming at the Queen's Leisure Centre.
Friday 17 th	Singing for Fun at 10.00 AM
Saturday 18 th	Walking back to health - 🍄 - Ticknall limeyards circular. Meet at Ticknall Village Hall car park, Ingelby Lane, Ticknall DE73 7JW. One stile, with stout footwear being essential
Tuesday 21 st	Lunch at Denby Lodge, Church Street, Denby, Ripley, DE38PH.
Wednesday 22 nd	Swimming at the Queen's Leisure Centre.
Friday 24 th	Singing for Fun at 10.00 AM
Tuesday 28 th	Coffee morning at The Cube café/bar.
Wednesday 29 th	Swimming at the Queen's Leisure Centre.
Friday 31 st	Singing for Fun at 10.00 AM



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.