

# 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 November 2018

 **General Data Protection Regulations (GDPR).** Only **twenty households** have not responded and we urge you to do so please. Thank you to all those who have completed the revised membership form but would the others please do so without delay. **It is essential for your continued membership to complete the new forms.** 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.

 **Lunch at The Blue Jay.** Fifteen members turned up at the Blue Jay once again. We visit this restaurant quite often because it offers great value. Most diners opt for the carvery, you can select from several roast meats, with all the trimmings. There is also an option for the size of meal from the very hungry to the grazer sized meal. Lots of chatter about where we had been on holiday recently and catching up with the latest gossip. See you at the Jonty Farmer on 22<sup>nd</sup> November, another popular venue.



 **A man in Newcastle** walked into the produce section of his local supermarket and asked to buy half a head of lettuce. The boy working in that department told him that they only sold whole heads of lettuce. The man was insistent that the boy ask the manager about the matter. Walking into the back room, the boy said to the manager, "Some old idiot outside wants to buy half a head of lettuce." As he finished his sentence, he turned around to find that the man had followed him into the back room and was standing right behind him. So, the boy quickly added, "and this gentleman kindly offered to buy the other half." The manager approved the deal and the satisfied customer duly went on his way. Later, the manager said to the boy, "I was really impressed with the way you got yourself out of that situation earlier. Well done! We like people who can think on their feet. Where are you from, son?" "New Zealand, sir," the boy replied. "Why did you leave New Zealand?" the manager asked. "Sir, there are only prostitutes and rugby players there." "Is that right?" replied the manager. "As it happens, my wife is from New Zealand!" "Really?" replied the boy, "Who did she play for?"



**October coffee morning.** Forty members turned up for our coffee morning at the end of October. Attendance was a little bit up on last month – could it have been the reminder via email that the new Take Heart (Derby) Calendar would be available? Those members who were the first arrivals for their post code were given the honour of delivering to the remaining members who have a similar post code (crafty devil that Michael bloke). Michael says thank you to those who volunteered to deliver the Calendar, it is a great help. A few members added their names to the Christmas lunch event to take place on 4<sup>th</sup> December (see details elsewhere in this Newsletter). There was even a new member present in the form of Michael O'Regan who has returned to Derby following his heart event last year. He clearly enjoyed his first visit and completed his membership form. Our next coffee morning will be on 9<sup>th</sup> November at Royal Crown Derby tea rooms at 10.30 AM to mark Remembrance Day. Please attend and show your support and thanks to all those who gave their lives so that we may be free.



**Smiling** is infectious, you can catch it like flu,  
 when someone smiled at me today, I started smiling too,  
 I walked around the corner and someone saw me grin.  
 When he smiled I realised I had passed it on to him,  
 I thought about the smile and realised it's worth,  
 A single smile like mine could travel round the world  
 So, if you feel a smile begin don't leave it undetected,  
 start an epidemic and get the world infected.



**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 helps. 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?



**Birthdays.** Happy birthday this month go to Patricia Bhurton, Ted Bland, Mary Blundell, Alan Bown, Jean Clarke, Gina Essex, Molly Illesley, Dennis Pollard, James Robinson, Sue Robinson and Jane Salmon. We hope you all have a happy and memorable day.



**Six Take Heart (Derby)** members (plus one granddaughter) met in the car park of the Swan Inn, Milton, for the last short walk of the year. The weather forecast in the preceding couple of days was full of doom – there was a mass of cold Arctic air moving south over



the country. Temperatures were expected to fall from the mid-teens to about 8°C in the northerly wind. However, we were blessed with a lovely sunny morning, slightly chilly but thankfully with little or breeze. Our route initially took us south along the main street to the last group of houses in the village where we turned off eastwards along a rutted farm track. This climbed slowly and brought us to the first of several fields of sugar beet, each at

various stages of growth. Four well-trodden foot paths converged at the far corner of our

first field – we turned left and headed for Home Farm. There, yard has several upturned tree roots displayed as ‘ethnic art’. A short way along the farm road is St Saviour’s church, Foremark. It’s a lovely little church dating from about 1660, well worth a visit. How many churches have a mini buffet just inside the porch where the visitor can help themselves to a hot drink? An ancient font, box pews in abundance and a triple decker pulpit with canopy/sounding board are treasures. A left turn off the farm road took us through two other fields of beet back in the direction of Milton. There were spectacular views over the Trent valley for many miles to the north before the path dropped slowly back down to cross a stream by a relatively new wooden bridge. A short uphill stretch through grass took us back to Milton’s main street again. We repaired to the garden centre at Bretby but missed the 11.30am cut-off time for bacon butties by ten minutes. (Plan B was a sausage roll – poor substitute).



♥ **My living will.** Last night my kids and I were sitting in the living room, and I said to them, “I never want to live in a vegetative state, dependant on a machine and fed from a bottle. If that ever happens, just pull the plug.” They got up, unplugged the computer and threw out my wine!!!

♥ **Stoptober!!!** Well did you manage to stop smoking last month. Congratulations if you did but alas no-one has admitted it as yet. This is the month each year which focuses on stopping smoking – it can be the best health remedy and it is free. In fact, you can save huge sums of money into the bargain, but the best is the improvement in your health. There were a many, stubbly chins in evidence but that will not improve your health (or your looks). Come on, you know it makes sense.

♥ **Friend for Dinner.** This guy brings his best golf mate home, unannounced, for dinner at 6:30 p.m., after golf. His wife screams her head off while his friend sits open mouthed and listens to the tirade. "My hair and makeup are not done, the house is a complete mess, and the dishes aren't done. Can't you see I'm still in my pyjamas and I can't be bothered with cooking tonight! Why the devil did you bring him home unannounced, you stupid idiot?" "Because he's thinking of getting married."



**Did you spot them?** There have been two deliberate errors recently, but did you spot them? The first was that those receiving the postal version of the Newsletter, received a second September Newsletter in October. This was spotted by ONE member (regrettably after printing) but the email version was amended before posting on the website. Secondly, there is a location error within the new Calendar for 2019. Photography in May refers to Hilton but of course it should read Etwall. Thank you to the ONE person who has spotted this. Please accept the apology of someone who is prone to gaffs.



**Take Heart Singers.** The singing group were praised for their participation at a fund-raising event for St. Thomas's Methodist Church in Normanton during September. They sang two sets, with a break for refreshments. The songs were many and varied, from the 1940's through to the present. There was country, pop, musicals, old time and there were solo's, duets as well as male/female and group singing. The event raised more than one



hundred pounds to help with lighting replacement and updates. The show was such a huge success that the Take Heart Singers are to be invited back again.

Future shows are:

20<sup>th</sup> November – Fraser Hall, Leylands, Broadway, Derby DE22 1BA at 2.00 PM

18<sup>th</sup> December – a Christmas song rendition at our Christmas coffee morning at The Cube

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

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



**Let's face it** - English is a crazy language. There is no egg in eggplant, nor ham in hamburger. Neither apple nor pine in pineapple. English muffins weren't invented in England. We take English for granted, but if we explore its paradoxes - We find that quicksand can work slowly, boxing rings are square, and a guinea pig is neither from Guinea nor is it a pig. And why is it that writers write, but fingers don't fing. Grocers don't groce and hammers don't ham? Doesn't it seem crazy that you can make amends but not one amend? If you have a bunch of odds and ends and get rid of all but one of them, What do you call it? If teachers taught, why didn't preachers praught? If a vegetarian eats vegetables, what does a humanitarian eat? Sometimes, I think all the folks who grew up speaking English should be committed to an asylum for the verbally insane.



**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.

♥ **An old woman** was sitting on the patio at home drinking wine with her husband. Suddenly, she said, "I love you so much, I don't know what I would do without you". Her husband replied, "Is that you talking or is it the wine". The wife responded saying, "It's me talking but to the wine"!!!

♥ **Christmas luncheon 2018.** This is now fully booked. Thank you to all those who responded to Margaret, see you on 4<sup>th</sup> December.

♥ **A young doctor** had moved out to a small community to replace a doctor who was retiring. The older doctor suggested that the young one accompany him on his rounds so the community could become used to the new doctor. At the first house a woman complained, "I've been a little sick to my stomach". The older doctor says, "well, you've probably been overdoing the fresh fruit. Cut back on the amount you're eating and see if that does the trick". As they left the younger man said, "You didn't even examine that woman. How'd you come to the diagnosis so quickly? I didn't have to. You noticed I dropped my stethoscope on the floor in there? When I bent over to pick it up, I noticed a half dozen banana peels in the trash. That was what probably was making her sick. "The younger doctor said "Pretty clever. If you don't mind, I think I'll try that at the next house". Arriving at the next house, they spent several minutes talking with a younger woman. She said that she just didn't have the energy she once did and said, "I'm feeling terribly run down lately". "You've probably been doing too much for the Church," the younger doctor told her. "Perhaps you should cut back a bit and see if that helps". As they left, the elder doctor said, "I know that woman well. Your diagnosis is almost certainly correct. She's very active in the church, but how did you arrive at it?". "I did what you did at the last house. I dropped my stethoscope and, when I bent down to retrieve it, I noticed the pastor under the bed.

♥ **Heart Failure team hold workshop!!!** On Thursday 18th October the Heart Failure Team held their first coffee afternoon at the London Road Community Hospital where three nurses Joanna Clewes, Adele Lewis and Trish Wooley gave a brief presentation of the following subjects: "Managing Chest Pain". "Advice on Self- Management of Chest



Pain" and "Sick Day Rules". The event also gave us opportunities to ask questions to the nursing team about general and specific issues and not least gave us an opportunity to talk with fellow heart failure sufferers and their spouses/carers. A most welcome initiative which I understand will be repeated. Thank you to the Heart Failure Team for the opportunity for my wife and myself to participate. A report by Per Staehr.



**Our speaker in November** was Sally Hudson, who came to talk to us about “The Life of a Lamb Chop”. Sally lives on a hill farm in Glossop and although she works on the farm her main job is building Dry-Stone Walls. She teaches dry stone walling at the National Stone Centre in Matlock and is the only woman in the world who can judge stone walling which involves a great deal of training. She told us that she had been out to Canada working with her sister who lives there and who is also a dry-stone waller. She said that she was 10 years old when her family bought the farm and showed us a picture of coombs rock which is part of the 74 acres that they own. We were told that the male sheep are called “tups” and that it is around bonfire night when they mate with the ewe and five months later a lamb is born. If the weather is particularly bad, they will fetch the sheep down from the hills and put them in a small paddock, this makes it easier to dig them out if there should be a very heavy fall of snow. Sally said that a week before the ewes are due to lamb, they will bring them indoors. They have a camera situated in the barn so that they can keep an eye on the lambs when they are born. Sally also said you would be amazed what things the ewes do when they think there is no one there to see them. We were next to see a picture of a ewe ready to give birth, it showed the water sack and the nose and feet of the lamb waiting to be born. Sally told us that if you can’t see the nose and feet, this means its time to get your rubber gloves out as very careful help is needed to bring the lamb into the world. She said that a lamb will always know its mothers call. If a yellow coloured lamb is born, this means they have had a traumatic birth. Each lamb will have an ear tag which gives the farm number and the number of the lamb, it is put in the right ear for a girl and left for a boy, tags were different colours to indicate the year, they will also have a yellow tag microchip. Sally showed us a picture of the shearers who would go to the farm in July to shear the sheep, they would be paid one pound for each fleece, unfortunately when they sell the fleece, they will only get around 60p for it. We were shown pictures of the meadows on the farm that are full of wild flower’s and herbs. These will be mown and made into bales of hay, the farm will keep 750 bales and the rest they will try to sell. Sally told us that there is so much goodness in these bales that they do not need to give their animals any extra minerals. Sally and her family offer free educational visits to their farm. A very interesting talk on the year of a hill farmer with members asking many questions.



**There is not a meeting** with a speaker in December and so make sure you turn up on 14<sup>th</sup> 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.



**New members.** This month we welcome Michael O’Regan, Nick & Celia Charles. Welcome to you all and we hope you enjoy many other events with us.



**Did you know** – Line dancing was started by women waiting to use the loo?



**Member news.** Noreen Shepherdson is back at The Grove hospital again. Les is visiting regularly. Gina Essex has had a rotator cuff operation (there seems to be a lot of copy cats around lately). Michael’s shoulder is improving gradually but still has pain. Marilyn has reported little improvement since her eye operation. Pat Fitton is reasonably well but is waiting for a hip and knee replacement. Mary Blundell has resumed her Singing for Fun activities. Robert Jones has fallen and broken his wrist. Roz Skerrett has moved to more suitable accommodation. We wish all of you a speedy recovery. If you know someone who is ill, then please let Michael know.



**Thought for the Day.** The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.



## **Our Remembrance Coffee**



morning was attended by twenty-five members (including two new members who signed up that morning). Kathleen Cawdell gave a prayer at 11.00 to remember those who made the ultimate sacrifice so that we may enjoy the lifestyles we have today. There were many tea pots on the tables, with all manner of tea selections made from the extensive range on offer at the Royal Crown Derby tea rooms. It is a lovely setting for some relaxation with friends on a quite serious occasion. Thank you to all those who attended



**A temporary ward** is being built at the Royal Derby Hospital to help reduce the pressures on University Hospitals of Derby and Burton's hospitals this winter.

The modular ward is currently being built on Car Park 1 at the hospital and will provide 28 additional beds to the Trust in time for January, when patient numbers are expected to be at their highest. Plans to provide an additional 100 beds on site at the Royal Derby Hospital by building ward extensions above the Medical Outpatients Department and Kings Treatment Centre are still set to go ahead but won't now be ready until next winter. The Trust is also looking at the possibility of providing an additional ward extension at London Road Community Hospital to help alleviate winter pressures in Derby, whilst 28 extra beds are also set to be provided through a temporary ward on site at Queen's Hospital Burton. Due to the construction of the modular ward at the Royal Derby Hospital, Car Park 1 will be unavailable until further notice, with additional parking for patients and visitors instead being provided at Car Park 6. University Hospitals of Derby and Burton Executive Chief Operating Officer, Sharon Martin, said: "Providing quality care to our patients is and always will be our number one priority as a Trust. We are expecting to see an increase in demand during another challenging winter period but have prepared a detailed plan to ensure this won't impact the high level of service we are able to provide to our patients. A key part of this plan is to provide additional capacity to deal with increasing demand, so we are building an additional modular ward at the Royal Derby Hospital, which will be available by January and will create 28 extra beds. Providing these additional beds will help reduce the pressure on our A&E and allow us to treat more patients that need our help this winter. We are one part of a wider system and will be working closely with our partners in health and social care throughout this busy period to identify anything we can do to ensure our patients receive timely, quality care. The public can also help us keep our A&E for genuine emergencies only by considering alternative services, such as the Derby Urgent Care Centre and Minor Injuries Units in Ripley and Ilkeston." Source: Christian Wilson, Communications & Media Office, University Hospitals of Derby and Burton NHS Foundation Trust



Do you ever wake up and kiss the person next to you. Well, I just did it and will not be allowed on this airline again!!



**Wife says:** “Norman, I’m going into this shoe shop to try on some shoes. What are you going to do while waiting?” Norman responds saying, “I’ll go on holiday to Spain and meet you back here!!!”



**Newsletter feedback.** The following messages were received following last month’s Newsletter: *“I did not spot that we had a second September Newsletter until you told me/Liked the one about the tie/great edition, I don’t know how you keep doing it but please continue/where do you get all the jokes, they lift my spirits every month without fail, well done “.* 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.



**A wife** got so mad at her husband, she packed him a bag and told him to leave. “I hope you die a long and very painful death” she yelled as he was leaving. He stopped and turned toward her and said, “I’m confused, do you want me to stay?”



### **Forthcoming events**

#### **November.**

Tuesday 27 <sup>th</sup>	Coffee morning at The Cube café/bar from 10.30AM.
Wednesday 28 <sup>th</sup>	Swimming at the Queen’s Leisure Centre at 3.15PM.
Friday 30 <sup>th</sup>	Singing for Fun at 10.00 AM

#### **December.**

Tuesday 4 <sup>th</sup>	<b>Christmas luncheon at Mickleover Golf Club, Uttoxeter Road, Mickleover, Derby DE3 9AD at 12 noon for 12.15.</b>
Wednesday 5 <sup>th</sup>	Swimming at the Queen’s Leisure Centre at 3.15PM.
Friday 7 <sup>th</sup>	Singing for Fun at 10.00 AM
Wednesday 12 <sup>th</sup>	Swimming at the Queen’s Leisure Centre at 3.15PM.
Friday 14 <sup>th</sup>	Singing for Fun at 10.00 AM
Tuesday 18 <sup>th</sup>	Christmas, free TH(D) tea/coffee morning with coffee and carols at The Cube café/bar from 10.30AM.
Wednesday 19 <sup>th</sup>	Swimming at the Queen’s Leisure Centre at 3.15PM.



### **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](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.