

# 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 October 2018



**General Data Protection Regulations (GDPR).** Thank you to all those who have completed the revised membership form but there are still a few who have not. **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 Seven Wells, Etwall.** Eight members travelled to Etwall to dine together in September. We were but not well enough to attend, we sent our apologies. There were four committee members attending and we could have held a meeting to discuss our forward planning for 2019 but that will be for another day. I understand everyone was still smiling after finishing their meals. The food is always good and in a very pleasant location, albeit a bit out in the sticks for some. If you would like to attend the lunch and need a lift, then telephone Michael to see if it might be possible to organise. It will also save the preparation and washing up as well. See you next month at Blue Jay off Raynesway on 16<sup>th</sup> October.



**Dress Code...** A man was walking through the Sahara desert, desperate for water, when he saw something, far off in the distance. Hoping to find water, he walked toward the image, only to find a little old woman sitting at a card table with a bunch of neckties laid out on it. The thirsty man asked, "Please, I'm dying of thirst, can I have some water?" The woman replied "I don't have any water, but why don't you buy a tie? Here's one that goes nicely with your outfit." The man shouted, "I don't want a tie, you idiot, I need water!" "Okay, don't buy a tie. But to show you what a nice person I am, I'll tell you that over that hill there, about four miles, is a nice restaurant. Walk that way, they'll give you all the water you want." The dehydrated soul thanked the woman and walked away toward the hill and eventually disappeared. Three hours later he returned crawling back to where the woman was still sitting behind her card table. She said "I told you, about four miles over that hill. Couldn't you find it?" The man rasped, "I found it all right. They wouldn't let me in without a tie."



**Law of Gravity** - Any tool, nut, bolt, screw, when dropped, will roll to the least accessible place in the universe.

📌 **September coffee morning.** September saw us return to the Cube for our coffee morning. Back in familiar territory, we resumed our normal approach. Many were there well before the stated start time of 10.30 but the important aspect is that you attended. In fact, there were more than thirty of us this month, with a few notable absentees. Les and Noreen were amongst those not able to attend but we telephoned them to enquire of their wellbeing, so they felt included. Margaret Story was very prominent with copies of the Christmas luncheon menu for members to register. Details are attached at the end of this Newsletter. Nice to be back.



📌 **Met a friend** out walking his new dog, 'Nice dog' I said, 'What's his name?' 'Carpenter' said my friend. 'that's a funny name for a dog, why do you call him Carpenter?' I asked. 'Well' replied my friend 'he keeps making a bolt for the door'.

📌 **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?



📌 **Confused.com!** What do you do when you see an endangered animal eating and endangered plant?

📌 **Birthdays.** Happy birthday this month go to Nicole Bayer-Richardson, Brian Clarke, Joan Gutteridge, Michael Gilbert, Liz Hillis, Stuart Norton, Majid Quadri, Lana Richardson, Hazel Salt and Pete Stevens. We hope you all have a happy and memorable day.



**Prehistoric stroll.** A glimpse of life in Derbyshire during the Bronze Age was part of the late September walk by members of Take Heart. Nine walkers, including two guests, spent an enjoyable three-hour stroll around Stanton Moor, close to the village of Birchover. Walkers met at the Red Lion in the village's main street before relocating to a car park overlooking the valley. From there, the group headed on to Stanton Moor, passing the windswept "Cork" stone and then stepping out into open moorland. They enjoyed panoramic views across Darley Dale, towards Matlock, Winster and beyond before coming across an oddly placed stone-built tower, apparently put up in the middle of nowhere. History shows the tower was constructed by the local landowner to celebrate Parliament passing the Great Reform Bill in the 1832. The bill reformed voting across Britain, giving more people the vote – but only if you were male, aged over 21 and a house or land owner, so much for 19<sup>th</sup> century style democracy! The highlight of the day quickly followed as the group encountered the "Nine Ladies." Otherwise known as "Derbyshire's Stonehenge," the circle of nine small standing stones are reckoned to be around 4000 years old when the area was home to early man. From there, the group completed their circular tour before calling in at the Red Lion, Birchover for well-deserved refreshments.

The three-mile walk was over mainly level ground, with great views and in superb weather, and it would be great if more members would try to join future strolls and enjoy a social event and some fresh Derbyshire air!



Our next and last walk of the year is a changed from that listed in the Programme of Events. **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. A wonderful landscape to explore and adore – see you there. Need a lift contact Michael 01332380219.



**A local radio station was interviewing** an 80-year old lady who was marrying for the FOURTH time. The interviewer asked her about her life and what it felt like to be marrying at the age of 80 and about her husband's occupation. "He's a funeral director", she answered. "Interesting" the interviewer thought. He then asked her to tell him about her first three husbands and what they did for a living. She paused for a few minutes to gather her thoughts about all those years. After a short time, a smile came to her face and she proudly answered saying that she was first married to a banker in her 20's. She married a circus ringmaster in her 40's, a preacher when in her 60's and now in her 80<sup>th</sup> year – a funeral director. The interviewer looked at her, quite astonished, and asked why she married men with such diverse careers. She finally answered, "I married one for they money, two for the show, three to get ready and four to go."



**Member news.** Lyn Renshaw has experienced several issues recently but is improving. The same can be said of Michael & Trisha Flude and Dorothy Stevens, albeit slowly. We wish all of you a speedy recovery. If you know someone who is ill, then please let Michael know.



**If someone with multiple personalities** threatens to kill themselves, is it considered a hostage situation?



**Our speaker this month** was Jean Sykes who has been a member of TH(D) since 1995. Jean told us that her and her husband Geoff had worked for 3 years in the slums of Nairobi before returning to England. They went with their two children to live with Geoff's parents, as they had very little money at that time as well as Geoff being able to look after his parents who were in ill health. Jean realized that she needed a job but one where she could keep her children with her. Geoff noticed an advert in the Nottingham Post for a house mother and suggested Jean would be good at this. She applied and was accepted for the position. The family moved into a large Victorian semi-detached house, situated between Carrington and Sherwood, in Nottingham. Whilst inspecting the property, Jean looked at the dining room where there was a medium size table behind the door and three small tables placed around the room. As she wanted all the people living there to be able to sit round one large table, she told the social work officer, Mr Wooding, that this would not do and that a large table was needed. He replied that he would have to speak to the committee and came back to say that they had agreed to this. Jean then told us about the children who came to live there and why. The first child was a lovely little 7-year-old called Helen and the reason she was there was because she had learning and physical difficulties but came from a wealthy family with her parents saying, "they didn't have those sought of children in their family!" Brenda was another child, whose mother had died, and she tended to wander around the streets instead of going to school. Her father had asked



if she could be looked after from Sunday to Friday. Then came Millie, whose mother was 14 years old and her father was a Jamaican sailor. Followed by Steven, who needed special schooling and then Carol who was 6 years old and as pretty as a peach. There was also a family of four (two sisters and two brothers) and the final child was Margaret. Her

mother was a prostitute and had allowed her male friends to abuse Margaret, leaving her terrified of men. Jean went on to tell us about the holiday she took the children on to Great Yarmouth. Most children from the seven children homes throughout the outer city of Nottingham, would go for two weeks to Cromer, where they would have to sleep on the floor of a school every night. Jean said she was always a rebel and told Mr Wooding's that she would like to take her children on holiday herself. The committee were consulted and once again Jean's wishes prevailed. Jean got in touch with her sister who owned a hotel and six caravans in Cromer. She asked her sister if she could hire three caravans at a reduced rate, which was agreed. The problem then was how to get them down there with very little money available. The window cleaner at the home advised that his brother owned a van and would get in touch with him. The brother said that he would be willing to take them all in his van and bring them back. Jean borrowed two forms for the children to sit on and three garden chairs for herself and the two other helpers. She said she cannot think what health and safety would have thought of it, where they were all rolling around in the back of the van, but the children thought it great fun. The children had a marvellous time with Jean treating them to the cinema twice and playing games on the beach. A very heart-warming talk which everyone greatly enjoyed. Thank you, Jean for sharing your memories with us.



**Things Aren't Always What They Seem.** A man was flying from Seattle to San Francisco. Unexpectedly, the plane stopped in Sacramento along the way. The flight attendant explained that there would be a delay, and if the passengers wanted to get off the aircraft, the plane would re-board in 50 minutes. Everybody got off the plane except one gentleman who was blind. The man had noticed him as he walked by and could tell the gentleman was blind because his seeing-eye dog lay quietly underneath the seats in front of him throughout the entire flight. He could also tell he had flown this very flight before because the pilot approached him, and calling him by name, said, "Bill, we're in Sacramento for almost an hour. Would you like to get off and stretch your legs?" The blind man replied, "No thanks, but maybe my dog would like to stretch his legs." Picture this: All the people in the gate area came to a complete standstill when they looked up and saw the pilot walk off the plane with a seeing-eye dog. The pilot was even wearing sunglasses. People scattered. They not only tried to change planes, but they were trying to change airlines!



**Christmas luncheon 2018.** We have elected to spend our Christmas luncheon at The Mickleover Golf Club again this year. There were around fifty members dining together last year in the private dining-room at the club-house. The menu is attached to the end of this Newsletter and relies, including menu choices are to Margaret Storry as usual. Get booking to avoid disappointment. Details are on the sheet.



**Seen in a local restaurant**

**No! We don't have wi-fi.  
Talk to each other!!!**



**Our speaker for November is Sally Hodgson.** She will engage us with a tasty tale of "The Life Story of a Lamb Chop". A number of our members have attended this talk elsewhere and are really looking forward to it again. Will you join them at The Friends Meeting House, St Helen's Street, Derby DE1 3GY at 2.30 PM, 13<sup>th</sup> November



**Notice to teenagers!!!** Respect your parents – they completed their education without Google.



**New member.** This month we welcome Linda Williams, who has attended several talks during the course of the year and has decided we meet with her approval. It is a relief to know we are doing something right, thanks Linda. We hope you enjoy many other events with us.



**Law of Probability** - The probability of being watched is directly proportional to the stupidity of your act.



**Member news.** Sadly, we lost another member earlier this month, Catherine Blatherwick. She had been ill for a while but passed away peacefully with her family around her. Our thoughts and prayers are with Neal & Laura and their family and friends. Lyn Renshaw has experienced several issues recently but is improving. The same can be said of Michael & Trisha Flude and Dorothy Stevens, who are also improving but very slowly. Barry Birkin is still struggling with his shoulder, whilst Jean is waiting for hip replacement. Fred Evans is worrying wife Margaret and is awaiting test results and treatment. Noreen Shepherdson is at home and would welcome visitors. We wish all of you a speedy recovery. If you know someone who is ill, then please let Michael know.



**Thought for the Day.** What do people in China call their good “plates”?



**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.



**Nineteen Irishmen** go to the cinema. The ticket lady asks, "Why so many of you?" Mick replies, "The film said 18 or over."



**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:

**Saturday 27<sup>th</sup> 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 4<sup>th</sup> December Date change for the Christmas luncheon (not 11<sup>th</sup> 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.




**Question:** What's the biggest gripe of retirees?  
**Answer:** There is not enough time to get everything done.





**News from the BHF.** Specific antibodies could protect against heart attacks, according to a study we've funded published in the journal EBioMedicine. Researchers from Imperial College London studied patients with high blood pressure of whom 87 had developed coronary heart disease (CHD) in one study in collaboration with Lund University in Sweden. They also studied another 143 patients who had their heart arteries extensively studied using cutting edge techniques in collaboration with researchers from the Thorax centre in Holland. They found that those who had heart attacks in the first study, as well as those whose arteries had unstable fatty plaques in the second study had much lower levels of an antibody called IgM anti MDA-LDL. Those who had the highest levels, were well protected from developing dangerous plaques in their arteries, with around a 70 per cent less chance of developing heart disease over nearly five years from one of the studies. Not only could this finding help doctors to more precisely identify patients at risk of heart attack, it also raises the possibility of using therapies that improve the immune system - such as vaccines - to reduce the risk of a heart attack. The researchers don't yet know why some people have higher levels of this specific antibody. Although, it may be that some people inherit these protective antibodies, others may have produced them in response to common bacterial infections in childhood. Source:  
<https://www.bhf.org.uk/what-we-do/news-from-the-bhf/news-archive/2018/september/antibodies-cut-heart-attack-risk>.





**Annual sponsored swim in Ashbourne.** This year's BHF Charity Swim will be held at Ashbourne Leisure Centre on Saturday 10 November from 2.30 – 6.30 pm. If anyone would like an entry/sponsor form or a display poster or know anyone who may like one please contact Sheila Allen know and who will be pleased to oblige.


 **I went to the cemetery** yesterday to lay some flowers on a grave. As I was standing there I noticed 4 grave diggers walking about with a coffin. Three hours later and they're still walking about with it. I thought to myself, they've lost the plot!!

 **UHDB.** Derby Teaching Hospitals and Burton Hospitals were officially combined on 1 July to create University Hospitals of Derby and Burton NHS Foundation Trust (UHDB). This partnership will help develop more specialised services at the Royal Derby Hospital, secure general services at Queen's Hospital Burton and make best use of community hospitals in Derby, Lichfield and Tamworth. As a combined trust, UHDB sees more than 4,000 outpatients across our five hospitals, carries out more than 300 elective procedures each working day and sees an average of 860 patients in A&E every day – the sixth largest nationwide. It should be noted that there has been no stroke pathway change following the merger. In particular, GPs that are in the Burton area should continue to make their referrals to the team at Queen's Hospital Burton. Source: Christian Wilson, Communications & Media Officer, UHDB NHS Foundation Trust.

 **The wife has been missing** for a week now. The police told me to prepare for the worst. So, I have been back to the charity shop to get all her clothes back.

 **Newsletter feedback.** The following messages were received following last month's Newsletter: *"Yet another brilliant newsletter. I look forward to this each month, laugh out loud at the jokes, the neighbours probably think I'm mad (could be right.) I don't agree with the correspondent who thinks maybe there are too many Irish jokes. I have worked with several Irish folk over the years and I find they are better at Irish jokes than the non-Irish. Also, there are many jokes about women, and although I would fight for women's rights, I think the jokes about us are great (IS this the start of a debate? What do you think?)/ The newsletter is excellent as usual/ The person who criticised the Irish jokes is a bit sensitive and needs a life/ Many thanks for your great Newsletter - it is incredible that you can still manage to present it considering your sore shoulder and frequent hospital visits"*. 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.

 **More tea, vicar?** 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

 **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.



## Forthcoming events

### October.

Wednesday 24 <sup>th</sup>	Swimming at the Queen's Leisure Centre.
Friday 26 <sup>th</sup>	Singing for Fun at 10.00 AM
Saturday 27 <sup>th</sup>	<b>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.</b>
Tuesday 30 <sup>th</sup>	Coffee morning at The Cube café/bar.
Wednesday 31 <sup>st</sup>	Swimming at the Queen's Leisure Centre.

### November.

Friday 2 <sup>nd</sup>	Singing for Fun at 10.00 AM
Wednesday 7 <sup>th</sup>	Swimming at the Queen's Leisure Centre.
Friday 9 <sup>th</sup>	Singing for Fun at 10.00 AM
Saturday 10 <sup>th</sup>	This year's BHF Charity Swim will be held at Ashbourne Leisure Centre from 2.30 – 6.30 pm. If anyone would like an entry/sponsor form or a display poster or know anyone who may like one please let our Secretary Sheila Allen know and she will be pleased to oblige.
Monday 13 <sup>th</sup>	Sally Hodgson will advise us of "The life Story of a Lamb Chop"- an interesting take about a year on a hill farm and the complex management, and include wildlife with conservation of a small farm. Commence at 2.30 PM
Wednesday 14 <sup>th</sup>	Swimming at the Queen's Leisure Centre.
Friday 16 <sup>th</sup>	Singing for Fun at 10.00 AM
Wednesday 21 <sup>st</sup>	Swimming at the Queen's Leisure Centre.
Thursday 22 <sup>nd</sup>	Lunch at Jonty Farmer, Kedleston Road, Derby DE22 1FT.
Friday 23 <sup>rd</sup>	Singing for Fun at 10.00 AM
Tuesday 27 <sup>th</sup>	Coffee morning at The Cube café/bar.
Wednesday 28 <sup>th</sup>	Swimming at the Queen's Leisure Centre.
Friday 30 <sup>th</sup>	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](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.

Affiliated to the British Heart Foundation



# 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 Number 116370



Christmas lunch Tuesday, 4<sup>th</sup> December 2018, 12 noon for 12.30

Mickleover Golf Club, off Uttoxeter Road, Mickleover, Derby DE3 9AF

Your menu choices are:

## Starters:

Mixed winter root vegetable **soup** with parmesan baked croutons & freshly baked artisan bread

Roast **Pork**, apple & calvados pate with autumn fruit chutney

Lightly breaded dill, salmon & broccoli **fishcake**, mixed lettuce & sweet chilli sauce

## Main:

Slow cooked braised English **beef** with rich roast gravy & Yorkshire pudding

Traditional roast **turkey** with pigs in blankets, sage & onion stuffing & turkey gravy

Grilled fillet of **sea bass**, baked ratatouille & tomato basil sauce

Baked **bell pepper** filled with passata roasted winter vegetables

All served with fresh roasted vegetables & potatoes

## Deserts:

Raspberry ripple **cheesecake** with white chocolate & finished with fruit sauce

Classic **Christmas pudding** with brandy sauce

A selection of British **cheese & biscuits** with Christmas chutney, grapes & celery

Tea, coffee or decaf-coffee, with mince pies

Please make your selections by using the highlighted terms and send to:  
Margaret Storry, 86 The Hollow, Littleover, Derby DE23 6GL 01332 766916

The cost is £19.00, including gratuity.

All monies to be paid by 27<sup>th</sup> November 2018

## Cheques payable to "Take Heart (Derby)."

Name ..... Choice starter.....

Choice main ..... Choice desert .....

Name ..... Choice starter.....

Choice main ..... Choice desert .....

Name ..... Choice starter.....

Choice main ..... Choice desert .....

Name ..... Choice starter.....

Choice main ..... Choice desert .....