

Take Heart

(Derby)


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


www.takeheartderby.co.uk


Registered Charity No 1163703



Newsletter September 2018

 **General Data Protection Regulations (GDPR).** Thank you to all those who have completed the revised membership form. If you have not acted upon this request, we still require you to do so. 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.** 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.

 **After my wife died,** I couldn't even look at another woman for 10 years. But now that I'm out of jail, I can honestly say it was worth it!

 **Denby Lodge** was the latest venue for our lunch. The former steak house has re-invented itself into a modern restaurant catering for more than just steak eaters. Two meals for £12.00 seemed popular amongst our fifteen attendees (I wonder who had to pay the single meal price?) All plates were cleared, a sure sign that the meals were very tasty (or were we just very hungry)? There were a few who were tempted by some delicious sweets and I am not going to name names but ... There were many other groups in addition to TH(D), who filled the restaurant with barely an empty seat anywhere. There was lots of chat about older members who don't get out much, some insight into former occupations and a number of jokes which I could not possibly include in a family Newsletter. All in all, another great social occasion.





Circus Act. A man decides to join the circus. He shows up to demonstrate his skills to the impresario. "I have the most unusual act," he announces. "I'm sure it will amaze you." He climbs up to the high wire and jumps off! He flaps his arms wildly, and finally his fall slows. He soars upward, turns, and swoops back again. Finally, he stops in mid-air and gently lowers himself to the ground. The impresario says, "Is that all you've got? Bird impressions?"



August coffee morning. A change of venue for our August coffee morning. The Cube was closed and so we gathered at Royal Crown Derby tea rooms on Osmaston Road, Derby. How many of you went to the Cube instead? Be honest. Let Michael know if you went to the Cube!!! Those of us who read the Newsletter went to the correct venue and enjoyed copious amounts of tea and coffee. Thirty-two members were joined by



new member Peggy Shaw. You can see there was a lot of laughter on another happy occasion. Several of us stayed for a spot of lunch. We will return to this venue in November when we mark Remembrance Day, where will observe a minute's silence at 11.00 AM. We would be pleased to see you there. In the meantime, please let Michael or any Committee

member know what you thought of the venue for a coffee morning. Would it be something you would like to see more frequently? Or occasional visits?



My father taught me about TIME TRAVEL. "If you don't straighten up, I'm going to knock you into the middle of next week"



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?



Birthdays. Happy birthday this month go to Vera Allsopp, Brian Allt, Laura Blatherwick, Graham Bracewell, Paul Dudley, Ted Evans, Doreen Goodes, Kay Grant, David Hancock, Betty Hassell, David Newton, Geoff Oliver, Barbara Pearson, Raymond Prince, Margaret Redfearn, Georgia Smith, Brenda White and Mavis Wilson. We hope you all have a happy and memorable day.

♥ **Thought for the Day.** The other day I went to a tourist information booth and asked, "Tell me about some of the people that were here last year."

♥ **Take Heart Singers.** Our singing group are achieving bookings to sing for other groups. St Thomas's Church fundraiser on 20 October to help church funds is the group's next venue. Then it is back to one of our favourite venues - Fraser Hall, Leylands on 2 November. There are two evening performance's for local WI's on 19th & 20th December. The singers have a great repertoire and are always seeking to add new songs and are open to invitations from other groups. Contact Trisha Flude on 01332 380219 for more details about times, venues and support them. Could you be the star of the next series of shows?



♥ **My father** taught me LOGIC. "Because I said so, that's why."

♥ **My mother taught me** MORE LOGIC. "If you fall out of that swing and break your neck, you're not going to the shop with me."

♥ **Take Heart's intrepid walkers** will be out on our last but one walk of the year on September 29 at 10.00 AM. The venue is the Birchover village to take in the Nine Ladies stones and views across Stanton Moor. This is a great opportunity to see some great countryside and enjoy the company of other members and guests. Contact Peter on 01332 831499. Need a lift – contact Michael on 01332 380219.

♥ **A couple or so "Irish jokes" (no offence intended).** Due to a water shortage in Dublin, they have decided to close lanes 7 & 8 of the local swimming pool.

After 100 years of lying on the sea bed, Irish divers were astonished to find the swimming pools still full of water.

♥ **By all means, marry.** If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher.
- Socrates

♥ **Knowledge** is knowing a tomato is a fruit. Wisdom is not using it in a fruit salad.

♥ **Donations to Take Heart (Derby).** We have recently received donations from Robert Jovanovic and his family following the sudden death of his mother due to heart problems. He kindly donated a cheque to Michael and said "Your wonderful charity is doing a marvellous job in helping others". He is hoping to join us at an event in the future. You can see Robert handing the funds to Michael in the adjacent photograph. We also received a cheque from St Edmonds church, Allestree in recognition of the charitable donations we make to the cardiac functions



at Royal Derby Hospital. The Woodcraft Club continue to donate a monthly sum to us as their "charity of the year". We are extremely grateful and will seek to use the sums for the good of our members and patients. Thank you all.

♥ **A further donation!!!** Those of you who are tax payers have indirectly helped Take Heart (Derby) to receive a cheque for £277.30 from the Tax Man. It did not cost you anything other than electing to add you donation under the Gift Aid banner. You can do so easily by filling in section 4 of the revised membership form or by asking for a Gift Aid envelope from the Treasurer, Margit Staehr on 01332 513932. Thank you for this very useful action and gift.

♥ **John & his mate Fred** decided to go up to Scotland for a few days golfing, so they loaded up the car and drove north. Driving through Yorkshire they came into awful weather and pulled into a remote farm for the night. A very attractive young lady answered the door and she asked if she could put them up for the night, but she explained. "I realize it's terrible weather out there and I have this huge house all to myself, but I'm recently widowed and the neighbours will talk if I let you stay in my house". "I understand," John said. "We'll be happy to sleep in the barn and if the weather breaks, we'll be gone at first light." The lady agreed and the two men found their way to the barn and settled in for the night. Come morning, the weather had cleared so they got on their way and enjoyed a great week of golf. About nine months later, John got an unexpected letter from an solicitor. It took him a few minutes to figure it out...but finally determined that it was from the solicitor of that attractive widow he had met on the golf weekend. He dropped in on his friend Fred and asked, "Fred, do you remember that good-looking widow on the farm we stayed at on our golf holiday in Scotland about 9 months ago?" "Yes, I do remember her." said Fred. "Did you, er, happen to get up in the middle of the night, go up to the house and pay her a visit?" "Well, um, yes." he admitted, a little embarrassed about being found out. "And did you happen to give her my name and address instead of telling her your name?" Fred's face turned beet red and he said, "Yeah, look, I'm sorry, buddy I'm afraid I did. Why do you ask?" "Well she just died and left me everything." (And you thought the ending would be different, didn't you? You know you smiled... Now keep that smile for the rest of the day!!!).

♥ **New member.** This month we welcome Peggy Shaw, who joined us at our coffee morning at the end of August. "I have been thinking about joining for a very long time and I've finally made it. See you as often as I can" said Peggy. We hope she enjoys many events with us.



Member news. This month has seen a few more of us have difficulty coping with the loss of all that wonderful sunshine we experienced. Several members reported finishing lots of gardening work but that extensive watering late in the evening was taking its toll. Michael, however, has decided to give up gardening as it is a very dangerous "hobby". He underwent surgery last week and has at least six weeks, plus physiotherapy ahead. Not to be outdone, Trisha has become a resident at the Royal Derby Hotel again, hopefully it is a short break. Noreen Shepherdson has been in hospital for a number of weeks now, with Les a constant visitor. Noreen is not enjoying the experience and is desperate to return home. Marilyn Thompson had cataract surgery which has not worked out too well, leaving her with vision problems. She has been unable to drive her car, so would anyone be kind enough to offer her a lift? Some of you may remember Lyn Butler who was a member for several years. She has sadly passed away and her funeral service was 3.00PM on 18 September at Markeaton Crematorium Round Chapel. Our thoughts and prayers are with her family and friends. Molly Illesley is still taking advantage of respite care whilst she regains her strength. Dorothy Stevens has fallen down her stairs at home and landed herself a stay RDH. Better take the steps one at a time Dorothy, good luck with your recovery. We wish all of you a speedy recovery. If you know someone who is ill, then please let Michael know.



Is there another word for "synonym"?



Our speaker this month was Danny Wells, whose talk was titled "Romance of the Dales". Danny advised us that Daniel Defoe once described the Peak District as 'this awful wilderness' and that the artist, John Ruskin, loved Derbyshire but hated the 'Monsal Dale viaduct and the trains that took people from Buxton to Bakewell and back again'. Danny went on to say that the aristocracy used to visit the peak district and that sightseers would come from Europe to visit the Arkwright Mills. We were shown a photograph of the Eyam Rock, a photograph of Dorothy Vernon, daughter of Sir George Vernon and of a painting of Dovedale by Joseph Wright, the famous painting of Sir Brooke Boothby's daughter Penelope in a dress and cloth cap, who died only weeks before her sixth birthday. After the funeral Boothby and his wife separated. Boothby left Ashbourne because of his debts and moved abroad. He died in 1874 in Boulogne and was brought back to lie next to his daughter. We were told that in the 1750's the 4th Duke of Devonshire asked Capability Brown to layout the parkland surrounding Chatsworth House. Part of that re-modelling of the park involved knocking down all the village houses visible from the mansion. Eighty years later the 6th Duke of Devonshire decided to tear down the rest of the village and to rebuild it in picturesque style on the far side of the road through the park, near the medieval Church of St Peter. To design a completely new estate the Duke called on his friend and head gardener, Joseph Paxton who had designed the Cascade at Chatsworth. Paxton built 33 dwellings, now used almost entirely by Chatsworth staff. Architect, John Robertson was given the task of drawing several designs for the Duke to choose from, but as the Duke could not make up his mind, he decided to have one of each design built. As a result, the houses of Edensor (pronounced Ensor) exhibit every type of style with Norman arches giving way to castellated turrets and Tudor chimneys. A very informative talk but not quite what we expected about the "Romance of the Dales". Next month see's the return of our very own Jean Sykes, who has travelled extensively and experienced a huge amount "human behaviour over many years. Her talk this time is "My first year in charge of a Children's Home". It promises much.



My mother taught me FORESIGHT.

"Make sure you wear clean underwear, in case you're in an accident."



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 27th 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 4th December Date change for the Christmas luncheon (not 11th 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. A menu will be circulated when available.**



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>.



Another study relevant to heart patients resulted in "No firm conclusions can be drawn from a new study suggesting that statins don't reduce the risk of heart attack and stroke in relatively healthy people aged over 75, according to our Associate Medical Director.

The study, published in the British Medical Journal, suggests statins are not associated with a reduction in heart and circulatory disease or death in healthy people aged over 75. However, in those with type 2 diabetes, statins were associated with a reduced risk of heart attacks and stroke as well as death from any cause, in people up to the age of 85. However, the study was observational meaning it could not prove the true effect of statins on people in the study, and there may have been other unmeasured factors involved. Furthermore, previous clinical trials – a more suitable method for testing the effectiveness of a drug - have suggested that statins do lower the risk of heart attack and stroke in people over 75 with no history of heart disease.

Responding to the study, our Associate Medical Director Professor Jeremy Pearson, said: "Old age itself – particularly reaching the age of 80 and above - puts people at increased risk of a heart attack or stroke. This risk can be heightened by factors such as high cholesterol, diabetes and high blood pressure, even in those who are otherwise seemingly healthy." "Previous clinical trials – which are a better measure than observational studies

like this - have suggested that statins can contribute to a reduction in risk of a heart attack or stroke in elderly people with no history of heart disease. However, further trials are needed to better understand how effective they are in this age group. Regardless of age, those who have suffered a heart attack or stroke will benefit from taking a statin.

"In line with current guidance, the most important thing is that GPs have a discussion with their elderly patients to help them understand their personal risk of a heart attack or stroke, so they can make an informed decision about taking statins."

The research was led by teams at the University Institute for Primary Care Research Jordi Gol and Girona Biomedical Research Institute. Using data from the Catalan primary care system database (SIDIAP), they identified 46,864 people aged 75 years or more with no history of heart and circulatory disease between 2006 and 2015.

Individuals were grouped into those with and without type 2 diabetes and as statin non-users or new users. They were then tracked for an average of 5.6 years to find those who developed heart and circulatory disease or died. In those without diabetes, statins were not associated with a reduction in risk or death. In those with diabetes, however, statins were associated with reduced risk of heart and circulatory disease (24%) and death (16%) in those aged 75-84 years. But this protection appeared to decline after the age of 85.

However, the researchers themselves acknowledge that there may be unmeasured factors that may have influenced the outcome, and that clinical trials are needed to fully understand the benefits of statins in this age group. Source: <https://www.bhf.org.uk/what-we-do/news-from-the-bhf/news-archive/2018/september/new-study-claims-statins-are-ineffective-in-older-healthy-people>.

Please remember to take all medical decisions with your GP or Cardiologist!!!



The English Plural according to....

If the plural of man is always called men,
Why shouldn't the plural of pan be called pen?
If I speak of my foot and show you my feet,
And I give you a boot, would a pair be called beet?
If one is a tooth and a whole set are teeth,
Why shouldn't the plural of booth be called beeth?

Then one may be that, and there would be those,
Yet hat in the plural would never be hose,
And the plural of cat is cats, not cose.
We speak of a brother and also of brethren,
But though we say mother, we never say methren.
Then the masculine pronouns are he, his and him,
But imagine the feminine: she, shis and shim!



Newsletter feedback. The following messages were received following last month's Newsletter: *"Another great issue, I hope you don't decide to pack up/Brilliant – again/Thought the egg lady was brilliant and have booked her for our WI group/The story about "drinking like a fish has memories of my first meeting with my prospective mother-in-law/Best thing to drop through my letterbox every month/Are there too many Irish jokes and are they racist/Don't know how you do it but whatever it is, please keep doing it/It lifts my spirits every time I pick up a copy/my family eagerly queue up to read my Newsletter once I have finished it. I told them to become members and get their own copy".* 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



Forthcoming events

September.

Tuesday 25th Coffee morning at The Cube café/bar.
 Wednesday 26th Swimming at the Queen's Leisure Centre.
 Friday 28th Singing for Fun at 10.00 AM
 Saturday 29th Walking back to health - 🐢 - Nine Ladies, Birchover. A three mile walk around Birchover, taking in Stanton Moor, the Nine Ladies standing stones and a memorial to the repeal of the Corn Laws. Moderate walk along footpaths with good views. Meet at the Red Lion, Birchover, DE4 2BN.

October.

Wednesday 3rd Swimming at the Queen's Leisure Centre.
 Friday 5th Singing for Fun at 10.00 AM
 Monday 8th Jean Sykes returns to enlighten us about "My First Year in Charge of a Children's Home". Now then children, do behave, especially you at the back!
 Wednesday 10th Swimming at the Queen's Leisure Centre.
 Friday 12th Singing for Fun at 10.00 AM
 Tuesday 16th Lunch at Blue Jay, Commercial Park, Raynesway, DE21 7BH
 Wednesday 17th Swimming at the Queen's Leisure Centre.
 Friday 19th Singing for Fun at 10.00 AM
 Wednesday 24th Swimming at the Queen's Leisure Centre.
 Friday 26th Singing for Fun at 10.00 AM
 Saturday 27th **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 30th Coffee morning at The Cube café/bar.
 Wednesday 31st 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 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.