

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter May 2017



April coffee morning. On a very cold morning, around thirty hardy souls turned up for the monthly coffee morning. There was lots of to-ing and fro-ing as people arrived late from appointments or left to attend elsewhere. Such is the nature of our events, we attend when we can. This week, Margaret was collecting names (and cash) for the Summer Cream Tea event on 13 June (see separate note below). The coffee mornings were usually 10.30 until 11.30 at one time but since moving to the Cube café/bar that timescale has morphed into from 10.00 until well after mid-day. Must be enjoying ourselves or is it the bacon butties? See you next coffee morning on 30th May.



Jam Jar Challenge. Don't forget, start saving your spare cash in another Jam Jar in readiness for 2018. Seems a long way off but by starting now it will surprise you just how much you can save. Thank you for your efforts during the previous years.



Wonderful Church bulletins! The Fasting & Prayer Conference includes meals!



Singing for fun. The singers recently entertained the St John's coffee club members in an adjoining room. The audience recognised all the songs and readily joined in. They were delighted with the event and look forward to a return visit. The singers are adding a few more numbers to their repertoire and invite more members to join us on Friday mornings at 10.00AM in St John's Methodist Church Hall, Allestree. It is great fun and will raise you're your spirits. Don't be put off if you think you can't sing – Trisha 'Gareth Malone' Flude will be glad to help. Someone has suggested that the cartoon looks a bit like two people we know very well, the red hair is a bit of a give-away). Contact Trisha on 01332 380219.



I've just come out of the shop with a meat and potato pie, large chips, mushy peas & a jumbo sausage. A poor, homeless man sat there and said 'I've not eaten for two days.'
I told him, 'I wish I had your will power.'



Walking. Stanton by Bridge is a quiet, retiring little village except on its eastern side where the busy A514 from Derby to Melbourne disturbs the peace and tranquillity. However, the major part of the village lies to the west along its main street, a minor road to



Ingleby. The best way to appreciate the landscape is to walk, and to that end eight members of Take Heart met near the grass triangle - the site of an oak tree planted to commemorate the Diamond Jubilee of Queen Victoria in 1897. Apart from local traffic Ingleby Road – the main street – is little used and indeed narrows considerably beyond Manor Farm at the far end of the village. (Yes, there was once a manor house, now long gone). The architecture along the main street is

a very pleasing blend of several old farmhouses and farm buildings, some of which have been converted into private houses, and a mix of old cottages and newer properties. Historically there were several quarries in the immediate area which provided the rubble stone for building. Today there is neither shop nor pub in the village and the former primary school is now the village hall. But the area has a very long history – St Michael's Church at the west end of the village has Anglo Saxon 'long and short' stonework and a fine Norman doorway. The old Rectory which stands well back off the road near the church shows the status of the clergy in earlier times – it is reputed to have had 16 bedrooms. Our chosen route left Ingleby Road shortly beyond Manor Farm, heading uphill on a farm track to meet a good metalled farm road near Woodend Cottage. We didn't have the advantage of this for long though, because we took the first way marker back down the slope via a well-trodden route through a cultivated field. Beyond here the way was through grass lands. There was one stile only and this was over an electrified fence, but one of our members showed how to deal with this. The trick is to grasp the protective plastic tube, carefully ease it out of its retaining eyelets and lift it to duck under. (We did, of course reverse the process when we were all safely through!) The final part of the walk took us through a corner of a now much overgrown old quarry and then through what appears to be someone's back yard. However, at the footpath's exit onto the main street there is a reassuring way marker post. The walk took exactly one hour and illustrates the sort of outing we are aiming for – can we hope for more participants in future? Fortunately, Swarkestone Garden Centre wasn't far away and was still serving bacon butties etc.



A message from Jean Percival. Jean wishes to thank the Take Heart (Derby) members who sent sympathy cards following the passing of Vic and to those who gave donations. Also to the members who attended the funeral. Thank you.



New members. We offer a very warm welcome to Nicola Smith and Patricia Bhurton this month. We hope you enjoy many happy occasions with us.



Aging Gracefully or what I call Guidelines for 2017. 1. I changed my car horn to gunshot sounds. People move out of the way much faster now! 2. I didn't make it to the gym today. That makes five years in a row. 3. I decided to change calling the bathroom the John and renamed it the Jim. I feel so much better saying I went to the Jim this morning. 4. Last year I joined a support group for procrastinators. We haven't met yet... 5. I don't need anger management. I need people to stop irritating me! 6. When I was a child I thought Nap Time was a punishment. Now, as a grown up, it just feels like a small vacation.... 7. My people skills are just fine. It's my tolerance of idiots that needs working on. 8. If God wanted me to touch my toes, he would've put them on my knees. 9. The kids text me "plz" which is shorter than please. I text back "no" which is shorter than "yes." 10. I'm going to retire and live off my savings. Not sure what I'll do the second week. 11. Even duct tape can't fix stupid... but it can muffle the sound! 12. Why do I have to press one for English when you're just gonna' transfer me to someone I can't understand anyway?



Member news. Shortly after we went to press on our April Newsletter, I received an update from Dorothy Stevens, who experienced a bit of a setback and was re-admitted to RDH, but happily is now at home hoping that recovery is well on its way. Ian Walker has had a few days in the Royal, where he had an angiogram, but he is now home and recuperating. Sadly, Keith Cooper has received some bad news but is in good spirits. If you know someone who is ill, then please let Michael know.



Buddy and his wife Edna went to the state fair every year, and every year Buddy would say, "Edna, I'd like to ride in that helicopter." Edna always replied, "I know Buddy, but that helicopter ride is fifty bucks, and fifty bucks is fifty bucks." One-year Buddy and Edna went to the fair, and Buddy said, "Edna, I'm 85 years old. If I don't ride that helicopter, I might never get another chance." To this, Edna replied, "Buddy that helicopter ride is fifty bucks, and fifty bucks is fifty bucks." The pilot overheard the couple and said, "Folks I'll make you a deal. I'll take the both of you for a ride. If you can stay quiet for the entire ride and don't say a word I won't charge you a penny! But if you say one word, it's fifty bucks." Buddy and Edna agreed and up they went. The pilot did all kinds of fancy manoeuvres, but not a word was heard. He did his daredevil tricks over and over again, but still not a word... When they landed, the pilot turned to Buddy and said, "By golly, I did everything I could to get you to yell out, but you didn't. I'm impressed!" Buddy replied, "Well, to tell you the truth, I almost said something when Edna fell out, but you know, fifty bucks is fifty bucks"!



One-way traffic system at Royal Derby Hospital. From 10 April, a new one-way traffic system has been in operation at RDH. How have you fared? One member wrote *"I don't know how you made it sound so easy, there is still lots of queues everywhere, with cars changing lanes to get into the car parks/still getting used to new system/Trying to get to terms with going in the out and out the in!!!/what we really need is more parking spaces, I got to the car park quicker but then had the same queue time/I found it easy to follow as long as I could see the road markings/It is much easier and quicker to join the car park queue now, bless."* Any other comments?



We had a power cut at our house this morning and my PC, laptop, TV, DVD, iPad & my new surround sound music system were all shut down. Then I discovered that my mobile phone battery was dead and to top it off it was raining outside, so I couldn't play golf. I went into the kitchen to make coffee and then I remembered that this also needs power, so I sat and talked with my wife for a couple of hours. She seems like a nice person.



Advanced notice of AGM. This year's AGM will soon be upon us and will take place in The Friends Meeting House at 2.30 PM on Monday 10th July. There will be reports about our progress during the year, including our financial position. There is a vacancy for a committee member, so if you would like to discuss the possibility with Michael, then please contact him. Notice of resolutions is hereby given as follows: (1) To accept the financial report presented by the Committee. (2) Lyn Stevens has offered to serve on your committee and will stand for election at the AGM. (3) Committee members for re-election at the AGM are Robert Jones, Margaret Storry and Pam Fearn, who are all willing to stand for another two-year term. This meeting will be followed by a question and answer session with our President, Dr Julia Baron.



Confession! A young Italian boy went to confess to his priest. "Bless me Father, for I have sinned. I have been with a loose girl". The priest asks, "Is it that you, little Joey Pagano?" "Yes it is Father". "And who was the girl?" "I can't tell you, Father. I don't want to ruin her reputation." "Well, Joey, I'm sure to find out her namesooner or later, so you may as well tell me now. Was it Tina Minetti?" "I cannot say." Was it Teresa Mazzarelli?" "I'll never tell." "Was it Nina Capelli?" "I'm sorry, but I cannot name her." "Was it Cathy Piriano?" "My lips are sealed." "Was it Rosa DiAngelo, then?" "Please Father, I cannot tell you." The priest sighs in frustration, "You are very tight lipped and I admire that, but you have sinned and have to atone for that. You cannot be an Alter Boy now for 4 months. Now go and be a good boy." Joey walks back to his pew, where Franco, his friend says, "What did you get?" "Four months vacation and five good leads!"



Newsletter feedback. The following messages were received following last month's Newsletter: "*Received newsletter, thank you and another great read. How do you manage so successfully month after month/Thank you for the latest newsletter/ Many thanks for the newsletter,I only have one query, where can I purchase a dead horse?/ Newsletter received ok and standard as good as usual/ Thank you for your April Newsletter and for including Martin's Marathon success. Unfortunately I cannot join next week's coffee morning as I have been summoned to work/Thank you for the newsletter, once again it is informative and amusing! I really appreciate the efforts that you and Trish put into the association and this newsletter. A huge thank you!!*" Thank you to all those who respond! Please send your comments to Michael.



Textual Criticism. A new monk arrives at the monastery. He is assigned to help the other monks in copying the old texts by hand. He notices, however, that they are copying copies, not the original books. So, the new monk goes to the head monk to ask him about this. He points out that if there were an error in the first copy, that error would be continued in all of the other copies. The head monk says "We have been copying from the copies for centuries, but you make a good point, my son." So, he goes down into the cellar with one of the copies to check it against the original. Hours later, nobody has seen him. So, one of the monks goes downstairs to look for him. He hears a sobbing coming from the back of the cellar, and finds the old monk leaning over one of the original books crying. He asks what's wrong. The old monk sobs, "The word is celebrate."



May speaker. Our speaker this month was Angela Sargent on “My Farming Year”.



Along with her husband Barry they farm 250 acres of land in Ashe, near Etwall on which they rear British beef stock and lamb for the table. It is a traditional farm in that it retains the structure, layout and common usage from medieval times. She told us that her husband had taken over the farm in 1989 after his father died. Angela went through what happens on the farm each season of the year. She started by showing us a piece

of equipment and asking if anyone knew what it was. Some of the members guessed correctly, it was a seed spreader, which is called a fiddle drill. The next thing that she showed us was a lambing glove that they use. She said that most mammals are born with its feet first then the head and feed within an hour of being born. Unfortunately, there are times when this isn't the case and you could have two legs from one sheep and a head from another trying to come out at the same time, this is when Angela or her husband has to help the lambs to be born. We were shown a branding iron, not the type which burns a brand onto an animal but one that you would dip in paint. As they grow their own feed for their animals Angela said how important the soil is to them and that they had sown wheat and barley, weeks ago which hadn't yet come through due to the shortage of rain. We were told that there are six foot paths crossing their farm and one day a rambler knocked on the door to say that a cow was stuck, but when she got there it was the bull that was stuck in a ring feeder and as her husband wasn't on the farm at the time it was left to her to free the bull as the ramblers did not offer to help her. Angela said that these days when the cows are milked the tank the milk goes into is designed so that it tests the milk for you, but any milk from a cow that has been treated with anti-biotics cannot be sold on. We were told that Angela and her husband have 200 breeding sheep on their farm that need

to be sheared and hire someone to do this. Angela said it is her job to sort out the fleece and make sure they are as clean as possible because it can affect the price you get for them. She said that by the time she has done this her arms are black but beautifully soft as the wool is full of lanolin. She went on to say that most of the wool produced in this country goes to make carpets. The sowing and harvesting on their farm is done by




contractors and she showed us some field beans that they grow along with the wheat and barley. We were told that six metres around the edge of each acre of their farm is not sprayed with any pesticides, this is to preserve the habitat of wildlife. Angela told us about the time one of her animals was lying in the field and needed to be taken back to the farm to be looked at, unfortunately there wasn't room for the farm trailer to get through so they had to use their small home one attached to a quad bike. They eventually managed to get the animal onto the trailer but the only way of keeping it from rolling off was for Angela to lay on top of it whilst she held on either of the trailer. She said that as the farm is close to


the airport there are police helicopters flying overhead as part of the airport security all the time and cannot imagine what she must have looked like to the police in the helicopter. In 2009 their farm gave a home to 7 hives of honey bees which are looked after by a beekeeper called Leon. A very enjoyable afternoon learning that although a farmer's life is very hard at times it can also be very enjoyable and rewarding.


 **June talk.** There is not a monthly meeting or speaker for this month, instead it will be you! You are all very good at speaking and will have ample opportunity of doing so at the **Summer cream tea event.** Following last year's huge success, we return to the Royal Crown Derby tea rooms for our summer event on Tuesday 13 June at 2.30 PM. You may recall that this usually costs £4.95 but for members the cost is £2.50 and non-members it is £4.50. So everybody wins. There were more than fifty at last year's event so book early via Margaret Storry on 01332 766916.



 **Thoughts to ponder.** I think my neighbour is stalking me as she's been googling my name on her computer. I saw it through my telescope last night.

 **Birthdays.** Happy birthday this month to Sybil Alt, Irene Bown, Vera Clark, Graham Colder, Margaret Creswell, Margaret Evans, Dorothy Fisher, Emma Flude, David Hillis, Robert Jones, Janet Holmes, Olwyn Mills, Angela Neill, Michael Payne, Peter Polhill, Rachel Robinson, Sandy Smith, Thomas Staehr, Jean Sykes, Robert Turner, Maggi Wallis, Alison Wheatley and Christopher Whewell.

 **News from the BHF.** Medicine patch could revolutionise stroke treatment
A medicine skin patch could greatly improve the chances of someone surviving a stroke, according to researchers that we fund. Plaster-like patch - The researchers are testing a plaster-like patch which is applied to a patient's shoulder or back and administers a drug whilst a patient is travelling to hospital. They believe that the patch can improve outcomes for people who have had a stroke if the medicine is administered quickly. Applied in an ambulance - The patch can be applied by paramedics in an ambulance before the patient arrives at A&E, saving vital time. A stroke is usually caused by an artery clot or burst blood vessel in the brain and causes permanent disability in around a quarter of patients. The drug in the patch, glyceryl trinitrate (GTN), helps lower blood pressure and opens up blood vessels, which can help reduce the damage caused in the immediate minutes and hours following a stroke. Treating patients within an hour - The researchers say that the ability to start treating patients within an hour could revolutionise stroke care and lead to the technique being adopted worldwide. Early trials have shown promise and now the BHF has funded researchers from the University of Nottingham to work with seven ambulance services to trial the patch on stroke patients and will chart their recovery over 12 months. Find out more about stroke and how BHF researchers are fighting to change the story for stroke patients. (Source: <https://www.bhf.org.uk/news-from-the-bhf/news-archive/2017/may/medicine-patch-could-revolutionise-stroke-treatment>).


 **A frustrated husband in front of his laptop :**
dear google, please do not behave like my wife...
Please allow me to complete my sentence before you start guessing & suggesting.

♥ **Lunch.** That never was! We plan each year's events by October of the preceding year. This enables us to print the Calendar and Programme of Events in good time. This plan includes lunch venues, recommended by you – our members. May of 2017, we had selected The Woodlands Hotel, Allestree. Each venue is consulted with dates and approximate numbers. When double checking just prior to the event for May, our Secretary was advised that the venue was closed for refurbishment. AGGGH!!! With no time to organise another venue, frantic telephone calls and emails sped their way to members to advise them not to travel. Unfortunately, a couple who live locally to the Woodlands turned up and went home somewhat disappointed. They tell me that they had previously tried to dine there some years ago but the kitchen was out of action on that occasion. Do we try again next year? Tel our secretary Pam on 01332 606563 to confirm.


♥ **Cats Rule the World.** A man absolutely hated his wife's cat and decided to get rid of him one day by driving him 20 blocks from his home and leaving him at the park. As he was getting home, the cat was walking up the driveway! The next day he decided to drive the cat 40 blocks away. He put the beast out of the car and quickly headed home. Driving back up his driveway, there was the cat again! He kept taking the cat further and further away but the cat would always beat him home. At last he decided to drive quite a few miles away—so he turned right, then left, past the bridge, then right again and another right until he reached what he thought was a safe distance from his home and left the cat there. Hours later the man calls home to his wife: "Hon, is the cat there?" "Yes," the wife answers, "why do you ask?" Frustrated, the man answered, "Can you please put him on the phone? I'm lost and need directions."

♥ **More News from BHF. New study suggests pain killers could increase risk of heart attack.** New research shows a heightened risk of heart attacks found with common painkillers in routine use. A new study published in the British Medical Journal (BMJ) has shown that people who use commonly prescribed non-steroidal anti-inflammatory drugs (NSAIDs) to treat pain and inflammation, such as ibuprofen, could be raising their risk of having a heart attack. The new research suggests that a heart attack could happen as early as in the first week of use and especially within the first month of taking NSAIDs. Previous studies suggested that both traditional and selective NSAIDs could increase the risk of heart attack, but the timing of the risk, the effect of dose, treatment duration, and the comparative risks between NSAIDs were poorly understood. An international team of researchers, led by Michele Bally at the University of Montreal Hospital Research Centre, set out to characterise the risks of heart attack associated with use of oral NSAIDs under real life practice circumstances. For their study, the researchers carried out a review and analysis of relevant studies from various healthcare databases including those from Canada, Finland and the United Kingdom. Collectively, they analysed results on 446,763 people of whom 61,460 had a heart attack. The study found that taking any dose of NSAIDs for one week, one month, or more than a month was associated with an increased risk of heart attack. Overall the increase in risk of a heart attack is about 20 to 50 per cent if using NSAIDs compared with not using these medications. To put this in perspective, as a result of this increase, the risk of heart attack due to NSAIDs is on average about 1% annually. Our Associate Medical Director Dr Mike Knapton said: "Patients and doctors must weigh up the risks and benefits of taking high doses of these common painkillers, particularly if you have survived a heart attack or you are at a higher risk. "We already know that these drugs increase your risk of having a heart attack. However this large-scale study worryingly highlights just how quickly you become at risk of having a heart attack after starting NSAIDs. "Whether you are being prescribed painkillers like ibuprofen, or buying them over the counter, people must be made aware of the risk and alternative medication should be considered where appropriate." Source: <https://www.bhf.org.uk/news-from-the-bhf/news-archive/2017/may/pain-killers-could-increase-risk-of-heart-attack>

May

- Saturday 20th Walking back to health -  - Sunningdale Park nature reserve. Meet at 11 Oadby Rise, Sunnyhill, Derby DE23 1LX at 9.45 to walk at 10.00
- Wednesday 24th Swimming at the Queens Leisure Centre at 3.15 PM.
- Friday 26th Singing for Fun at St John's Church Hall, Birchover Way, Allestree, Derby DE22 2QL from 10.00 til noon.
- Tuesday 30th Coffee morning at The Cube café/bar from 10.30 AM.
- Wednesday 31st Swimming at the Queens Leisure Centre at 3.15 PM.

June

- Friday 2nd Singing for Fun at St John's Church Hall, Birchover Way, Allestree, Derby DE22 2QL from 10.00 til noon.
- Wednesday 7th Swimming at the Queens Leisure Centre at 3.15 PM.
- Friday 9th Singing for Fun at St John's Church Hall, Birchover Way, Allestree, Derby DE22 2QL from 10.00 til noon.
- Tuesday 13th Summer Cream Tea at Royal Crown Derby, Osmaston Road, Derby DE23 7JZ from 2.30 PM. (booking is required).
- Wednesday 14th Swimming at the Queens Leisure Centre at 3.15 PM.
- Friday 16th Sing your heart out at St John's Church Hall, Birchover Way, Allestree, Derby DE22 2QL from 10.00 til noon.
- Wednesday 21st Swimming at the Queens Leisure Centre at 3.15 PM.
- Friday 23rd Singing for Fun at St John's Church Hall, Birchover Way, Allestree, Derby DE22 2QL from 10.00 til noon.
- Thursday 22nd Lunch at The White Swan, Shepherd Street, Littleover, Derby DE23 6GA
- Saturday 24th Walking back to health -  - at Markeaton Park, meet at Markeaton Crematorium visitor car park, Markeaton Lane, Derby DE22 4NH .**
- Tuesday 27th Coffee morning at The Cube café/bar from 10.30 AM.
- Wednesday 28th Swimming at the Queens Leisure Centre at 3.15 PM.
- Friday 30th Singing for Fun at St John's Church Hall, Birchover Way, Allestree, Derby DE22 2QL from 10.00 til noon.

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

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, Jean 01332 265216, Mick & Angela 01332 751834, Michael & Trisha 01332 380219 and Margaret 01332 766916.

BHF Heart Health Line 0300 330 3311, Mon-Fri 9am-5pm, to seek information on heart health. 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.

Take Heart (Derby) Registered Charity No 1163703

Affiliated to the British Heart Foundation