

# 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 April 2023

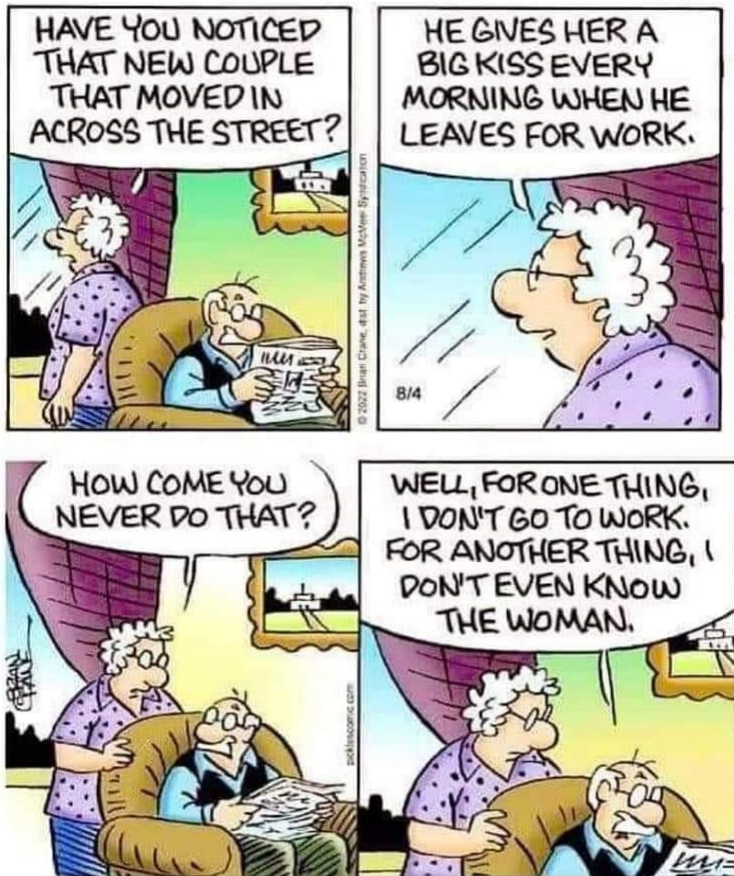


**March coffee morning.** Here we are again. Another coffee



morning where we got to catch up with some folks we have not seen in a long time. There was also a visit from some newer members, one making his first visit. Then, of course there are the regulars. Well, lovely to see all twenty of you. Perhaps you could all bring another member you know or, indeed, a friend who might enjoy a cuppa and a chat. Next coffee morning is 25<sup>th</sup> April here at The Cube.

 **Hilarious things my mother taught to me;**





### **Watch out, there's Covid about.**

Yes, it is back. The good news is, there are top up jabs available from 5 April for care home residents, those over 75 years and for young people aged 16+. Book yours when the invitation arrives. It will improve your prospects for the spring and summer months, so that you may enjoy them safe ion the knowledge you are protected. Don't let this Covid rob you of your life. Just be diligent. Keep smiling.



### **For the richest, lightest short crust pastry**

8 oz/ SR Flour,

5 oz/ butter (at room temp),

2 oz/ caster sugar,

1 egg lightly beaten.

Cream the butter and sugar until light and fluffy.

Add part of egg mix and beat again.

Add flour gradually until incorporated and dough is formed.

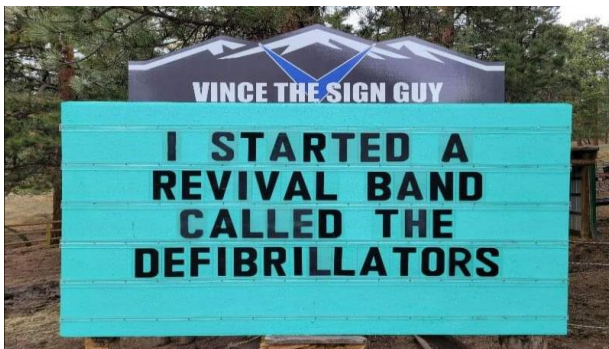
Add reat of egg mix or small amount ofwater if needed to soft dough stage.

Form into a ball, flatten slightly and wrap in cling film.

Place in a fridge for at least 1 hour or overnight if needed.

Roll out to suit.

Bake at 170 fan/gas 6(ovens vary)





Copies available from [michael.flude@takeheartderby.co.uk](mailto:michael.flude@takeheartderby.co.uk)  
telephone 07852 696930 or by post to 14 Brookside Road,  
Breadsall, Derby DE21 5LF. Minimum £5.00, plus £1.65 postage







## News from BHF. The patch that saves lives

The devastating effects of heart failure. Heart failure happens when the heart muscle is too weak to pump blood around the body effectively and is often caused by damage to the heart following a heart attack. It's a life-limiting condition that shortens lives and can make it difficult to do the simplest tasks. Whether that's having a shower, walking upstairs, or playing with your children.

### **Regenerative medicine: 'The Holy Grail of research'**

Using stem cells to make new heart tissue is a promising approach to regenerating damaged hearts and preventing heart failure. But so far, scientists have faced many challenges especially when cells transplanted into the heart don't function properly or survive the process. That's where Sanjay and his research team come in. They've shown that heart muscle mixed with support cells all generated from stem cells works best. They now plan to grow stem cell patches of real beating heart tissue and apply them onto damaged areas of the heart so the heart can function as it should. Help Sanjay and his team create the previously thought impossible. Heart failure can affect anyone. Mums and dads, brothers and sisters, grandparents and friends. Even you. It's a condition that affects close to a million people across the UK – and many more beyond.

But this year, supporters like you could help BHF-funded researchers find an answer.

By donating alongside other dedicated supporters across the UK, you can help us find a lifesaving treatment for heart failure and be part of this rare moment in our history.

Source: [The Heart Healing Patch \(bhf.org.uk\)](http://bhf.org.uk)



### **One liners.**

If you save a vegan's life, do you save their bacon or their Quorn?

Dancing cheek to cheek is just a form of floor play!

If a telecoms company go bust, do they call in the receiver?



**Birthdays.** Happy birthday this month go to Lyn Calladine, Margaret Clarke, Anne Cogley, David Consterdine, Barbara Cooper, Eric Fairbrother, Philip Fitzpatrick, Richard Flatman, Trisha Flude, Doug Glenday, April Howe, Caroline Hughes, Philip Johnston, Vivien McCurdy and Teresa Newton. We wish all of you a wonderful birthday. I receive lots of lovely comments about the birthday cards we send to you. I forward these comments made to the lovely ladies who make them for us.



**Does this apply to someone you know?**

**Husbands are the  
best people to share  
secret with.**

**They'll never tell  
anyone, because they  
aren't even listening.**



**Jam Jar Challenge 2023.** Have you been saving your loose change. Much harder at these economically strained times but we still need to do it. Every year we donate to the British Heart Foundation on your behalf. The money you raise is ring fenced within our accounts and everything you donate is given to the BHF. They in turn invest in much needed research to fund advances in medical science. Please help us to make a difference.



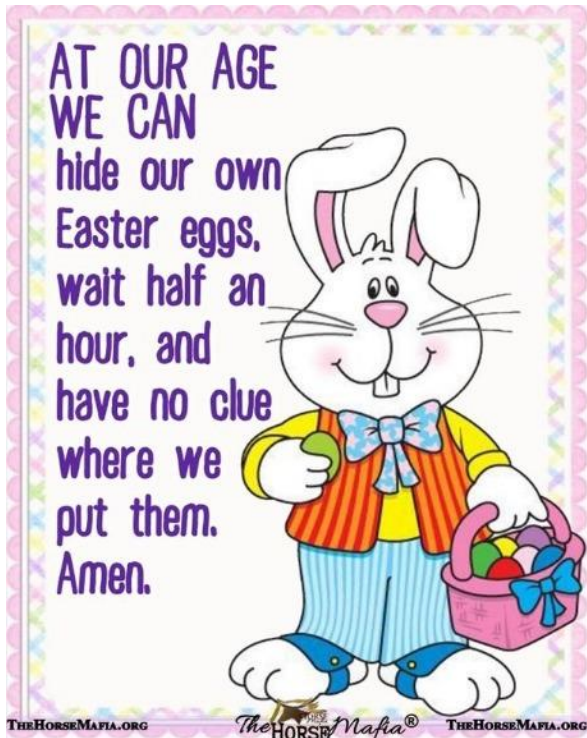
## **I'm So Old That**

I have dialed a rotary phone, listened to music off an 8-track tape, watched a black and white TV with foil on the rabbit ear antennas, and went through a whole day without taking a picture of myself.



**Member news.** Sharon Meades has received a new heart valve at Glenfield Hospital, Leicester. She is home and enjoying being able to breathe. Michael has had a hand operation to ease the tightening of tendons to his fingers. It has given rise to some interesting moments but not appropriate for this publication. We welcome two new members, Jeff & Pat McCormick and wish them well, hoping they enjoy many of our Programme of Events.

If you know a member who is unwell or struggling, please contact Michael or a committee member with details.







## Some notes about Cyber Security.

Criminals are targeting WhatsApp users by posing as a friend and asking for a security code. Action Fraud has received over 60 reports relating to this scam. The scam begins when a criminal gets access to another WhatsApp account which has you listed as a contact. The criminal, posing as your friend or someone that's a member of a WhatsApp group you're in, will then send you seemingly normal messages to try and start a conversation with you. However, around the same time you will receive a text message from WhatsApp with a six-digit code. This is because the criminal has been trying to login to WhatsApp using your mobile number. The criminal will claim that they sent you their code by accident and ask you to help them by sending it to them. Once the criminal has this code, they can login to your WhatsApp account and lock you out.

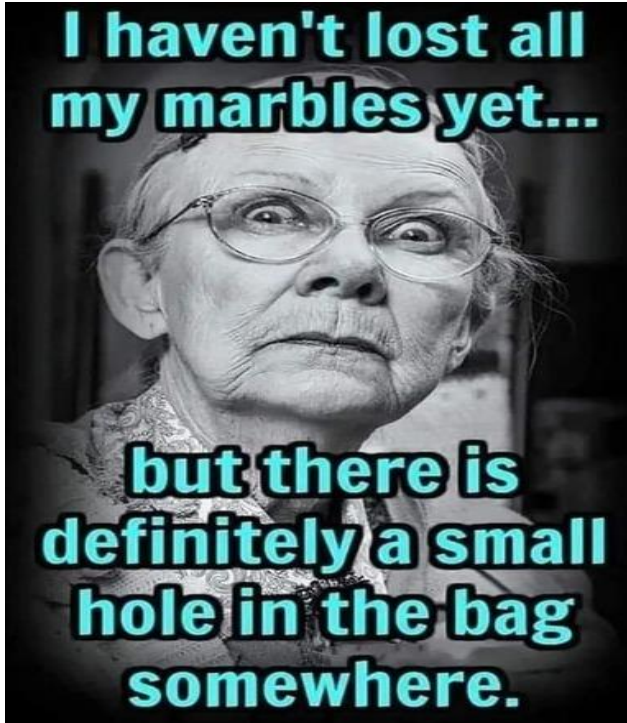
The criminal will then use the same tactic with your WhatsApp contacts in an effort to steal more accounts and use them to perpetrate fraud. **What you need to do!**

Set up two-step verification to give an extra layer of protection to your account: Tap Settings > Account > Two-step verification > Enable. THINK. CALL. If a family member or friend makes an unusual request on WhatsApp, always call the person to confirm their identity. Never share your account's activation code (that's the 6 digit code you receive via SMS)

You can report spam messages or block a sender within WhatsApp. Press and hold on the message bubble, select 'Report' and then follow the instructions.

If you have been a victim of fraud or cyber crime, report it to [Action Fraud](#) or 0300 123 2040.

Contact Samantha Hancock 07703 746211 Derbyshire Cyber Protection Office



### **Ten gardening tips for April.**

1. Sow hardy annuals, herbs and wildflower seeds outdoors.
2. Protect fruit blossoms from late frosts.
3. Tie in rambling and climbing roses.
4. Keep weeds under control
5. Start to feed citrus plants
6. Increase the water given to houseplants.
7. Feed hungry shrubs and roses.
8. Sow new lawns or repair bare patches.
9. Prune fig trees.
10. Divide bamboos and waterlilies.

Source: [Gardening in April - jobs to do this month / RHS Gardening](#)



**I lost mine, how about you?**



**Images of Yesteryear.** That was the topic for Paul Newsham at our April talk. Paul is a retired former Midlands Forensic Scientist and now a registered speaker.



Paul gave a brief introduction to the subject of the talk which he split into three parts ... products, well-known names, and further products to finish off with. This included the history of the product, some of which have been discontinued many moons ago and others still on the shelves. He also gave a truncated overview on the headings for the members ... with visual and verbal explanations ...for the hearing and visually impaired. Paul brought everyone into the discussion, and no one was left out ... The audience were asked to participate at every stage of the presentation with any memories they had relevant to that particular slide.

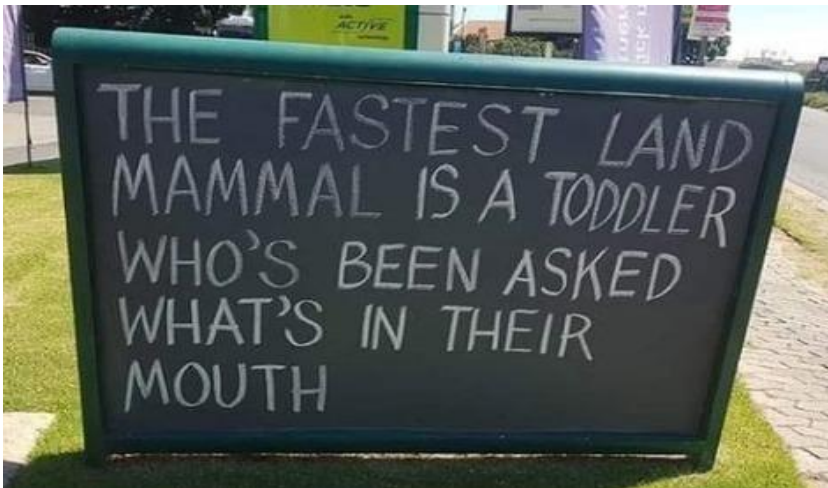
Much laughter was heard during the one-hour presentation and many memories were shared amongst the members.

Paul made the talk very interesting and gave the members much to think about regarding their respective childhoods ...

Happy memories for all .. An unusual presentation which the members enjoyed!



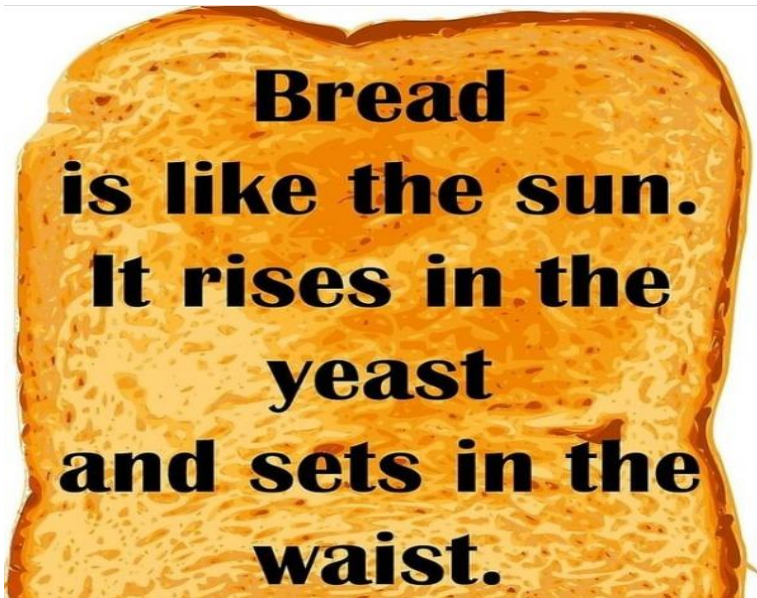
### **A problem for us if we baby-sit?**







**Notice of AGM** to be held on 10 July at 2.30PM in St Mary's Church Hall, Darley Lane, Derby DE1 3AX. Agenda, financial report etc will be mailed to all members in due course. We very much hope you will complete and return your votes upon the five resolutions which are detailed. Thank you for your continuing support.



**Summer Cream Tea Event.** There is always something to look forward to within Take Heart (Derby). On page 17 & 18 (or separate A5 page) there are details of our 2023 event. This year we attend The Grange Banqueting Suite, in Littleover. A gorgeous venue on a summer's day. And yes, it is subsidised again to ease your finances. Book early to ensure your place.





**Singing for Fun.** Following many weeks of suspension, Singing for Fun is back. Trisha has made a sufficient recovery, although still some way to go, for her to return and lead our merry band of singers. There were eighteen at our reunion, which revealed an exciting future for this group. Come along and join in. It will lift your spirits and send you on your way in a happy frame of mind. Fridays at 10.00 until 12.00 see Forthcoming Programme of Events below.



Photograph from a concert in December 2022



**Best Childhood Memory...**  
**Falling Asleep On The Couch**  
**And Waking Up In Bed...**  
**I Miss Teleporting.**  
**It Never Happens To Me**  
**Anymore.**



## Programme of Events

### April.

- Tuesday 25<sup>th</sup> Coffee morning at The Cube café/bar from 10.30 AM.
- Wednesday 26<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 28<sup>th</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Saturday 29<sup>th</sup> Walking back to Health – "Breadsall circle" ...taking in Drum Hill, Little Eaton village and far-reaching views across to Derby city. Refreshments at Little Eaton or Breadsall. Meet at 6, Rectory Lane, Breadsall, DE21 5LL to walk at 10.00AM

### May.

- Wednesday 3<sup>rd</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 5<sup>th</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall,
- Wednesday 10<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 12<sup>th</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Monday 15<sup>th</sup> Be prepared for an entertaining afternoon of "Poems and Songs" from Steve & Julie Wigley. You might even find your voice to join in
- Wednesday 17<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Thursday 18<sup>th</sup> Lunch at Argosy, Manor Road, Derby DE22 3HZ.
- Friday 19<sup>th</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall.

Wednesday 24 <sup>th</sup>	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 26 <sup>th</sup>	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Saturday 27 <sup>th</sup>	Walking back to Health – Barrow on Trent # circular. Meet in the layby on A5132 (Willington to Barrow on Trent) opposite Sinfyn Lane, to walk at 10.00AM.
Tuesday 30 <sup>th</sup>	Coffee morning at The Cube café/bar from 10.30 AM.
Wednesday 31 <sup>st</sup>	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.



### **Listening ears via Committee members.**

Please use the numbers below when you feel in need of advice or just a chat – so call now, do not be shy, pick up the phone.

Committee members are:

Michael & Trisha Flude 01332 380219, Pam Fearn 01332 606563, Richard Flatman 01332 557028, Robert Jones 01332 608219, Nigel Cullen 01332 842730 and Margaret Storry 01332 766916.

Recommendations for future speakers should be made to Margaret Storry on 01332 766916.

Recommendations for future lunch venues should be made to Robert Jones on 01332 608219.

Any queries or comments about Take Heart (Derby) should be directed to Michael Flude on 01332 380219. email [michael.flude@takeheartderby.co.uk](mailto:michael.flude@takeheartderby.co.uk).or 14 Brookside Road, Breadsall, Derby DE21 5LF.

Affiliated to the British Heart Foundation

# *Take Heart* (Derby)

## **Summer Cream Tea Event**



**THE GRANGE BANQUETING SUITE  
457 Burton Road, Littleover, Derby DE23 6XX**

**Tuesday 6<sup>th</sup> June at 2.00PM for 2.30PM**

A Selection of Dressed Sandwiches

Cocktail Sausage Rolls or a Selection of Homemade  
Quiche Bites

Local made Pork Pie with Pickle

A Selection of Cakes – Lemon Drizzle, Carrot Cake,  
and Coffee Cake

Fruit Scone served with Clotted Cream and Jam

Take Heart (Derby) members & nurses pay £15.00

Non-members pay normal price £20.00

Price includes VAT and gratuity

Cheques payable to Take Heart (Derby).

Book meals via  
Margaret Storry, 86 The Hollow, Littleover, Derby DE23 6GL.  
01332 766916 by 26<sup>th</sup> May 2023

Name .....

Name .....

Name .....

Name .....

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