

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter April 2024



March pub lunch. Great to see ten members getting themselves into a more relaxing way to spend lunch time at The Oast House. No planning what to take out of the freezer the night before, no prepare and cook, no washing up after, either. Simply relax and choose. How simple is that. The menu was quite large and the food very good. It looks like the drinks were very enjoyable as well. Everyone enjoyed this popular social occasion. It's a great way to get to know other members and strengthen friendships.





Out of all my body parts,
my eyeballs are in the best
shape, because I roll them
like 342 times a day.



AGM 2024. This will take place on 8 July 2024 at 2.30PM in St Mary's Church Hall, Darley Lane, Derby DE1 3AX. The minutes of our last meeting 10 July 2023, Group Financial Report and voting forms will be sent to you shortly. Each member will have their own form, which should be completed in ink and returned in the envelope provided. Forms with crossings out will be deemed void. Please remember to add a stamp because we will NOT retrieve them from the Post Office. There are FOUR resolutions for you to vote for or against. Guidance is on the voting form, so please read it thoroughly before completing. Our President, Dr Julia Baron has confirmed she will be in attendance this year, so if you have any medical questions, write them down now before you forget. The AGM is free to attend, there is ample free parking on site and there will be refreshments on conclusion. We hope to see as many of you as possible.



If paying a cashier a living wage will make prices go up. Why doesn't replacing cashiers with Self Checkouts make prices go down?



Get ready for your spring covid vaccination

The spring Covid-19 vaccine programme is expected to open in April and to continue until the end of June.

People eligible will be adults aged 75 and over, residents in a care home for older adults and individuals aged 6 months and over who are immunosuppressed. Those who are housebound or living in a care home for older adults will begin to receive vaccinations from 15 April. For all other groups, vaccinations should start on 22 April and end on 30 June.

GP practices, pharmacies and walk-in sites across Derby and Derbyshire will be delivering the spring vaccine. You can book your vaccine through the National Booking Service or keep an eye out on the Joined Up Care Derbyshire website closer to the time for walk-in clinic availability.

Covid-19 is still circulating and can become serious in people with a weakened immune system and those over 75. If you are eligible, don't miss out on your chance to get protected. Mark April 22 in your diary and get your spring booster booked if eligible



Marital Advice or a Death Wish?

**GUYS WHEN A
WOMAN IS MAD
JUST TELL HER
THAT SHE IS
OVERREACTING.
SHE'LL REALIZE
YOU'RE RIGHT AND
SHE WILL CALM
RIGHT DOWN!**



Your committee needs you. Our present committee are only seven in number. We represent more than 200 members and feel it would be beneficial to them to have a larger committee. This would produce more ideas and debate about how to manage our group of amazing members. Are you able to give 40 minutes on Zoom six times per year? Please contact Michael or any committee member (the list is on page 16 of our Newsletter)





A man boards a plane with six kids. After they get settled in their seats, a woman sitting across the aisle leans over to him and asks, "Are all of those kids yours?" He replies, "No. I work for a condom company. These are customer complaints."



Member news. We welcome Geraldine Smith, Penny Wilkinson and Larisa Kondrashova to our group and wish you well. Long time served members; Derek & Lorna Skidmore are struggling along. Lorna has been ill for some time, and they have altered how their home is organised. It is still proving difficult. A phone call would be appreciated. Ted and Annabelle Evans have been taking it in turns to be poorly and the other one looking after the unwell. Ted is devastated to be advised not to swim, which has been his life and hobby since being a lad. Since he gave up professional swimming, he had been a partner for a blind person, so both of them are suffering now. Gill Flatman has returned to Nordic Walking after delays in her recovery from a broken ankle. Glad to hear it, Gill. Bob Betchley's Parkinson's is advancing and making life very difficult for him. Even drinking tea or coffee presents enormous problems. Sad to hear this, Bob. We wish all members improved health.



A Roman walks into a bar, holds up two fingers and says:

“I’ll have 5 beers please.”



Our thanks to the lovely ladies who made and delivered hundreds of birthday cards.



For a number of years, handmade birthday cards have been sent to members by Gwyneth Beddow and Thelma Bayles. Thelma was the designer and producer of cards, whilst Gwyneth provided the administration function. Thelma has found this task increasingly difficult of late and decided to “retire”. Many of you have written or spoken to me about the quality of the cards received. They brought so much joy to all. Sadly, we are unable to continue this aspect of our group. We now have a page within our Monthly Newsletter devoted to all those sharing a birthday within that month. Admittedly not the same but we hope you appreciate the result.



FUN FACT: a majority of archeologists are women due to their natural ability to dig up the past



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](#)



HAPPY BIRTHDAY

Happy Birthday to our Birthday Stars who this month are:

Lyn Calladine, Margaret Clarke, Anne Cogley, Barbara Cooper, Richard Flatman, Trisha Flude, April Howe, Caroline Hughes, Philip Johnson, Teresa Newton and Cynthia Storer



WHEN I WAS
YOUNG,
"I WAS POOR"
BUT AFTER YEARS
OF HARD WORK I'M
NO LONGER
YOUNG.



News from the BHF. For many people with a heart condition, fatigue is an everyday reality. Learn how to cope with these expert tips. Fatigue is very common in people with conditions like [heart failure](#) and [cardiomyopathy](#). Certain heart medications can also make you feel tired. When it comes to defining fatigue, one challenge is that it means different things to different people. "For some people, fatigue is a constant presence, while for others, it comes and goes," says Professor Julia Newton, a consultant geriatrician with over 20 years' experience researching and treating people living with fatigue. "It can also be linked to symptoms like brain fog and muscle aches. "Essentially fatigue is the overwhelming feeling of lacking energy. People often describe it as a battery running out. They might start the day with a full battery, but it runs down too quickly." Professor Newton adds: "Another common sign of fatigue is when people wake up feeling just as exhausted as they did yesterday, even after sleeping reasonably well."

Facing emotional challenges - "Because fatigue levels cannot be tested and you cannot actually see how tired someone feels, other people may doubt the experience of people living with fatigue
Learning to pace yourself - "We all have a 'pie of energy' that we use to do things every day," says Professor Newton. "With fatigue,

your pie is smaller. It might be possible to enlarge that pie over time, but in the meantime it is important to manage it so you can get through each day.”

Rediscovering rest - “You do not have to make sweeping changes; simple ones can make a difference. If you work a four-day week, for example, would it be better to take Wednesday off rather than Friday? A mid-week pause could give you more relief than a long weekend.”

3 simple tips for managing fatigue

- Learn to read your body. For example, you could fill out a [fatigue diary](#) to get familiar with your limits and help you plan each day with pacing in mind.
- Stick to a routine. Include not only ‘must-do’ activities but also enjoyable ones, such as socialising or learning a hobby. But remember to pace fun activities too.
- Stay positive. Living with fatigue can feel demotivating, but try to focus on what you can do rather than what you cannot do.

Source: [Living with fatigue: expert tips | BHF - BHF](#)



I just found out the neighborhood had a meeting about the crazy person on the block

It's weird that they didn't invite me



A helping hand for our Charity. As a group, we organise and supervise lots of events every month. One member, Dorothy Stevens, has recently raised £250.00 by staging a quiz night in Burton upon Trent. The proceeds have been deposited in our bank, which will help us with our charitable endeavours. Dorothy is her husband's carer but also gives her time to help at events. At Singing for Fun, she puts out chairs before the singers arrive and then serves refreshments at our break. She also assists with the opening/closing of our hall for Tai Chi when called upon. This help is invaluable to ensure events run as smoothly as possible. Thank you, Dorothy. Could anyone else do something to help? Contact Michael with your ideas.



If the person who named
Walkie Talkies named
everything

Stamps - Lickie Stickie
Defibrillators - Hearty Starty
Bumble bees - Fuzzy Buzzy
Pregnancy test - Maybe Baby
Bra - Breastie Nestie
Fork - Stabby Grabby
Socks - Feetie Heatie
Hippo - Floatie Bloatie
Nightmare - Screamy Dreamy



Safety at Home.

This was the title of a talk given by Sarah Wigley of Derbyshire Fire & Safety. Sarah stated there were a number of ways fires are started at home but the biggest was “the chip pan”, accounting for around fifty percent of fire emergencies. Pleasingly, no-one attending this talk confessed to using a chip pan at home – well done everyone. Smoking was the next highest, with falling asleep with a lighted cigarette or not extinguishing the “fag” properly. Electrical appliances was



prominent, either a tumble drier or electric blanket left on overnight. Still on an electrical theme, overloading extension leads with several high-power devices on the same extension (note – with a spooled extension lead, ensure the spool is completely unwound before use). Vaping was becoming an increasing trend with fires in recent years. Aromatic candles offer mood/romantic settings but are often left unattended and in dangerous positions. Central heating appliances should be serviced annually to ensure they are safe. Other appliances

to check for safety are washing machines cookers etc. Remember to register your purchase of appliances to ensure you are notified of recall notices of faulty parts. Make sure you maintain your appliances which might not be covered by insurance if the worst happens. Always keep a fire extinguisher to hand and ensure it is checked regularly. Sarah advised that the Fire Service will visit homes to advise upon safety issues. Our check is booked, is yours?



**The guy
at the furniture
store told me the sofa
would seat 5 people
without any problems.**

**Then it occurred to me,
I don't think I know 5
people without
any problems.**



Can you believe it? Next year, 2025, Take Heart (Derby) will be forty years “young”. It seems incredible to reach such a landmark. So, what “mark” should we mark it with? Your suggestions will be gratefully appreciated. Contact Michael or other committee members with ideas. Will it be one event or a series of events. Let us know your thoughts, to develop a plan. Thanks for your continued support.



**I've decided I'm
going to avoid
everything that
makes me fat:**

**pictures, mirrors,
scales...**



Dream Shoes by Trisha Flude

They stood in the window of the charity shop,
Forlorn and scuffed with a soft checkered top,
The shoes of my dreams I knew at a glance
My eyes lit up my heart did a dance

I walked inside and picked one of them up,
Held it close what a dream, my happiness cup
Ran over with joy so deep and profound,
My sole mates at last, I was sure I had found.

“Two pounds fifty they are” said the woman in grey
“They’re brand new you know, just came in today”
“Oh dear” I sighed, “I’m not really sure”,
I put down the shoes and I looked at the door.

My heart was a flutter I looked up and down
Shuffled my feet, gave a sigh and a frown
Can I afford them, I thought, oh I must make them mine,
But I dithered and dithered, just wasting time.

The door-bell rang and in walked plain Jane,
“I’ll have those shoes there, my voice locked with pain,
I gasped and I groaned as she paid for my shoes,
I just couldn’t cope with the terrible news,
I’d lost them, my dream shoes, I dragged myself out
You see what can happen by dithering about.



**Astronomers got tired watching the moon go
around the earth for 24 hours.**

They decided to call it a day,



Programme of Events

April.

Saturday 27th

Tuesday 30th

Walk date changed to 4th May

Coffee morning at The Cube café/bar from 10.30 AM.

May.

Wednesday 1st

Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

Friday 3rd

Singing for Fun at 10.00AM in St John's Methodist Church Hall,

May – Change of Date

Saturday 4th

Walking back to Health – Little Eaton explore this tranquil village and enjoy an easy walk taking in views across the Ecclesbourne valley and the shores of the River Derwent. Meet at the Queen's Head car park, DE21 5BF to walk at 10.00AM

Wednesday 8th

Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

Friday 10th

Singing for Fun at 10.00AM in St John's Methodist Church Hall.

Monday 13th

Be prepared for an entertaining afternoon of more "Poems and Songs" from Steve & Julie Wigley. You might even find your voice to join in

Wednesday 15th

Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

Friday 17th

Singing for Fun at 10.00AM in St John's Methodist Church Hall.

Wednesday 22nd

Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

Thursday 23rd

Lunch at Argosy, Manor Road, Derby DE22 3HZ.

Friday 24 th	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Saturday 25 th	Walking back to Health – Elvaston Castle walk. Meet in lay by on Oak Road (B5010) to the north of Thulston village to walk at 10.00AM
Tuesday 28 th	Coffee morning at The Cube café/bar from 10.30 AM.
Wednesday 29 th	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 31 st	Singing for Fun at 10.00AM in St John's Methodist 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 07852 696930, Pam Fearn 01332 606563, Richard Flatman 01332 557028, Robert Jones 07352 619386, 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 07352 619386.

Any queries or comments about Take Heart (Derby) should be directed to Michael Flude on 07852 696930. email michael.flude@takeheartderby.co.uk.or 14 Brookside Road, Breadsall, Derby DE21 5LF.

Affiliated to the British Heart Foundation