

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter April 2025



March coffee morning. Continuing the good attendance at



our coffee mornings, March saw twenty-five members enjoying each other's company. Spread over three tables, Michael had to tell the same jokes three times, to much laughter. Which joke was that, well you have to turn up to hear them. Once again, the coffee was excellent, some having tea – made in a tea pot (how's that for being posh). There were other variants of course, milky drinks with some coffee



flavouring and of course, Sharon and Tracey. Last month saw them tucking into sponge cake, this time it was millionaire's delight and how tasty did that look? The verdict came so quickly, it was gone before a camera could be produced to provide evidence. Those who do not turn up are missing a real treat, so see you here on 29 April at 10.30 in the Museum of Making.



Your committee needs you. The committee is now seven strong, but considering we have more than two hundred members, we feel you have the right to have more representation. 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)





HAPPY BIRTHDAY

Lyn Calladine, Margaret Clarke,
Anne Cogley, Barbara Cooper,
Philip Fitzpatric, Karen Flude,
Richard Flatman, Philip Jackson,
Mark Kurucz, Teresa Newton,
Geraldine Smith, Sue Askew,
Margaret Teece and Cynthia Storer



Annual donations are overdue!!! They should be paid NOW.

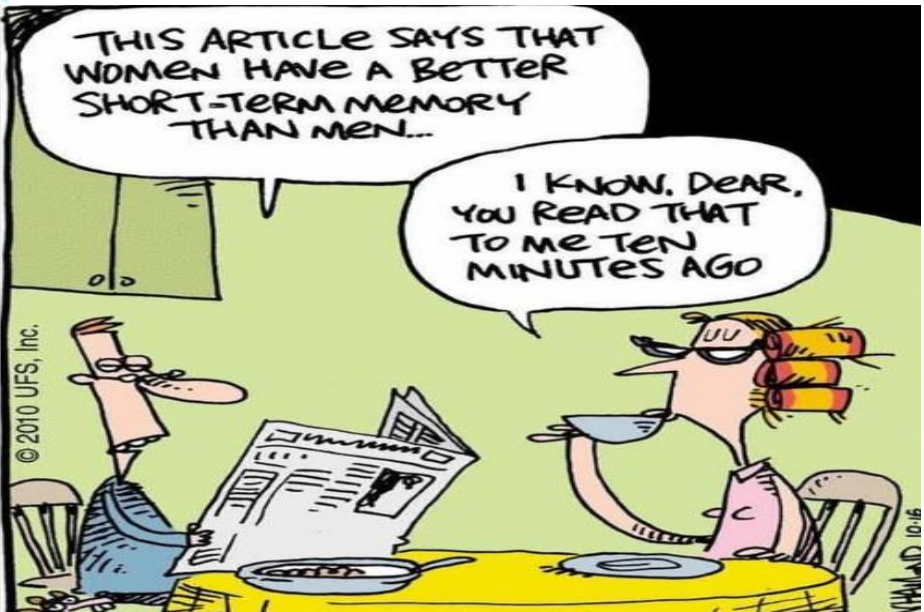
There are several ways to pay. The minimum donation is still £10.00 but you can donate more if you wish and would help our financial situation.

(1) By electronic bank transfer (BACS) directly into our account with: Co-operative Bank Sort Code: 08-92-99 Account Number: 67189278 (don't forget to add your name & post code or email confirmation to treasurer@takeheartderby.co.uk to confirm your payment.

(2) Use our web page to pay by credit card, simply follow the instructions.

(3) By cash or cheque to "Take Heart (Derby)" at any event to a committee member or post to 105 Ferrers Way, Allestree, Derby DE22 2BE.

(4) Telephone Michael for assistance.





Fund Raising 2025.

This year marks the 40th Anniversary of Take Heart (Derby). Since 1985, an immeasurable amount of emotional and practical support has been given to people living with a heart condition and their family and friends.

However, our funds are dwindling, and your help is needed to enable Take Heart (Derby) to keep on doing its good work. To achieve this, a number of fund-raising activities are being suggested for 2025 as follows:

1. Put this date in your diary. World Heart Day 29th September 2025. This is a good opportunity for you to arrange a coffee morning/afternoon tea, either on the day or a date close to it, with proceeds going to Take Heart (Derby) ❤️
2. On your birthday, why not ask family and friends to donate the money they would have spent on cards/presents to Take Heart (Derby) 🎂
3. Are you or anyone you know, undertaking a challenge this year, for example, the Derby 10k in April? 🚶🚶➡️. Think about getting sponsors with proceeds going to Take Heart (Derby).
4. I know that this is a sensitive issue but please think about donating money at a funeral to Take Heart (Derby), rather than purchasing flowers or to a national charity.
5. VE Day is being celebrated on 8 May 2025, with some events taking place over the weekend prior. What will you and your family/friends/neighbours do? Could you raise some funds for Take Heart (Derby) by holding a garden party/coffee morning for example?

These are just a few ideas for fund raising, please let me know if you can think of anything else we can do.

To donate visit this link: www.takeheartderby.co.uk/just-giving

Thank you so much for all your efforts with this. I will keep you informed of our progress throughout the year.

Kind regards

Pauline Green, Fundraising Manager 07599 944402.



Fundraising for Take Heart (Derby)



A photo of Green/Mills family who successfully completed Derby 10k today. They are donating £200 of sponsorship money to Take Heart (Derby). They are happy for this to be announced in Newsletter as fundraising activity. Here is an idea of how to raise money for our charity. What can you do to help us? Can you persuade family and friends to help you? Call Pauline 07599 9444402 or Michael 07852 696930 or another member of the committee. Please email a photograph of your event to michael.flude@takeheartderby.co.uk.

Michael was doing his bit again on 9 April by entertaining the members of Sinfin Moor Church with songs from the 60's, 70's and 80's. The afternoon was a huge success with the audience joining in on every song. They were so pleased; they gave him some much-needed cash for our group and booked him to return later this year. He will also be singing at Fraser Hall, Leylands Estate, Broadway, Derby DE22 1LD on 20 May at 2.00PM. Come along and support him.



Member news. Betty Gilligan has been unwell for a while and recently admitted to ward 408. I think it was mostly to be served tea by Michael. She had heard how good his tea and coffee is regarded by other patients. He does regularly use google to obtain the recipe for tea and coffee just to make sure. Also, in RDH is Mary Blundell, who is receiving a bit of R & R after falling at home. Kay Swann, another member currently residing in RDH, has been very poorly for several months and is too ill to receive the planned chemotherapy. I am happy to report her health is improving slowly recently,

Sadly, I report the sudden passing of Mavis Wilson on 11 April. Mavis had been a member since 2017. Together with husband Pete, they enjoyed Singing for Fun, occasional talks and most formal lunches. Our thoughts and prayers are for Pete and their family. Funeral details will be forwarded to members when known.

Friends of those struggling are requested to telephone and offer words of comfort at this difficult time, thank you for your support. Please pray for ALL our members who are suffering currently. Call someone and let them know you are thinking about them. It is lovely to receive a call, it might be the only one they receive today!

Please keep in touch with other members of our group. There might come a time when you would appreciate the same gesture.



**I did some financial
planning and it looks
like I can retire at 97...
And live comfortably
for 11 minutes.**



Ten gardening tips for May.

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 May - jobs to do this month / RHS Gardening.



40 Years Young. Can you believe it? Our Ruby

Anniversary! Take Heart (Derby) is forty years “young” this year. It seems incredible to reach such a landmark. We have decided to hold a luncheon will be held on Saturday 7 June at 12.00 for 12.30pm. The venue will be the lovely Grange Banqueting Suite, 457 Burton Road, Littleover, Derby DE23 6XX. So, ensure you are free to attend. Make sure nothing else is booked for that date. We usually achieve around forty attending but on this special occasion it would be pleasing to achieve at least twice that number. Speak to family and friends and invite them too. To celebrate our 40th year, we have arranged for Steve & Julie Wigley, a musical duo act, to entertain us on the conclusion of our meal. They have previously entertained us at St Mary’s Church Hall on a Monday ‘talk’ day. They are clever performers, who write a lot of their own songs and perform great harmonies. This event will be attended by the Sister who first started our group in 1985, Sue Moore. Our president, Dr Julia Baron will also be in attendance. So get booking for a not to be missed event.



You never know what's going to happen in church! 🤪🙏

One Sunday morning, a pastor decided to try something different. He told the congregation, "Today, I'm going to say a word — and I want you to sing the hymn that comes to your mind."

So he started:

🔔 "Cross!"

🎵 The whole church sang "The Old Rugged Cross."

🔔 "Grace!"

🎵 They sang "Amazing Grace."

🔔 "Power!"

🎵 Everyone belted out "There Is Power in the Blood."

Then the pastor boldly said:

🔔 "S@x!"

😬 The entire church went SILENT. People were looking around nervously, unsure of what to do.

Then, from the very back, an 87-year-old grandma slowly stood up and started singing...

🎵 "Precious Memories."





Jam Jar Challenge. This has dropped off the radar recently.

It was brought about to say thank you to the BHF, but our relationship has changed (see note on page 12). At our recent committee meeting we resolved to continue this challenge but use it to cover the cost of Public Liability Insurance we source privately. Any additional money will be donated to BHF. The current cost to TH(D) is around £180.00 pa. So, continue to save your money daily/weekly/monthly and bring it in each February coffee morning. **If you haven't saved, then please make a separate donation via the usual methods. Speak to Michael if you need help.**



April speaker. Report by Pam Fearn

This month's speaker was Tina Pritchard, who came to talk to us about the Mother and Baby Units in Ireland. Firstly, she told us about how she became an author. She said that she moved to Derby in 1997 and was a trainer at the Derby Drug Line, she was also a Celebrant and conducted weddings and funerals. Tina then moved to Kilburn and joined a writing group. We were told how difficult it is to get a book published and must send out sometimes at least one hundred applications before you get a publisher to give you an offer. A publisher did come along with an offer and her first book was entitled "The Deep Dark Wood", which was a murder mystery. She then went on to tell us about the mother and baby units. Her mother had been sent to one which was run by Catholic nuns. When Tina was born it was expected that she would be adopted but she went to live with her grandmother. Her mother left the baby unit and went to London to find work. She then met a soldier who was a guard at Windsor Castle. Her mother moved to Windsor and had a son, she then sent for Tina to live with them. Tina said that she never felt part of the family and really missed her grandmother as she did not have

a very good relationship with her mother. Her stepfather changed regiments, and they went to live in Malaya and then in Germany. During this time, she had attended thirteen different schools and at the age of fifteen returned to Ireland to live with her grandmother. Tina told us that the baby units were run by the Irish government for girls and women ranging from twelve years to forty. When you went into one of these units they would



change your name. There was a lot of both physical and mental abuse and women would be left on their own for a long time while they were in labour. The babies from the unit would be taken off their mothers and would go to wealthy homes in America. She said that actresses would also go to the units and choose a baby from one of the cots. If the mother had one hundred pounds, they could leave the unit after their baby was born, if not, they had to stay and work to pay the money off in the home's laundry. In 2015 an investigation started to find out what happened in these homes. Tina said that her mother died aged sixty-nine but never talked about her experience in the home. Tina said her second book is about someone in one of these homes. Although it is not about her mother directly, there are certain things her mother may have experienced. Tina told us she had dedicated this book to her mother and all the babies born in these units. A very interesting talk.



WATCH OUT – Covid is back”

Yes, unfortunately this “bug” is still around but there are things you can do to prevent it becoming a serious issue for you, your family and friends.

1. Get tested.
2. Isolate from everyone.
3. Get the jab.

It might seem like a dose of flu. The symptoms are similar, so be thoughtful about others and get tested. Book a jab online through the NHS app or contact your GP or pharmacist. Check if you need one, not if your last jab was within the last six months. The vaccination will not always prevent you catching it but the effects will be much less if you are fully vaccinated. Be kind to us all. Thank you.



Revised membership form. Thank you to those who have completed the revised membership form. I am still receiving a few at a time. This is not an idle request but something we must do to comply with BHF requests. The BHF announced the end of “Affiliated to the British Heart Foundation” status and Public Liability Insurance. Part of the instructions also called for any mention of BHF to be removed. We also felt that this would be a timely opportunity to update our records. Telephone numbers, email addresses etc have changed. There is also the prospect of tax changes which will mean more of us will be liable for it, so don’t forget to complete the Gift Aid section, which allows your charity to claim money back from HMRC, you don’t need to do anything else. We have sent all members a revised form to ensure we have up to date information. You could include your donation at this time. Please complete and return your form to Michael Flude, 14 Brookside Road, Breadsall, Derby DE21 5LF as soon as possible. Many thanks for your continued support.

I know you have been lying awake at night wondering why baby diapers have brand names such as "Luvs", "Huggies," and "Pampers", while undergarments for old people are called "Depends".

Well here is the low down on the whole thing.

When babies crap in their pants, people are still gonna Luv'em, Hug'em and Pamper'em.

When old people crap in their pants, it "Depends" on who's in the will!

Glad I got that straightened out so you can rest your mind.



The fraud prevention service, CIFAS, reports that identity fraud was the most prevalent type of fraud reported last year.

Cifas found that reports to the National Fraud Database (NFD), where member organisations record instances of fraud, increased by 13% in 2024, also making it the highest number on record. Of the 421,000 cases recorded on the database, almost 250,000 related to identity fraud.

Identity theft and fraud can happen to anyone. Identity theft is when a fraudster steals parts of your identity, such as your name, address and phone number, in order to commit identity fraud. Typically, this data is gathered through social media, data breaches of organisations which hold information on you, or through “phishing” messages where you’re persuaded to hand over your data or when you click a dodgy link and malware is downloaded to your devices.

Identity fraud is when fraudsters go on to use the information they’ve gathered about you to their own gain by obtaining goods

or services in your name. This can be done through opening a bank account, obtaining credit cards, loans and state benefits and acquiring passports and driving licences, all under your name.

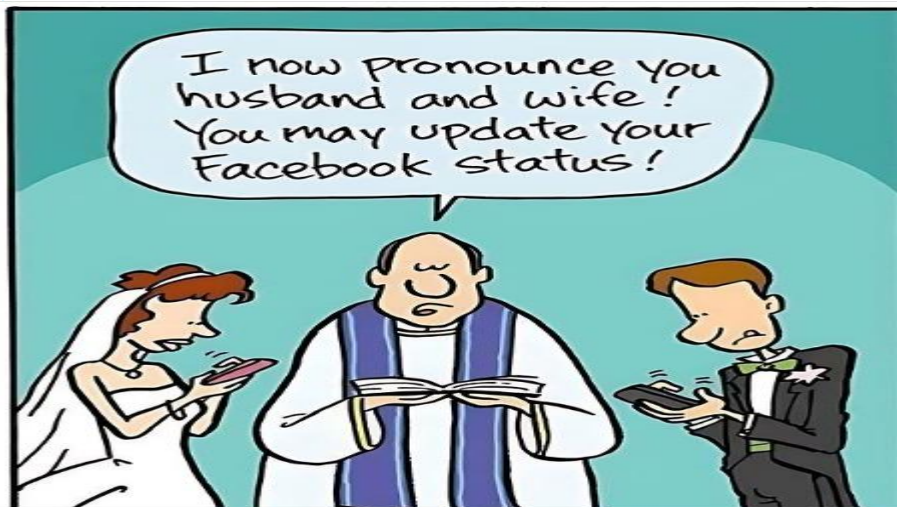
CIFAS reports that cases of account takeover, where fraudsters hijack accounts using compromised data, drastically increased by 76% in 2024, with over 74,000 cases recorded.

There were also increases in fraudsters impersonating victims through personal store cards, personal bank accounts, personal credit cards and motor insurance.

Criminals hijacking mobile phone accounts made up half of all account takeover cases, rising by 105%. Cases of Sim-swap fraud, where criminals [steal your mobile number and link it to their own Sim](#), also skyrocketed with 3,000 cases reported, a 1,055% increase.

There was also an increase in cases of false applications, when fake information is used to obtain documents. CIFAS noted that artificial intelligence (AI) has helped with the speed, sophistication and scale of false documentation, as well as aiding the ability to pass verification checks.

Source: [ID fraud is on the rise with criminals using AI to scale their attacks - Which?](#)





Programme of Events

April.

- Saturday 26th Walking back to Health – Drum Hill circular. Meet at 14 Brookside Road, Breadsall, Derby (free parking for TH(D) members to walk at 10.00AM. Walk up to Drum Hill and admire the extensive views to beautiful countryside and towards the City of Derby.
- Tuesday 29th Coffee morning at the Museum of Making, Silk Mill Lane, Derby DE1 3AF
- Wednesday 30th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.



May.

- Friday 2nd Singing for Fun at 10.00AM in St John's Methodist Church Hall,
- Wednesday 7th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 9th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Monday 12th This should be fun. "The Stammering Toastmaster" is the subject that Steve West will amuse us with. Have a laugh this afternoon
- Wednesday 14th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 16th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Tuesday 20^h Michael will be performing a Country Music show at Fraser Hall, Leylands Estate, Broadway, Derby DE22 1LD at 2.00PM. You are all invited.
- Wednesday 21st Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

Thursday 22 nd	Lunch at The Argosy, Manor Road, Derby DE22 3HZ at 12 noon.
Friday 23 rd	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Tuesday 27 th	Coffee morning at the Museum of Making, Silk Mill Lane, Derby DE1 3AF
Wednesday 28 th	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 30 th	Singing for Fun at 10.00AM in St John's Methodist Church Hall
Saturday 31 st	Walking back to Health – A walk in the “Calke” Park in this historic setting, with woodland and lake to behold. Park in Calke village National Trust car park LE65 1RR. £3.50 for four hours as at September 2024. Free parking for disabled & NT Members.



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 Flude 07852 696930, Robert Jones 07952 619385, Pam Fearn 01332 606563, Richard Flatman 01332 557028, Nigel Cullen 01332 842730, Margaret Storry 01332 766916 and Pauline Green 07599 944402.

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 07952 619385.

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.

Take Heart (Derby)



Ruby Anniversary Luncheon at

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

Saturday 7 June 2025 12 noon for 12.30PM

Starters

Prawn Cocktail

Pate

Melon with Fruit Coulis

Main

Roast Beef with Yorkshire Pudding

Chicken, Bacon & Stilton Pie

Salmon topped with a Watercress Sauce

(Additional £1.50 to be paid)

Vegan Tagine

Sweet

Eton Mess

Lemon & Lime Cheesecake

Cheese & Biscuits

Followed by Tea or Coffee

After lunch entertainment by Steve & Julie

Non-members pay normal price £32.00 (£1.50 extra for Salmon)

Take Heart (Derby) members & Nurses pay £25.00 (£1.50 extra for Salmon)

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 24 May 2025

Name Starter

Main Desert

Name Starter

Main Desert

Name Starter

Main Desert

Name Starter

Main Desert

Name Starter

Main Desert

Name Starter

Main Desert