

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter April 2026



The Greens were at it again. Four year old Matilda, her sister, two year old Ruby, with Nanny Pauline, surprised the coffee morning attendees with easter eggs. What a thoughtful treat.



I'm so old...
I remember when life
was simple 😊

One bathroom for the whole family

A phone hanging on the wall 📞

No internet, no scrolling, no distractions

Just a TV with rabbit ears
and maybe 3 channels 📺

*And somehow...
we didn't feel like we
were missing anything*

bepositivebehapy

We talked more.

We laughed louder.

We made memories
instead of content

*And guess what...
we still made it* ❤️



Those days weren't perfect, but they were real




BIRTHDAY

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



**The most expensive vehicle
to operate in 2026.**



Your committee urgently needs you. The committee is now only five strong, following the retirement of Margaret Story. Margaret served with us by organising our monthly speakers and also booking the two formal lunches each year. Our thanks go to Margaret. Pauline Green has now taken on those roles 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 your 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).



**I'M NOT A HOARDER,
I'M A "THIS-MIGHT
BE-USEFUL-LATER"
SPECIALIST.**





Member news, Neil Mansell is improving week by week. He now attends singing for fun without a walking aid and before the coffee break. Wow. Well done, Neil. Charlie Dowsett is also recovering well at home. He tells me he hopes to dispense with his walking aid soon. Way to go, Charlie. Michael Payne has finally returned home after a few weeks in hospital. Having lost a bit of weight, he and wife, Lilyan have decided to take advantage of respite care whilst their family are away. Sounds good to me. We wish you all well. There may be others who are experiencing difficulties, but I have not been advised. Please keep an eye on friends to ensure they get the support they need. Many thanks.





Annual donations are overdue for 2026. Please do so by the end of March, please.

There are several ways to pay. **The minimum donation is now £20.00 but you can donate more if you wish and it 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 on 07852 696930.



US tourists, a man and his wife, are traveling in the Middle East.

An Arab approaches the husband and says, "I'll give you 100 camels for your woman."

After a long silence, the husband replies, "She's not for sale."

The wife asks, "What took you so long to answer?"

The husband says, "I was trying to figure out how to get 100 camels back home." 😂



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.





Take Heart (Derby) Fund Raising 2026. Since 1985, Take Heart (Derby) has given an immeasurable amount of emotional and practical support to people living with a heart condition as well as their family and friends.

As a Member, your help is needed to raise funds to enable Take Heart (Derby) to keep on doing its good work.

This year we are planning to some new fund raising activities such as:

- Murder Mystery Dinners
- Music and Magic Events

We'll keep you informed of dates for these events via the Newsletter. Please support us by attending.

Other suggestions include:


1. Hosting a coffee morning or afternoon tea. I'm sure your family and friends would love to support this good cause.
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)? At our age what do we really need that we do not already have?
3. I know this is a sensitive issue, but please think about donating money at a funeral to Take Heart (Derby), rather than purchasing flowers or giving to a national charity.

These are just a few ideas for fund raising, please let us know if you can think of anything else we can do. To donate, visit this link: www.takeheartderby.co.uk/just-giving

A big thank you to anyone who has already been fundraising or sending donations to Take Heart. It is greatly appreciated as we really need to boost our funds. We would love to see pictures of fund-raising efforts for the Newsletter so please forward them to Michael.

Kind regards,

Pauline Green, Fundraising Manager 07599 944402.



An elderly man was on the operating table awaiting surgery to be performed by his son, a renowned surgeon. Just before they would put him under, he asked to speak to his son: "Don't be nervous, son, do your best and just remember, if it doesn't go well, if something happens to me... your mother is going to come and live with you and your wife."



Lunch at the Oast House. It is remarkable that so many of you make your own lunch each day. How do I know, you might ask? Well, ten members turned up at the Oast House to allow someone else to cook their lunch earlier in March. What fun and enjoyment they had, too. Lunches are every month and in April it is The Merlin in Pride Park on Tuesday 21st at noon. See you there.

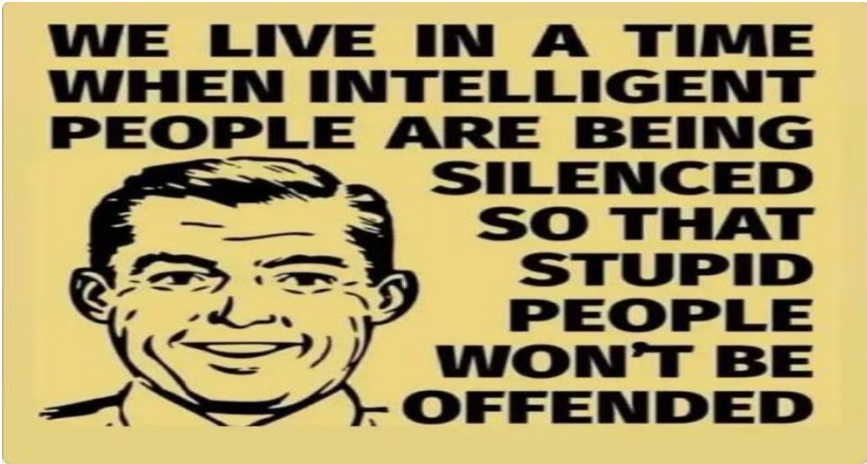




Mrs V Ashton commented, "My husband doesn't mind me having the last word. In fact, he says he's relieved when I finally get there".



Information from your committee at their recent meeting. For several years we have produced a calendar for members. This has been a labour of love by Michael during that time. Unfortunately, the cost of producing it has continued to rise. This year's calendar did not include as much photography, but it brought down the cost considerably. It was still almost £500. Add postage at £2.00 per household (some calendars were delivered personally by members) but there are around 160 households. Late last year, Microsoft announced the termination of Adobe Photoshop. Other software to produce a calendar is over £500. It was suggested that very few people use a calendar because of other methods of personal planning. Other committee members disagreed and felt it was necessary. Voting:- 5 votes for and 2 against, we will not be pursuing a calendar in future years.





Another “Curiosity Box” dilemma.

This month’s speaker was Steven Flinders with the “Curiosity Box.” Steven had brought with him a box with ten items that had been used many years ago. The members who attended were put into four teams, with each team being given two items at a time to try and guess what they had been used for. They had also been given a paper with a written clue to each item. The items were either made of metal, iron, wood, or glass. There was a great deal of discussion taking place throughout the afternoon with members trying to puzzle out what the items were. We found out that the item made of iron and looked like a trivet was in fact a tile that could be slotted together with many more and had been



used to make the road under the Mersey Tunnel. One object looked like a metal funnel which had been used to force feed geese,

with the use of it being banned a long time ago. Another was to measure the gravity of liquids and one that sharpened razor blades. Unfortunately, members didn’t score many point’s but it was an afternoon of fun and learning for all.



I don't usually brag
about going to
expensive places
but I just left
the petrol station.



Are you nostalgic for the 70's?

Could it be the politics – Mrs Thatcher became the first female Prime Minister? The 1973 oil crisis (sounds familiar), Britain joined the EEC, the first “Test tube baby”, the introduction of “integrated circuit and the laser? Or could it be the food, fashion and music. On 16 May you can sample the last three all at 1 Mickleover Manor, Mickleover, Derby DE3 0SH. Pitch in to a typical five course lunch and join in with 70's music with your very own entertainer. As to the fashion – that's down to you to dress appropriately. Book via Pauline on 07599 944402 and pay on the day – only £25.00 per person, with funds to our charity. Sounds good to me, see you there from 1.00PM until 4.00PM (see page 19 or separate sheet).



My boss arrived at work in a brand-new Lamborghini. I said, “wow, that’s an amazing car!”



“If you work hard, put all your hours in, and strive for excellence, I’ll get another one next year.”



Programme of Events



April.

- | | |
|----------------------------|---|
| Tuesday 21 st | Lunch at The Merlin, 1 Orient Way, Pride Park, Derby DE24 8BY at 12 noon. |
| Wednesday 22 nd | Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree. |
| Friday 24 th | Singing for Fun at 10.00AM in St John’s Methodist Church Hall, Allestree. |



April contd

Saturday 25th

Walking back to Health – Little Eaton mineral line. Discover this newly created walkway taking in Little Eaton village, the Bell and Harp pub plus Barry Fitch butchers. Meet at 10am at the New Inn car park, 2 Duffield Road, Little Eaton, DE21 5DR.

Tuesday 28th

Coffee morning at the Museum of Making, Silk Mill Lane, Derby DE1 3AF 10.30AM

Wednesday 29th

Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree.



May.

Friday 1st

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

Wednesday 6th

Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree

Friday 8th

Singing for Fun CANCELLED

Monday 11th

Steve & Julie Wigley return to entertain us with a mix of songs and poems. An afternoon of delight awaits.

Wednesday 13th

Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree

Friday 15th

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

Wednesday 20th

Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree

Thursday 21st

Lunch at Argosy, Manor Road, Derby DE22 3HZ at 12 noon.

Friday 22nd

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



May contd

- Tuesday 26th Coffee morning at the Museum of Making, Silk Mill Lane, Derby DE1 3AF from 10.30AM
- Wednesday 27th Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree
- Friday 29th Singing for Fun at 10.00AM in St John's Methodist Church Hall, Allestree.
- Saturday 30th Walking back to Health – Straws Bridge and Lake walk. Meet in the car Park, High Lane East, A609, West Hallam, Ilkeston DE7 5FG ready to walk at 10.00AM



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 and Pauline Green 07599 944402.

Recommendations for future speakers should be made to Pauline Green on 07599 944402

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)



Afternoon Tea at

The Grange Banqueting Suite
457 Burton Road, Littleover,
Derby DE23 6XX

Tuesday 16 June 2026 at 1.30 for 2.00PM

A selection of sandwiches on wholemeal
& white bloomer bread

Sausage rolls

Pork pie slices

Homemade Quiche Bites

Cakes Scones with clotted cream & jam

Tea & coffee

The cost is £22.00 including VAT per person.

When booking, please indicate any dietary
requirements.

Cheques payable to Take Heart (Derby).

Book meals via Pauline Green, 1 Mickleover Manor,
Mickleover, Derby DE3 0SH 07599 944402 or email
to p.green159@outlook.com

Name

Dietary requirement

Name

Dietary requirement

Name

Dietary requirement

Name

Dietary requirement

Name

Dietary requirement



70s DINNER PARTY

You are Invited!

To a 70's Dinner Party and Singalong!

Join us for a fun and nostalgic afternoon fundraiser to support:

***Take Heart* (Derby)**

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

www.takeheartderby.co.uk

Registered Charity No 1163703

Date: **Saturday 16th May 2026**

Time: **1.00pm-4.00pm**

Venue: **1, Mickleover Manor, Mickleover, Derby, DE3 0SH**

Enjoy a five-course meal: including hors d'oeuvres, starter, main, dessert and petits fours.

(vegetarian options available)

We will have a raffle with a fantastic prize hamper, and a chance to learn more about the important work of Take Heart Derby.

Tickets: **£25 adults, £10 children.**

RSVP: **Please RSVP by Friday 1st May to Pauline Green at 07599944402 or p.green159@outlook.com. (places are limited)**

We look forward to seeing you.