

# 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 August 2023



### July coffee morning.



Fifteen members attended July's coffee morning. Despite the low numbers there was much chatter and laughing as we traded jokes (Michael did not write any of them down and because of Old-Timers Disease, none will be recorded here). Michael & Lilian Payne outlined a day spent travelling to several destinations, curtesy of their Gold Cards, free of charge. Lunch at East Midlands Airport was of particular interest and no car parking fees. Next month we hope to have a BHF representative available to pass on your Jam Jar Challenge monies to them. That's 29<sup>th</sup> August, so make a note and be there (bring a friend or relative with you).



**News from BHF.** Eating healthy on a tight budget: 6 top tips



**As food costs continue to rise, eating healthy on a budget can be a challenge. Senior Dietitian Victoria Taylor shares some tips to help.**

With food costs higher than ever before, we understand that the size of your supermarket bill might be a

bigger concern than whether it's healthy. But it's possible to look after both. Here are our top tips for making healthy food choices that don't break the bank, helping to reduce your risk of long-term health issues like a [heart attack](#) or [stroke](#).

Affordable ways to get your 5-a-day. Any fresh fruit and vegetables can be included in your 5-a-day (apart from



potatoes, yams and plantains which are starchy carbohydrates) – ideally, try to have as much variety through the week as you can. It's worth looking out for special offers on fruit and veg, and buying them in season will be cheaper and tastier than out of season. Frozen fruit and veg also

count towards your 5-a-day, and can be cheaper (especially when it comes to things like berries and cherries), as well as helping to avoid waste. Tinned fruit and veg count towards your 5-a-day if they're tinned in water or juice, without added sugar or salt. Sadly, "value" ranges of tinned foods sometimes have sugar and salt added. Most of us in the UK eat too much salt, and over time, this contributes to high blood pressure, which can increase your risk of heart attacks and strokes. We're also mostly eating too much sugar, which can lead to putting on weight. So check the label and consider whether the one without sugar and salt is affordable. If not, perhaps you could switch to a different product (like tinned mixed vegetables in water, instead of sweetcorn with sugar and salt).

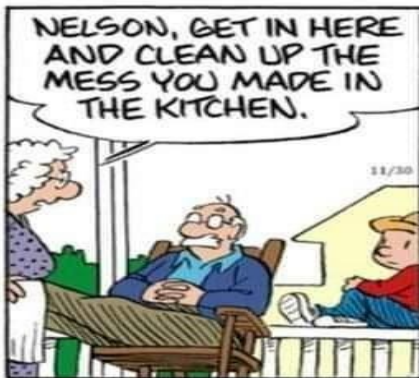
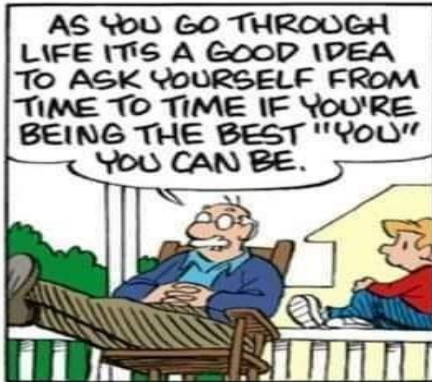




## Spring Lunchtime Concerts Series – Musicians from Derby Grammar School

Make the most of your Friday Lunchtimes and treat yourself to a relaxed 45-minute recital in the beautiful surroundings of Derby Cathedral. All recitals are free to enter and begin at 1300. Tea, coffee, and biscuits are also available beforehand. Weekly programme from 12 May 2023

Source: [Welcome to Derby Cathedral | Derby Cathedral](#)



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## Walking back to Health – Melbourne to Staunton Harold

**Reservoir.** On a fresh Saturday morning, sunny with a light wind, four intrepid Take Hearters set off from Castle Street, car park in Melbourne. A short walk brought us to the Parish Church of Melbourne and on through the gateway towards Melbourne Pool. On our left was Melbourne Hall, a Georgian style country house currently owned by Lord & Lady Ralph Kerr. The house is Grade II listed but the grounds contain more than twenty Grade 1 listed



features, including the world-famous arbour known as the birdcage. At the end of Pool Road, we turned right to walk alongside the southern side of the pool. We noted a number of birds including swans, mallards, moor hens and Canada geese. Uphill towards Ashby Road. Here, we turned left, passing the site of a former Indian Restaurant, now re-developed for housing. Turning up onto Calke Road the traffic was much lighter and we made our way to the National Trust café, adjacent to Staunton Harold reservoir, its car park and children's playground. The reservoir occupies 210 acres and the Staunton Harold Estate a further 163 acres. It is owned by Severn Trent and cared for in conjunction with the Nation Trust and plays an important part of the water supply network since 1964. The reservoir boasts a rich diversity of wildlife (including children on most

days). Refreshed, we set off via the "tower windmill" (minus its sails). Retracing parts of our outward journey, we then branched off towards the west end of Melbourne. En-route we found a dog

walker, whose dog has simply not wished to walk any further, just lying alongside the footpath. We thought this very amusing, but the owner didn't. Into the back streets of Melbourne, passing an old school and then exploring inside the parish church of Melbourne, a truly tranquil experience. Now back at the walk starting point, three walkers were off to lunch, whilst Michael headed back to a family gathering. What a lovely experience, yet again. Pity most of you missed it. Our next walk is 30 September at Spondon Park. So, you now have plenty of time to gear yourselves to venture out for a fun time.



MATT



*'This term your son has identified as a cat. I gave him an F grade because the school still has a mouse problem'*



**Birthdays.** Happy birthday this month go to Helen Blackburn, Michael Bosworth, Sally Cholerton, Barbara Colder, Pearl Fitzpatrick, Michael Flude, Sue Oliver, Carol Pearson, Sam Redfearn, Tony Rolfe, Marcus & Amber Smith, Ron Smith, Peter Stevens, Carmen Varley, Richard Wheatley, Eileen White, Tina Whitfield, Debbie, Hannah and Rachel Wright. 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.



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*At my age, a little wine  
is good for the heart.  
And a great big whine  
is good for the attitude.*





**Lunch at the White Swan.** Wow, twelve members turned up this month, our lunches are getting to be a little more popular. No more planning what to eat, all that preparation and cooking, and no more dirty dishes to deal with. No wonder you turned up today. As this is a venue with limited seating, we requested members to advise Robert if they were attending. Twelve of you did but fourteen arrived. The White Swan staff moved things around to ensure we could be seated together. The food was up to it's usual standard, which is why it is so popular. Lots of chatter up and down the tables. Lovely to see you all. Next month, the venue is Kings Corner, Morley Road, Oakwood, Derby DE21 4RF. See you all and more perhaps?







**OMG, I have finally discovered what's wrong with my brain: On the left side, there is nothing right, and on the right side, there is nothing left!**



**Holiday insurance – a member's recent experience – hope it helps.** *“If you remember I was telling you about trying to arrange insurance for a 5-night cruise at New Year. Just for us I had quotes of £400 and higher. I have just paid £158, declared all medical details for both of us. No age limit and specialises in policies for over 60 and medical problems. May be of interest to our members. Total Travel Protection. 0330 053 3747.or check out online.”*



**Common sense is not a gift, it's a punishment. Because you have to deal with everyone who doesn't have it.**

Oldtimers9.com



**Your committee STILL need you.**



Your committee are a small, dedicated bunch but they need a bit more help. This is where you come in. Could you offer a helping hand to keep things ticking over? Do you have computer skills? Do you have suggestions about how to improve matters or new events to plan? Please get in touch with a committee member (see list on page 16 of this Newsletter).



**FUN FACT**  
**Women spend more time wondering what men are thinking than men spend actually thinking.**



## Ten gardening tips for August

- 1 Wisteria needs regular pruning to keep the growth and size under control, but it will also improve the flowering display.
- 2 Summer pruning is mainly for apples and pears trained as restricted forms. It will allow sunlight to ripen the fruit and ensure good cropping for the following year.
- 3 Remove spent flowers as soon as they look scruffy - thankfully, a few days delay won't make a difference. The simplest method is to just pinch off the faded blooms with finger and thumb.
- 4 Water containers and new plants, preferably with grey recycled water or stored rainwater.
- 5 Collect seeds from garden plants
- 6 Harvest sweetcorn and other vegetables as they become ready.
- 7 Continue cutting out old-fruited canes on raspberries
- 8 Lift and pot up rooted strawberry runners.
- 9 Keep ponds and water features topped up.
- 10 Feed the soil with green manures.

Source: <https://www.rhs.org.uk/advice/in-month/august>



Each year I get invited to go on vacation with the same group of annoying people but I can't say no because they're my husband & children.



## **Dodgy YouTube ads**

The YouTuber MrBeast has around 170 million subscribers and regularly gives away money to guests who overcome challenges in his videos. Unfortunately, scammers are taking advantage of this by creating fake ads that promise cash giveaways in MrBeast's name.

If you click on one of these ads, you'll be taken to a phishing website where your personal information can be compromised or malware can be downloaded onto your device.

Mobile antivirus protects you from phishing scams

Did you know that mobile antivirus apps can protect you from phishing scams? We put free and paid-for antivirus apps through our lab tests and compared them against the built-in security that comes with Apple and Android phones.

We subjected each mobile antivirus app to at least 200 known phishing sites on the internet and found that all of them were more effective than the built-in protection from Apple and Android. What's more, we even found a free Best Buy, meaning you can protect your device without needing to pay.

Scam sharer tool. There is now a much easier way to make us aware of scams directly with our scam sharer tool. Tell us your experiences of phishing emails, fake texts, cold calls, and other types of fraud.

[Scam Sharer - free Which? tool](#)



**Birthday cards.** For a few years we received wonderful cards made by a lady in the West Midlands, assisted by her friend who dealt with the administration. Sadly, we have received notice to retire. Many of you have notified me about the quality of the birthday card you receive, these ladies will be missed.



We now need to find someone else who can step into the breach. Do you know anyone who makes birthday cards? Please speak with them and pass details to Michael or another committee member with their details. We need to move speedily, so please make contact quickly. We re-imburse all expenses

It is a lovely tradition within Take Heart (Derby) which we would be keen to continue. Please help.



**Our speaker this month was Graham Sutherland.** Graham is a member of the Ancient and Honourable Guild of Town Criers, the Loyal Company of Town Criers, the Guild of Registered Tourist Guides, the Institute of Registered Tourist Guiding, Heart of England Tourist Guides Association and Society of Authors. He told us that he was a retired Police Inspector and had lived most of his life in the midlands. His talk was called “Brandy for the Parson”. Graham then recited the poem **“A Smugglers Song” by Rudyard Kipling.** *If you wake at midnight, and hear a horse’s feet, don’t go drawing back the blind, or looking in the street, them that ask no questions isn’t told a lie. Watch the wall my darling while the Gentlemen go by. Five and twenty ponies, Trotting through the dark, Brandy for the Parson, Baccy for the Clerk. Laces for a lady, letters for a spy, watch the wall my darling, while the Gentlemen go by. Running round the woodlump, if you chance to find, little barrels roped and tarred, all full of brandy wine. Don’t you shout to come and look, nor use them for your play, put the brishwood back again, and they’ll be gone next day. If you see the stable door setting open wide. If you see a tired horse lying down inside. If your mother mends a coat cut about and tore; If the lining’s wet and warm, don’t you ask no more! If you meet King George’s men dressed in blue and red, you be careful what you say, and mindful what is said. If they*

*call you "pretty maid" and chuck you neath the chin, don't you tell where no one is, nor yet where no one's been! Knocks and footsteps round the house, whistles after dark, you've no call for running out till the house dogs bark. Trusty's here, and Pincher's here, and see how dumb they lie. They don't fret to follow when the Gentlemen go by. If you do as you've been told, likely there's a chance, you'll be given a dainty doll, all the way from France. With a cap of Valenciennes, and a velvet hood. A present from the Gentleman. Along 'o being good. Five and twenty ponies, trotting through the dark, Brandy for the Parson, Baccy for the Clerk. Them that ask's no questions isn't told a lie. Watch the wall my darling, while the Gentlemen go by!*

Graham went on to tell us that the 18<sup>th</sup> century was known as the



golden age of smuggling. Smuggling was a common and popular activity in coastal areas of England. People smuggled tea, cloth, wind and alcohol into Britain without paying any customs duty. Smuggling was usually organised by gangs

who were funded by investors or venturers, they chose secluded parts of the coastline to land cargos from ships, including small coves and river estuaries. He said that a blind eye was turned to these activities and a lot of people benefited from this. At the end of the 18 century and the beginning of the 19<sup>th</sup> century the government reduced the tax on tea and other goods which saw a decline in smuggling as it was no longer so popular. A very informative and interesting talk, it is a shame that more members do not come along to enjoy the afternoon.



## Programme of Events

### August.

- Wednesday 23<sup>rd</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 25<sup>th</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Tuesday 29<sup>th</sup> Coffee morning at The Cube café/bar from 10.30AM.
- Wednesday 30<sup>th</sup> Tai Chi at 4.15 to 5.15PM in St. Nicholas Church Hall

### September.

- Friday 1<sup>st</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Wednesday 6<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 8<sup>th</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Monday 11<sup>th</sup> "The Woodland Trust will give a presentation about our environment, the future of their conservation work and charity. Some of you are already supporters and it behoves us to support their work where we can. A talk by Gerald Price about the creation, protection and restoration of native woodlands which has planted 50 million trees since 1972.
- Wednesday 13<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 15<sup>th</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Wednesday 20<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

Thursday 21 <sup>st</sup>	Lunch at Kings Corner, Morley Road, Oakwood, Derby DE21 4RF
Friday 22 <sup>nd</sup>	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Tuesday 26 <sup>th</sup>	Coffee morning at The Cube café/bar from 10.30AM.
Wednesday 27 <sup>th</sup>	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 29 <sup>th</sup>	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Saturday 30 <sup>th</sup>	Walking back to health – Spondon Park. Meet at Dale Road car park, Spondon, Derby DE21 7DW. Car parking is available via the Main Gate and 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 & Trisha Flude 07852 696930, 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 07852 696930. 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