

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter December 2022



Annual donations can be paid for 2023 NOW.

There are several ways to pay these donations. The minimum donation is still £10.00 but you can donate more if you wish. Many of you do this for which we are grateful.

(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 payable to "Take Heart (Derby)" at any event to a committee member or post to The Treasurer, 6 Keats Avenue, Littleover, Derby DE23 4ED.

(4) Telephone Michael for assistance

Please remember to add Gift Aid if you are a UK taxpayer. Your donations can be worth 25% more without affecting your financial position but of great value to your group.

**DASHING THROUGH THE SNOW, IN MY
RUSTY CHEVROLET,
DOWN THE ROAD I GO, SLIDING ALL THE
WAY. I NEED NEW PISTON RINGS, I NEED
SOME NEW SNOW TIRES. MY CAR IS
HELD TOGETHER BY A PIECE OF
CHICKEN WIRE.**



**OH, RUST AND SMOKE, THE HEATER'S
BROKE, THE DOOR JUST BLEW AWAY. I
LIGHT A MATCH TO SEE THE DASH AND
THEN I START TO PRAY-AY. THE FRAME
IS BENT, THE MUFFLER WENT, THE
RADIO'S OKAY. OH WHAT FUN IT IS TO
DRIVE THIS RUSTY CHEVROLET!!**

Da Yoopers



November coffee morning.

A big increase in members attending our regular coffee morning, with eighteen members and two guests.



We welcomed Derick Skidmore who has been unable to attend events for some time, good to see you, Derick. Martyn Bertalan, whom we see from time to time, also made a visit. It was also nice to see Pauline Boutcher appear, along with her granddaughter and great granddaughter. Trisha Flude also attended following cancer treatment. Happy to see you ALL. Remember, our Christmas coffee morning on 20 December, where you will not only be able to keep warm but also enjoy a free drink, curtesy of your group. See you there from 10.30AM



A couple of one-liners.

There is a self-deprecation course starting at the college next term. I've already put myself down. I really believe solar power is the way forward. But it won't happen overnight



Your copy of our 2023 calendar is on its way to you, either via post or personal delivery. Post is taking time at the moment due to strikes but it will happen.

Additional copies are available from Michael at michael.flude@takeheartderby.co.uk telephone 01332 380219 or by post to 14 Brookside Road, Breadsall, Derby DE21 5LF
Minimum price £5.00, plus £1.65 postage



News from BHF.

What we've learned this issue

Women who struggle to get pregnant may have a higher risk of developing heart disease. But it's not clear whether the same applies to men who experience infertility.

- Ask the expert: Is there a link between infertility and heart problems? Bad news for beer or cider drinkers: these drinks add almost as much sugar to the average person's diet as chocolate. Chocolate makes up 8% of the sugar in the UK diet, with beer and cider contributing 7%.
- Which foods add the most sugar to our diets? Collagen – sometimes sold as a skin supplement – is what your body's connective tissue is made of. And it's being used as a scaffold to help new heart cells line up and grow, in the Heart Healing Patch that BHF-funded scientists are trying to make a reality.
- A day in the life: Professor Sanjay Sinha and the Heart Healing Patch You don't need a gym membership or expensive equipment to build strength. You can use your own body weight, for example moving from sitting to standing, or doing press-ups.
- 3 exercises that are best for heart health If you want to make a change in your life, then writing down what you do at the moment (like keeping a food diary, or exercise diary) is a surprisingly effective way to start. Evidence shows that people who practice self-monitoring are more successful at changing their behaviour. The more accurate they are, the better they get at changing their habits.

If you do just one thing from this issue:

There's now a new and very simple way to tell if you are a healthy weight – keep your waist size to less than half your height. Get a tape measure, or even a long piece of string, and check yours today.

Source: [What we've learned this month: how to tell if you're a healthy weight, sources of sugar in our diet, and more - BHF](#)



Take Heart Singers entertain. The Rotary Club of Derby invite several groups who have a variety of health difficulties to an annual Christmas Tea Party. Around one hundred guests are invited to an afternoon of fun, food and entertainment. This year(2022), the Take Heart Singers were invited to be the principal act. We sang a mix of “older style songs” and some Christmas songs. It was pleasing to see audience participation again, some tables really “rocking” and a couple dancing. A splendid time was had by all. We are grateful to the Rotary Club for extending the invite to us. They were impressed enough to insist we return in 2023. Brilliant, well done all of you. All our singers can be very proud.



I'm giving up drinking
until Christmas.
Sorry, bad punctuation.
I'm giving up. Drinking
until Christmas.

**PREMIER
ESTATES**





Christmas luncheon. Held at Mickleover Golf Club on 6 December, another successful event for our members. Thirty-eight members and one guest, they dined happily at lunchtime. A raffle raised £167.00. Brilliant. Great stuff and thank you for the raffle prize donations, attendees who put their hand in their pocket/purse, to Margaret Storry for organising the event, Pam Fearn for selling the tickets. Most of all, thanks to the members who attended, it gives a feeling of satisfaction to your committee to press ahead with other events. We extend our thanks to Dr Julia Baron, our President for attending this annual event, especially after her fight against illness most of this year.



This poem by Trisha Flude is very apt at this time.

Dark rolling clouds over deep purple hills,
Dragons eye moon shining bright,
Thunderous roar, jagged white flash,
Spiked raindrops slashing the night.
Dashing homewards into the house,
Slamming the door with a crash
Hot chocolate, marshmallow, logs on the fire
And later its bangers and mash.



Turns out it was a marble in the ashtray...



Member news. We have been hearing about a number of members who have been unwell. Marjorie Howe is regaining fitness after severe breathing issues. Lorna Skidmore is still finding her recovery to be challenging. Richard Delaney is still on crutches but trying to remain positive. Margaret Evans has turned a corner in her fight back to better health. Beryl Addey has succumbed to flu, as have so many other members. Be safe and get the flu vaccine, fight for another day. The freezing weather of late has caused problems for many but keep warm as best you can. If you know a member who is unwell or struggling, please contact Michael or a committee member with details.



Birthdays. Happy birthday this month go to Cynthia Bland, Neal Blatherwick, Margaret Bosworth, John Bucknell, Pat Cant, Julie Cooper, Mary Cox, Charlie Dowsett, Fred Evans, Ray Grant, Rita Hancock, Michael Laxton, Chris Mills, Maureen Mole, Lilian Payne, Rex Plummer, Sue Walker, Stan Werbinski, and Keith White. 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.



Watch out for scams!!! Action Fraud has received 139 crime reports relating to fake text messages purporting to be from the UK government. The texts state that the recipient is “owed” or “eligible” for an energy bill discount as part of the Energy Bill Support Scheme. The links in the emails lead to genuine-looking websites that are designed to steal your personal and financial information. **How to protect yourself.** Energy Bill Discount : £400 off energy bills for households in Great Britain from October 2022. You **do not need to apply for the scheme** and you will not be asked for your bank details, so don't offer any help to the scammers!.



It's a five-minute walk from my house to the pub
It's a 35-minute walk from the pub to my house,
The difference is staggering!



Ten gardening tips for December

Check your winter protection structures are still securely in place

Check that greenhouse heaters are working

Insulate outdoor taps and prevent ponds from freezing

Prune open-grown apples and pears (but not those trained against walls).

Prune acers, birches and vines before Christmas to avoid bleeding.

Harvest leeks, parsnips, winter cabbages, sprouts and remaining root crops

Trees and shrubs can still be planted and transported.

Take hardwood cuttings

Keep mice away from stored products

Reduce watering of house plants.

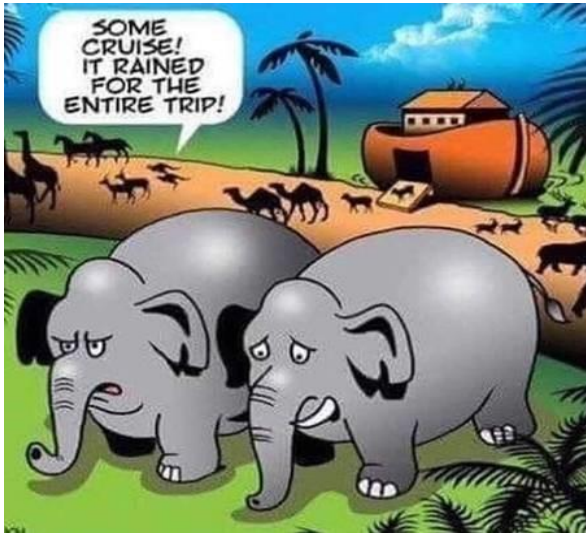
Source: [Gardening in December - jobs to do this month / RHS Gardening](#)



**It's hard to buy your
husband something
for Christmas when
he got everything
when he married you.**



A reflection of November's weather?



Programme of Events



January 2023.

- | | |
|----------------------------|--|
| Wednesday 4 th | Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall. |
| Friday 6 th | Singing for Fun at 10.00AM in St John's Methodist Church Hall. |
| Monday 9 th | Cybercrime, frauds and scams are a feature of modern life, regrettably. Some of you have already been victims and so this may help us all to eliminate the risk. A talk by Samantha Hancock. |
| Wednesday 11 th | Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall. |
| Friday 13 th | Singing for Fun at 10.00AM in St John's Methodist Church Hall. |
| Tuesday 17 th | Lunch at The Jonty Farmer, Kedleston |

Wednesday 18th Road, Derby DE22 1FT.
Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

Friday 20th Singing for Fun at 10.00AM in St John's Methodist Church Hall.

Wednesday 25th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

Friday 27th Singing for Fun at 10.00AM in St John's Methodist Church Hall.

Tuesday 31st Coffee morning at The Cube café/bar from 10.30AM



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.or 14 Brookside Road, Breadsall, Derby DE21 5LF.

Affiliated to the British Heart Foundation