

# 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



*Merry*    
*Christmas*

## Newsletter December 2024

 **November coffee morning.** Our new coffee morning venue, the Museum & Art Gallery, saw an increase of members



attending – twenty-seven. A wonderful turnout and equalling our upturn at the Museum of Marking. There were some issues, especially with parking. Michael was on hand to begin the distribution of our calendar for 2025, our Ruby Anniversary. Members were split about the venue for the coffee mornings, some advised the Premier Inn, another the Derby Theatre but enquires drew a blank. After consultation with committee members and taking into account member comments, we will be returning to the Museum of Making for our future coffee mornings.

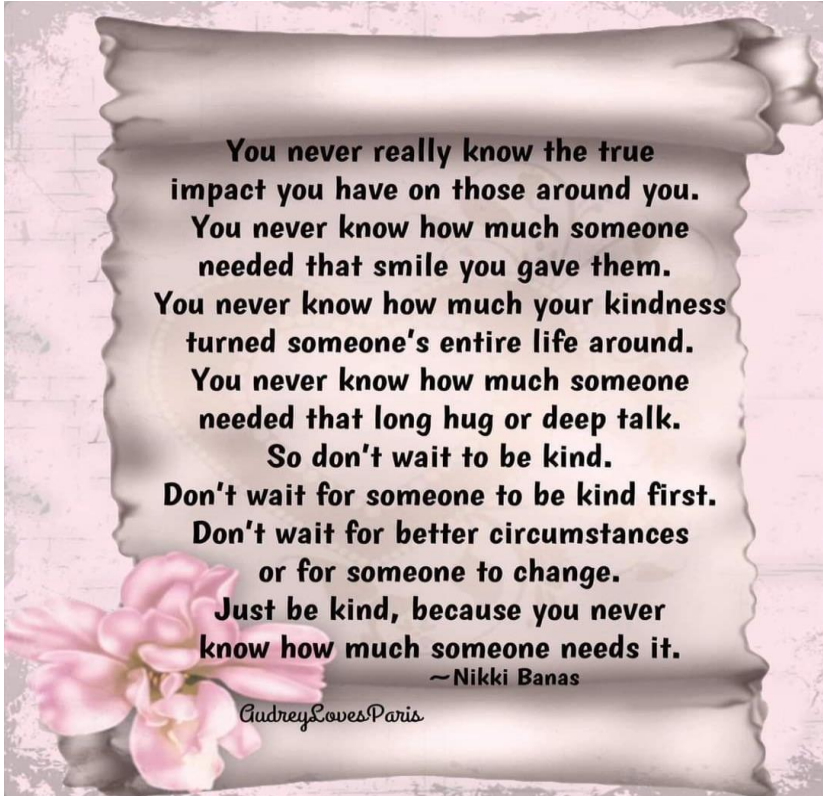




# HAPPY BIRTHDAY

Happy Birthday to our  
Birthday Stars who this  
month are:

Margaret Bosworth, Pat Cant, Vij Chauhan, Julie Cooper, Mary Cox, Sue Cullen, Charles Dowsett, Fred Evans, Ray Grant, Michelle Hallam, Rita Hancock, Jon Haswell, Michael Laxton, Michael Masters, Pat McCormick, Maureen Mole, Lillian Payne, Rex Plummer, Anne Smith, Sue Walker, Stan Werbinski, and Sue Wesson,

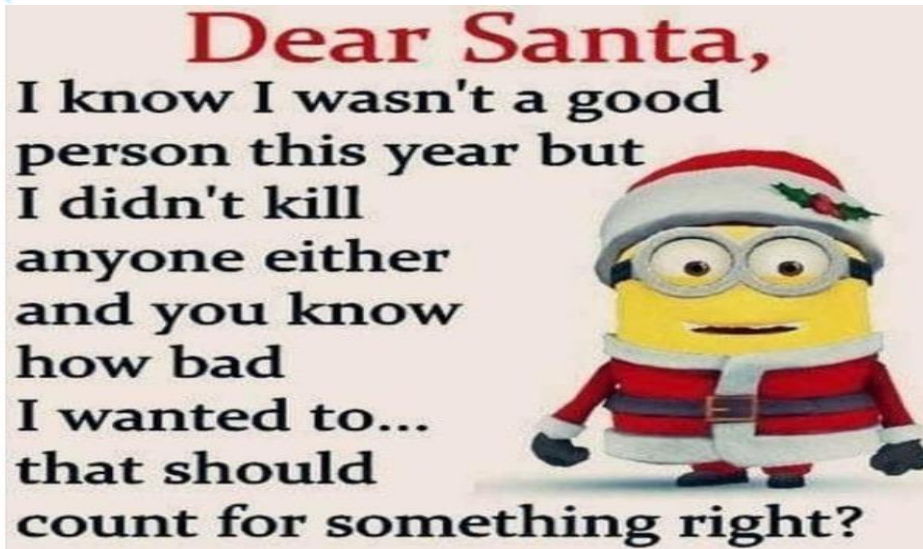


**Your committee needs you.** The committee is now seven strong, but considering we have more than two hundred members, we feel you have the right to have more representation. This would produce more ideas and debate about how to manage our group of amazing members. Are you able to give 40 minutes on Zoom six times per





year? Please contact Michael or any committee member (the list is on page 16 of our Newsletter)



**Christmas Luncheon 2024.** It is always nice to dress up and go out for a wonderful lunch. Well, with Take Heart (Derby), that occurs twice each year. This December, we returned to The Grange Banqueting Suite for our festive meal. Forty members attended, all of whom were treated to a first-class meal, served impeccably by the staff in a spacious and comfortable room. Our President, Dr Julia Baron, was in attendance but sadly, she left before the sweet was served due to a patient requirement. As usual, there was a raffle, organised on this occasion by Pam Fearn, who also sold the tickets. Two of our number, Wendy and Helen (both nurses from Cardiac Rehab) sorted the tickets for the draw which was made by Zoe, lead manager of the catering staff. There were twelve prizes, including a couple of donations from another member. As is common of late, Boots No 7 donated a collection of “magic” potions and creams to be auctioned. This

raised £40.00 by Brian Fearn (did he give it to Pam?), whilst the raffle made £170.00. Thank you to all those who attended,



making donations and adding to the enjoyment. A big thank you is due to Margaret Story for all the work she puts in to making this event so worthwhile. There was also a significant birthday to celebrate for Lillian Payne. To mark the occasion, she was presented with a bouquet of flowers by Margaret on behalf

of us all. Congratulations Lillian. Her age is deliberately omitted to preserve her secret! Towards the end of proceedings, Michael looked a little “embarrassed”, as Sharon Meades gave thanks for his work as Chairman. Thank you, Sharon, and all for applauding her accolade.



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



## New bus-link services at Royal Derby Hospital



To ensure getting to and from Royal Derby Hospital (RDH) is as stress-free as possible there are two new public transport bus-link services from the 'Notts+Derby' fleet running Monday to Friday, 6am-7pm, between RDH and the Littleover and Mackworth areas.

**This service is in addition to the new park & ride service from Kingsway**



I accidentally took my cats meds this morning...

Don't ask meow.



**Vaccine for a Covid, Flu and a virus you have never heard of. Already, A & E departments are overloaded, well ahead of the New Year surge.** Covid is making a comeback again.

Already there are cases in our hospitals. The strain has mutated and, as a result, the jab is now available to 65-year-olds and over. Flu is also making itself known amongst us. We owe it to each other to get protected. The winter vaccine programme has been started with Respiratory Syncytial Virus (RSV) vaccinations to those at risk from being unwell over winter months. RSV rollout has already started for people aged 75 – 79 by GP invitation. Make sure you get protected – it could save your life. Life threatening breathing difficulties kills 8,000 adults each year, so don't become a statistic. Get the jabs!



**Before Buying your Family & Friend  
Random 'Things' this Christmas, ask what  
they really NEED**

Perhaps they need help with a bill.

They might like a night off cooking and could use a  
homemade meal.

Maybe they need a babysitter for a much-needed child-free  
night!

They might need help with Car payments, Petrol or Repairs.

Maybe a night out with friends is long overdue.

Maybe just a cup of tea and a chat where someone listens.

Maybe things have gotten on top of them in the house and  
they could do so with a hand cleaning

Maybe they need help in another way but they are  
embarrassed or don't know how to ask...

**Maybe this Christmas YOU can be the one person who  
gives them what they really need, rather than just more  
'things' they don't...**

ChristmasCountdown.uk







**Sing to the tune of Jingle Bells**

**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



## Ten gardening tips for January

- 1 Prune apple and pear trees - Aim to take between 10-20% of the overall canopy off in any one winter. Work around the tree evenly and keep an eye on your pruning pile - if it's looking a little big, STOP - you can always go back next year and do some more.
- 2 Cleaning greenhouses, whether glass or plastic, greatly improves the growing environment for plants. By removing the algae, moss and grime it lets in more light and helps control pests and diseases too.
- 3 Soil cultivation or digging may be hard work but, if taken slowly, it need not be back-breaking. In fact, here we describe how it can often be omitted or at least minimised.
- 4 Dispense worm casts in lawns
- 5 Inspect stored tubers of Dahlia, Begonia and Canna for rots or drying out.
- 6 Recycle your Christmas tree by shredding it for mulch
- 7 Start forcing rhubarb
- 8 Plan your vegetable crop rotations for the coming season
- 9 Keep putting out food and water for hungry birds
- 10 Make a polythene shelter for outdoor peaches and nectarines, to protect against peach leaf curl

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



**Driving by myself, is so tiring, because I have to be the lead singer, backup singer, dancers, drummer, guitarist etc.**



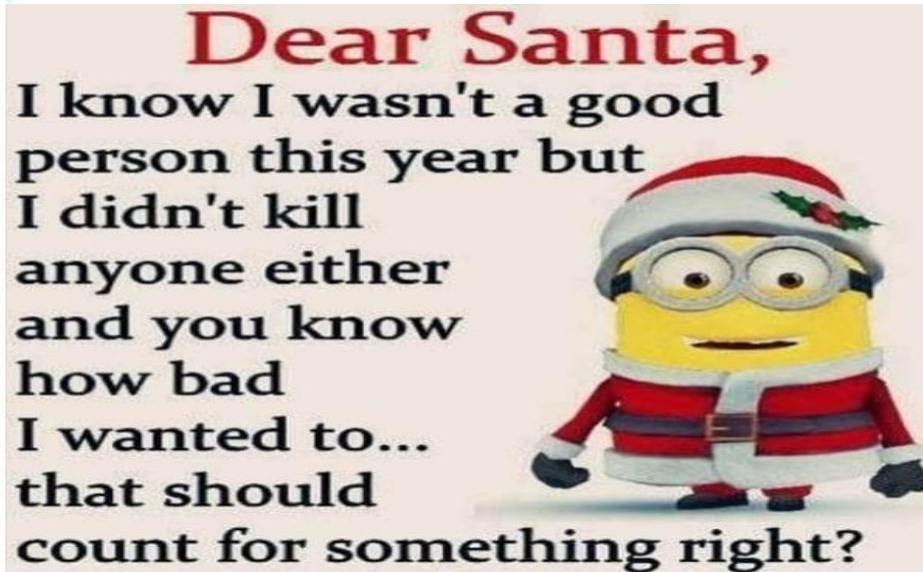
**Annual donations can be paid for 2024 NOW.** There are several ways to pay these donations. The minimum donation is still £10.00 but you can donate more if you wish and would help our financial situation.

(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](mailto: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





**Member news.** April Howe has decided to withdraw from membership for health reasons. Both she and husband David are spending so much of their time attending hospital appointments, they have little time for anything else. Derek and Lorna Skidmore are plodding along at home, neither in good health and Derek has recently given up driving. Maria Zupnik has been unwell for several weeks; Neil Mansell is still unwell but trying hard to return to better health. Kay Swann is undergoing tests whilst resting up at home. Many members have either flu or perhaps covid and generally feeling miserable. 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





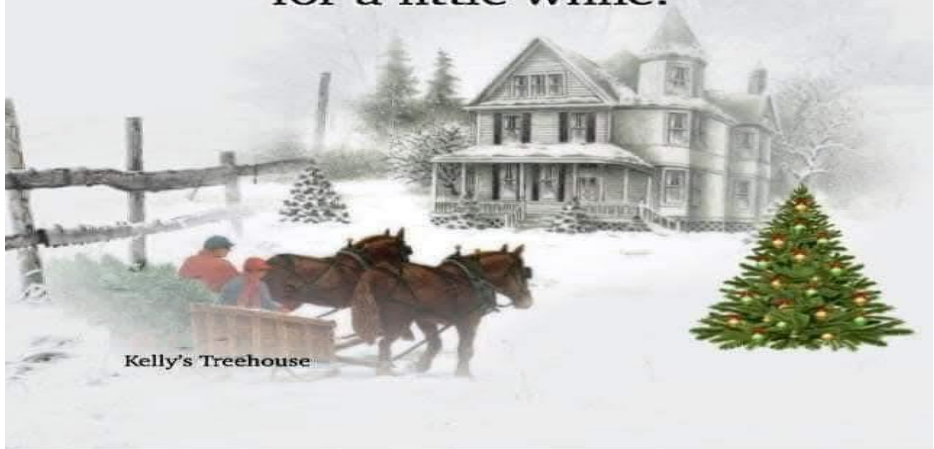


## **40 Years Young. Can you believe it? Our Ruby**

**Anniversary!** Next year, 2025, Take Heart (Derby) will be forty years “young”. It seems incredible to reach such a landmark. There were a couple of suggestions, and we have decided to hold a luncheon (with some form of entertainment being finalised) and to be held on Saturday 7 June at 12.00 for 12.30. The venue will be the lovely Grange Banqueting Suite. 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.



**Sometimes  
I wish I could just  
rewind back to the old  
days with my loved ones  
and press pause... just  
for a little while.**





**Revised membership form.** Thank you to those who have completed the revised membership form. This is not an idle request but something we must do to comply with BHF requests. The BHF recently 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 do anything else. We have sent all members a revised form to ensure we have current information to serve you. There is no need for a payment until January. 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.



### **Action plan for Christmas**

**Managing your weight around the holidays just requires a little planning.. For example, I took the batteries out of my scale on Wednesday.**





**2025 Calendar is now in circulation.** Most are being delivered by members in their local post code. Others have been sent by post. If you have not received yours, please contact Michael in the usual way. Further copies can be obtained via Michael again for £10.00 (postage is £2.10 and included). Please remember it is our 40<sup>th</sup> Anniversary, quite a milestone for us.



**December.**

- Tuesday 17<sup>th</sup> Coffee morning at Museum & Art Gallery, The Strand, Derby DE1 1BS from 10.30
- Wednesday 18<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

**January.**

- Friday 3<sup>rd</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Wednesday 8<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 10<sup>th</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Monday 13<sup>th</sup> Monthly speaker meeting not scheduled for January.

Tuesday 14 <sup>th</sup>	Lunch at The Jonty Farmer, Kedleston Road, Derby DE22 1FT.
Wednesday 15 <sup>th</sup>	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 17 <sup>th</sup>	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Wednesday 22 <sup>nd</sup>	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 24 <sup>th</sup>	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Tuesday 28 <sup>th</sup>	Coffee morning at the Museum of Making, Silk Mill Lane, Derby DE1 3AF
Wednesday 29 <sup>th</sup>	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 31 <sup>st</sup>	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 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](mailto:michael.flude@takeheartderby.co.uk). or 14 Brookside Road, Breadsall, Derby DE21 5LF.