

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter February 2023



Annual donations are overdue for 2023. Would you please pay 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 and 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.

If you are not intending to renew your subscription this year, please contact Michael at michael.flude@takeheartderby.co.uk or on 07852 696930. This will save time and charity money. We thank you for your support and wish you good luck.



January coffee morning.

Around twenty-five members attended our January coffee morning. Is it returning to pre-BC levels (Before Covid)? Lovely to see so many of you, some had not been for a while. We marked



the occasion with a presentation to our outgoing Treasurer, Margit Staehr. Margit has been treasurer for several years and is still holding the fort until Richard takes over in April. There was lots of chatter about the cost of heating our homes but it could be switched off when attending a coffee morning. See you on 28th February from 10.30AM.





Additional copies of our 2023 calendar are now available



Available from Michael at michael.flude@takeheartderby.co.uk
telephone 07852 696930 or by post to 14 Brookside Road,
Breadsall, Derby DE21 5LF. Minimum £5.00, plus £1.65 postage



**If you ever get locked
out of your house, talk to
your lock calmly.
Because communication
is key.**



News from BHF. 7 things we learned this month: the pros and cons of calorie counting, sources of salt in our diet, and more. Here at Heart Matters, we're constantly learning something new. Here are 7 quick facts from the month to help you look after your heart.

1. Keeping moving doesn't just benefit your long-term heart health – studies have shown moderate-intensity exercise can help strengthen your immune system.
2. Cooking food in an air fryer is healthier than deep frying, but if you're using it to cook food like burgers, bacon or breaded chicken, it's no more or less healthy than if you use the oven or grill.
3. If you suffer from urinary tract infections, drinking plenty of liquid can help, but there's very little evidence that the popular home remedy of drinking cranberry juice makes any difference.
4. Sildenafil, better known as Viagra, was originally intended as a treatment for high blood pressure and angina. Thanks to BHF-funded research, it's now used to treat pulmonary hypertension, a potentially life-threatening condition causing high blood pressure in the lung.
5. It's been estimated that around one in three people over 65 in the UK have a problem with a heart valve, but only a third of those will develop more severe valve disease that needs treatment.
6. One calorie is the amount of heat needed to increase the temperature of 1ml of water by 1°C - a tiny amount of energy. When people talk about calories, and when you see them on food labels, these are actually kilocalories (kcal), which are 1,000 calories.
7. Bread is the second-biggest source of salt in our diets – in fact it's the single food that contributes the most salt, since the biggest category (processed meat and meat dishes) includes a range of foods. So, check the labels and choose the wholegrain bread that's lowest in salt, and think about switching some of the bread you eat for unsalted foods like wholegrain pasta, rice, porridge oats, or a jacket potato.

Source: [7 quick facts to help you look after your heart - BHF](#)



Everyone was asking a 100-year-old man for his health secrets: The old man said: I'll tell you a secret. I've been married for 75 years. Promised my wife when we got married that when we quarrel, the loser has to walk for 5 kilometers. I've been walking 5 kilometers every day for 75 years! Everyone asked again: But how come your wife's very healthy as well? The old man answered: I'll tell you another secret. She'd been following me to make sure I really finish the 5 kilometers!

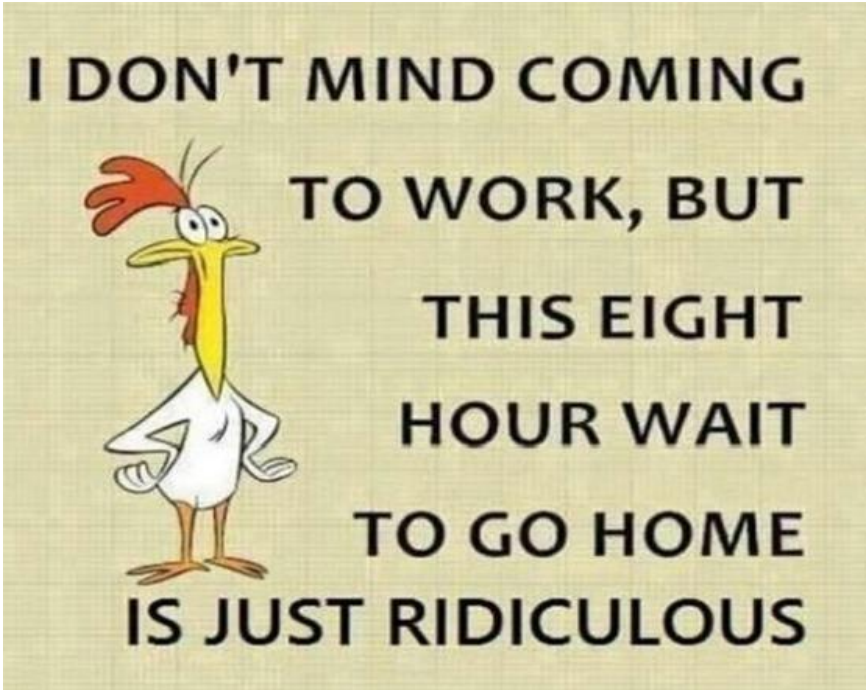


Birthdays. Happy birthday this month go to Enid Ball, Norma Bracewell, Jean Burdis, Richard Delaney, Annabelle Evans, Chris Lewis, Bill McFarlane, Jo Minor, Mary Smallwood, Dorothy Stevens and Cynthia Tipper. We wish all of you a wonderful birthday. I receive lots of lovely comments about the birthday cards we send to you. I forward these comments made to the lovely ladies who make them for us.





Did this apply to you?



Jam Jar Challenge 2023. Have you been saving your loose change. Much harder at these economically strained times but we still need to do it. Every year we donate to the British Heart Foundation on your behalf. The money you raise is ring fenced within our accounts and everything you donate is given to the BHF. They in turn invest in much needed research to fund advances in medical science. Please help us to make a difference.





FIVE TIPS FOR A WOMAN....

1. It is important that a man helps you around the house and has a job.
2. It is important that a man makes you laugh.
3. It is important to find a man you can count on and doesn't lie to you.
4. It is important that a man loves you and spoils you.
5. It is important that these four men don't know each other.



Member news. There are still a number of members who are struggling with flu. The worst part is the awful cough many are left with when symptoms start easing. There are a number of remedies, one of which I personally use – Strepsils. They ease the tension in my throat. Give it a try. Lilian Payne has been hospitalised with pneumonia recently but she is responding to treatment and has returned home. Husband Michael has only just had a knee replacement but is now the stronger of the two of them. Trisha Flude suffered another setback and was hospitalised for around over two weeks. Like Lillian, Trisha has return to home but is still unwell. Ted Evans has also been in and out of Royal Derby. He is home but not doing as well as he had hoped. If you know a member who is unwell or struggling, please contact Michael or a committee member with details.



February talk by Dr Catrin Rutland.



How wrong can I get it? The subject title was “Mending Broken Hearts”. My take on this was to look at the effects on those who lost a loved one to heart problems. Our speaker soon put that to rights. She is in fact a scientist, involved with research into the medical side of heart issues. She works at Nottingham University Veterinary Unit, where research is mostly with dogs. There are many similarities between a dog’s heart and a human heart. It has been proven that emotions assist in pumping the heart.

Feelings of joy result in the heart rate improvement whilst depression slows it down. This could help to explain why the partner of a deceased person “dies of a broken heart”. The cure is – LOVE – where the body reverses the problem. Science has proven that zebra fish can regenerate heart tissue and the BHF are investing huge sums of money to aid research into this phenomenon. The talk was attended by twelve members but would have been of value to many more. Do come along to our next talk on 13 March about “Blood Bikes”, a charity which transports “blood products” for the NHS free of charge.



How times have changed.

**When I was young
I was scared of
the dark.
Now when I see my
electric bill I am
scared of the lights.**



Some notes about Cyber Security.

Remember A, B, C

A – Accept nothing

B – Believe no one

C – Confirm everything

These are the watchwords to everything nowadays. Be it telephone contact, mobile phone contact, email etc

NEVER trade at the door or over the telephone

Take recommendations from Trusted friends or relatives

Use Trusted Trader, Checkatrade etc.

Not everyone is who they claim to be

Do not use the number given to you over the phone. Look them up and use the listed number instead.

ALWAYS allow a minimum of 10 seconds after hanging up before dialling out – the original caller might still be on the line.

Ask your land line provider about nuisance prevention options

Call blockers are good – especially TrueCall

Contact Samantha Hancock 07703 746211 Derbyshire Cyber Protection Office



Ten gardening tips for February

1. Prepare vegetable seed beds, sow some vegetables under cover.
2. Chit potato tubers.
3. Protect blossom on apricots, nectarines and peaches.
4. Net fruit and vegetable crops to keep off birds.
5. Prune winter-flowering shrubs that have finished flowering.
6. Divide bulbs such as snowdrops and plant those which need planting in the green.
7. Prune wisteria.
8. Prune hardy evergreen hedges and renovate overgrown deciduous hedges.
9. Prune conservatory climbers such as bougainvillea.
10. Cut back deciduous grasses left uncut over the winter, remove dead grass from evergreen grasses.

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

**The plumber said:
"Why haven't you paid
the bill for the work I
did last Friday".**

**Paddy replied:
"Well it was not what
you quoted"**

**The plumber said:
"I didn't give you a
quote?"**

**Paddy replied,
"Yes you did! when I
asked what day you
could come? you said
you were free on
Friday!"**



Lunch at the Jonty Farmer. Nine members turned up at the Jonty Farmer in late January. There they enjoyed some lovely food and lots of chatter. This was Trisha's first lunch with us for some time and it was a joyful occasion. Needless to say Michael tried to entertain us with all those awful jokes you have to put up with in the monthly Newsletter. See you soon at Kings Highway on 23rd February.



Annual Spring Dinner. Yes, it is once again near that time when we gather for a formal dinner. As usual we have choices to make for starters, mains and sweet which can be seen later in this newsletter. We return to The Grange Banqueting Suite, 457 Burton Road, Littleover after a gap of many years. It is a beautiful room overlooking landscaped gardens, with plenty of parking and the bar is in the adjoining room. We are once again subsidising the meal to a really manageable £20.00 for members. Don't miss this opportunity for a great night out amongst friends.



No, I can't do Snapchat or Tiktok but I can write in cursive, do math without a calculator and tell time on a clock with hands.

The relationship between a Husband and Wife is psychological. One is Psycho and the other is logical.

Programme of Events



February.

- Thursday 23rd Lunch at the Kings Highway, Rowditch Place, Derby DE22 3NH
- Friday 24th Singing for Fun **Cancelled.**
- Tuesday 28th Coffee morning at The Cube café/bar from 10.30AM.



March.

- Wednesday 1st Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 3rd Singing for Fun **Cancelled**
- Wednesday 8th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall
- Friday 10th Singing for Fun **Cancelled.**
- Monday 13th Have you seen motor bikes with the words "Blood Bikes"? Bikers will return to remind us of the work they do to help our NHS.
- Tuesday 14th Lunch at the Oast House, Sinfin Lane, Derby DE23 8AG.
- Wednesday 15th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall
- Friday 17th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Wednesday 22nd Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall
- Friday 24th Singing for Fun at 10.00AM in St John's Church Hall
- Tuesday 28th Coffee morning at The Cube café/bar from 10.30 AM.
- Wednesday 29th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 31st Singing for Fun at 10.00AM in St John's Methodist Church Hall.



The doctor asked me to spend at least one hour per day on the treadmill.





Derbyshire County Council are running a Grab a Cab project. The Grab a Cab project is running **until 31 March 2023**. The offer is open to all ages and is not means tested so you do not need to be receiving benefits to be eligible. The support will cover a pre-paid taxi journey to and from your vaccination or screening appointment. You will need to arrange your vaccination or screening appointment yourself. This is not something the team will be able to do for you. The free transport offer will cover the following prearranged health appointments:

- the following vaccination appointments - COVID-19, flu, shingles, PPV (Pneumococcal) and other NHS provided vaccinations
- abdominal aortic aneurysm (AAA) screening
- cervical cancer screening
- bowel cancer screening
- diabetic eye screening

Eligibility:

- you need to be a Derbyshire County resident (excluding Derby city)
- there is no age limit
- the service is not means tested
 - **To arrange free transport** to a pre-arranged health appointment that falls into one of the categories, then please call our team on tel: [01629 536173](tel:01629536173). The phone line is open Monday to Friday between 9am and 5pm.
 - They will take details from you including your name, address and details of the appointment you are attending.
 - They will also ask if you require any assistance including use of a wheelchair or whether someone will be coming with you.
 - The team will then contact a local taxi firm on your behalf and arrange for a taxi to pick you up from your home and take you to your appointment.

- We cannot guarantee a taxi will be available for your appointment, however we will try our best and keep you fully updated about your request.
- You will not, and should not, be asked for any payment at any time – this will be covered and paid directly to the taxi company by us.
- Dependent on what type of appointment you are attending, the taxi will either wait for you, or you will need to arrange the return journey with your driver.

More information: [Support getting to vaccination and screening appointments - Derbyshire County Council](#)



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

Take Heart (Derby)



Spring Dinner at

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

FRIDAY 21 APRIL 2023 7.00 for 7.30PM

Starters

Smoked Mackerel **Pate** on Chicory Leaves and Melba Toast
Fan of **Melon** with New Season Raspberries
In a Ginger and Elderflower Syrup
Leek & Potato **Soup** with a Chive Cream

Main

Roast **Beef** with Yorkshsire Pudding
Supreme of **Chicken** wrapped in bacon with a Stilton sauce
Baked Fillet of **Salmon** topped with a seafood gratin

Sweet

Summer Pudding with fresh berries and crème fraiche
Lemon and Lime **Cheesecake** with a raspberry coulis
Bakewell Tart with crème anglaise

Take Heart (Derby) members pay £20.00

Non-members pay normal price £30.00

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 31 March 2023

Name Starter

Main Desert

Name Starter

Main Desert

Name Starter

Main Desert

Name Starter

Main Desert

Name Starter

Main Desert

Name Starter

Main Desert