

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter February 2025



Spreading the word and raising funds.



Well, Michael was at it again taking to the stage just a few days ago in Sinfon. After explaining about **Take Heart (Derby)** and what we do, he launched into a series of country songs. There were lots of audience members joining in, proving that country music has been around and quite well known for a long time. Some tracks were from 1957 with “A White Sports Coat” and then right through the decades up to near present times with “Your man”. The most popular tracks were Country Roads, A Thing Called Love, Hello Mary Lou and Rhinestone Cowboy” A great afternoon of entertainment and a much-needed boost to our finances as well.



January coffee morning. Our first coffee morning of the new year saw us attend The Museum of Making on a cold and damp



January morning. There was a group booked into the dining room and so we were seated in the café area, which is open to the elements whenever someone triggers the door sensor. It was a bit “parky” on those occasions. However, twenty-two members were in

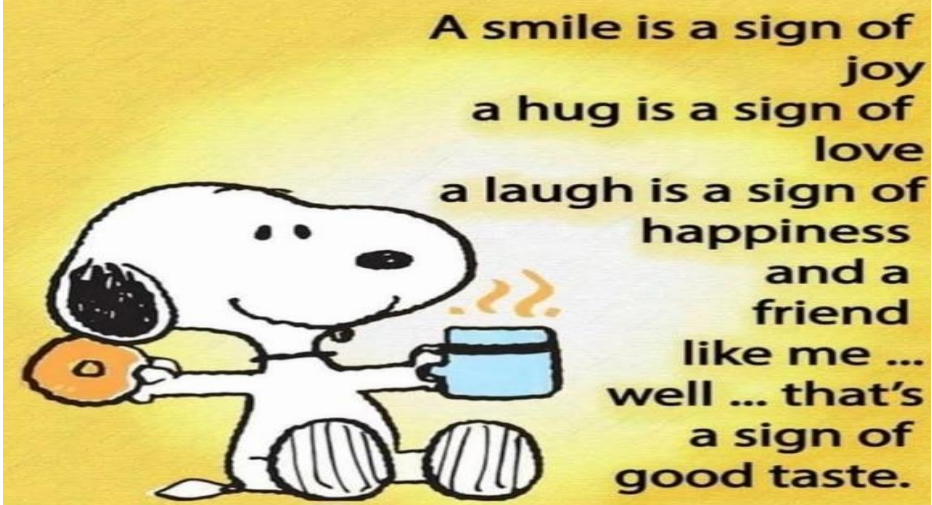
attendance, where there was a lot of chat about Christmas and New Year. I repeat here, the coffee is good, and I always have more than one, sometimes three. I think I need caffeine on a drip.



HAPPY BIRTHDAY

Happy Birthday to our
Birthday Stars who
this month are:

Norma Bracewell, Richard Delaney,
Annabelle Evans, Carole Houghton,
Larisa Kondrashova, Chris Lewis,
Rod Repton, Mary Smallwood and
Dorothy Stevens



Annual donations can be paid for 2025 NOW. There are several ways to pay. 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 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.



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)



I had a friend who was always late until his doctor recommended sleeping in a herb garden. Now he wakes up on thyme.



Fund Raising 2025. This year marks the 40th Anniversary of Take Heart (Derby). Since 1985, an immeasurable amount of emotional and practical support has been given to people living with a heart condition and their family and friends.

However, our funds are dwindling, and your help is needed to enable Take Heart (Derby) to keep on doing its good work. To achieve this, a number of fund-raising activities are being suggested for 2025 as follows:

1. Put this date in your diary. World Heart Day 29th September 2025. This is a good opportunity for you to arrange a coffee morning/afternoon tea, either on the day or a date close to it, with proceeds going to Take Heart (Derby) ❤️
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) 🎂
3. Are you or anyone you know, undertaking a challenge this year, for example, the Derby 10k in April? 🏃🏃 ➡️. Think about getting sponsors with proceeds going to Take Heart (Derby).
4. I know that this is a sensitive issue but please think about donating money at a funeral to Take Heart (Derby), rather than purchasing flowers or to a national charity.

These are just a few ideas for fund raising, please let me know if you can think of anything else we can do.

To donate visit this link: www.takeheartderby.co.uk/just-giving

Thank you so much for all your efforts with this. I will keep you informed of our progress throughout the year. Kind regards
Pauline Green, Fundraising Manager 07599 944402.



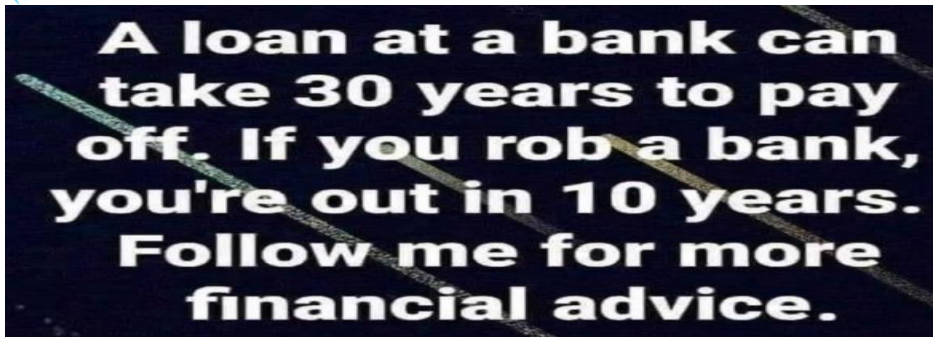
A good wife will always be by your side during bad times.

Mostly to remind you that none of this would've happened if you had just listened to her.



WhatsApp “delivery” scam.

Delivery scams are some of the most common and often most convincing scams, especially if you were expecting a parcel to arrive. The latest example we've spotted begins with a WhatsApp message telling you that Evri has failed to deliver your parcel, with a link to reschedule your delivery that leads to a malicious website.



Ten gardening tips for March.

Protect new spring shoots from slugs.
Plant shallots, onion sets and early potatoes.
Plant summer-flowering bulbs.
Lift and divide overgrown clumps of perennials.
Top dress containers with fresh compost.
Mow the lawn on dry days (if needed).
Cut back Cornus (dogwood) and Salix (willow) grown for colourful winter stems.
Weeds come back into growth - deal with them promptly.
Start feeding fish and using the pond fountain; remove heaters.
Open the greenhouse or conservatory doors and vents on warm days. [Source: Monthly gardening tips & advice - jobs to do in March / RHS Gardening](#)



Member news. 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! Take Heart (Derby) is forty years “young” this year. It seems incredible to reach such a landmark. We have decided to hold a luncheon (with some form of entertainment being finalised) and will be held on Saturday 7 June at 12.00 for 12.30pm. 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.



February speaker's. A report by Pam Fearn

This month we had two speakers, Police Community Support Officer Sophie Charles, and Lisa Arnold, Fair-Trading Officer for Derby City Council.

PCSO Sophie's patrol area includes Allestree and involves working with the community, talking to young people at schools and working closely with local police officers.

Fair Trading Officer Lisa, talked about scams. She handed out leaflets with advice on avoiding telephone scams and "cold caller" doorstep crime and explained how to find trustworthy businesses.

She also gave out a warning sticker to put in your window.

Some members told of scammers ringing them or contacting them via email.

Many telephone providers have a scam blocking system. This is often free or can involve a small fee, explained Lisa.

She also showed us a call blocking machine that can be provided free of charge for people who have been targeted continually or who may be very vulnerable.

She advised members to never give details such as bank account numbers, your address etc., to someone you do not know.

Importantly, if you find you have been scammed, contact police, and also contact her at the Derby City Council House.

She went on to explain how to report telephone scams **by texting 7726**. PCSO Sophie said Police can help victims of scams and also advise on how to reclaim an amount lost through their bank.

She told how an ex-criminal had explained they never felt sorry for the victim because they had never met them!

Our speakers urged everyone be aware of rogue traders who call in person claiming repairs need doing or giving a hard luck story and trying to sell cheap items such as dish cloths.

They also warned against handing over cash instead of buying items – your house could become a target for other rogue traders.

Lisa gave examples including a lady who had been given a hard luck story by someone at the door and had paid £120 for items worth around £12!

Our speakers went on to tell us about two people who had lost money through rogue builders claiming to have spotted a roofing problem. A

lady who was caring for her seriously ill husband answered the door to be told there was a problem with her roof and could he check it. She ended up paying £800 for work that didn't need doing . . . he had simply pulled off a piece of guttering and then put it back on! Because she was not given any paperwork, she had no proof of payment so was unable to get her money back.

Another incident involved a vulnerable 90-year-old man who ended up paying out £107,000 for work that had not been done. Following the talk, Lisa helped members set the anti-scam setting on their mobiles. A really interesting and informative afternoon, what a shame so many members missed it.



SENIORS TEXTING CODE:

ATD: At The Doctors

BFF: Best Friend Fell,

BTW: Bring the Wheelchair,

BYOT: Bring Your Own Teeth,

FWIW: Forgot Where I WAS,

GGPBL: Gotta Go Pacemaker
Battery Low,

GHA: Got Heartburn Again,

IMHO: Is My Hearing-Aid On,

LMDO: Laughing My Dentures Out,

OMSG: Oh My! Sorry, Gas,

ROFLACGU: Rolling On Floor
Laughing And Can't Get Up

TTYL: Talk To You Louder.





Revised membership form. Thank you to those who have completed the revised membership form. I am still receiving a few at a time. This is not an idle request but something we must do to comply with BHF requests. The BHF 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 need to do anything else. We have sent all members a revised form to ensure we have up to date information. You could include your donation at this time. 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.

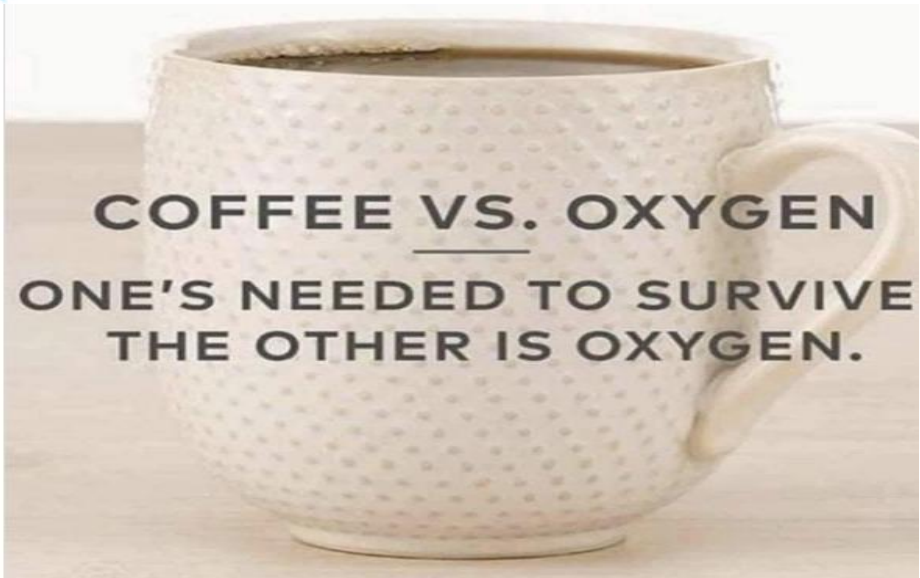


Paddy says to Mick, "I found this pen, is it yours?" Mick replies, "don't know, give it here." He then tries it and says, "yes it is." Paddy asks, "how do you know?" Mick replies, "that's my handwriting."



Jam Jar Challenge. This has dropped off the radar recently.

It was brought about to say thank you to the BHF, but our relationship has changed (see note on page 11). At our recent committee meeting we resolved to continue this challenge but to cover the cost of Public Liability Insurance we source privately. Any additional money will be donated to BHF. The current cost to TH(D) is around £180.00 pa. So, continue to save your money daily/weekly/monthly and bring it in each February coffee morning. If you haven't saved, then please make a separate donation via the usual methods. Speak to Michael if you need help.



So you think you know how to breath?



Well, so did I until I started attending our Tai Chi sessions at St Nick's Church Hall in Allestree. I was astonished to find that I had been doing it incorrectly all my life. It was also something Trisha commented upon when we were first married, amongst my many 'habits' I had developed. It took several sessions before I really appreciated the benefit, but it works wonderfully well. So come along any Wednesday at 4.00PM to find out more. We do something called "cloud hands" which needs some explanation.





Lunch at the Jonty Farmer in January. Just look at the happy faces for our first pub lunch of the year. Were they happy to see each other or was it for the photographer? Whichever, it is something that seems to happen at our events. There were eleven members present, so they were the lucky ones that day. No worrying because they had forgotten to take something out of the freezer last night, nor did they have to get their hands wet doing the dishes. Joy all round.



A man walked into a hardware store and picked up a can of fly spray.

"Is this good for wasps?" he asks the assistant.

To which she replies "No, it kills them."



Programme of Events

February.

- Tuesday 25th Coffee morning at the Museum of Making, Silk Mill Lane, Derby DE1 3AF
- Wednesday 26th Tai Chi at 4.00 to 5.00pm in St. Nicholas's Church Hall.
- Friday 28th Singing for Fun at 10.00am in St John's Methodist Church Hall.

March.

- Wednesday 5th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall
- Friday 7th **Singing for Fun Cancelled**
- Monday 10th Autism is a difficult topic but one we should all be aware of. Emily Lonsdale will be on hand to explain and help us deal with it.
- Wednesday 12th Tai Chi at 4.00 to 5.00pm in St. Nicholas Church Hall
- Friday 14th Singing for Fun at 10.00am in St John's Methodist Church Hall.
- Tuesday 18th Lunch at the Oast House, Sinfin Lane, Derby DE23 8AG.
- Wednesday 19th Tai Chi at 4.00 to 5.00pm in St. Nicholas Church Hall
- Friday 21st Singing for Fun at 10.00am in St John's Methodist Church Hall
- Tuesday 25th Coffee morning at the Museum of Making, Silk Mill Lane, Derby DE1 3AF
- Wednesday 26th Tai Chi at 4.00 to 5.00pm in St. Nicholas Church Hall.
- Friday 28th **Singing for Fun Cancelled.**



SOME PEOPLE GET WEIRD AS
THEY GET OLDER.
NOT ME.
I'VE ALWAYS BEEN LIKE THAT.



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