

# 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 February 2026



**January coffee morning.** On a very wet, windy and dull day, not fit for humans to venture out, we were pleased to see fourteen members attending our first coffee morning of the year. How wonderful to see so many. We were seated in the conference/entertainment hall at the Museum of Making, away



from that seemingly always open automatic door. Nevertheless, none of us removed our coats, as the room took time to heat up. It did not stop the usual banter and a

few jokes (which Michael failed to record). The coffee and tea were up to their usual very high standard, and they always serve it to our table. See you on 24 February for our next coffee morning



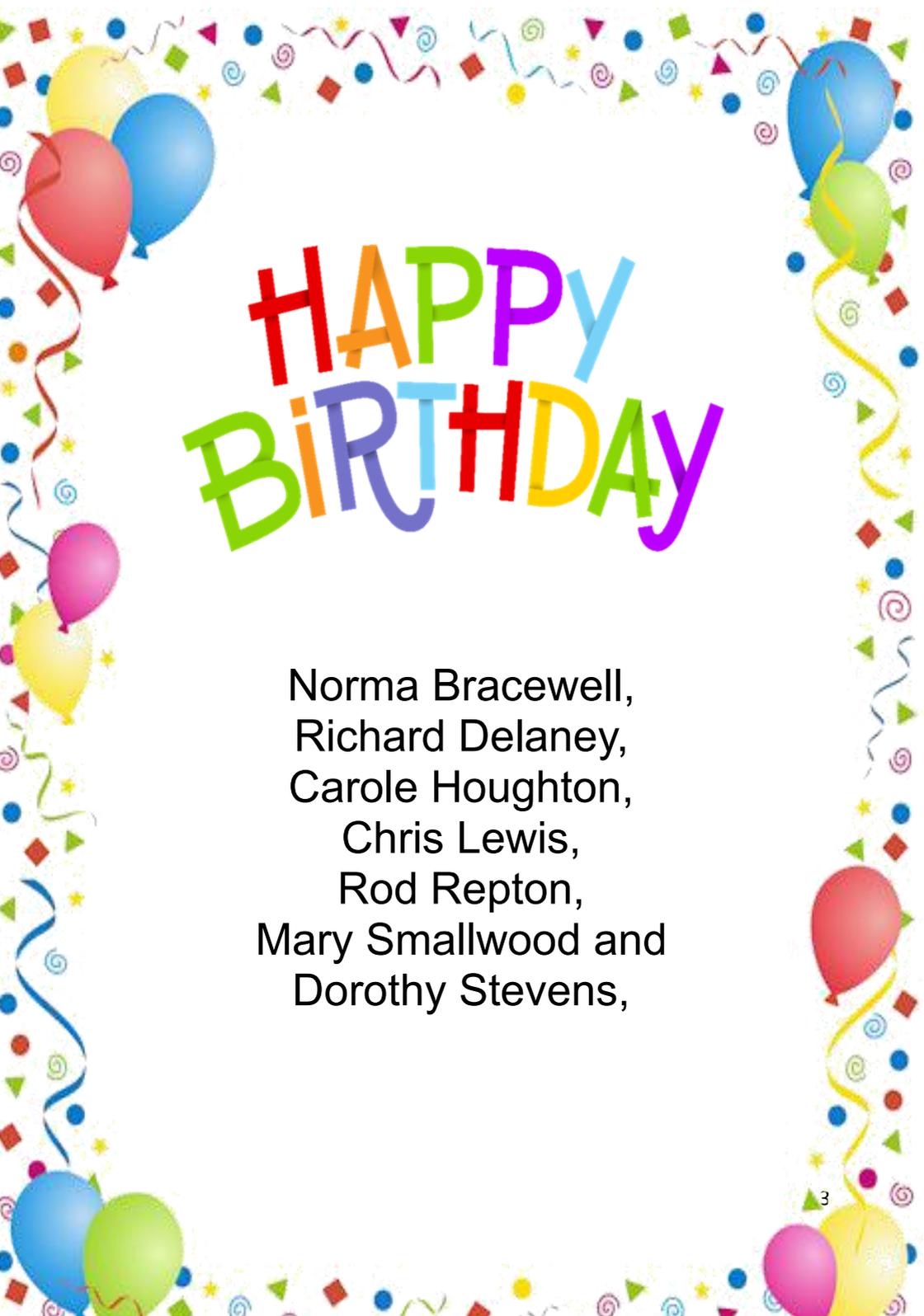
**I ALWAYS START THE DAY WITH  
GOOD INTENTIONS**



**THEN I GET OUT OF BED  
- AND THAT'S USUALLY -  
WHERE IT ALL GOES WRONG**



**Your committee urgently needs you.** The committee is now only five strong, following the retirement of Margaret Story. Margaret served with us by organising our monthly speakers and also booking the two formal lunches each year. Our thanks go to Margaret. Pauline Green has now taken on those roles 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 your 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).



# HAPPY BIRTHDAY

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



**Member news.** Charlie Dowsett' has been a resident on ward 408 for a number of weeks. He has now received successful surgery at Queen Elizabeth Hospital, Birmingham. His son advises that he is now awaiting a transfer back to RDH. Neil Mansell is recovering but slowly from open heart surgery. He is managing to pop in to Singing for Fun on Fridays for short spells. He is certainly trying, and we wish him well. There may be others who are experiencing difficulties, but I have not been advised. Please keep an eye on friends to ensure they get the support they need. Many thanks.



Don't forget!

This month we celebrate  
the three days when the  
Man is always right.

That would be the 29th,  
30th and 31st February.



**Annual donations are now due for 2026.**

There are several ways to pay. **The minimum donation is now £20.00 but you can donate more if you wish and it 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 on 07852 696930.



"Bless me Father, for I have sinned. I have been with a loose girl."

The priest asks, "Is that you, little Joey Pagano?"

"Yes, Father, it is."

"And who was the girl you were with?"

"I can't tell you, Father. I don't want to ruin her reputation."

"Well, Joey, I'm sure to find out her name sooner or later so you may as well tell me now. Was it Tina Minetti?"

"I cannot say."

"Was it Teresa Mazzarelli?"

"I'll never tell."

"Was it Nina Capelli?"

"I'm sorry, but I cannot name her."

"Was it Cathy Piriano?"

"My lips are sealed."

"Was it Rosa DiAngelo, then?"

"Please, Father, I cannot tell you."

The priest sighs in frustration. "You're very tight lipped, and I admire that. But you've sinned and have to atone. You cannot be an altar boy now for 4 months. Now you go and behave yourself."

Joey walks back to his pew, and his friend Franco slides over and whispers, "What'd you get?"

"Four months vacation and five good leads!"

stranger residence



## 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](#)



## Would you be brave enough to reply like this to HMRC?

The IRS has returned my tax return to me this year after I apparently answered one of the questions incorrectly..... In response to the question, "Do you have anyone dependent on you?" I wrote, "9.5 million illegal immigrants, 1.1 million crack heads, 3.4 million unemployable scroungers, 80,000 criminals in over 85 prisons plus 650 idiots in Washington." The IRS stated the answer I gave was "unacceptable!" I then wrote back "Who did I leave out???"



**Take Heart (Derby) Fund Raising 2026.** Since 1985, Take Heart (Derby) has given an immeasurable amount of emotional and practical support to people living with a heart condition as well as their family and friends.

**As a Member, your help is needed to raise funds to enable Take Heart (Derby) to keep on doing its good work.**

This year we are planning to some new fund raising activities such as:

- Murder Mystery Dinners
- Music and Magic Events

We'll keep you informed of dates for these events via the Newsletter. Please support us by attending.

Other suggestions include:

1. Hosting a coffee morning or afternoon tea. I'm sure your family and friends would love to support this good cause.
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)? At our age what do we really need that we do not already have?
3. I know this is a sensitive issue, but please think about donating money at a funeral to Take Heart (Derby), rather than purchasing flowers or giving to a national charity.

These are just a few ideas for fund raising, please let us know if you can think of anything else we can do. To donate, visit this link: [www.takeheartderby.co.uk/just-giving](http://www.takeheartderby.co.uk/just-giving)

A big thank you to anyone who has already been fundraising or sending donations to Take Heart. It is greatly appreciated as we really need to boost our funds. We would love to see pictures of fund-raising efforts for the Newsletter so please forward them to Michael.

**Kind regards,**

**Pauline Green, Fundraising Manager 07599 944402.**



# STOP & LOOK!

## February 2026 is MAGICAL!

📅 4 Mondays 📅

4 Tuesdays

📅 4 Wednesdays 📅

4 Thursdays

4 Fridays

4 Saturdays

4 Sundays

*This ONLY happens once every 823 years!*

*SHARE NOW for LUCK!* 🍀 🍀



**Tai Chi.** A calm exercise programme to aid mobility and wellness. You even learn how to breathe! Yes, you have been breathing incorrectly (chaps, I'm sure your wife told you that soon after marriage, and ladies can show us how it should be



done). Our instructor is Chris Lewis, who has been practicing the art for many years. He teaches other classes in and around Derby. Our venue is St Nicholas Church Room, Lawn Avenue, Allestree, Derby DE22 2QL from 3.45PM until 4.45PM every

Wednesday. Come along and try it.



## Afternoon sex

The only way to pull off a Sunday afternoon "quickie" with their 8-year-old son in the apartment was to send him out on the balcony with a Popsicle and tell him to report on all the neighbourhood activities.

"There's a car being towed from the parking lot," he shouted.

He began his commentary as his parents put their plan into operation:

"An ambulance just drove by!"

"Looks like the Andersons have company," he called out.

"Matt's riding a new bike!"

"Looks like the Sanders are moving!"

"Jason is on his skate board!"

After a few moments he announced, "The Coopers are having sex!!"

Startled, his mother and dad shot up in bed. Dad cautiously called out,

"How do you know they're having sex?"

"Jimmy Cooper is standing on his balcony with a Popsicle."



## **Crooning and bopping in Sinfin.**

Kicking off the New Year in style, Michael returned to Sinfin Moor Church to entertain around fifty members of their group. The organiser, Eirlys, had



requested 60's and 70's music. Can you imagine how many songs were popular in those eras? How do you choose 20 tracks from that amount without leaving out some really popular songs. Well, Michael achieved it. He was welcomed with some flattering comments as folk recalled his previous visits. He calls them his groupies. As is common at this venue, some of his equipment didn't work, despite being checked the day before. So improvisation was again needed and thankfully he

managed to put on a show which saw them singing. He even told them off during one track for being "behind the beat". Songs such as Mamma Mia, Any Dream Will Do and even Ernie, how drove the fastest milkcart in the West (to add a little humour). "Sweet Caroline" was a sensation. There were many



compliments for Michael as the afternoon drew to a close but as Michael always says, "It's better to be clapped in than clapped out". Watch out for the next installment!



**For English Language Lovers. What is the difference between 'Completed' and 'Finished'? No dictionary has been able to define the difference between 'Complete' and 'Finished.' But in a linguistic conference in England, Sun Sherman an Indian American, was the clever winner. His response: When you marry the right woman, you are 'Complete.' If you marry the wrong woman, you are 'Finished.' And when the right woman catches you with the wrong woman, you are 'Completely Finished.' His answer received a five minute standing ovation. **



### **First Aid Saves Lives.**

Our speakers were Shelley, a First Aider and Nigel, a First Responder from St Johns Ambulance. "What to do in an emergency" was the topic, for example, if you find someone lying on the ground, check for danger - are there any cables around or attached to them. Then check if they are conscious or unconscious, are they asleep or unresponsive. You should shout 'hello, can you hear me', and 'open your eyes'. If there is

no response, then shake them while you shout at them. If they are still unresponsive, call 999. Tell the operator they are unresponsive. Check if they are breathing by using your ear and looking at the chest for movement. If they are not breathing, then you need to start CPR and get someone to fetch a defibrillator if one is close by. If one is not close, then you must start CPR until the ambulance arrives. To give CPR you need to kneel by the side of the patient, place the heel of both hands in the middle of the chest, press down really hard to squeeze the heart to empty it. When doing this you might hear one of their ribs crack, but this is preferable to letting them die. Do 30 compressions using the song Nellie the elephant to get a good rhythm. Give mouth to mouth if you are



comfortable in doing so by pinching the nose of the patient and then give two big blows into their mouth. Keep repeating the compressions and the breathing into the mouth

until the ambulance arrives. Mouth to mouth is a matter of personal choice and not compulsory, just keep doing the compressions. First responder, Nigel then demonstrated how to put the pads on to the patient. He said the pads must be placed on bare skin. If there are people looking on, request them to form a circle and face outward to protect dignity. Instructions are given by the defibrillator, just follow them. One

pad needs to be placed under the left arm and the other on top of the right shoulder. There is a small razor in their kit especially to remove excessive hair. We were told that you would use a defibrillator even if the patient had a pacemaker because it is probable the pacemaker had failed. Shelley and Nigel demonstrated how to resuscitate a child and a baby by using one hand to press down on the chest for a child and two fingers for a baby. After the compressions on a baby, you would then cover the babies' nose and mouth with your mouth and give to breaths. Members were also shown what to do if and adult, child or baby were choking. What an interesting and informative afternoon for members. One day we might be able to save someone's life. Those who did not attend missed some very valuable information. Don't miss next month's talk on 9 March.





## Programme of Events

### February.

- Friday 13th Singing for Fun at 10.00AM in St John's Methodist Church Hall, Allestree
- Wednesday 18th Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree.
- Thursday 19th Lunch at the Kings Highway, Rowditch Place, Derby DE22 3NH
- Friday 20th Singing for Fun at 10.00AM in St John's Methodist Church Hall, Allestree
- Tuesday 24th Coffee morning at the Museum of Making, Silk Mill Lane, Derby DE1 3AF 10.30AM
- Wednesday 25th Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree.
- Friday 27th Singing for Fun at 10.00AM in St John's Methodist Church Hall, Allestree



### March.

- Wednesday 4<sup>th</sup> Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree.
- Friday 6<sup>th</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall, Allestree.
- Monday 9<sup>th</sup> Aloe Vera is the subject of this month's talk. Toni Hall will be on hand to enlighten us all. It claims to sooth skin conditions like minor burns and sunburn.
- Wednesday 11<sup>th</sup> Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree.
- Friday 13<sup>th</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall, Allestree.
- Tuesday 17<sup>th</sup> Lunch at the Oast House, Sinfin Lane, Derby DE23 8AG.



## March contd

- Wednesday 18<sup>th</sup> Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree.
- Friday 20<sup>th</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall, Allestree.
- Wednesday 25<sup>th</sup> Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree.
- Friday 27<sup>th</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall, Allestree.
- Tuesday 31<sup>st</sup> Coffee morning at the Museum of Making, Silk Mill Lane, Derby DE1 3AF 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 Flude 07852 696930, Robert Jones 07952 619385, Pam Fearn 01332 606563, Richard Flatman 01332 557028, Nigel Cullen 01332 842730 and Pauline Green 07599 944402.

Recommendations for future speakers should be made to Pauline Green on 07599 944402

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.

# **Take Heart**

(Derby)



## **Afternoon Tea at**

The Grange Banqueting Suite  
457 Burton Road, Littleover,  
Derby DE23 6XX

Tuesday 16 June 2026 at 1.30 for 2.00PM

A selection of sandwiches on wholemeal  
& white bloomer bread

Sausage rolls

Pork pie slices

Homemade Quiche Bites

Cakes Scones with clotted cream & jam

Tea & coffee

The cost is £22.00 including VAT per person.

When booking, please indicate any dietary  
requirements.

Cheques payable to Take Heart (Derby).

Book meals via Pauline Green, 1 Mickleover Manor,  
Mickleover, Derby DE3 0SH 07599 944402 or email

to [p.green159@outlook.com](mailto:p.green159@outlook.com)

Name .....

Dietary requirement .....

Name .....

Dietary requirement .....