

# 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 January 2025



### On the road again

Our singing group were entertaining two groups in the run up to Christmas. Late in December, we achieved a good turnout at Fraser Hall, Leylands Estate. Our first set was combined with the bible story of Christ's birth, told by Rashell (Minister of Broadway Baptist Church); readings by Take Heart Singers and carols. A break for refreshments, including cake and mulled wine, was followed by forty-five minutes of Christmas songs. Words to each carol and song were projected onto the wall for the audience to follow and join in. And they did, adding dancing as well. A merry



occasion was enjoyed by all, with several enquiries about joining our group in 2025.



Earlier in December We were booked into St Alkmunds Church by the Rotary Club of Derby to assist them in entertaining dementia patients and their carers from local establishments and support groups. Around one hundred and twenty guests were in attendance on 11 December.

We sang Christmas songs, encouraging the audience to sing by projecting words onto the church screen. We then encouraged those in the audience who were mobile to dance, as can be seen. Sadly, only seven singers were available that afternoon.





I'm opening a gym called "Resolutions." It will have exercise equipment for the first two weeks of January and then turn into a wine bar for the rest of the year.



**Return to Museum of making for our coffee morning.**



A variety of reasons saw us make the decision to return here, which appeared to be appreciated, with twenty-seven members present. What is more, the coffee here is very good – I regularly have two or more. Recommended.




# HAPPY BIRTHDAY

Happy Birthday to our  
Birthday Stars who this  
month are:

Stuart Alt, Pauline Boutcher,  
Michael & Pamela Brinkworth,  
Shirley Etches, Sheena Gibson,  
Debbie Giles, Angie Haswell,  
Andrew Hutton, Geraldine Lloyd,  
Reh Qureshi, Neil Mansell, Margit  
Staehr, Margaret Thomas and  
Alan Topham



**My goal in 2025 is to accomplish the goals I set in 2024 which I should have done in 2023 because I made a promise in 2022 which I planned in 2021**



**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](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.



Wouldn't it  
be nice if you  
read a medicine  
bottle that says...  
**Warning: May  
cause permanent  
weight loss,  
remove wrinkles,  
and increase  
energy.**



**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'm on a diet, i used to eat 6 slices of pizza, now i eat 3.



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**

**GRANDPARENTS  
SO EASY TO OPERATE,  
EVEN A CHILD CAN DO IT**

OH, THE WEATHER OUTSIDE IS  
FRIGHTFUL AND OUR JOINTS ARE  
NOT DELIGHTFUL, SINCE IT'S  
GOT SO DANG COLD,



WE FEEL OLD, WE FEEL  
OLD, WE FEEL OLD!

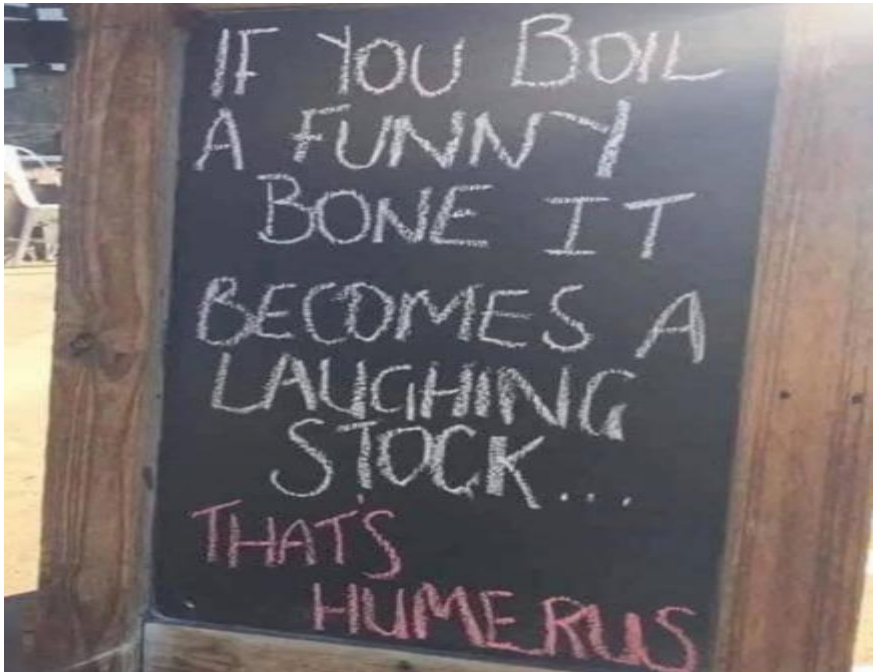
Face it, you didn't read  
that, you sang it!







**There is still time to vaccinate against 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!





## 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](#)



**JOIN THE  
2 DAY CHALLENGE!**



**NO ALCOHOL ON  
FEBRUARY 30 AND 31!**

*CAN YOU DO IT?*



**Member news.**

Sadly, I advise of the passing of Ted Evans. Ted has been a member, along with his wife Annabelle, since 2012. He was a keen swimmer as we saw when we had a pool allocation for weekly swims. He would be completing many lengths while the rest of us were "floating" around. He also aided blind swimmers by partnering. His funeral will take place at 1.30pm on 24 January 2025 at Markeaton Crematorium. I have also been advised that former member, Molly Illesley, has passed away, aged 95 years. She had been in a care home for several years. Details of Molly's funeral are not available at this time. Many members, including your Newsletter author, have been affected by one of the winter viruses. They are mostly struggling with "the cough" now. Richard Flatman has undergone a hernia operation recently and is recovering at home. Other members have 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.



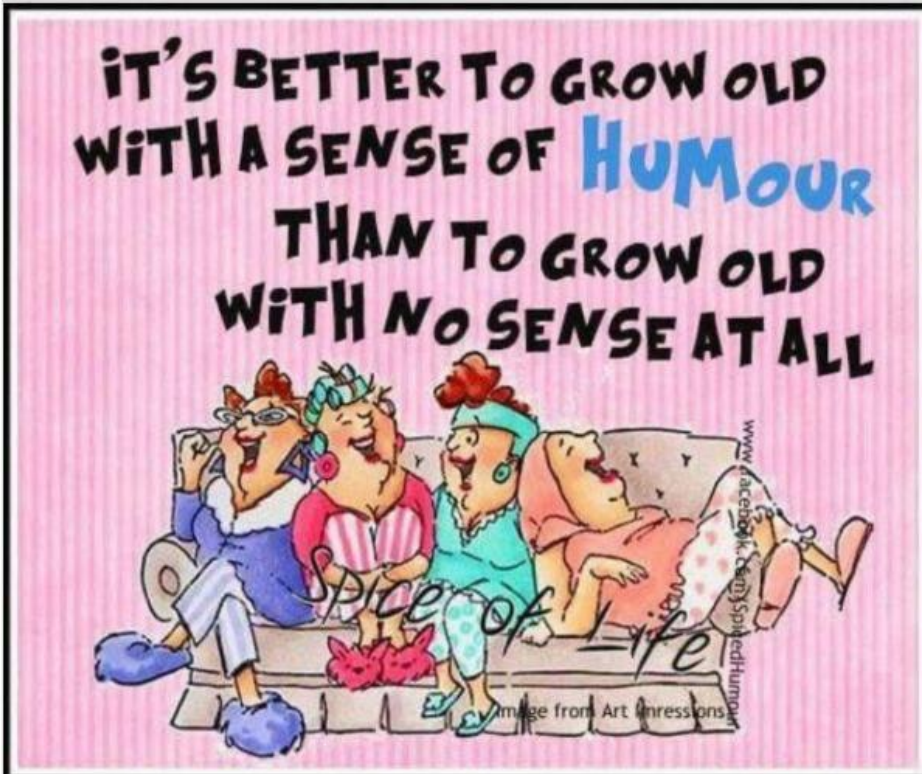
A good wife will always be by your side during bad times.

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



## 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.





**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 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.





**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.

*Take Heart*  
(Derby)

Registered Charity  
Number 1163703

*Ruby  
Anniversary  
Year*

*Calendar 2025*



**IF I HAD A DOLLAR FOR  
EVERY GIRL THAT FOUND ME  
UNATTRACTIVE,  
THEY WOULD EVENTUALLY  
FIND ME  
ATTRACTIVE.**



**Listen honey!  
The outfit is  
by Christian  
Dior and  
the body by  
Lindt  
Chocolate.**



**January.**

- Wednesday 22<sup>nd</sup> Tai Chi at 4.00 to 5.00pm in St. Nicholas's 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's Church Hall.
- Friday 31<sup>st</sup> Singing for Fun at 10.00am in St John's Methodist Church Hall.



**February.**

- Wednesday 5<sup>th</sup> Tai Chi at 4.00 to 5.00pm in St. Nicholas's Church Hall.
- Friday 7<sup>th</sup> Singing for Fun at 10.00am in St John's Methodist Church Hall,
- Monday 10<sup>th</sup> "Crime prevention in your home" is the very interesting topic this month.  
How secure are you at home? Tips and tricks will be revealed by PCSO Nicky Fairchild

Wednesday 12 <sup>th</sup>	Tai Chi at 4.00 to 5.00pm in St. Nicholas's Church Hall
Friday 14 <sup>th</sup>	Singing for Fun at 10.00am in St John's Methodist Church Hall.
Wednesday 19 <sup>th</sup>	Tai Chi at 4.00 to 5.00pm in St. Nicholas's Church Hall
Thursday 20 <sup>th</sup>	Lunch at the Kings Highway, Rowditch Place, Derby DE22 3NH
Friday 21 <sup>st</sup>	Singing for Fun at 10.00am in St John's Methodist Church Hall.
Tuesday 25 <sup>th</sup>	Coffee morning at the Museum of Making, Silk Mill Lane, Derby DE1 3AF
Wednesday 26 <sup>th</sup>	Tai Chi at 4.00 to 5.00pm in St. Nicholas's Church Hall.
Friday 28 <sup>th</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.