

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter January 2026



Happy New Year to all our readers. Thank you for your continued support. The start of a new year offers the beginning of a new chapter in our lives, which we are thankful for. On behalf of your committee and trustees, may I wish you good health and happy tidings. This group is all about you and we hope you enjoy the planned Programme of Events. If there is something else you would like to do, then contact any member of the committee, listed on page 16.



It wouldn't be the holidays without a turkey, a fruitcake, and some mixed nuts. But enough about the relatives.



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

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



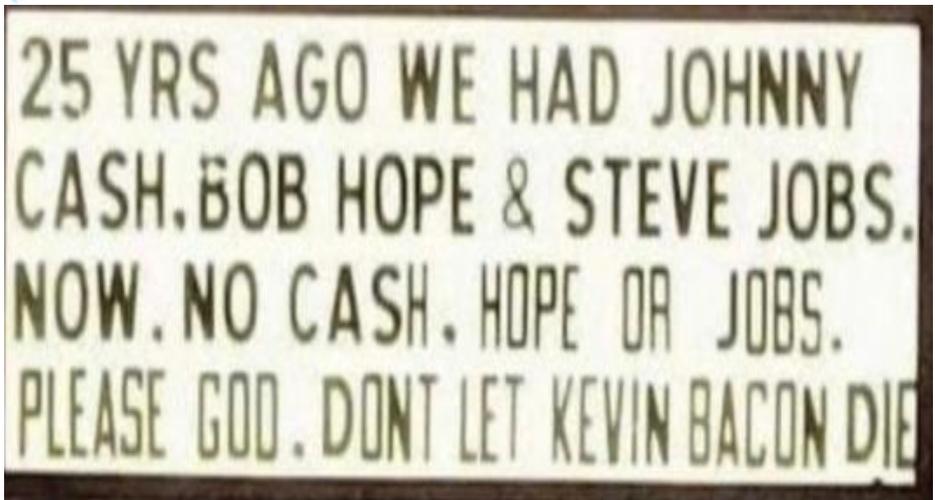
Our December coffee morning



A great turn out for our last coffee morning of 2025. We also saw a new member in Alison Price and her son, Nigel. That made twenty members attending. We need to repeat and increase this number. The coffee and tea drinks were courtesy of Take Heart (Derby) and Pauline Boutcher paid for cakes all round. Thank you, Pauline. With so many attending, we had to move more tables into the line to accommodate us



all. Lots of reminiscing and also discussing Christmas and New Year visits to family and friends. As is often the case, some of Michael's jokes came in for comment – good ones, I might add. We resume here again on Tuesday 27th January 2026. See you there.



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 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.



English is a funny language

An oxymoron is usually defined as a phrase in which two words of contradictory meaning are brought together:

- | | |
|--------------------------|---------------------|
| 1) Clearly misunderstood | 2) Act naturally |
| 3) Exact Estimate | 4) Found Missing |
| 5) Small Crowd | 6) Fully empty |
| 7) Pretty Ugly | 8) Seriously Funny |
| 9) Only Choice | 10) Original Copies |



2026 IS ALMOST HERE!
My 2026 New Years
Wish For You
12 months of *happiness,*
52 weeks of *fun and laughter,*
365 days of *success,*
8,760 hours of *good health,*
525,600 minutes of *blessings,* &
31,536,000 seconds of *joy.*
Amen.
HAVE A BLESSED
& PROSPEROUS
NEW YEAR 2026!

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HORSE

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Bringing Christmas joy to others. Before Christmas each year, the Take Heart Singers are busy entertaining other groups. December 2025 was no exception.

First up was the annual party for dementia patients and their carers at St Alkmund's Church, Five Lamps. Organised and funded by the Rotary Club of Derby, there were around 120 guests treated to entertainment and afternoon tea. The photograph shows the depleted members of our choir leading off the afternoon, with many others nursing flu bugs at home. Tony Jackson, organiser for the function wrote, *"Very many thanks for your help at the tea party last Thursday. You and your group were splendid. It has been agreed, yesterday, by our Rotary Club, that there will be another such tea party next December. Please would you entertain us again? The most probable date is Thursday 10th December 2026."*





Continuing the theme of entertainment, Michael returned to



Bradgate Court, Sunnyhill to entertain the residents and their visiting families. It is a small venue with usually eight to ten people attending but, on this occasion, there were 24 in attendance. The room had been decorated to set the scene for the evening. They had requested songs from musicals for the first set, followed by Christmas songs. A great evening of fun and laughter, with everyone joining in the singing. Another booking for Michael in the New Year is

already in the diary.



Returning to one of our favourite venues, Fraser Hall, Leylands Estate to entertain the residents, where our choir receive a warm welcome. The trust between singers and audience has been a feature of our visits and so it turned out to be, yet again.

We sang carols for the first half and, after a short break, Christmas songs. The participation of the audience adds to the occasion as always. Michael split the audience into “Evens and Odds” for the regular “12 days of Christmas” rendition. Fortunately, the audience knew when their ‘bit’ was due as Michael became confused in the excitement!



Iris Popkin, manager of the hall, wrote, saying, “Hi Michael. Thank you again for today, brilliant. We really enjoyed it. Projecting the words onto the screen behind the singers allowed everyone, myself included, to join in. A great mixture of old and new songs. Well done. See you in the New Year.”



All three events attracted a further £300, including GiftAid, to our funds. Well done the singers and thank you Michael. Michael can be seen receiving the donation from Fraser Hall Entertainment Committee members.



Something quite topical for January!



Two feet of snow



I once worked at a massage parlour but I didn't last very long – I kept rubbing people up the wrong way.

I've just been invited to a nudist party. I accepted as I have nothing on that day.



Christmas Lunch, December 2025. Our annual get together at Mickleover Golf Club, a venue we are familiar with. There were forty-six members and guests in attendance, which seems to be the regular number. As usual, everyone had pre-ordered their meals and like me, (probably), could not remember what selections were made. Thanks to our organiser, Margaret Storry, our place names had those choices written on the reverse. Thanks Margaret, and indeed,



a very large thanks because she has decided to stand down from organising these events and so has withdrawn from the committee as well. Margaret has been successfully fulfilling this role for many years. Margaret was thanked by Michael during his speech and presented with flowers by Richard Flatman.



All women's problems begin with MEN:

✓ **MEN**tal Illness @ChickenHappyHour

✓ **MEN**strual Cramps

✓ **MEN**tal Breakdowns

✓ **MEN**opause

✓ **GUY**necologist

and if we have
trouble, it's a
HISterectomy.



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](#)



MY GOAL FOR 2026 IS TO
ACHIEVE ALL THE GOALS I
WANTED IN 2025 THAT I
SHOULD HAVE DONE IN
2024 BECAUSE I
PROMISED MYSELF IN
2023 THAT I WOULD
ACHIEVE WHAT I PUT OFF
FROM 2022 😜



Member news. Charlie Dowsett has benefited from the fabulous coffee served by Michael each Monday morning for a few months on ward 408. Charlie was admitted with a leaky heart valve and is waiting to be transferred to Glenfield hospital for remedial surgery. He also enjoyed Michael's jokes, which brightened his day and the other patients in his bay. Get well soon, Charlie.

Caroline Hughes is getting around much easier now as she recovers from breaking bones in her wrists and elbow. Maria Zupnik has struggled with a severe bug which has rendered her almost speechless at times. Get well soon, Maria.

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.



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 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

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.



The loudest word
ever shouted is
probably the
word "quiet".

Programme of Events



January.

- Wednesday 21st Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree.
- Friday 23rd Singing for Fun at 10.00AM in St John's Methodist Church Hall, Allestree
- Tuesday 27th Coffee morning at the Museum of Making, Silk Mill Lane, Derby DE1 3AF 10.30AM
- Wednesday 28th Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree.
- Friday 30th Singing for Fun at 10.00AM in St John's Methodist Church Hall, Allestree



February.

- Wednesday 4th Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree.
- Friday 6th Singing for Fun at 10.00AM in St John's Methodist Church Hall, Allestree
- Monday 9th **Change of Speaker.** "What to do in an Emergency," and is being given by a volunteer of the St John Ambulance Service. A useful reminder of the important things to do to help you or a loved one.

Wednesday 11th	Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree.
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



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