

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter July 2024



A.G.M 2024 at St Mary's Church Hall. 8 July was the date



for our latest AGM. There were 24 attending and we had received 85 valid postal votes sent to our Scrutineer. Michael welcomed everyone and thanked them for their attendance. He outlined what had happened since our last meeting but was heartened by the twenty-four members attending. His message was – phone another member, tell them you will collect them from home and buy them a drink at the venue. He proceeded with the official business of the day. Resolutions 1 & 2 were conducted by Michael, with Robert conducting the vote for resolutions 3 and 4. All resolutions were passed by 5 votes in





the hall and by 85 postal votes. There were no votes against or recorded abstentions. Michael then introduced our President, Dr Julia Baron who gave a brief update of cardiac functions at UHDB NHS Foundation Trust. She then responded to a series of questions from

the floor. The meeting ended at 3.30PM and concluded with refreshments.



Sometimes we need someone to simply be there. Not to fix anything, or to do anything in particular, but just to let us feel that we are cared for and supported.





June coffee morning.



Twenty-one members turned up for this month's coffee morning. It is an opportunity to meet up with friends and enjoy a natter and a drink. You can see Tracy took this seriously with cake and a coke. That's the way to enjoy it and there was a thumbs up from Chris. Bring a friend next time (30

July) and they might be impressed. Nice to see you all.



For those who don't want Alexa listening in on your conversations, they're making a male version.....it doesn't listen to anything.



HAPPY BIRTHDAY

Happy Birthday to our Birthday
Stars who this month are:

Bob Betchley, Jenny Billington,
Vernon Essex, Pam Fearn, Gill
Flatman, Ian Gibson, Yvonne
Gilbert, Janet Gilbert, Kay Grant,
John Gutteridge, Marion Jackson,
Jean Jackson, Sharon Meades,
Carmen Nash, Margaret Potter,
Margaret Prince, Nicola Smith,
Margaret Storry, Eileen Strong, Neil
Thompson, Jaqueline Whittaker
and Chris Wright.



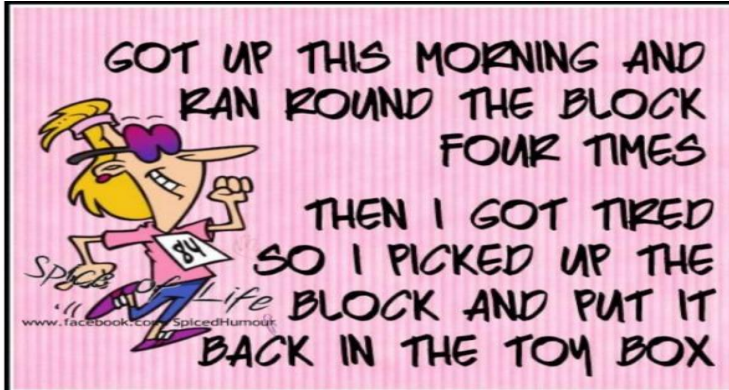
Everyone needs a Hug.

It's fat-free, sugar-free and requires no batteries. It also relieves pain and stress. So here's a hug from me to you.



Your committee needs you. Our present committee is only six in number. We represent more than 200 members and feel it would be beneficial for them to have a larger committee. 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)





Ten gardening tips for August

- 1 Wisteria needs regular pruning to keep the growth and size under control, but it will also improve the flowering display.
- 2 Summer pruning is mainly for apples and pears trained as restricted forms. It will allow sunlight to ripen the fruit and ensure good cropping for the following year.
- 3 Remove spent flowers as soon as they look scruffy - thankfully, a few days delay won't make a difference. The simplest method is to just pinch off the faded blooms with finger and thumb.
- 4 Water containers and new plants, preferably with grey recycled water or stored rainwater.
- 5 Collect seeds from garden plants
- 6 Harvest sweetcorn and other vegetables as they become ready.
- 7 Continue cutting out old-fruited canes on raspberries
- 8 Lift and pot up rooted strawberry runners.
- 9 Keep ponds and water features topped up.
- 10 Feed the soil with green manures.

Source: <https://www.rhs.org.uk/advice/in-month/august>



EXPLORING A DERBYSHIRE VILLAGE

An historic pub, an ancient church, a man-made lake plus tiny frogs made for a delightful morning out for the Take Heart walking group.

The choice for our latest stroll was the delightful village of Church Broughton in South Derbyshire. Thirteen walkers met up at the village pub, the Holly Bush, including lots of guests. Our walk stuck mainly to village lanes passing St Michael and All Angels Church and cottages, before heading into the countryside. Every turn brought new views as we took our time to enjoy the scenes and greet passing horse riders.

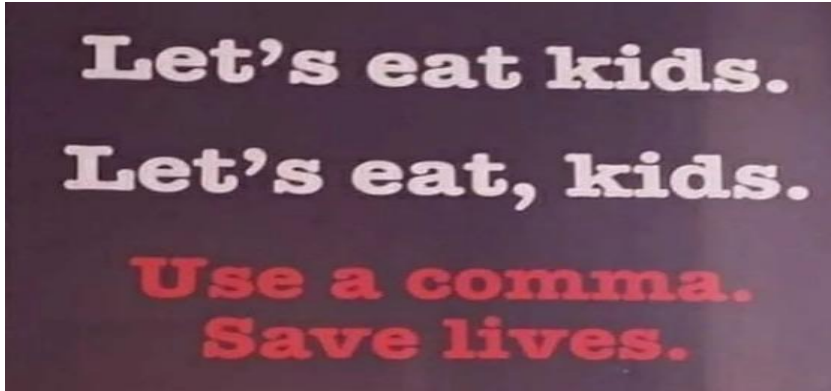
At one point we came across what appeared to be a village pond. But thanks to a passing dog walker, we learned how it was his father in laws' efforts that had turned it into a nature reserve. He showed us the way in and explained how the pool had been created. It was there that Take Heart member Chris Whewell spotted dozens of tiny froglets.



We then switched from the lanes to field footpaths for the final half mile stroll back to our starting point.

Relaxing afterwards outside the village pub, our guests were quick to say how much they had enjoyed the four-mile hike .and promised to return.

Report by walk leader Peter Stevens and guest Jenny Mallett



News from the BHF. Why am I not losing weight?

Senior Dietitian Victoria Taylor explains why you might not be shedding pounds as quickly as you'd like – and what to do about it.

Reaching and keeping to a healthy weight cuts your risk of heart and circulatory diseases. But it can be tricky to do. This article can help you understand what might be holding you back. Keep going with healthy changes to your diet and lifestyle, and, even if you're not losing weight as quickly as you like, you'll still improve your health.

1. Expecting too much too soon:

You may have gained weight over time. It can also take time to unlearn habits and lose weight. It can feel frustratingly slow when you want to lose weight quickly. But, to keep the weight from coming back you need to make changes you can stick with in the long run.

Tip:

Healthy weight loss is around 0.5 to 1kg (1 to 2lb) per week. But even smaller amounts add up over time. Stick with it and if the dial is going in the right direction, however slowly, you'll get there.

2. Only focusing on exercise:

To lose weight, you need a calorie deficit. This means using up more energy than you get from eating and drinking. It's possible to do enough exercise to achieve this. However, it's hard to keep this up.

Keep a food and activity diary to confirm that you are consistently doing what you need to

More exercise can also increase your appetite, making it harder to reach this goal. Guidelines from the National Institute for Health and Care Excellence (NICE) recommend changing your diet as well as physical activity.

Tip:

Find an activity you enjoy rather than the one that uses the most energy. Then you're more likely to stick with it. Spinning, running and aerobics classes are great if you enjoy them, but you could also try other activities like [gardening](#), [walking](#) or [dancing](#).

3. Restricting your diet too much:

Be wary of any eating plan that does not include all the [main food groups](#). This is a sign that it might not be giving you all the nutrients you need. An unbalanced diet can leave you feeling unsatisfied after meals, making you more likely to snack later.

Tip:

Including a little bit of the foods you love as part of a balanced meal is a healthy approach. It can help you balance out your diet and not feel like you're missing out.

4. Drinking too many calories:

When changing our diet it's easy to focus on food and forget about [drinks](#). Across a day the sugar in drinks like soft drinks, fruit juices and in tea or coffee can easily add up to the equivalent of three extra chocolate biscuits.

Tip:

Choose drinks that are sugar-free to avoid adding extra calories to your diet. Instead of drinking juice, have a piece of fruit to finish your meals. This contains less free sugars and adds more fibre to your diet, helping you to feel fuller and snack less.

Source: [Why am I not losing weight? - BHF](#)



I tried to be
NORMAL ONCE



worst two minutes
OF MY LIFE



40 Years Young. Can you believe it? Next year, 2025, Take Heart (Derby) will be forty years “young”. It seems incredible to reach such a landmark. So, how should we mark it? Your suggestions will be gratefully appreciated. Contact Michael or other committee members with ideas. Will it be one event or a series of events? Let us know your thoughts to develop a plan. It would be amazing to have a huge turnout so encourage your friends to help with ideas. Thanks for your continued support.



Does this apply to you?

I made a to do list.
I just can't figure
out who is going
to do it.



Great News from NHS in Derby & Derbyshire.

Diagnostics centres, which support thousands Community Diagnostic Centres across Derby and Derbyshire, are helping cut waiting lists and improve patient satisfaction, latest figures show. Work is well underway on a £29.9m programme to create the new centres in five locations that will serve the entire county. The first new centre was opened last summer at Whitworth Hospital, Darley Dale, with work ongoing at four other sites across Derbyshire and Staffordshire: Ilkeston Community Hospital, Florence Nightingale Community Hospital in Derby, Sir Robert Peel Community Hospital in Tamworth, and Walton Hospital in Chesterfield. These centres are now carrying out around 5,000 tests a week, up from around 2,000 tests a week in April 2023. When all centres are completed, more than 9,000 tests will be carried out each week, helping thousands of patients to access the care they need faster and closer to home.

Source: [JUUCD Newsletter - July 2024.pdf](#)





Member news. Our Tai Chi instructor, Chris Lewis, has received a further heart intervention and consequently suspended from driving for a month. Good job, really, because he had a mishap with a wall and floor. Happily, he is back and teaching us once again. Great stuff, Chris. Chris (Mr) Whewell has been boosted by being cleared to drive again by his medical consultant. All that catching buses returns to the nightmare folder – well done Chris. Anne Laxton has returned to singing following a couple of months uncertainty surrounding her feeling faint. Her medical checks have cleared the way to getting her life back on track. Peter Stevens has caused wife, Dorothy, some additional difficulties recently. She has become exhausted by the extra care needed and additional demands. I am delighted to report she is finding a way through the stresses and strains. We wish her well. Please keep in touch with other members of our group. There might come a time when you would appreciate the same gesture.



Have you ever seen anything like it before?



This is the scene at Belper River Gardens of the River Derwent. Damage has occurred to at least one of the sluice gates which control the amount of water into the lower part of the river. The only way of effecting repairs has been to lower the water level in the upper level of the river. You can see from the photograph what lies beneath the surface. Lots and lots of debris, mud and silt. It is solid enough for divers to have walked upon the surface. I am uncertain of the timetable for repairs and restoration of the water levels, so you may be able to witness this scene for yourselves. I, for one, will be pleased to see “normality” resumed as soon as possible to a very attractive beauty spot.



You know the tune!



**If you're happy and you know it
stay in bed.**

**If you're happy and you know it
stay in bed.**

**If you're happy and you know it,
getting up will surely blow it.**

**If you're happy and you know it,
stay in bed.**



It is holiday time! Well, summer is due, but I am unable to say when it will arrive. We have experienced a few days of sunny



weather last month which cheered us up but sadly, it didn't last. We Brits are made of stern stuff and optimistically, we are booking summer holidays. Many are going abroad, chasing sunshine because we cannot guarantee it here in the UK.

There is something we must not forget – INSURANCE. Many Take Heart (Derby) members are cardiac patients, which can sometimes make affordable insurance difficult to achieve. I list below a series of insurance sources which you might try but there are many others (don't forget your bank or building society).

www.comparethemarket.com/holiday/insurance

www.payingtoomuch.com/travel/insurance

www.moneysupermarket.com/travel/insurance

www.totaltravelprotection.com/over70/travel-cover

www.which.co.uk/money/insurance/travel/insurance

www.gocompare.com/travel-insurance

www.goodtogoinsurance.com/insurance

www.staysure.co.uk/travel/insurance (recommendation from a Take Heart (Derby) member).

www.fornes.com/advisor/travel-insurance

www.saga.co.uk/travel-insurance

www.avantitravelinsurance.co.uk/travel-insurance

www.citizensadvive.org.uk/consumer/insurance

[Travel insurance with a heart or circulatory condition – BHF - BHF](#)

www.AllClearTravel.co.uk/DailyMail

www.InsureandGo.com



Programme of Events

July.

- Thursday 18th Lunch at The Great Northern, Station Road, Mickleover, Derby DE3 9FP.
- Friday 19th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Saturday 20th Walking back to health – Markeaton Village Walk. Meet in Mundy Play Centre car park (pay & display) to walk at 10.00AM – Change of Date**
- Wednesday 24th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 26th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Tuesday 30th Coffee morning at The Cube café/bar from 10.30AM.
- Wednesday 31st Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

August.

- Friday 2nd Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Wednesday 7th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 9th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Monday 12th A talk from "Umbrella", a Derbyshire Charity for Children with Special Needs. Ann Rowlands will give an overview.
- Wednesday 14th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 16th Singing for Fun at 10.00AM in St John's Methodist Church Hall.

Tuesday 20 th	Lunch at The White Swan, Shepherd Street, Littleover, Derby DE23 6GA
Wednesday 21 st	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 23 rd	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Tuesday 27 th	Coffee morning at The Cube café/bar from 10.30AM.
Wednesday 28 th	Tai Chi at 4.15 to 5.15PM in St. Nicholas Church Hall
Friday 30 th	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, Pam Fearn 01332 606563, Richard Flatman 01332 557028, Robert Jones 07952 619385, 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 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.