

# 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 July 2025



**A guided tour of Kedleston Hall's "surprising parkland. A report by Pete Stevens.**

It may be just a handful of miles from Derby's Allestree suburb, but Kedleston Hall offers a gem of history and countryside. And that's one of the reasons Take Heart walkers took up the chance to explore the leafy parkland during their latest outing.



Another reason was an offer from the National Trust, of free entry to both gardens and hall for TH members.

The initial approach to the Trust was via TH member Geoff, a volunteer at the hall.

Once arrangements were made, Geoff kindly "volunteered" fellow NT member Doreen, accompanied by her fifteen month old granddaughter, Martha, to give us a guided tour of what is known as the "long walk."

First stop was a set of battered gates with carved pillars.

Members were surprised to hear they once graced the House of Lords and had been "recycled" by a distant Lord Curzon, owner of Kedleston.

Doreen went on to explain how the walk was a favourite of hall guests who were offered a series of "surprises" as they took the air.



Our guide, Doreen

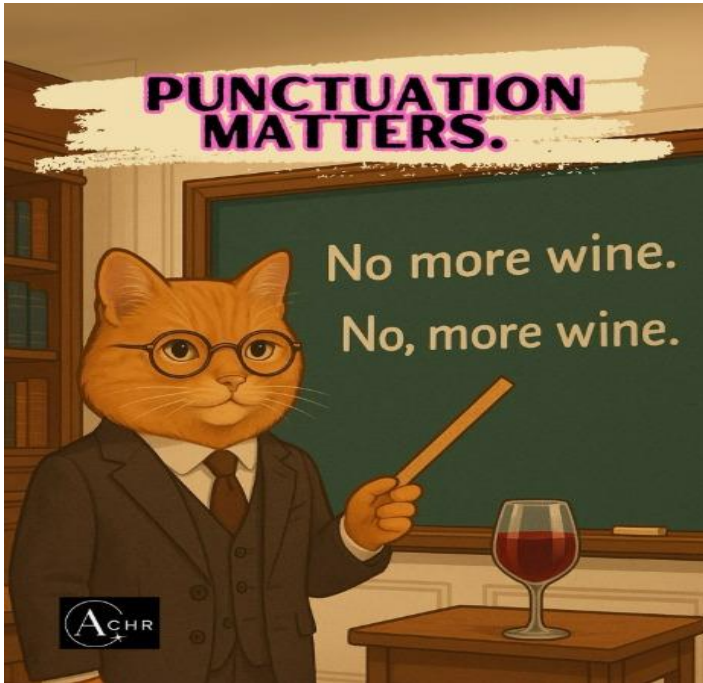
Originally there were more than 20, some temporary such as bedouin tents, but only one survives...the old Hermit's hut now painstakingly restored.

Our walk included stunning views of the parkland and glimpses of the hall before weaving down to a series of man-made pools.



The three and a half mile circular ended back at the 18th century mansion for welcome drinks.

Many thanks to Doreen for her enthusiastic explanations and also to Geoff for helping me contact the hall's community manager who arranged our free passes.



### **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)





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## Birth Control for Grandma

The doctor that had been seeing an 80-year-old woman for most of her life finally retired. At her next checkup, the new doctor told her to bring a list of all the medicines that had been prescribed for her. As the doctor was looking through these, his eyes grew wide as he realized Grandma had a prescription for birth control pills.

"Mrs. Smith, do you realize these are BIRTH CONTROL pills?"

"Yes, they help me sleep at night."

"Mrs. Smith, I assure you there is absolutely NOTHING in these that could possibly help you sleep!"

The old lady reached out and patted the young Doctor's knee.... "Yes, dear, I know that. But every morning, I grind one up and mix it in the glass of orange juice that my 16 year old granddaughter drinks. and believe me, it definitely helps me sleep at night."



# HAPPY BIRTHDAY

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



## AGM Monday 14 July, 2025

Twenty-one members assembled in St Mary's Church Hall to vote on four resolutions. Those attending were allowed to vote if they had not completed the postal vote option sent to all members. In the event, all resolutions were passed unanimously, with zero votes against. Michael opened the meeting by welcoming everyone. He outlined what had happened since our last AGM. The theme was of low attendance for all activities, with every event running at a loss. The committee discussed reducing/eliminating events but that would spite those who have supported them in the past. Michael urged all members attending any event, to telephone others to join them, perhaps offering them a lift. All this places a strain upon our finances. We are not broke but wish all members to consider fund raising to ensure we can continue with all our offerings for years to come.



Michael introduced Dr Julia Baron, our President. She began with a resume of occurrences within the cardiac function at UHDB. The catheter suite was undergoing redevelopment which will see a third operating theatre added. Temporary units were being used in the meantime. Ward 408 had expanded from a thirty-bed unit to forty-seven late last year by occupying ward 409. Dr Baron then took questions from the audience, following which,

refreshments were served.

**BENEFITS OF A GOOD VOCABULARY!  
I RECENTLY CALLED AN OLD ENGINEERING  
BUDDY OF MINE AND ASKED WHAT HE  
WAS WORKING ON THESE DAYS.  
HE REPLIED THAT HE WAS WORKING ON  
“AQUA-THERMAL TREATMENT OF  
CERAMICS, ALUMINUM AND STEEL UNDER  
A CONSTRAINED ENVIRONMENT.”  
I WAS IMPRESSED UNTIL, UPON FURTHER  
INQUIRY, I LEARNED THAT HE WAS  
WASHING DISHES WITH HOT WATER UNDER  
HIS WIFE’S SUPERVISION.**

### **Lunch at Oaklands public house, Littleover.**



Eight members can be seen enjoying lunch together at our first visit to this pub. It is a spacious venue, where the landlady had just returned from holiday. Talking of holidays, Stuart was very boisterous about his recent cruise, his first solo holiday. He enjoyed it so much, he has booked another one. Wow, nice to rub shoulders with the rich! The meal was enjoyed by all, demonstrated by empty plates



**Old age has come at  
a bad time, just when  
I was beginning to  
know everything,  
I now am forgetting  
everything I knew.**



**Annual donations are overdue!!! They should be paid 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.





## **Fund Raising suggestions for 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 World Heart Day  is drawing closer (29th Sept 2025). This is a brilliant opportunity for fundraising for Take Heart. Please consider hosting a coffee morning or afternoon tea on, or close to, that date. 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 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](http://www.takeheartderby.co.uk/just-giving)

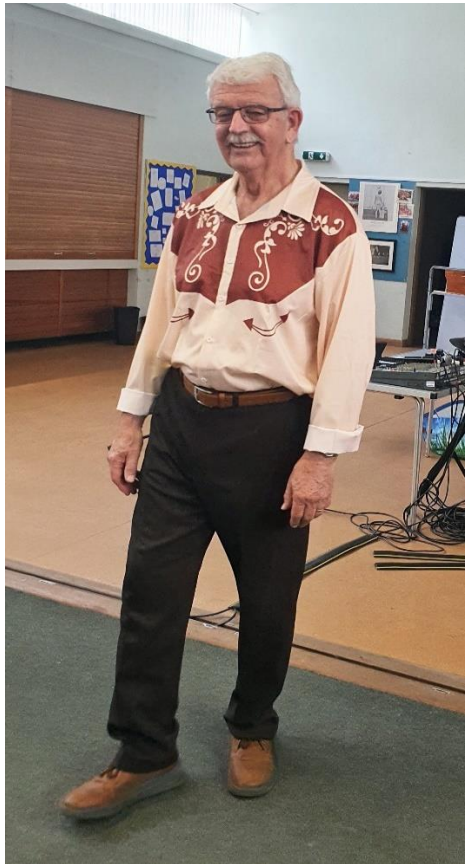
A big thank you to anyone who has already been fundraising or sending donations to Take Heart. It is greatly appreciated as we really need to boost our funds. We would love to see pictures of fund-raising efforts for the Newsletter so please forward them to Michael.

**Kind regards,**

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



## Country music fundraiser for Take Heart (Derby)



Take Heat's own "country music star" has been out entertaining groups at Leylands, Broadway and Sinfin Moor Church, Sinfin with country music. Michael performed two entirely different productions but with the same outcome – happiness and fun. On both occasions, he was greeted warmly, with some "groupies" suggesting they had only turned up to see him! Steady on, Michael, your cowboy hat will not fit much longer!!! The bonus was he was able to donate all monies raised to your charity, around £100.00. Thanks, Partner!!!.



**Cooking up a storm on ward 408.** For many years, Take Heart (Derby) have purchased desktop fans for each bed on the ward. They are used constantly and particularly during recent heatwaves. Needless to say, they break down regularly and need replacing. In the photograph, you can see Registered nurse Gerry Ennis and Sister Clair Dean with six of the fifteen fans purchased, assembled, transported and donated on your behalf. It means that all 47 patients now have an individual fan to use in this unbearable weather. Snr Sister Marie commented: "What a marvellous donation for the benefit of each patient on our ward. Moving the air around helps keeping patients cool and calm. Thank you to all Take Heart (Derby) members."





**Being a woman is hard, you  
always want to buy something,  
cry for no reason, lose weight,  
and eat something sweet!**



**Member news.** Anne Smith is now recuperating at home. This followed a spell in hospital after falling and injuring her head. Also recovering at home is Beryl Addey, having spent two weeks in hospital. They probably benefited from Michael's tea and coffee, medication which does not have side effects! There may be others who are experiencing difficulties, but I have not been advised.

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.



**I never thought I'd be  
the kind of person to  
wake up early and  
exercise... & I was right.**



### **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>



**A BBC TV** pledge to make more comedy shows is a good idea. We all need something to laugh about beside politicians!



**May coffee morning.**



Fifteen members and guests eventually sat down to morning tea and coffee. We have been attending the Museum of Making since last summer but for some reason they felt we were going somewhere else and were unprepared for us. Michael had words and soon our tables were ready for us. As usual, Michael consumed three coffees, Sharon consumed CAKE and others poured tea from tea pots, which tea drinkers tell me – “it makes a difference”. After ordering refreshments, the staff brought them to our table, just like it ought to be everywhere. See you on 29<sup>th</sup> July for the next coffee morning.



**“Youth is the  
gift of nature,  
but age is  
a work of art.”**

*—STANISLAW JERZY LEC*



## **Programme of Events**

### **July.**

- Saturday 26<sup>th</sup> Walking back to health – Burton River Gardens. Meet at car park on Stapenhill Road, Burton on Trent DE15 9AF. Explore the attractive gardens alongside the River Trent.
- Tuesday 29<sup>th</sup> Coffee morning at the Museum of Making, Silk Mill Lane, Derby DE1 3AF
- Wednesday 30<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall, Allestree.

### **August.**

- Friday 1<sup>st</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall, Allestree.
- Wednesday 6<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall, Allestree.
- Friday 8<sup>th</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall, Allestree.
- Monday 11<sup>th</sup> No meeting.
- Wednesday 13<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall, Allestree.

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| Friday 15 <sup>th</sup>    | Singing for Fun at 10.00AM in St John's Methodist Church Hall, Allestree. |
| Tuesday 19 <sup>th</sup>   | Lunch at the Nags Head, 25 Uttoxeter Road, Mickleover, Derby DE3 9JF      |
| Wednesday 20 <sup>th</sup> | Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall, Allestree.         |
| Friday 22 <sup>nd</sup>    | Singing for Fun at 10.00AM in St John's Methodist Church Hall, Allestree. |
| Tuesday 26 <sup>th</sup>   | Coffee morning at the Museum of Making, Silk Mill Lane, Derby DE1 3AF     |
| Wednesday 27 <sup>th</sup> | Tai Chi at 4.15 to 5.15PM in St. Nicholas Church Hall, Allestree.         |
| Friday 29 <sup>th</sup>    | 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, 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.