

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter June 2023



Our speakers for May were Julie and Steve Wigley who started by telling us a little about themselves. Julie had always worked in libraries and eventually became the manager of Blagreaves library on Blagreaves Lane in Littleover with her and Steve living in a small flat above the library in Littleover village, which unfortunately is not there anymore. Steve told us that for many years he had worked for Bemrose Printers which again is not with us anymore. Steve went on to say that when Julie retired, she began to write songs about things they had done and seen. When Steve retired, they started to travel to groups with their guitars and sing the songs that Julie had written. They also travel to different parts of the country to take part in festivals. Steve then said he would like to tell us through the songs something about their families. The first song was about Julie's grandfather who had built himself a shed in his back garden many years ago where he used to sit with a cup of tea and look out of the window and think about his sons who had gone to war and hoping that they would come back safely. The shed now sits in her cousin John's garden where he also sits with a cup of tea looking out of the window thinking about his grandfather. The song is called "Through our grandfather's eyes." We were then told how Steve's grandparents met which was at the Monkey Walk. He explained that the Monkey Walk used to take place in the Market Place at weekends when the men would walk one way around the Market Place and the ladies walked the other

allowing the men to see if there was a lady to their liking who they could ask out. Their next song was called “The Song of old Derby” Steve told us that he and Julie had been to look around the museum, where they had seen a pigeon called the King of Rome.



This pigeon was a racing pigeon and had been bred by a boy who lived in Brook Street in Derby. This boy had entered his pigeon in a competition where it was sent to Rome to be released and see how long it would take for it to get back to its loft or if it would even get back at all. When all the pigeons were released 1,000 of them were lost as a storm hit and it was feared that the boy's pigeon was lost. After a couple of weeks, and the pigeon had not returned everyone feared he was dead, but one day the boy looked up in the sky above his house and there just above the boy heard a flapping of wings and sure enough his pigeon was just coming into land on top of his chimney. After this the pigeon was know as the King of Rome and lived to be 34 years

old. The song for this was called "Birds of a Feather." The couple then gave us a song that Julie had wrote about the Derby Beer Festival that was held at the Round House. It was amazing how Julie had remembered all the names of the different types of drinks there were. Their last song was about the year 1814 when everywhere was frozen even the Thames, and how a Frost Fair was held on the Thames even having a Sheep Roast on the ice. It was a wonderful afternoon of reminiscing and music enjoyed by all the members who attended.



My Kid: I feel like you're always making up rules and stuff.

Me: Like what?

My Kid: Like if I don't clean my room a portal will open and take me to another dimension.

Me: Well that's what happened to your older brother.

My Kid: What older brother?

Me: Exactly.



May coffee morning. There were around twenty members present at the end of May but Michael was not one of them. He did eventually arrive to see people leaving. Apparently several people repeated a few of Michael's jokes, well I never!!! Good to see you but there are no photographs this month, sorry. Don't take my word for it, come along to the next coffee morning – it is a special one. See page 11.



Betty went to the cemetery every day in her village to water the flowers on the grave of her deceased husband Harry

When she was finished she always walked backwards when leaving the grave !

One day her friend Leila asked, "Betty why do you always leave the cemetery walking backwards?"

Betty answered, "When Harry was alive he always told me 'You've got such a great ass; it could bring a dead man back to life !!!' .. **I'm not taking any chance !!!"** 😂😂😂😂



Cancer Research UK reveal Smoking rates have come down with government action, but the job isn't done...With the help of supporters like you, we've changed so much in the UK already: In 2007, we said a final goodbye to smoke-filled pubs, restaurants and workplaces.

In 2011, we celebrated the ban on cigarette vending machines. And in 2017, colourful cigarette packets were made a thing of the past. But smoking still causes around 150 cancer cases in the UK per day, so the job isn't done. **We want to achieve a Smokefree UK, and we need our government to act now because progress isn't happening fast enough.**

Around 6.6 million people in the UK still smoke, and the majority want to quit, but they need support to do so. We've launched a petition to call on the UK Government to better fund stop smoking services and public health campaigns across the nations to help people quit smoking. And here's where you can play your part - by signing the petition. Join us today in calling out the government and help bring about a future where cancers caused by smoking are history.

Smoking is the UK's biggest preventable cause of cancer and death. A tobacco-free future would save lives, protect the NHS and put money back into the pockets of those who need it most. Yet, if current trends continue, smoking could cause around one million cancer cases in the UK between now and 2040. So, in the run-up to World No Tobacco Day, we're asking you to support us in calling for the UK Government to do more to beat cancer.

Today, we're covering the government's response to Javed Khan's tobacco review - welcoming the commitments they've made to reduce the threat of tobacco but highlighting where they've fallen short on the goal to create a Smokefree UK by 2030. We're also getting an expert view from Dr Ian Walker, our executive director of policy, information and communications, as he explains the health inequalities associated with smoking.

Source: Cancer Research UK



Full of good intentions



Spring Lunchtime Concerts Series – Musicians from Derby Grammar School

Make the most of your Friday Lunchtimes and treat yourself to a relaxed 45-minute recital in the beautiful surroundings of Derby Cathedral. All recitals are free to enter and begin at 1300. Tea, coffee, and biscuits are also available beforehand. Weekly programme from 12 May 2023

Source: [Welcome to Derby Cathedral | Derby Cathedral](#)



Walking back to Health – Barrow on Trent circular.

Just a few words to say thank you for taking me on the walk last Saturday. We met in Barrow on Trent on a lovely spring morning, and it was a pity that only 6 attended what turned out to be a very successful day. It was fine and sunny and as we went through the old village, we passed the 12th Century Church, which has connections to the Knights Hospitaller. We turned through a gate that took us down to the Greenacre nature reserve. This is an old gravel pit which has been restored and provides an ideal wetland habitat for many bird and animal species, including swans and little grebe's. Michael took some photographs – some of which may appear in next year's calendar, I am sure. We went all the way round the reserve – twice! – we had somehow missed the entrance/exit. As we continued our walk, we noted many of the houses along the road in front of the river were superb and Michael said he would love to live in one of them. We continued along the riverbank to Swarkestone where we went into the garden centre for a well-earned coffee. After a pleasant rest we made our way to the Trent & Mersey canal and the walk back to our cars. Michael got some good photos of 5 cygnets on the canal bank on the way back. We said goodbye after what had been a most enjoyable walk – looking forward to the next one.



Magnificent outing but such a pity only a few were there to enjoy it. If you did not attend – you missed a brilliant experience. Shame on you but you have another opportunity next month to take in a bit of history.



**OLD AGE COMES AT A
BAD TIME!
WHEN YOU FINALLY
KNOW EVERYTHING,
YOU START TO FORGET
EVERYTHING YOU KNOW.**



Birthdays. Happy birthday this month go to Carl Antony, Jean Birkin, Janice Bridges, John Cooper, David Etches, Brian Fearn, Ivy Johnson, Sue Powell, Joyce Rolfe, Lynn Rolatt, John Salt, Maurice Wearmouth, Christine Whewell, Bill Whittaker, Pauline Whitty and Coleen Yates. We wish all of you a wonderful birthday. I receive lots of lovely comments about the birthday cards we send to you. I forward these comments made to the lovely ladies who make them for us.





News from BHF. The patch that saves lives

The devastating effects of heart failure. Heart failure happens when the heart muscle is too weak to pump blood around the body effectively and is often caused by damage to the heart following a heart attack. It's a life-limiting condition that shortens lives and can make it difficult to do the simplest tasks. Whether that's having a shower, walking upstairs, or playing with your children. Using stem cells to make new heart tissue is a promising approach to regenerating damaged hearts and preventing heart failure. But so far, scientists have faced many challenges especially when cells transplanted into the heart don't function properly or survive the process. That's where Sanjay and his research team come in. They've shown that heart muscle mixed with support cells all generated from stem cells works best. They now plan to grow stem cell patches of real beating heart tissue and apply them onto damaged areas of the heart so the heart can function as it should. Help Sanjay and his team create the previously thought impossible. Heart failure can affect anyone. Mums and dads, brothers and sisters, grandparents and friends. Even you. It's a condition that affects close to a million people across the UK – and many more beyond. But this year, supporters like you could help BHF-funded researchers find an answer. By donating alongside other dedicated supporters across the UK, you can help us find a lifesaving treatment for heart failure and be part of this rare moment in our history.

Source: [The Heart Healing Patch \(bhf.org.uk\)](http://bhf.org.uk)



I woke up to drink some water in the middle of the night and I accidentally ate a whole pizza and a cheesecake.



Gas & electricity bills - help for vulnerable people. The energy regulator, Ofgem, has announced that all energy suppliers will be required to set up dedicated phonelines for vulnerable customers. Ofgem has found that people in vulnerable circumstances are struggling to get through to their supplier quickly enough, and it wants companies to offer them a dedicated hotline. More information about the dedicated phone lines will be released at a later date.



10 Rules For Better Health

Less Alcohol, More Tea
Less Meat, More Vegetables
Less Salt, More Vinegar
Less Sugar, More Fruit
Less Eating, More Chewing
Less Words, More Action
Less Greed, More Giving
Less Worry, More Sleep
Less Driving, More Walking
Less Anger, More Laughter





Jam Jar Challenge 2023. It is the time of year when we collect all those jars of cash you have been collecting. Our coffee morning in **June** is when you should turn up and pour your savings into the BHF bucket. Have you been saving your loose change. Much harder at these economically strained times but we still need to do it. Every year we donate to the British Heart Foundation on your behalf. The money you raise is ring fenced within our accounts and everything you donate is given to the BHF.



They in turn invest in much needed research to fund advances in medical science. Please help us to make a difference. Please bring your Jam Jars to our coffee morning on 27th June at The Cube café/bar, Chapel Street, Derby DE1 3GU. Car park is opposite, or buses nearby. If you haven't got your change, then bring/send a cheque (payable to Take Heart (Derby)) to The Treasurer, 105 Ferrers Way, Allestree, Derby DE22 2BE with a note indicating it is for the BHF. Thank you for your continued support.



Today my daughter called me 'Birth Person.' I replied, 'Yes Financial Drain.'



Member news. Lorna Skidmore is at home but not doing terribly well. She gets around her home reasonably well but has not really been outdoors for some time. A phone call might help, so contact Michael if you do not have her number. Sharon Meades is home following a valve replacement and is progressing slowly. She has also given up smoking. Well done, Sharon, keep it going. Trisha Flude has received a spinal injection to relieve some of her pain (although she is still coping with Michael). Pam Fearn has returned home and is now looking to resume all her previous activities. Sadly, I announce the passing of Doug Glenday who has been a member since 2000. His dry wit will be remembered by a few of you and we shall miss him. Grace Whitby also passed away although she left the group at the end of last year. She had been a regular at Singing for Fun, which brightened her week. She too will be sadly missed. Yvonne Gilbert and Dorothy Stevens have experienced nasty falls but both are thankfully recovering well. On a brighter note, we welcome James Irvine, who is a regular at our weekly Tai Chi sessions. We wish him well. If you know a member who is unwell or struggling, please contact Michael or a committee member with details.



**I hate hotel towels.
So thick and fluffy,
I can't even close
my suitcase. 🤔😂**



Summer Cream Tea Event.

June, what a perfect month for a cream tea. Nearly 40 members and guests thought so too and arrived at The Grange Banqueting Suite at Mickleover on the allotted day. The venue, for those who don't know, is a lovely, light, spacious and airy old house in its own wooded and lawned grounds. The parking is easy and nicely shaded. The 6th of June is indeed remembered as the anniversary of D Day but on this occasion Take Heart's T Day was a perfect example of friendliness. Not even the inevitable Jam or Cream first, question, when the scones were spotted, caused anything but smiles. True, an animated discussion did break out on at least one table over whether "scone" rhymes with "gone" or "stone". The venue did us proud with tables beautifully laid out with an attractive assortment of bone China on crisp white linen tablecloths. The staff were friendly and attentive as



they kept the assortment of sandwiches, savouries and extremely tasty cakes coming. No, I am not forgetting the scones

which were of course delicious. Tea and coffee was nicely served with as many refills as were requested. In short, it was an afternoon of cheerful chatter and a lip smacking tea. The sun was still shining brightly through the large windows with the attractive view of the garden and trees as we left after a thoroughly joyable afternoon.



One liner.

I met the man who invented the "wind chill factor".
He is 86 but said he feels like he is only 50.



Your committee need you. Your committee are a small, dedicated bunch but they need a bit more help. This is where you come in. Could you offer a helping hand to keep things ticking over? Do you have computer skills? Do you have suggestions about how to improve matters or new events to plan? Please get in touch with a committee member (see list on page 16 of this Newsletter).



Notice of AGM to be held on 10 July at 2.30PM in St Mary's Church Hall, Darley Lane, Derby DE1 3AX. Agenda, financial report etc has been mailed to all members. We very much hope you will complete and return your votes upon the five resolutions which are detailed. **Please remember to add postage to your response.** Thank you for your continuing support. Something to note about our finances is the fact that, whilst our annual balance is consistent, this was due to some significant donations, particularly from the estate of a non-member. We cannot rely upon receiving the same funds in future years and need to examine what we can do to achieve additional donations. Please consider this aspect and advise any committee member (see list on page 16 of this Newsletter).



Programme of Events

June.

- Tuesday 20th Lunch at the Nags Head, 25 Uttoxeter Road, Mickleover, Derby DE3 9JF 12 noon
- Wednesday 21st Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 23rd Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Saturday 24th Walking back to health - The "iron giant" of Erewash Valley....Walk to and across the Bennerley Viaduct, Ilkeston, Britain's longest surviving cast iron viaduct, taking in the Nottingham canal and the river Erewash. Meet at Newton Lane car park, off A6096 from Ilkeston to walk at 10.00AM.
- Tuesday 27th Coffee morning at The Cube café/bar at 10.30 AM.
- Wednesday 28th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 30th Singing for Fun at 10.00AM in St John's Methodist Church

July.

- Wednesday 5th Tai Chi at 4.00 to 5.00PM in St.Nicholas Church Hall.
- Friday 7th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Monday 10th AGM for 2023, with the "President's Platform" with a guest appearance of Dr Dave Jiggar, who will give you the opportunity to ask questions without waiting for an outpatient's appointment.
- Wednesday 12th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 14th Singing for Fun at 10.00AM in St John's Methodist Church Hall.

Wednesday 19 th	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Thursday 20 th	Lunch at The Great Northern, Station Road, Mickleover, Derby DE3 9FP.
Friday 21 st	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Tuesday 25 th	Coffee morning at The Cube café/bar from 10.30AM.
Wednesday 26 th	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 28 th	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Saturday 29 th	Walking back to health – Melbourne – Staunton Harold. Meet in the car park on Castle Street, Melbourne, Derby DE73 8DY to walk at 10.00AM



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 & Trisha Flude 07852 696930, Pam Fearn 01332 606563, Richard Flatman 01332 557028, Robert Jones 01332 608219, 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 01332 608219.

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.

Affiliated to the British Heart Foundation