

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter June 2026



70's Fundraising Dinner for Take Heart



On Saturday 16th May, 40 people came together to raise funds for Take Heart. The venue was in the home of Pauline and Rick Green at Mickleover Manor in Mickleover. The inner hall features a grand staircase and boasted two large tables. The sitting room accommodated four further tables, whilst the entertainment was in the passageway between the two. In an atmosphere of goodwill, fun and fancy dress

Everyone enjoyed a five course, 70's themed meal. Michael (Chair) sang a variety of 70's songs before and after the meal. The music proved popular, prompting people to get up and dance. There was a raffle (naturally). Everybody loved it and, most importantly the event raised a massive £1,002 for Take Heart. We are truly grateful for the effort made by Pauline and her family and friends. Do I hear "when are we doing this again?"

All funds will be used to support Take Heart members, their families and friends.

Please think about arranging a fundraising event yourself. It does not have to be a big event, any monies raised will really help. If you would like help, then please ask.





Whenever I see
a warning label
on peanut butter
saying it may
contain peanuts,
I understand
why aliens
don't visit
us anymore.

#TeamTerryLiving



Your committee urgently needs you. The committee is now only five strong, following the retirement of Margaret Storry. 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 Ne



US tourists, a man and his wife,
are traveling in the Middle East.

An Arab approaches the husband and says,
“I’ll give you 100 camels for your woman.”

After a long silence, the husband replies,
“She’s not for sale.”

The wife asks, “What took you so long to answer?”

The husband says, “I was trying to figure out
how to get 100 camels back home.” 😂



Do you have anything our readers may like to hear

about?? There are opportunities for members to submit articles for publication. Any articles on any subject are most welcome. Photographs are always welcome to support the article. Message Michael (see page 16 for different methods of contacting him).

**A new study suggests
that drinking wine
prolongs your life.**

**It looks like I am
going to be immortal.**

AGM notification. Our AGM will take place on Monday 13 July 2026 at St Mary's Church Hall, Darley Lane, Derby DE1 3AX. The format will be as previous years, with an introduction by the Chairman, voting for the various resolutions and



followed by a talk from our President, Dr Julia Baron. All members will receive a copy of the minutes from 2025, an announcement and resolution page and a reply envelope (without a stamp). Replies should be received by the 3 July in the envelope to The Scrutineers, at the address shown. You can vote in person at the above event. The meeting will be free of charge, with refreshments served on conclusion.



Steve and Julie returned to entertain us with their own folk songs. While Julie writes the songs, husband Steve relates



how they came about, some of the background and where they are performed. An intimate afternoon with talented musicians. Great stuff but sadly only five members were in

attendance. Our next meeting here at St Mary's is our AGM. Details are on page 5



HAPPY BIRTHDAY

Carl Antony, David Etches,
Brian Fearn, David Lowe,
Sue Powell, Lyn Rowlatt,
Kay Swann, Christine Whewell,
Bill Whitaker and Coleen Yates

I DON'T 'RISE & SHINE'
I 'CAFFEINATE & TOLERATE'



@chickenhappyhour

Member news. Michael Flude is currently out of action. Wow, I hear people say, we've been trying to achieve that for years! He has had a knee replacement following a cartilage removal in 1966. Who says the NHS waiting list is getting shorter. Thirty-eight clips were removed a few days ago but his knee is still swollen and restricting movement. He is now at home doing exercises to improve flexibility. Neil Mansell is now attempting Tai Chi to improve his health following heart surgery. Good luck, Neil. 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. Many thanks.



DID YOU KNOW 🤔

✓ "Underground" is the only word that begins with "und" and also ends with "und."

✓ "Rhythms" is the only word without any vowels.

✓ The past tense of "dare" is "durst."

✓ "Bookkeeper" or "Bookkeeping" is the only word with three consecutive double letters.

✓ "Queueing" is the only word that contains five vowels in a row.

Titi Mbuk Agam



May lunch at the Argozy. A dozen members allowed someone else to prepare lunch on this occasion. That implies 163 other members prepared, cooked and cleared



away for themselves. We meet once a month so that we can have a little bit of respite from all the daily grind. There was lots of chatter, several reports

of holiday bookings for the summer (when it comes back).



Ten gardening tips for July

- 1 Position summer hanging baskets and containers outside.
 - 2 Be water-wise, especially in drought-affected areas.
 3. Pinch out sideshoots on tomatoes.
 4. Harvest lettuce, radish, other salads, and early potatoes.
 5. Hoe borders frequently to keep down weeds.
 6. Mow lawns at least once per week but consider leaving some areas uncut for wildlife.
 7. Plant out summer bedding.
 8. Stake tall or floppy plants.
 9. Prune many spring-flowering shrubs.
 10. Shade greenhouses to keep them cool and prevent scorch.
- Source: Gardening in June - jobs to do this month / RHS



Jack, a handsome man, walked into a sports bar around 9:58 pm. He sat down next to this blonde at the bar and stared up at the TV... The 10:00 news was on. The news crew was covering a story of a man on a ledge of a large building preparing to jump.

The blonde looked at Jack and said, "Do you think he'll jump?" Jack says, "You know what, I bet he will." The blonde replied, "Well, I bet he won't." Jack placed \$30 on the bar and said, "You're on!"

Just as the blonde placed her money on the bar, the guy did a swan dive off of the building, falling to his death. The blonde was very upset and handed her \$30 to Jack, saying, "Fair's fair... Here's your money." Jack replied, "I can't take your money, I saw this earlier on the 5 o'clock news and knew he would jump.

"The blonde replies, "I did too; but I didn't think he'd do it again."

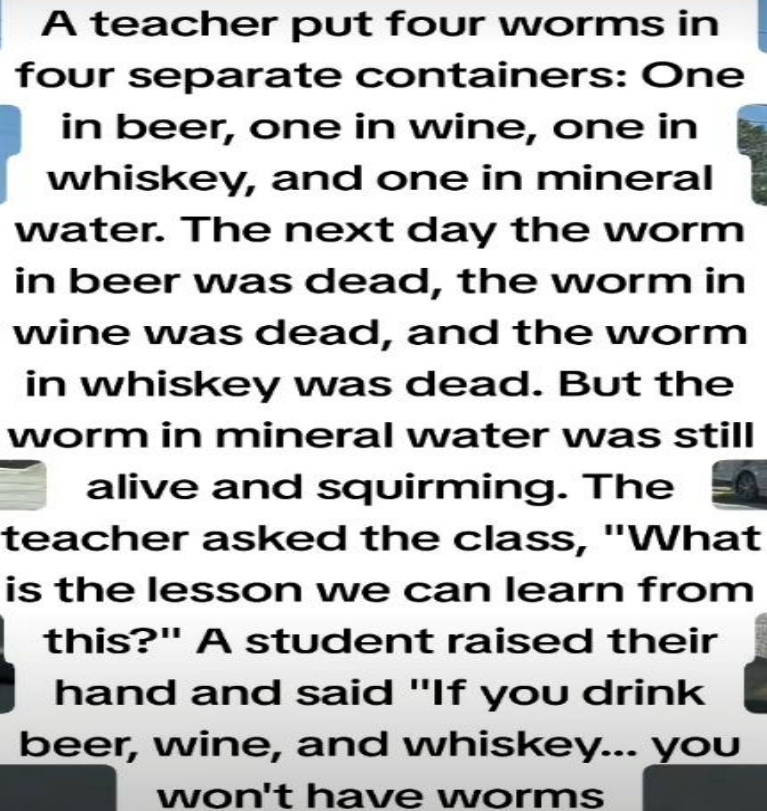

Jack took the money... 😊



Get up to date with the latest round of jabs.

Covid and RSV jabs are currently being offered by the NHS, your local GP, pharmacy and possibly in hospital. These jabs have served us well since Covid back in 2020 and so it is worthwhile taking advantage of a top up.

Advise family members and friends to do the same. We should not be passing ill health to others.



A teacher put four worms in four separate containers: One in beer, one in wine, one in whiskey, and one in mineral water. The next day the worm in beer was dead, the worm in wine was dead, and the worm in whiskey was dead. But the worm in mineral water was still alive and squirming. The teacher asked the class, "What is the lesson we can learn from this?" A student raised their hand and said "If you drink beer, wine, and whiskey... you won't have worms



SWANS SHOW WHO'S BOSS! Report by Peter Stevens

"Discretion is the better part of valour" - so the old saying goes. . . And that proved sound advice for Take Heart members on their latest walk to discover Straw's Bridge on the Derby Road into Ilkeston.



Just 20 minutes into our stroll, we found our path blocked by a pair of not too friendly swans guarding their offspring! Some thought it best to withdraw but walk leader Chris Whewell decided to try his luck and get past.

Unfortunately for him, the male Swan felt otherwise and decided to show who was boss by pecking at his legs.

"Fortunately, I was wearing long trousers," said Chris as we all beat a hasty retreat.

Confrontation over, we re-routed and enjoyed a four mile

walk around some surprisingly picturesque lakes and countryside.

The 100-acre site was once an opencast coal mine - although today's visitors would never know thanks to some wonderful wildlife.



Our walk also took in another reclaimed area across the busy road before returning to the handy car park.
Many thanks to Chris and Christine Whewell for organising another interesting walk for members.



Programme of Events

June.

- | | |
|----------------------------|--|
| Wednesday 24 th | Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree |
| Friday 26 th | Singing for Fun Cancelled |
| Saturday 27 th | Walking back to health – Kedleston Hall, enjoy the hall gardens at the height of summer. Free entry for non National Trust members. Meet, 10am at the Hall car park, DE22 5JH. |
| Tuesday 30 th | Coffee morning at the Museum of Making, Silk Mill Lane, Derby DE1 3AF from 10.30AM |



July

- Wednesday 1st Tai Chi at 4.00 to 5.00PM in St.Nicholas Church Hall.
- Friday 3rd Singing for Fun at 10.00AM in St John's Methodist Church Hall. TBC
- Wednesday 8th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 10th Singing for Fun at 10.00AM in St John's Methodist Church Hall. TBC
- Monday 13th AGM for 2025, with the "President's Platform" from our President, Dr Julia Baron, who will give you the opportunity to ask questions without waiting for an outpatient's appointment.
- Wednesday 15th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Thursday 16th Lunch at the Nag's Head, 25 Uttoxeter Road, Mickleover, Derby DE3 9GF
- Friday 17th Singing for Fun at 10.00AM in St John's Methodist Church Hall. TBC
- Wednesday 22nd Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 24th Singing for Fun at 10.00AM in St John's Methodist Church Hall. TBC
- Saturday 25th Walking back to health – Foremark Reservoir. Meet in the National Trust car park, off Repton Road, Nr Milton, Derby DE65 6EG ready to walk at 10.00
- Tuesday 28th Coffee morning at the Museum of Making, Silk Mill Lane, Derby DE1 3AF
- Wednesday 29th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 31st Singing for Fun at 10.00AM in St John's Methodist Church Hall. TBC



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.