

# 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 March 2023



**February coffee morning.** Around twenty-six members attended the Cube café/bar in February. It is pleasing to see our attendances increasing. We even achieved another new member during the morning. Lovely to see some faces from our early days as a group in the form of Bob Betchley. Bob has been a member since 1991 and has seen plenty of changes, including my hair which was somewhat darker in those days. Lots of members signing up for the Spring dinner (see pages 17 & 18 or the separate sheet in printed form).





### **Hilarious things my mother taught to me;**

1. My mother taught me to APPRECIATE A JOB WELL DONE. “If you’re going to kill each other, do it outside. I’ve just finished cleaning.”
2. My mother taught me RELIGION. “You better pray that will come out of the carpet.”
3. My mother taught me about TIME. “If you don’t straighten up, I’m going to knock you into next week!”
4. My mother taught me LOGIC. “Because I said so, that’s why.”
5. My mother taught me MORE LOGIC. “If you fall off that swing and break your neck, you’re not going to the shops with me.”
6. My mother taught me FORESIGHT. “Make sure you wear clean underwear; in case you have an accident.”
7. My mother taught me IRONY. “Keep crying and I’ll give you something to cry about.”
8. My mother taught me OSMOSIS. “Shut your mouth and eat your dinner.”
9. My mother taught me about CONTORTIONISM. “Will you look at the dirt on the back of your neck?”
10. My mother taught me about STAMINA. “You’ll sit there until you’ve eaten all your dinner.”



### **Watch out, there’s Covid about.**

Yes, it is back. There are many who are testing positive recently and this latest version has been quite bad. However, a Covid booster jab is on the way. People aged 75 and over will be offered the jab, along with care home residents and anyone aged over 5 years who is immunosuppressed will be offered the jab. It will be timed at 6 months after your last top-. It is by far the best way to protect yourself, so confirm a booking when offered. There will be another booster jab in the autumn. Don’t let this disease rob you of your life. Just be diligent. Keep smiling.



Copies available from [michael.flude@takeheartderby.co.uk](mailto:michael.flude@takeheartderby.co.uk)  
telephone 07852 696930 or by post to 14 Brookside Road,  
Breadsall, Derby DE21 5LF. Minimum £5.00, plus £1.65 postage



**I told my daughter to  
check her attitude and  
she looks at me and said  
"For complaints about  
attitude please contact  
the manufacturer."  
Well played,  
well played!**



## **News from BHF. A reader asks: “Will a slow cooker help me to eat healthily on a tight budget?”**



Victoria Taylor, Senior Dietitian at the BHF, says: A slow cooker can help with eating healthily, as this way of cooking doesn't need much (if any) fat, which can help to lower the calorie content. It also intensifies flavours – which is helpful when cutting down on salt. You might also find it easier to cook regularly, as you can start your meal in the morning and return to a home-cooked meal in the evening. Having something ready when you're tired and hungry can help to reduce the temptation of a takeaway or ready meal. If you don't usually have time to make breakfast, you can give yourself a head start by making porridge in the slow cooker overnight.

- Looking for new porridge recipes? You could use a slow cooker to test one of these [14 delicious heart-healthy porridge ideas](#).
- Many of our favourite dishes – Bolognese sauce, curry, soups or stews – are easy to make in a slow cooker. You can find recipes online but it's not difficult to make your own with a few changes and you'll soon get the hang of the cooking times.
- You need to add less liquid for slow cooking, since there's less evaporation than with other cooking methods. As a guide, add about half as much as you normally would.
- Remember that vegetables with a higher water content, like peppers, tomatoes, courgettes and cabbage, will release water

as they cook. There might be some trial and error at first. If you find that your dish is too watery at the end, you can remove the lid and cook it on high until the dish has reduced to the consistency you want.

- Slow cooking can be a good way to use cheaper cuts of meat that taste better after a long cooking time. To keep these cheaper cuts healthier, trim off visible fat before cooking and skim any from the surface before you stir the dish when finished. You can also add beans and lentils to these dishes, so you don't need to use as much meat.
- Slow cookers typically cost less to run than an oven. They won't necessarily save you money compared with using an induction hob, or even a gas hob. Making exact comparisons is difficult, because there can be lots of variables, such as the type of hob and how you use it.
- If you're thinking of buying a new slow cooker, bear in mind that it may take a long time for you to recoup the cost in lower energy bills. But if it's going to be a convenient way for you to cook healthy meals from scratch, it may be a good buy.
- You can also check [your local BHF Home store](#) for pre-loved slow cookers, which will have been tested to make sure they work properly and are safe to use

Source: [Is a slow cooker cheap to run? - BHF](#)



**My teacher told me not to worry about spelling because in the future there will be autocorrect and for that I am eternally grapefruit.**





**Birthdays.** Happy birthday this month go to Sharon Antony, David Ball, Richard Billinge, John Clarke, Nora Evans, Pat Fitton, Allan Giles, Betty Gilligan, Eileen Hadfield, John Holmes, Eileen Hughes, Tony & Shelia Jackson, Ann King, Anne Laxton, Jean Lowe, Avril Nolan, Gwen Plummer, Alan Rowlatt, Derek Skidmore, Paul & Karen Taylor, Susan Wearmouth, David White and Peter Wilson. 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.



**Did this apply to you?**

**Fellas, If The  
relationship fails,  
don't blame only her.  
It takes 2 people to  
mess up a  
relationship. Blame  
her and her mother**



**Jam Jar Challenge 2023.** 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.



Sometimes  
it takes me  
all day to get  
nothing done





**Member news.** Helen Blackburn has experienced a series of heart issues and is back at Cardiac Rehab having had her pacemaker replaced. Trisha Flude is still shaking off rheumatoid arthritis issues and finding things a little difficult. Sadly, I announce the passing of Ernest Whitty on 1 March and whose funeral is on 24 March. Our thoughts and prayers are with Pauline, his wife. Lilian Paine has re-joined us at Tai Chi and our speaker meeting and is progressing well. Sharon Meades has a date with Glenfield hospital on 5 April for a valve replacement. Good luck Sharon. On a brighter note, several members have recovered from Covid after testing positive

If you know a member who is unwell or struggling, please contact Michael or a committee member with details.



**Blood Bikes.** Our speaker this month was Mike Grimmett from Blood Bikes. He told us that Blood Bikes are a registered charity and rely entirely on public donations, whose riders are all volunteers. The service they give is to provide a free medical courier service for our NHS, they transport blood and blood products, diagnostic samples, and medication. also transporting frozen human milk for the NHS milk bank. Mike told us that all the riders are advanced motor cyclists who give their time each week 365 days a year and have twelve bikes and four cars based at Kingsway Fire Station. They were founded in 2012 and would make around two runs a month by 2016 they made 500 runs per year, 2019 this had gone up to 3,000, in 2020 they made 8,000 and in 2021 they made an amazing 9,800 deliveries which he told us has saved the NHS £600,000. He said that none of the riders two of whom are women would ever break the speed limit and although they are not known as emergency service, vehicles will move to allow them through the traffic. If the weather was icy like last week, they would not take the bikes out on the road, but they would use one of the cars. The places they tend to collect from in the Royal Derby Hospital is Pathology, taking samples



from there to other hospitals, the Blood Bank and Medical Stores, where they collect patients' medication and deliver to their home address. They also collect Blood Spot Samples from the labour ward and deliver them to the Sheffield Children's Hospital. The riders will go to the Royal Derby several times a day, plus health centres where they collect anti D samples of pregnant women from the blood bank and drop them off at most of the doctor's surgeries in the area. They will make twice daily deliveries to Burton Hospital, and other hospitals. They also deliver to the



Blood Analysis Centre in Barnsley, the Florence Nightingale, hospitals in Sheffield, Chesterfield, and the Queens Medical Centre, Nottingham. Mike said that they can cover many miles in a day. Mike then went on to show the members his helmet, which allow a controller to contact him whilst he is on the road, to ask him to make another call. They will ring his phone, which then connects to a speaker in his helmet. If there are deliveries from a long distance, there will be a relay of bikes. He said if there was something coming by a blood bike from Chester which met up

with a Derbyshire rider on the M6, who then took it onto the Queens Medical Centre. Mike said that he volunteers one day per week, and the first thing that he does is tell the controller which bike he has signed out, he then checks the bike over before making his first run, he told us that most riders will do 100 miles per week. He gave us a list of what they are asked to deliver, (diagnostic samples, medication to patient's homes, blood, and plasma if urgent, human milk which was 70Ltrs last year, equipment like sharp bins, C pat equipment and patients notes and false teeth). We ended the afternoon with members being shown the blood bike that Mike had arrived on. It has two large panniers and a large box on the back of the bike which can carry a sharps box, members were amazed at the size of the bike. What an interesting and very informative afternoon, what a shame more members didn't come to hear it.





**Some notes about Cyber Security.** Nearly caught out, a member of TH(D) explains what happened.

*I have to access my emails through Microsoft Edge. After I'd checked them, I went into one of the Microsoft News items and as soon as I'd clicked, it came up telling me that I had accessed something that was corrupt and if I switched off and on or re booted the computer, I would lose everything and my details would be out there for anyone to use. It was supposedly from Microsoft and an error message kept flashing. Also, the message kept being continuously repeated by a woman with quite a loud voice and I should phone the telephone number given. Gut feeling was that it was a scam, but the woman was going on so much, I began to doubt myself. Luckily, I thought to phone a friend who is into this sort of thing and even more luckily, he was in. He assured me that Microsoft would not do this sort of thing and to switch off to get rid of it and then switch back on again. This I did and everything seems to be alright. It was all so convincing, especially the voice which seemed to get into my brain to make me do as she asked. I must admit I felt quite shocked after this had happened and the near squeak I had had. Hope this stops anyone else from being taken. in.*

Contact Samantha Hancock 07703 746211 Derbyshire Cyber Protection Office



**Annual Spring Dinner.** Yes, it is once again near that time when we gather for a formal dinner. As usual we have choices to make for starters, mains and sweet which can be seen later in this newsletter. We return to The Grange Banqueting Suite, 457 Burton Road, Littleover after a gap of many years. It is a beautiful room overlooking landscaped gardens, with plenty of parking and the bar is in the adjoining room. We are once again subsidising the meal to a manageable £20.00 for members. Don't miss this opportunity for a great night out amongst friends.



## Ten gardening tips for March.

Protect new spring shoots from slugs

Plant shallots, onion sets and early potatoes

Plant summer-flowering bulbs

Lift and divide overgrown clumps of perennials

Top dress containers with fresh compost

Mow the lawn on dry days (if needed)

Cut back *Cornus* (dogwood) and *Salix* (willow) grown for colourful winter stems

Weeds come back into growth - deal with them promptly

Start feeding fish and using the pond fountain; remove heaters

Open the greenhouse or conservatory doors and vents on warm

days. Source: [Monthly gardening tips & advice - jobs to do in March / RHS Gardening](#)



ALWAYS REMEMBER

*You are Beautiful*

*You are Worthy*

*You are Important*

*You are Special*

*You are Unique*

*You are Wonderful*

*You are Talented*

AND

*You are Irreplacable!!!*





**Lunch at the Oast House.** Our luncheon in March was attended by no less than nine of us. The Oast House had just introduced a new menu that very morning. Judging by the empty plates collected by the waitress \*am I allowed to use this term?) it suggests the food was good. The dessert dishes were very nearly spotless when they were taken back to the kitchen. There was plenty of chocolate on the menu, with lashings of hot custard. Just the job for the weather outside. Next month it is the Spring Dinner at the Grange Banqueting Suite (see pages 17 and 18 for the menu). This time, we need to pre-book our meals and pay in advance as per the details. It also should be noted that members pay £20.00 for a meal costing £30.00. We really spoil you, don't we?



**Here we go again..**

Some years ago, we supplied DAB radios to the ward for all bays and rooms to provide some light relief to the boredom of being an inpatient. They were in use every day, as I personally witnessed when doing my weekly volunteering on the ward. Over time they simply wore out and requested a top-up. Here you can see three nurses gazing at eight radios – the ninth was eagerly installed in bay 5. The men there said they were going out of their



mind. When I delivered our February Newsletter immediately after, I reminded them who donated the radio for their enjoyment. Could they be our new members. I shall offer them a membership form. Senior Sister Marie Jackson said, “Thanks very much. I do hope bay 5 patients will be a lot calmer following the installation of the radio. The other patients elsewhere on the ward will also be grateful”.



Pictured left are nurses Alison & Wendy enjoying a fresh cuppa using the kettle supplied by you. Cheers!



## Programme of Events

### March.

- Wednesday 22<sup>nd</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall
- Friday 24<sup>th</sup> Singing for Fun **Cancelled**
- Tuesday 28<sup>th</sup> Coffee morning at The Cube café/bar from 10.30 AM.
- Wednesday 29<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 31<sup>st</sup> Singing for Fun **Cancelled**

### April.

- Monday 3<sup>rd</sup> Paul Newsham will return to our meeting room with “Images of Yesteryear”. There will be lots of photographs and Paul’s talks are always entertaining and you get a feeling of inclusion with the subject.
- Wednesday 5<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 7<sup>th</sup> Singing for Fun **Cancelled** (Good Friday)
- Wednesday 12<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 14<sup>th</sup> Singing for Fun at 10.00AM in St John’s Methodist Church Hall.
- Wednesday 19<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 21<sup>st</sup> Singing for Fun at 10.00AM in St John’s Methodist Church Hall..  
St George’s Day. Formal Spring Dinner at The Grange Banqueting Suite (See pages 17 & 18. Booking is essential via Margaret Storry).
- Tuesday 25<sup>th</sup> Coffee morning at The Cube café/bar from 10.30 AM.

Wednesday 26<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

Friday 28<sup>th</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall.

Saturday 29<sup>th</sup> Walking back to Health – "Breadsall circle"...taking in Drum Hill, Little Eaton village and far-reaching views across to Derby city. Refreshments at Little Eaton or Breadsall. Meet at 6, Rectory Lane, Breadsall, DE21 5LL 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 01332 380219, 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 01332 380219. email [michael.flude@takeheartderby.co.uk](mailto:michael.flude@takeheartderby.co.uk).or 14 Brookside Road, Breadsall, Derby DE21 5LF.

Affiliated to the British Heart Foundation

# Take Heart (Derby)



Spring Dinner at

**THE GRANGE BANQUETING SUITE**  
457 Burton Road, Littleover, Derby DE23 6XX

**FRIDAY 21 APRIL 2023 7.00 for 7.30PM**

## Starters

Smoked Mackerel **Pate** on Chicory Leaves and Melba Toast  
Fan of **Melon** with New Season Raspberries  
In a Ginger and Elderflower Syrup  
Leek & Potato **Soup** with a Chive Cream

## Main

Roast **Beef** with Yorkshire Pudding  
Supreme of **Chicken** wrapped in bacon with a Stilton sauce  
Baked Fillet of **Salmon** topped with a seafood gratin

## Sweet

**Summer** Pudding with fresh berries and crème fraiche  
Lemon and Lime **Cheesecake** with a raspberry coulis  
**Bakewell** Tart with crème anglaise

Take Heart (Derby) members pay £20.00

Non-members pay normal price £30.00

Price includes VAT and gratuity

Cheques payable to Take Heart (Derby).

Book meals via  
Margaret Storry, 86 The Hollow, Littleover, Derby DE23 6GL.  
01332 766916 by 31 March 2023

Name ..... Starter .....

Main ..... Desert .....

Name ..... Starter .....

Main ..... Desert .....

Name ..... Starter .....

Main ..... Desert .....

Name ..... Starter .....

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