

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter March 2024



Jam Jar Challenge coffee morning. Held on 27th February and attended by twenty-four members. A great turn out by recent standards. We meet each February to donate cash to the British Heart Foundation through our regular saving of small change in a jam jar. A few pennies/pounds on a daily/weekly/annual basis mount up to a reasonable donation from TH(D) to the BHF. They in turn invest millions of pounds annually into heart and circulatory diseases, which in turn benefits us and those coming behind us. This year we have raised £144.37. You can still donate if you are so minded (see how under “Annual Donations on page 2) and notifying the Treasurer your donation is for the BHF.



Very disappointed to find out that the universal remote control I bought does not control the universe.

Not even remotely.



Annual donations MUST be paid for 2024 BEFORE THE END OF MARCH. There are several ways to pay these donations. The minimum donation is still £10.00 but you can donate more if you wish.

(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 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 The Treasurer, Take Heart (Derby), 105 Ferrers Way, Allestree, Derby DE22 2BE

(4) Telephone Michael for assistance

Thank you to those of you who have already paid for 2024.



**14 muscles are
activated when you
pour a cup of coffee.
Fitness is my passion.**

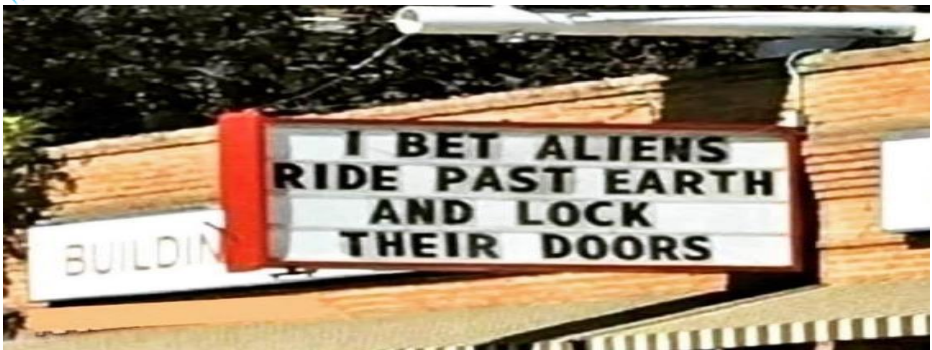


Social prescribers help thousands to get better. Social prescribers in Derby and Derbyshire supported thousands of people to improve their health and wellbeing over the past year. Most GP practices have a social prescriber – who is there to support people through non-clinical ways, often by connecting them with local community activities and services. Data for the 12 months of 2023 in Derbyshire held by the Joy case management system shows:

- 11,645 people have been supported by social prescribers
- people supported had nine fewer appointments at their GP practice, compared to their previous attendance
- 76% of people supported said their wellbeing had improved
- 661 community and voluntary sector services were used by people as a result of being referred by a social prescriber

Social prescribers often encourage people referred to them to take part in social events such as coffee mornings, walking groups or gardening groups. This social interaction helps people to manage their health conditions and reduces the demand on GP services, says Sean Hedley, lead social prescriber with Greater Derby Primary Care Network. He said: "Patients are referred to us by the GP and we can support with issues that are nonclinical. It may be loneliness, isolation or issues such as housing or finances. "We can support them in managing and resolving those issues, which in turn supports their health and wellbeing."

Source: Joined Up Care Derbyshire | February 2024 newsletter





Member news. We welcome Pat & Mikael Masters, Pauline Green and Cynthia Storer. On the health front, Cynthia & Ted Bland have been quite unwell, the latest “bug” doing the rounds “is worse than the Covid we experienced in January”. So watch out. Anne Laxton has returned to Singing for Fun after recovering from a broken ankle. Michael Wedgwood reports that his Parkinson’s disease is progressive and finds it increasingly difficult to get out without help. Can anyone living in the Chellaston area help by collecting Michael so that he can attend some of our events. Contact me rather than Michael direct. We wish all members improved health.



Raffle prizes are requested, please! At our last formal lunch in December, Trisha Flude accumulated twenty-eight prizes (including two from members). She would like to achieve the same again for our Spring lunch on 23 April. Could you help with more? Contact Trisha if you can help.



Did you know that simply replacing your cup of coffee in the morning with a refreshing glass of water can leave you both hydrated and in a terrible mood for the rest of the day?

@maryfairyboberry



Your committee needs you. Our

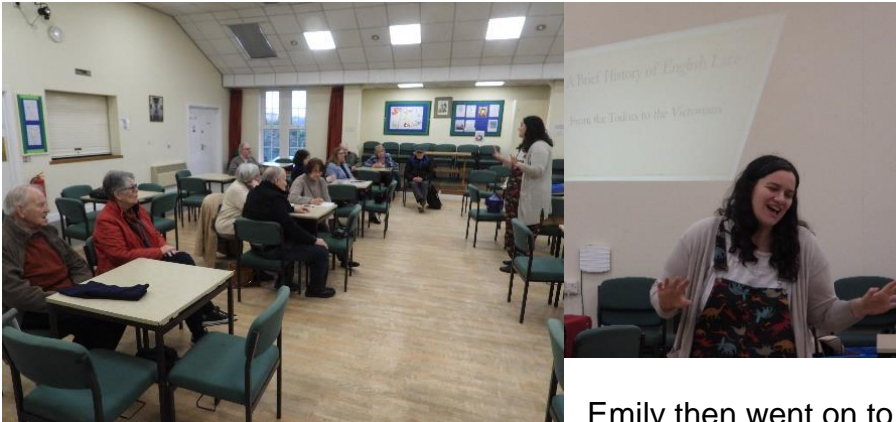
present committee are only seven in number. We represent more than 200 members and feel it would be beneficial to them to have a larger committee. This would produce more ideas and debate about how to manage our group of amazing members. Are you able to give 40 minutes on Zoom six times per year? Please contact Michael or any committee member (the list is on page 16 of our Newsletter)



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



Our speaker this month was Emily Lonsdale on the subject of “The Lace Race”. She told us that she had just gained her master’s degree and her dissertation was on the History of Lace. Emily said that lacemaking became a widespread cottage industry in Northamptonshire, Bedfordshire and Buckinghamshire after being introduced by European migrants fleeing persecution. Buckingham lace was made throughout the 1700’s and 1800’s until the decline of the industry. It is a delicate lace with naturalistic floral motifs outlined in a thicker ‘gimp’ thread for greater definition against the net background. In Northamptonshire, Buckinghamshire point lace was used to edge undergarments or baby clothes, particularly christening gowns and was known locally as baby lace. More generally it was used for collars, cuffs, bonnet veils, with edgings in a variety of widths. Emily then showed us some Buckinghamshire lace that she had made.



Emily then went on to tell us about the lace schools that were run for children from the age of 5 to 14yrs both boys and girls. The schools would only have small windows and light was by a candle with a bowl over it. The children were expected to work a twelve-hour day. They had to work in a cold damp environment so that no dirt would get on the lace. The children were not allowed to wear anything around their necks or any clothing on their arms. This enabled the lace

mistress who ran the school to slap the children on their necks or arms if they thought they were not working fast enough. Lots of pins are used in lace making and the children were expected to move 60 an hour along the piece of lace they were working on. Lace makers were highly paid at the time in silver sovereigns but overtime this became less, and they began to be paid in lace tokens which could only be spent at certain shops. Emily then showed us the words of a song the children would sing when the children moved their pins. "Tip and stich turn over, let it be hay or clover, my glum's done". A man called Harry Armstrong formed a Cottage Workers Agency, he was the last lace dealer, lace would be made at home, and he would then sell it, but he died during the second world war. After the talk members were able to go and look at the piece of lace that Emily was making and were amazed at how all the pins were used and the colourful bobbins that were used. Such an interesting talk.



Common sense is **not a gift**, it's a **punishment**.

Because you have to deal with everyone who **doesn't have it**.



Ten gardening tips for March.

- 1 Protect new spring shoots from slugs.
- 2 Plant shallots, onion sets and early potatoes.
- 3 Plant summer-flowering bulbs
- 4 Lift and divide overgrown clumps of perennials.
- 5 Top dress containers with fresh compost
- 6 Mow the lawn on dry days (if needed)
- 7 Cut back Cornus (dogwood) and Salix (willow) grown for colourful winter stems. When weeds come back into growth - deal with them promptly
- 9 Start feeding fish and using the pond fountain; remove heaters
- 10 Open the greenhouse or conservatory doors and vents on warm days.

Source: Monthly gardening tips & advice - jobs to do in March / RHS Gardening



Paychecks and weekends have a lot in common... They are short and don't last long enough.





News from the BHF. Many people with high blood pressure feel fine, so it's important to get your blood pressure checked regularly.

Symptoms of high blood pressure:

High blood pressure rarely has noticeable symptoms. The following can be symptoms of high blood pressure:

- blurred vision
- nosebleeds
- shortness of breath
- chest pain
- dizziness
- headaches.

More than 1 in 4 adults in the UK have high blood pressure but many will not know they have it. Many people with high blood pressure feel fine. But even if you feel fine, you should still have your blood pressure checked regularly. If you're a healthy adult over 40, it's recommended that you get it checked at least once every five years. But if you're at increased risk of high blood pressure, you should have it checked more often, ideally once a year.

Where you can get your blood pressure checked

You can get your blood pressure checked at:

- GP surgeries.
- some pharmacies
- some workplaces

If you are aged 40–74 you can ask for an [NHS health check](#) in England only, but similar schemes are available in other parts of the UK. Your doctor should write to you every five years about this, but you can also just make an appointment to check your blood pressure.

Source:- [High blood pressure - symptoms and treatment - BHF](#)



A lovely message

Once upon a time! When Window was just a square hole in a room and Application was something written on a paper. When Keyboard was a Piano and Mouse just an animal. When File was an important office material and Hard Drive just an uncomfortable road trip. When Cut was done with knife and Paste with glue. When Web was a spider's home and Virus was flu. When Apple and Blackberry were just fruits - that's when we had a lot of time for family and friends.



Lunch at the Kings Highway.

Here we go again. Only three members turned up in February for the lunch. Where were you all? See you at The Oast House on 19 March. Check the Programme of Events sent with your calendar.





To the rescue again. You are aware we purchase equipment for Cardiac departments within UHDB (Royal Derby Hospital). We recently responded to a request for help within Cardiac Rehabilitation for “dumbbells” Here is Michael with Laura & Alison, all using the weights (just remember – I do the jokes – no mention of dumbbells please).



I told my wife
she should
embrace her
mistakes...
She hugged me.



Spring Luncheon, St Georges Day – 23 April 2024.

Margaret Storry has secured our Spring Luncheon booking at The Grange Banqueting Suite again. The menu is extremely tempting at this great venue. You do need to book in advance and to make it even more appetising, members and nurses will receive a £10.00 per person subsidy. See the details on pages 17 & 18 or the separate booking form sent to those not on email. Book early to avoid disappointment via Margaret Storry on 01332 766916.



A wife treats hubby by taking him to a Strip Club for his birthday... At the club, the doorman says, "Hi Jim, how are you?"

The wife asks, "How does he know you?"

Jim says, "Oh dear, I play football with him."

Inside the bartender says, "The usual, Jim?"

Jim says to Wife, "Before you say anything, he's on the darts team."

Next a stripper says, "Hi Jim! Do you crave the Special Again?"

The wife storms out dragging Jim with her & jumps into a taxi...

The taxi driver says, "Hey Jimmy boy! you picked up an ugly one this time.."

Jim's funeral is on Sunday!!!



HAPPY BIRTHDAY

Happy Birthday to our Birthday Stars
who this month are:

Sharon Antony, David Baxter,
Richard Billinge, John Clarke, Maria
Conroy, Nora Evans, Pat Fitton,
Allan Giles, Betty Gilligan, Eileen
Hadfield, John Holmes, Tony &
Shelia Jackson, Ann King, Anne
Laxton, Jean Lowe, Avril Nolan,
Gwen Plummer, Helen Ralls, Alan
Rowlett, Derek Skidmore, Paul &
Karen Taylor, Susan Wearmouth,
David White, Peter Wilson and
Maria Zupnick



So I saw an old dude with a fishing rod outside my local bar fishing in a puddle. He looked so cold!

I said to him: "Come in for a drink and get warm".

As we sipped our double whiskeys, I thought I would humour him.

I asked him: "How many have you caught today?"

He replied: "You are the 8th"!



Can you believe it? Next year, 2025, Take Heart (Derby) will be forty years "young". It seems incredible to reach such a landmark. So, what "mark" should we mark it with? 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. Thanks for your continued support.



Programme of Events

March.

- Wednesday 20th Tai Chi at 4.00 to 5.00PM in St Nicholas Church Hall
- Friday 22nd Singing for Fun at 10.00AM in St John's Methodist Church Hall
- Tuesday 26th Coffee morning at The Cube café/bar from 10.30 AM at the Cube café/bar, Chapel Street, Derby.
- Wednesday 27th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 29th Singing for Fun Cancelled (Good Friday)

April.

- Wednesday 3rd Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 5th Singing for Fun at 10.00AM in St John's Methodist Church Hall
- Monday 8th "Fire safety at Home" is the title of this talk from Sarah Wigley of Derbyshire Fire & Safety. Compelling attendance by all of us.
- Wednesday 10th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 12th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Wednesday 17th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 19th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Tuesday 23rd St George's Day. Formal Spring lunch at a The Grange Banqueting Suite. Booking is essential via Margaret Storry on 01332 766916.
- Wednesday 24th Tai Chi at 4.00 to 5.00PM in St. Nicholas

Friday 26th Church Hall.
Singing for Fun at 10.00AM in St John's
Methodist Church Hall.

Tuesday 30th Coffee morning at The Cube café/bar from
10.30 AM.

May – Change of Date

Saturday 4th Walking back to Health – Little Eaton
explore this tranquil village and enjoy an
easy walk taking in views across the
Ecclesbourne valley and the shores of the
River Derwent. Meet at the Queen's Head
car park, DE21 5BF 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 07352
619386, 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 07352 619386.

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

Take Heart (Derby)

Spring Luncheon at

THE GRANGE BANQUETING SUITE

457 Burton Road, Littleover, Derby DE23 6XX

Tuesday 23 April 2024 12 noon for 12.30PM



Starters

Creamy Button Mushrooms smothered in a Hartington
Stilton Sauce with Ciabatta Dipping Bread

Leek & Potato Soup with a Chive Cream

Smoked Salmon parcel filled with prawns & Crayfish, bound
with Herb Mayonnaise

Oven Baked Brie Wedge wrapped in Filo Pastry with
Cranberry Sauce

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

Flat Mushrooms filled with Ratatouille, Glazed Goats
Cheese, Sundried Tomato & Basil Dressing

Sweet

Eton Mess

Summer Pudding with Fresh Berries and Crème Fraiche

Lemon and Lime Cheesecake with a Raspberry Coulis

Cheese Platter with Celery & Grapes

Followed by Tea or Coffee

Take Heart (Derby) members & Nurses pay £25.00

Non-members pay normal price £35.00

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 2024

Name Starter

Main Desert

Name Starter

Main Desert

Name Starter

Main Desert

Name Starter

Main Desert

Name Starter

Main Desert

Name Starter

Main Desert