

# 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 2025



**February coffee morning.** What a fabulous attendance this month. Twenty-six members with a new couple who will be signing up shortly. A brilliant turn out, the sort of attendance we would welcome more often. It is not back to BC levels (before covid) but this is a step in the right direction. We were also using the large function hall at the Museum of Making , which shielded us from the constantly opening access door and the cold weather which has dominated our lives for months. Once again, there was much chatter, especially about the weather. Tea and coffee were up to the usual standard and by the look of it, the cake was very tasty too.





Here, you can see the reaction of Sharon and Tracey, who thoroughly enjoyed it. A swift walk back to the bus stop to balance out their diet and exercise programme. See you all on 25 March, same time and place.

**A woman walks into a pharmacy and asks the pharmacist for some arsenic. He asks "What for?" She says, "I want to kill my husband." He says "Sorry, I can't do that." She then reaches into her handbag and pulls out a photo of her husband in bed with the pharmacist's wife and hands it to him. He says, "You didn't tell me you had a prescription..."**



Happy Birthday to our  
Birthday Stars who  
this month are:

HAPPY  
BIRTHDAY

Sharon Antony, David Baxter, Richard Billinge, Marie Conroy, Pat Fitton, Allan Giles, Betty Gilligan, Eileen Hadfield, John Holmes, Ann King, Anne Laxton, Jean Lowe, Avril Nolan, Gwen Plummer, Helen Ralls, Alan Rowlett, Derek Skidmore, Harriet Swann, Hermoine Swann, Karen & Paul Taylor, Steven Waite, Susan Wearmouth, David White, Peter Wilson and Maria Zupnick

**We all get heavier as we get older because there's a lot more information in our heads. So I'm not fat, I'm just really intelligent and my head couldn't hold any more so it started filling up the rest of me!**



**That's my story and I'm sticking to it!**

**Annual donations can be paid for 2025 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.

**Anyone who has not paid their subs by 31 March 2025 will have their membership cancelled, in accordance with our Constitution.**



# When I Retire

I'm going to enjoy my life  
and live off my savings.



Not sure  
what I'm going  
to do on the  
second day  
though!



**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)



**Fund Raising 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. Put this date in your diary. World Heart Day 29th September 2025. This is a good opportunity for you to arrange a coffee morning/afternoon tea, either on the day or a date close to it, with proceeds going to Take Heart (Derby) ❤️
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) 🎁
3. Are you or anyone you know, undertaking a challenge this year, for example, the Derby 10k in April? 🏃🏃👉. Think about getting sponsors with proceeds going to Take Heart (Derby).
4. 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.
5. VE Day is being celebrated on 8 May 2025, with some events taking place over the weekend prior. What will you and your family/friends/neighbours do? Could you raise some funds for Take Heart (Derby) by holding a garden party/coffee morning for example?

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)

Thank you so much for all your efforts with this. I will keep you informed of our progress throughout the year. Kind regards  
Pauline Green, Fundraising Manager 07599 944402.



**The advancing age of men!!!**



**Member news.** Kay Swann has returned home following her operation. Although feeling better than for some time, she now faces a round of chemotherapy. Good luck Kay. Gill Flatman is now making serious headway after recovering from a fall. Good luck Gill. Sheena Gibson underwent surgery on a finger in January and has made sufficient progress to relieve her of the boredom of watching daytime TV – she has returned to work. . 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.



### Ten gardening tips for April.

1. Sow hardy annuals, herbs and wildflower seeds outdoors.
2. Protect fruit blossoms from late frosts.
3. Tie in rambling and climbing roses.
4. Keep weeds under control.
5. Start to feed citrus plants.
6. Increase the water given to houseplants.
7. Feed hungry shrubs and roses.
8. Sow new lawns or repair bare patches.
9. Prune fig trees.
10. Divide bamboos and waterlilies.

Source: Gardening in April - jobs to do this month / RHS Gardening.





**A husband died. A few years later the wife died. As she got to heaven she saw her husband and ran up to him with tears in her eyes. "Darling, oh how I've missed you!" The husband extends his arms stopping her from embracing him and says, "Woah there woman. The contract was until death."**



**40 Years Young. Can you believe it? Our Ruby Anniversary!** Take Heart (Derby) is forty years "young" this year. It seems incredible to reach such a landmark. We have decided to hold a luncheon will be held on Saturday 7 June at 12.00 for 12.30pm. The venue will be the lovely Grange Banqueting Suite, 457 Burton Road, Littleover, Derby DE23 6XX. So, ensure you are free to attend. Make sure nothing else is booked for that date. We usually achieve around forty attending but on this special occasion it would be pleasing to achieve at least twice that number. Speak to family and friends and invite them too. To celebrate our 40<sup>th</sup> year, we have arranged for Steve & Julie Wigley, a musical duo act, to entertain us on the conclusion of our meal.



**March speaker.** Report by Pam Fearn



Our speaker this month was Emily Lonsdale on the subject of Autism Awareness. Emily started by telling us she has ADHD and autism as well as being dyslectic. Her husband also has autism, and both their children have ADHD and autism.

She asked the members if anyone in their family had autism. One member said she was not aware until last year that her son had autism. She said he was now in his sixties and was diagnosed some years ago but did not tell her but now realises how he was as a child had they known about autism they might have been able to help him. Two other members said they had grandchildren with autism. Emily advised it was once known as Asperges, named after Dr. Asperges, who used to conduct tests on boys in a concentration camp during the war. In the past, Asperger's syndrome was considered a distinct condition but is now recognised as part of the autism spectrum. Emily said the waiting list for adults to be assessed for autism is four years and the one for children is twenty-four months. People with autism can be highly intelligent. They do not like mixing with people, have inappropriate humour, constant anxiety, a strong moral compass, little or no eye contact and can have repetitive movements with their fingers, arms, or head. Individuals with autism may experience difficulties with understanding social situations, initiating and maintaining conversations, and forming and maintaining relationships. Emily told us when she is talking to someone it might look as if she is looking into their eyes when in fact, she is looking at their forehead. She told us autistic

people like routine and would get upset if something altered. She told us her children have the same bedtime routine each evening and then another routine for getting up in the morning. Emily said that when she is stressed, she can feel physical pain. She then showed us her keys which had a small furry toy attached as well as two small plastic shapes, one you could press that had a small light the other with a raised surface. She said that when she is stressed these are the things she goes to that comfort her and helps to calm her down. Emily said as her children are not able to take a toy into school for when they are anxious, she made them a strip of crochet that they can feel to help them calm down. She told us it is good to get autistic people away from their computers and doing something else. Emily explained people are born with autism, and it is nothing to do with vaccinations. She ended by saying if she ruled the world, we would develop structures in society to help autistic people and wished everyone would be kinder to each other. This was followed by members asking her questions and her giving them some helpful ideas. An informative afternoon.



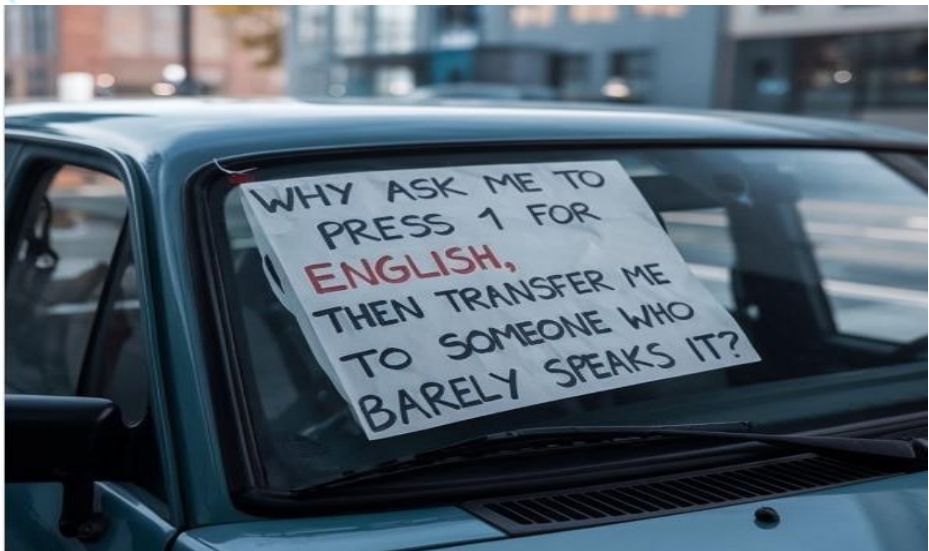
I had a friend who was always late until his doctor recommended sleeping in a herb garden.

Now he wakes up on thyme.



**Revised membership form.** Thank you to those who have completed the revised membership form. I am still receiving a few at a time. This is not an idle request but something we must

do to comply with BHF requests. The BHF announced the end of “Affiliated to the British Heart Foundation” status and Public Liability Insurance. Part of the instructions also called for any mention of BHF to be removed. We also felt that this would be a timely opportunity to update our records. Telephone numbers, email addresses etc have changed. There is also the prospect of tax changes which will mean more of us will be liable for it, so don't forget to complete the Gift Aid section, which allows your charity to claim money back from HMRC, you don't need to do anything else. We have sent all members a revised form to ensure we have up to date information. You could include your donation at this time. Please complete and return your form to Michael Flude, 14 Brookside Road, Breadsall, Derby DE21 5LF as soon as possible. Many thanks for your continued support.





**Jam Jar Challenge.** This has dropped off the radar recently.

It was brought about to say thank you to the BHF, but our relationship has changed (see note on page 12). At our recent committee meeting we resolved to continue this challenge but use it to cover the cost of Public Liability Insurance we source privately. Any additional money will be donated to BHF. The current cost to TH(D) is around £180.00 pa. So, continue to save your money daily/weekly/monthly and bring it in each February coffee morning. **If you haven't saved, then please make a separate donation via the usual methods. Speak to Michael if you need help.**



We can only blame ourselves for all the crime and violence today. We removed all the phone booths and now Superman has nowhere to change.





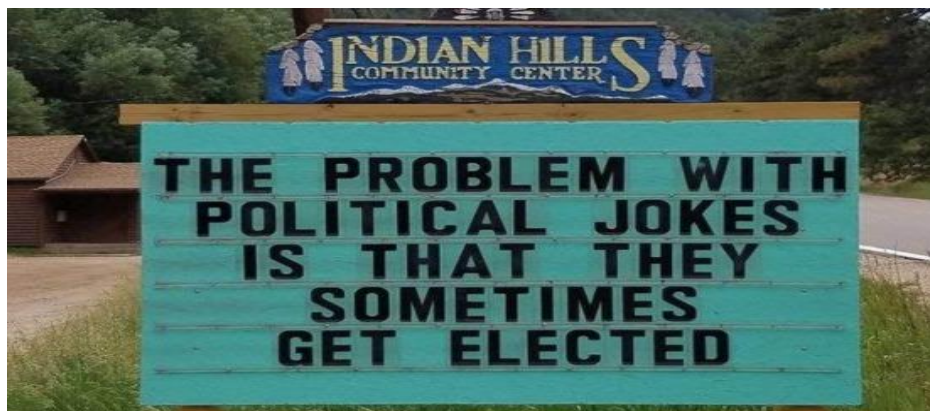


## Lunch at The Oast House in March.



Hey ho, hey ho, it's off to lunch we go – again. Ten members attend our March lunch at The Oast House off Sinfin Lane. There was much chatter about the weather – it has been very chilly although a lot of sun recently. Later this month we are to achieve a summer, so watch out and don't miss it. Attention turned to the menu, naturally, with the food up to it's usual standard (we seem to visit here regularly).

Next month a lunch is not programmed because you might all be with family over Easter. Enjoy.



## Programme of Events

### March.

- |                            |   |
|----------------------------|---|
| Tuesday 25 <sup>th</sup>   | Coffee morning at the Museum of Making, Silk Mill Lane, Derby DE1 3AF |
| 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         |

### April.

- |                            |   |
|----------------------------|---|
| Wednesday 2 <sup>nd</sup>  | Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.  |
| Friday 4 <sup>th</sup>     | Singing for Fun Cancelled (Good Friday)   |
| Wednesday 9 <sup>th</sup>  | Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.  |
| Friday 11 <sup>th</sup>    | Singing for Fun at 10.00AM in St John's Methodist Church Hall.  |
| Monday 14 <sup>th</sup>    | Tina Pritchard will enlighten us about "Mother & Baby Unit" in Ireland.<br>Come along and find out why it is inspiring. |
| Wednesday 16 <sup>th</sup> | Tai Chi at 4.00 to 5.00PM in St. Nicholas   |

	Church Hall.
<b>Friday 18<sup>th</sup></b>	<b>Singing for Fun Cancelled</b>
Wednesday 23 <sup>rd</sup>	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 25 <sup>th</sup>	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Saturday 26 <sup>th</sup>	Walking back to Health – Drum Hill circular. Meet at 14 Brookside Road, Breadsall, Derby (free parking for TH(D) members to walk at 10.00AM. Walk up to Drum Hill and admire the extensive views to beautiful countryside and towards the City of Derby.
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.



### **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.

# Take Heart (Derby)



## Ruby Anniversary Luncheon at

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

Saturday 7 June 2025 12 noon for 12.30PM

### Starters

Prawn Cocktail

Pate

Melon with Fruit Coulis

### Main

Roast Beef with Yorkshire Pudding

Chicken, Bacon & Stilton Pie

Salmon topped with a Watercress Sauce

(Additional £1.50 to be paid)

Vegan Tagine

### Sweet

Eton Mess

Lemon & Lime Cheesecake

Cheese & Biscuits

Followed by Tea or Coffee

After lunch entertainment by Steve & Julie

Non-members pay normal price £32.00 (£1.50 extra for Salmon)

Take Heart (Derby) members & Nurses pay £25.00 (£1.50 extra for Salmon)

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 24 May 2025

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

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

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

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

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

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

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

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