

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter March 2026



Fund raising result from Pauline's family, see page 12

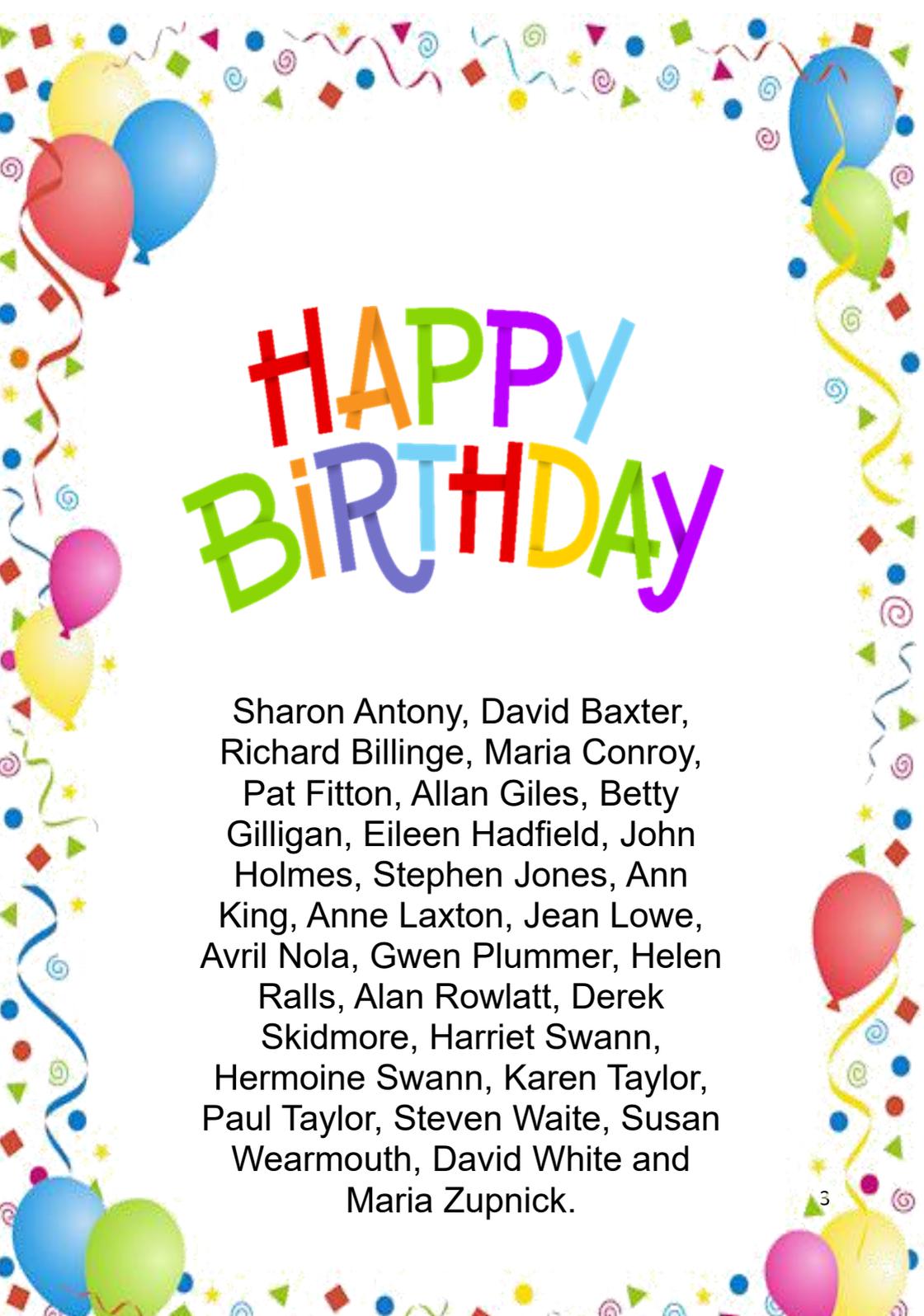


Derby 10K fun run 15 March 2026, where sponsorship was the focus for many runners.



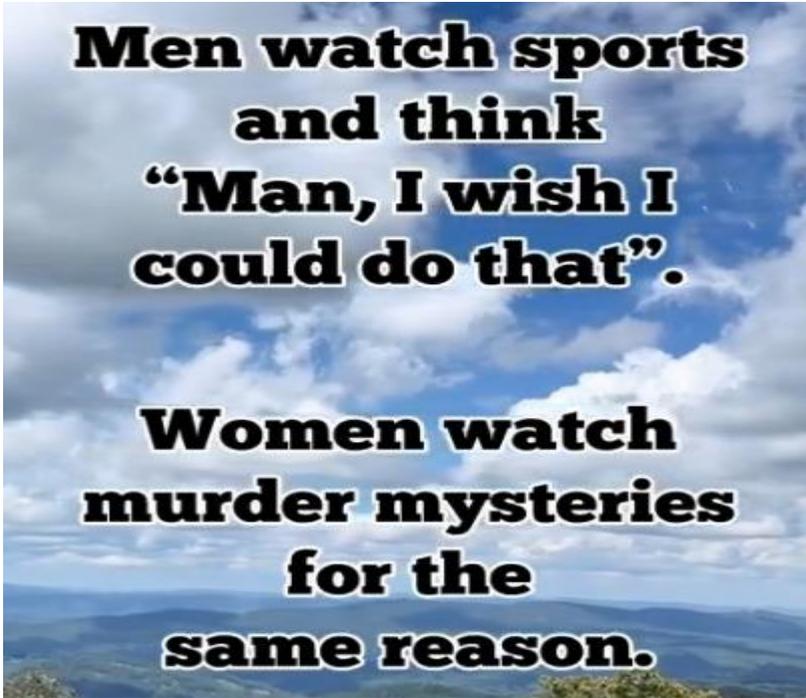
Once again, The Washington Post has published the winning submissions to its yearly neologism contest, in which readers are asked to supply alternate meanings for common words...and the winners are:

1. Coffee (n.), the person upon whom one coughs.
2. Flabbergasted (adj.), appalled over how much weight you have gained.
3. Abdicate (v.), to give up all hope of ever having a flat stomach.
4. Esplanade (v.), to attempt an explanation while drunk.
5. Willy-nilly (adj.), impotent.
6. Negligent (adj.), describes a condition in which you absentmindedly answer the door in your nightgown.
7. Lymph (v.), to walk with a lisp.
8. Gargoyle (n.), gross olive-flavored mouthwash.
9. Flatulence (n.) emergency vehicle that picks you up after you are run over by a steamroller.
10. Balderdash (n.), a rapidly receding hairline.



HAPPY BIRTHDAY

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



 **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 Newsletter).



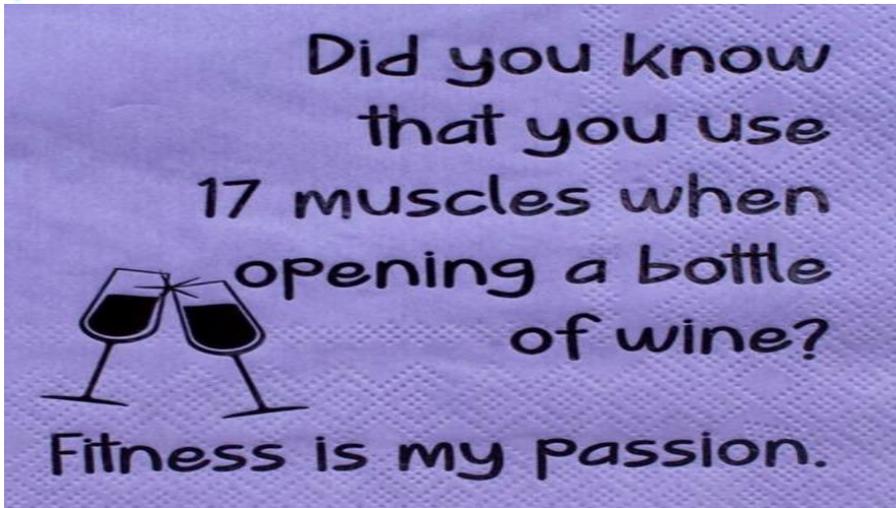
WEIRD ENGLISH FACTS

@Goodwill Librarian

1. There's no English word that rhymes perfectly with "month," "orange," "silver," or "purple."
2. Dreamt is the only English word that ends with -mt.
3. The word "girl" originally meant any young person, not specifically a female.
@Goodwill Librarian
4. The word "facetious" contains all the vowels (a, e, i, o, u) in order.
5. "Bookkeeper" has three consecutive double letters.
6. The sentence "The quick brown fox jumps over the lazy dog" uses every letter in the English alphabet.



Member news. Neil Mansell is improving from open heart surgery. He is managing to pop in to Singing for Fun on Fridays for longer spells, which we are glad to see. He is certainly trying, and we wish him well. Charlie Dowsett has been discharged and continuing his recovery at home. Michael Payne is in RDH, suffering with pneumonia and has a blood infection. He is a little better now and is dressing and sitting out in his beside chair. We wish you all well. 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.



Annual donations are overdue for 2026. Please do so by the end of March, please.

There are several ways to pay. **The minimum donation is now £20.00 but you can donate more if you wish and it 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 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 on 07852 696930.



**Scientists have
discovered the first
two people on earth
were Cockneys...**

**Would you Adam and
Eve it!**



Ten gardening tips for April.

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](#)



Take Heart (Derby) Fund Raising 2026. Since 1985, Take Heart (Derby) has given an immeasurable amount of emotional and practical support to people living with a heart condition as well as their family and friends.

As a Member, your help is needed to raise funds to enable Take Heart (Derby) to keep on doing its good work.

This year we are planning to some new fund raising activities such as:

- Murder Mystery Dinners
- Music and Magic Events

We'll keep you informed of dates for these events via the Newsletter. Please support us by attending.

Other suggestions include:

1. Hosting a coffee morning or afternoon tea. I'm sure your family and friends would love to support this good cause.
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)? At our age what do we really need that we do not already have?
3. I know this is a sensitive issue, but please think about donating money at a funeral to Take Heart (Derby), rather than purchasing flowers or giving to a national charity.

These are just a few ideas for fund raising, please let us know if you can think of anything else we can do. To donate, visit this link: www.takeheartderby.co.uk/just-giving

A big thank you to anyone who has already been fundraising or sending donations to Take Heart. It is greatly appreciated as we really need to boost our funds. We would love to see pictures of fund-raising efforts for the Newsletter so please forward them to Michael.

Kind regards,

Pauline Green, Fundraising Manager 07599 944402.



I WENT TO THE DRUG STORE TODAY TO PICK UP SOME ANTIDEPRESSANTS. APPARENTLY YOU NEED A PRESCRIPTION, JUST SHOWING THEM YOUR MARRIAGE CERTIFICATE AND A PICTURE OF YOUR HUSBAND ISN'T ENOUGH.



February meeting at St Mary' Church Hall – a report by Pam Fearn

Our speaker this month was Toni Hall, with a talk about the benefits of Aloe Vera. She had been a primary school teacher for ten years but then heard about a company called “Forever Living”. The product they sold was Aloe Vera. After hearing more about the company and its products, she decided to join as a sales consultant. Toni began by referring to the history of the company, which started in 1978 in America. The company own 60% of the worlds Aloe Vera plants, grown in several countries. Incredibly, Forever Living is worth two and a half billion pounds. Wow. Aloe Vera is a succulent, evergreen perennial plant which comes from the lily and garlic family and originates in the Arabian Peninsula. Its only enemy is frost. Toni went on to explain its therapeutic value, which has been known for 5,000 years. It was referred to in the bible. We were told the plant likes to grow in poor gritty soil and every four to

five years, a few outer leaves are picked off each plant, but it will continue to grow more leaves. The plant has been known by many names, Heavens Blessing, Burns Plan, Medicine Plant, The Word of God, The Plant of Life, and the Healing Plant. If you snap open the leaf of an Aloe Vera plant, you will find jelly in the middle. Aloe Vera has many uses, there is a healing cream, you can even rub it on your sore gum in your mouth. Toni then gave a true-life example of her mother. She had an infected patch on her leg which did not heal even though she had used two different creams prescribed by doctors. Toni suggested her mother should try the healing Aloe Vera cream on her leg and within a week it was completely healed. There are many different Aloe Vera products, creams for dry skin, one for sore joints, arthritic fingers, hand wash, lip balm, and protein shakes. She even had two drinks with her; peach and cranberry. Such an interesting talk where members were able to buy some of the products if they wished. A large queue formed at the end, even with some who were originally sceptical. A brilliant and informative talk with seventeen members present. Where were you?





I'M SO OLD, I'VE...

1 point for each thing you've done.

LoriFoster.com

1. Dialed a rotary phone.
2. Used a pay phone.
3. Missed a call without caller ID.
4. Hung up a phone on the wall.
5. Had a TV without a remote.
6. Watched black & white TV.
7. Collected pop bottles for change.
8. Reheated food on the stovetop.
9. Used an ice tray.
10. Rewound a VHS tape to return it.
11. Took a typing class.
12. Bought a newspaper
13. Gotten camera film developed.



Information from your committee at their recent meeting. For several years we have produced a calendar for members. This has been a labour of love by Michael during that time. Unfortunately, the cost of producing it has continued to rise. This year's calendar did not include as much photography, but it brought down the cost considerably. It was still almost £500. Add postage at £2.00 per household (some calendars were delivered personally by members) but there are around 160 households. Late last year, Microsoft announced the termination of Adobe Photoshop. Other software to produce a calendar is over £500. Several members suggested that few people use a calendar because of other methods of personal planning. Other committee members disagreed and felt it was necessary. Voting:- 5 votes for and 2 against, we will not be pursuing a calendar in future years.



The Green/Mills family raised £120 today for Take Heart by taking part in the 10k Derby run. Well done and thank you for your efforts, including the little ones.



Did you, your family or friends enter the 10K run? Could you have done so and donated to Take Heart (Derby)?

**I will never be
“Over the Hill”
I’m too tired to climb it.**



@chickenhappyhour

Are you nostalgic for the 70's?

Could it be the politics – Mrs Thatcher became the first female Prime Minister? The 1973 oil crisis (sounds familiar), Britain joined the EEC, the first “Test tube baby”, the introduction of “integrated circuit and the laser? Or could it be the food, fashion and music. On 16 May you can sample the last three all at 1 Mickleover Manor, Mickleover, Derby DE3 0SH. Pitch in to a typical five course lunch and join in with 70's music with your very own entertainer. As to the fashion – that's down to you to dress appropriately. Book via Pauline on 07599 944402 and pay on the day – only £25.00 per person, with funds to our charity. Sounds good to me, see you there from 1.00PM until 4.00PM (see page 19 or separate sheet).



Programme of Events

March

- Wednesday 25th Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree.
- Friday 27th Singing for Fun at 10.00AM in St John's Methodist Church Hall, Allestree.
- Tuesday 31st Coffee morning at the Museum of Making, Silk Mill Lane, Derby DE1 3AF 10.30AM



April.

- Wednesday 1st Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree.
- Friday 3rd Singing for Fun Cancelled (Good Friday)
- Wednesday 8th Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree.
- Friday 10th Singing for Fun at 10.00AM in St John's Methodist Church Hall, Allestree.
- Monday 13th Steve Flinders will return with yet another "Curiosity Box" for an afternoon of information and fun. Where does he get all the items we are looking at. You need to be there to find out.
- Wednesday 15th Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree.
- Friday 17th Singing for Fun at 10.00AM in St John's Methodist Church Hall, Allestree.
- Tuesday 21st Lunch at The Merlin, 1 Orient Way, Pride Park, Derby DE24 8BY at 12 noon.
- Wednesday 22nd Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree.
- Friday 24th Singing for Fun at 10.00AM in St John's Methodist Church Hall, Allestree.
- Saturday 25th Walking back to Health – Little Eaton mineral line. Discover this newly created walkway taking in Little Eaton village, the Bell and Harp pub plus Barry Fitch butchers. Meet at 10am at the New Inn car park, 2 Duffield Road, Little Eaton, DE21 5DR.



April cntd

Tuesday 28th Coffee morning at the Museum of Making,
Silk Mill Lane, Derby DE1 3AF 10.30AM
Wednesday 29th Tai Chi at 3.45 to 4.45PM in St. Nicholas
Church Hall, Allestree.



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.

Take Heart

(Derby)



Afternoon Tea at

The Grange Banqueting Suite
457 Burton Road, Littleover,
Derby DE23 6XX

Tuesday 16 June 2026 at 1.30 for 2.00PM

A selection of sandwiches on wholemeal
& white bloomer bread

Sausage rolls

Pork pie slices

Homemade Quiche Bites

Cakes Scones with clotted cream & jam

Tea & coffee

The cost is £22.00 including VAT per person.

When booking, please indicate any dietary
requirements.

Cheques payable to Take Heart (Derby).

Book meals via Pauline Green, 1 Mickleover Manor,
Mickleover, Derby DE3 0SH 07599 944402 or email

to p.green159@outlook.com

Name

Dietary requirement



70s DINNER PARTY

You are Invited!

To a 70's Dinner Party and Singalong!

Join us for a fun and nostalgic afternoon fundraiser to support:

***Take Heart* (Derby)**

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

www.takeheartderby.co.uk

Registered Charity No 1163703

Date: **Saturday 16th May 2026**

Time: **1.00pm-4.00pm**

Venue: **1, Mickleover Manor, Mickleover, Derby, DE3 0SH**

Enjoy a five-course meal: including hors d'oeuvres, starter, main, dessert and petits fours.

(vegetarian options available)

We will have a raffle with a fantastic prize hamper, and a chance to learn more about the important work of Take Heart Derby.

Tickets: **£25 adults, £10 children.**

RSVP: **Please RSVP by Friday 1st May to Pauline Green at 07599944402 or p.green159@outlook.com. (places are limited)**

We look forward to seeing you.