

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter May 2023

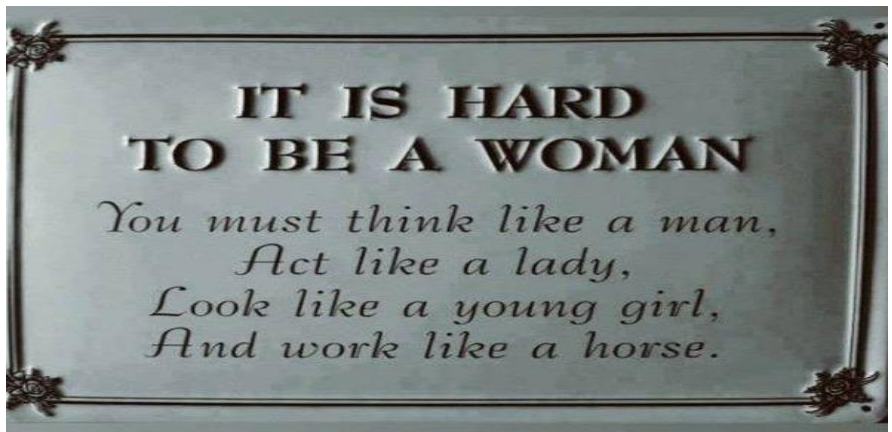


Spring Dinner. We returned to the Grange Banqueting Suite after a lapse of eight years for our Spring Dinner 2023. Thirty-two members and guests were booked for this occasion, some attending for either the first time or the first time in years. What a pleasure to see them and may this be the first of many visits to our Events Programme. The room we used was spacious and light, with windows on three sides. There were four tables set out, allowing plenty of room for the waiters to serve our food easily. Meals had been pre-selected by everyone but thankfully, Margaret had the foresight to copy our choices on the back of our place names because we nearly always forget. An extra table was requested to accommodate all twenty-four raffle prizes. After Michael had said grace, we settled down to a sumptuous meal. Following each course, plates were almost scraped clean by everyone, and the waiters had little difficulty returning “the empties” back to the kitchen. There was the usual chatter at every table, a feature of all Take Heart (Derby) events. Raffle tickets were offered around the room by Tina, assisted by Sheena who organised the table. When the meal was over, it was time for the raffle. Ian operated the raffle drum and drew tickets, with Michael organising a five-second time limit to acknowledge a winning number (it might have taken all night to collect twenty-four prizes. The raffle collected £120.00. After the raffle was complete, Michael introduced an auction for a prize





donated by Boots No. 7, a collection of products valued at between £80.00 and £100.00. There were echoes of a professional auctioneer about the way in which he conducted the process. Did he miss his calling? The successful bid was from David Boutcher at £50.00. His mother is a lucky girl. Members departed at around 9.15PM, having eaten well and enjoyed each other's company, happy with their lot.





April coffee morning. Here we are again. Today we welcome around twenty-one members (nil guests today either). Nice to see Sharon Meades following her heart valve replacement – her first outing since her operation at Glenfield. She said she could not fault the care she received. Nice work, Glenfield. Patricia Bhurton was visiting, so soon after her appearance at the Spring Dinner. Nice to see you. Then there were the regulars, thankfully making up the numbers. It would be great to see a few more at the coffee mornings, we used to see circa fifty members. What happened to you? If you used to attend, Michael would love to hear from you.





Running through the sprinklers.
Chasing down the ice cream truck.
Riding bikes with friends around the
neighborhood. Swinging so high that
the poles lifted up out of the ground.
Picking blueberries. Catching fireflies.

No internet. No cell phones.
No social media.

We headed home when
the streetlights came on.

Those were the summers of my
childhood...how lucky I was to have
grown up before technology took
over the world.



Watch out, there's Covid about.

Yes, it is back. The good news is, there are top up jobs available from 5 April for care home residents, those over 75 years and for young people aged 16+. Book yours when the invitation arrives. It will improve your prospects for the spring and summer months, so that you may enjoy them safe in the knowledge you are protected. Don't let this Covid rob you of your life. Just be diligent. Keep smiling.



Full of good intentions

Got up at 5 am, ran 4 miles, came back, made a vegetable smoothie for breakfast, did 2 loads of laundry, mopped and vacuumed floors and that's all I remember about my dream



Spring Lunchtime Concerts Series – Musicians from Derby Grammar School

Make the most of your Friday Lunchtimes and treat yourself to a relaxed 45-minute recital in the beautiful surroundings of Derby Cathedral. All recitals are free to enter and begin at 1300. Tea, coffee, and biscuits are also available beforehand. Weekly programme from 12 May 2023

Source: [Welcome to Derby Cathedral | Derby Cathedral](#)



Walking back to Health – April walk. Our first walk of the year saw members and guests gather in Breadsall village for a circular tour taking in countryside views and some hectic traffic!. The nine strong group, including four visitors, headed first along



Rectory Lane towards Little Eaton. The walkers quickly left the village behind to tramp along some muddy footpaths but were soon rewarded with distant views of Quarndon, Allestree and Derby City. The group quickly found itself strolling beneath the A38 before dropping downhill and into Little Eaton. We then followed the village street hugging the line of the former Derby Canal now sadly overgrown and virtually disappeared. Then came the real challenge facing traffic on the busy A38 at the Starbucks Island. However, with no time for coffee, the party dodged cars, vans and lorries to cross, thankfully making full use of the traffic light system. Once over the dual carriageway things became much quieter as the walkers dropped into fields criss-crossed with footpaths. In the distance, the spire of Breadsall's All Saints Church proved a handy reference point for the return journey along the edge of Dam Brook passing well-tended allotments before popping out into the village centre. It was then time for welcome refreshments at the home of the walk leader before a parting of ways. The 2.5-mile walk was enjoyed by all and anyone who would like to join a future stroll would be very welcome! PETER STEVENS. Walk Leader. Next walk is Saturday 27 May - Barrow on Trent circular. Meet in the layby on A5132 (Willington to Barrow on Trent) opposite Sinfin

Lane, to walk at 10.00AM.

Walking Benefits

Health4fitne

75 minutes a week can add two years to our life

40 minute 3x a week protect the brain memory

30 minutes a day reduce depression by 36%

60 minute a day can cut obesity risk by half



What a nice employer!





News from BHF.

Eating healthy on a tight budget: 6 top tips
As food costs continue to rise, eating healthy on a budget can be a challenge. Senior Dietitian Victoria Taylor shares some tips to



help. With food costs higher than ever before, we understand that the size of your supermarket bill might be a bigger concern than whether it's healthy. But it's possible to look after both.

Here are our top tips for making healthy food

choices that don't break the bank, helping to reduce your risk of long-term health issues like a [heart attack](#) or [stroke](#). Any fresh fruit and vegetables can be included in your 5-a-day (apart from potatoes, yams and plantains which are starchy carbohydrates) – ideally, try to have as much variety through the week as you can. It's worth looking out for special offers on fruit and veg and buying them in season will be cheaper and tastier than out of season. [Frozen fruit and veg](#) also count towards your 5-a-day and can be cheaper (especially when it comes to things like berries and cherries), as well as helping to avoid waste. Tinned fruit and veg count towards your 5-a-day if they are tinned in water or juice, without added sugar or salt. Sadly, “value” ranges of tinned foods sometimes have sugar and salt added. Most of us in the UK eat too much [salt](#), and over time, this contributes to high blood pressure, which can increase your risk of heart attacks and strokes. We're also mostly eating too much [sugar](#), which can lead to putting on weight. So, check the label and consider whether the one without sugar and salt is affordable. If not, you could switch to a different product (like tinned mixed vegetables in water, instead of sweetcorn with sugar and salt).

Source: [Eating healthy on a tight budget: 6 top tips - BHF](#)



Birthdays. Happy birthday this month go Sybil Alt, Gill Campbell, Wendy Coates, Graham Colder, Margaret Cresswell, Margaret Evans, Dorothy Fisher, Emma Flude, Maggie Graham, Janet Jones, Marjorie Howe, Robert Jones, Tom Loftus, Olwyn Mills, Michael Payne, Lorna Skidmore, Jean Sykes, Robert Turner, Alison Wheatley and Christopher Whewell .



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.



**OF COURSE
I TALK TO MYSELF
SOMETIMES I NEED EXPERT ADVICE!**



Gas & electricity bills - help for vulnerable people. The energy regulator, Ofgem, has announced that all energy suppliers will be required to set up dedicated phonelines for vulnerable customers. Ofgem has found that people in vulnerable circumstances are struggling to get through to their supplier quickly enough, and it wants companies to offer them a dedicated hotline. More information about the dedicated phone lines will be released at a later date.



One liners.

When a dominatrix retires, will there be a whip-round?
Time waits for no man, except when the batteries run out.
Archaeologists in Egypt have discovered a tomb with a gold lining, filled with nuts and chocolate. They think it belonged to Pharaoh Rocher.
To save time, just send my pension to the energy company.
If there's a dispute at the matchstick factory, do they go on strike?
I believe in reincarnation. I've written my will and left everything to me.



Jam Jar Challenge 2023. It is the time of year when we collect all those jars of cash you have been collecting. Our coffee morning in **June** is when you should turn up and pour your savings into the BHF bucket. 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.



**My wife and I decided we
don't want to have
children.**

**We will be telling them
tonight at dinner.**



Member news. Lorna Skidmore is at home but not doing terribly well. She gets around her home reasonably well but has not really been outdoors for some time. A phone call might help, so contact Michael if you do not have her number. Sharon Meades is home following a valve replacement and is progressing slowly. She has also given up smoking. Well done, Sharon, keep it going. Trisha Flude has received a spinal injection to relieve some of her pain (although she is still coping with Michael). Dennis Pollard has changed his mind about moving home and will now stay at Leylands. Pam Fearn has returned home and is now looking to resume all her previous activities

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



Summer Cream Tea Event. There is always something to look forward to within Take Heart (Derby). On page 17 & 18 (or separate A5 page) there are details of our 2023 event. This year we attend The Grange Banqueting Suite, in Littleover on 6 June. A gorgeous venue on a summer's day. And yes, it is subsidised again to ease your



finances. Book early to ensure your place.



Your committee need you. Your committee are a small, dedicated bunch but they need a bit more help. This is where you come in. Could you offer a helping hand to keep things ticking over? Do you have computer skills? Do you have suggestions about how to improve matters or new events to plan? Please get

in touch with a committee member (see list on page 16 of this Newsletter).



Notice of AGM to be held on 10 July at 2.30PM in St Mary's Church Hall, Darley Lane, Derby DE1 3AX. Agenda, financial report etc will be mailed to all members in due course. We very much hope you will complete and return your votes upon the five resolutions which are detailed. **Please remember to add postage to your response.** Thank you for your continuing support.

Something to note about our finances is the fact that, whilst our annual balance is consistent, this was due to some significant donations, particularly from the estate of a non-member. We cannot rely upon receiving the same funds in future years and need to examine what we can do to achieve additional donations. Please consider this aspect and advise any committee member (see list on page 16 of this Newsletter).



Ten gardening tips for May.

- 1 Watch out for late frosts. Protect tender plants
- 2 Earth up potatoes, promptly plant any still remaining
- 3 Plant out summer bedding at the end of the month
- 4 Water early and late to get the most out of your water, recycle water when possible
- 5 Regularly hoe off weeds
- 6 Open greenhouse vents and doors on warm days
- 7 Mow lawns weekly but not too short.
- 8 Check for nesting birds before clipping hedges
- 9 Lift and divide overcrowded clumps of bulbs
- 10 Watch out for viburnum beetle and lily beetle grubs

Source: [Read our RHS monthly gardening tips & advice - May / RHS Gardening](#)



Programme of Events

May.

- Wednesday 24th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 26th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Saturday 27th Walking back to Health – Barrow on Trent # circular. Meet in the layby on A5132 (Willington to Barrow on Trent) opposite Sinfin Lane, to walk at 10.00AM.
- Tuesday 30th Coffee morning at The Cube café/bar from 10.30 AM.
- Wednesday 31st Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

June.

- Friday 2nd Singing for Fun at 10.00AM in St John's Methodist Church Hall
- Tuesday 6th Summer Cream Tea at The Grange Banqueting Suite from 2.30 PM.
(booking is required see pages 17 & 18).
- Wednesday 7th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 9th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Wednesday 14th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 16th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Tuesday 20th Lunch at the Nags Head, 25 Uttoxeter Road, Mickleover, Derby DE3 9JF 12 noon
- Wednesday 21st Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 23rd Singing for Fun at 10.00AM in St John's Methodist Church Hall.

- Saturday 24th Walking back to health - The "iron giant" of Erewash Valley....Walk to and across the Bennerley Viaduct, Ilkeston, Britain's longest surviving cast iron viaduct, taking in the Nottingham canal and the River Erewash. Meet at Newton Lane car park, off A6096 from Ilkeston to walk at 10.00AM.
- Tuesday 27th Coffee morning at The Cube café/bar at 10.30 AM.
- Wednesday 28th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 30th Singing for Fun at 10.00AM in St John's Methodist Church



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.or 14 Brookside Road, Breadsall, Derby DE21 5LF.

Affiliated to the British Heart Foundation

Take Heart (Derby)

Summer Cream Tea Event



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

Tuesday 6th June at 2.00PM for 2.30PM

A Selection of Dressed Sandwiches

Cocktail Sausage Rolls or a Selection of Homemade
Quiche Bites

Local made Pork Pie with Pickle

A Selection of Cakes – Lemon Drizzle, Carrot Cake,
and Coffee Cake

Fruit Scone served with Clotted Cream and Jam

Take Heart (Derby) members & nurses pay £15.00

Non-members pay normal price £20.00

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 26th May 2023

Name

Name

Name

Name

Name

Name