

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter May 2024



St George's Day Spring Luncheon 2024. On a typical spring day, forty-two members and guests descended upon the Grange Banqueting Suite in Littleover. Having been royally entertained here on previous occasions, it seemed like the natural venue to continue our Events Programme. It was to prove yet another amazing occasion. The menu was very tempting, many of us deliberated long and hard about our choices. More than one of us would have liked at least two items per course. Not that we could have eaten that much. Indeed, from the copious amounts of food on every plate throughout.



Everyone present commented about how delightful each course tasted, the texture of the ingredients and the colourful allure of everything. We were treated to a feast of food over a couple of leisurely hours. The service was exemplary, dishes arriving

promptly as the meal progressed. Nothing was too much trouble for Zoe and her team.

Our own Margaret Storry deserves much credit for the planning and time she spent ensuring we were happy with the arrangements. To avoid memory lapses, she reminded us of our menu choices by adding them to our name tags. Very thoughtful for those of us with “old timers disease”, such as myself.

There were an amazing nineteen raffle prizes available, all donated by members, for which we are very grateful.

Pam Fearn & Margit Staehr were the lovely ladies coaxing us to “invest” in raffle tickets, which raised £131.00.

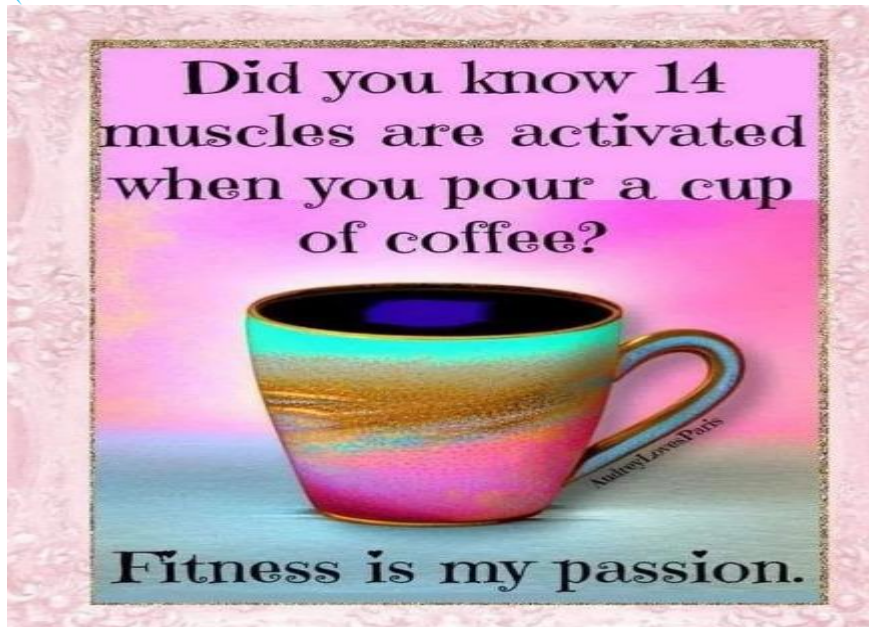
Following the meal, Michael conducted an auction of a goody bag of cosmetic products donated by the No7 team of Boots from the Derbion Centre. We are most grateful for their continued support, which saw the bidding reach £50.00 from Dennis Pollard. I am not sure what success he will have from the Protect & Perfect products, but we wish him well.

Everyone departed happy and content at around 2.45PM, with many asking when will we be back? Keep watching this space for more details later in the year and thank you for supporting another Take Heart (Derby) venture.





AGM 2024. This will take place on 8 July 2024 at 2.30PM in St Mary's Church Hall, Darley Lane, Derby DE1 3AX. The minutes of our last meeting 10 July 2023, Group Financial Report and voting forms will be sent to you shortly. Each member will have their own form, which should be completed in ink and returned in the envelope provided. Forms with crossings out will be deemed void. Please remember to add a stamp because we will NOT retrieve them from the Post Office. There are FOUR resolutions for you to vote for or against. Guidance is on the voting form, so please read it thoroughly before completing. Our President, Dr Julia Baron has confirmed she will be in attendance this year, so if you have any medical questions, write them down now before you forget. The AGM is free to attend, there is ample free parking on site and there will be refreshments on conclusion. We hope to see as many of you as possible.





Get ready for your spring covid vaccination

The spring Covid-19 vaccine programme is expected to open in April and to continue until the end of June.

People eligible will be adults aged 75 and over, residents in a care home for older adults and individuals aged 6 months and over who are immunosuppressed. Those who are housebound or living in a care home for older adults will begin to receive vaccinations from 15 April. For all other groups, vaccinations should start on 22 April and end on 30 June.

GP practices, pharmacies and walk-in sites across Derby and Derbyshire will be delivering the spring vaccine. You can book your vaccine through the National Booking Service or keep an eye out on the Joined-Up Care Derbyshire website closer to the time for walk-in clinic availability.

Covid-19 is still circulating and can become serious in people with a weakened immune system and those over 75. If you are eligible, don't miss out on your chance to get protected.



Hugh Hefner became a
multi millionaire
staying home in his
jammies...

I'm not having the
same result



Your committee needs you. Our present committee is only six in number. We represent more than 200 members and feel it would be beneficial for 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)





HAPPY BIRTHDAY

Happy Birthday to our Birthday Stars who this month are:

Sybil Alt, Graham Colder, Margaret Cresswell, Margaret Evans, Emma Flude, Maggie Graham, Dorothy Fisher, Janet Holmes, Robert Jones, Michael Payne, Lorna Skidmore, Michael Payne, Kate Repton, Robert Turner and Alison Wheatley



I just put my symptoms into Google... and it turns out I just need to be on a beach with a glass of wine.

silversurfers



Following comments from members about the gardening tips arriving late in the month, we now enclose tips to be completed NEXT month.

Ten gardening tips for June

Position summer hanging baskets and containers outside

Be water-wise, especially in drought-affected areas

Pinch out sideshoots on tomatoes

Harvest lettuce, radish, other salads and early potatoes

Hoe borders frequently to keep down weeds

Mow lawns at least once per week but consider leaving some areas uncut for wildlife

Plant out summer bedding.

Stake tall or floppy plants

Prune many spring-flowering shrubs

Shade greenhouses to keep them cool and prevent scorch.

Source: [Gardening in June - jobs to do this month / RHS](#)



News from the BHF. Record-breaking start as thousands learn CPR following launch of campaign

10 May 2024 Lee Kettle Category: [Survival and support](#)

Nearly 23,000 people have stepped up to save lives by starting to learn CPR in just the first week of the ‘Every Minute Matters’ campaign, launched in partnership with Sky Bet.

The groundbreaking campaign [launched on May 1](#) with the aim of recruiting 270,000 people to learn CPR in 12 months – fronted by a ‘Re-Starting 11’ of football and community heroes such as Graeme Souness, Glenn Hoddle, Tom Lockyer, Megan Tinsley, David Ginola and Fabrice Muamba.

New figures reveal that in just seven days, an incredible 22,712 have used our [RevivR](#) tool – which teaches the lifesaving skill.

The number is an astonishing 458 per cent higher than the month before and includes a record-breaking day on May 2 – with the highest ever engagement on our website.

Separately, Sky Bet has so far pledged £150,000 to support the BHF’s vital work given the goals scored by teams in the first week of action in the Sky Bet Play-Offs. Sky Bet wants to raise up to £3 million over the course of the campaign.

‘Every Minute Matters’ ambassador Tom Lockyer said: “The response we’ve seen to the ‘Every Minute Matters’ campaign is nothing short of transformational. The numbers speak for themselves, in just seven days we’ve inspired thousands of people to go online and start learning CPR – that’s thousands of people who could one day go on to save a life.”

The Luton Town captain, who collapsed during last year’s Sky Bet Championship Play-Off Final and survived a [cardiac arrest](#) in December, continued: “If I’ve learned anything in the last 12 months, it’s that it’s impossible to overstate the importance of learning CPR – I simply wouldn’t be here if the people around me hadn’t acted promptly to administer CPR and defibrillation when I collapsed.

“Using the Play-Offs to drive awareness is just the beginning. We want over a quarter of a million people to learn this life saving skill over the course of the next 12 months.”

There are more than 30,000 out-of-hospital cardiac arrests in the UK each year. Each minute that passes without CPR reduces the chance of survival by up to 10 per cent. And tragically, less than one in ten people survive often because those around them lack the skills or confidence to perform CPR.

The Every Minute Matters campaign urges everyone to take just 15 minutes to learn CPR with RevivR, the BHF’s free and easy to use online tool.

The simple course requires no medical experience and can be completed with just a mobile phone and a cushion to practice on. After completing the training, 97 per cent of users feel confident enough to give CPR and use a defibrillator.

Our chief executive Dr Charmaine Griffiths said: “Our partnership with Sky Bet has the clear goal of saving lives – and it’s fantastic that nearly 23,000 people have used RevivR to begin learning lifesaving skills just one week since we’ve launched.

“Every minute matters when someone has a cardiac arrest, and being able to step in and perform CPR could be the difference between life and death. That’s why along with Sky Bet we’re urging everyone to take 15 minutes – the length of a half-time interval – to learn this skill through RevivR.”

[Source: Record-breaking start as thousands learn CPR following launch of campaign - BHF](#)



Woke up in a cold sweat, terrified that I overslept for work.

But quickly realized I was already at work so breathed a sigh of relief.



A helping hand for our Charity. As a group, we organise and supervise lots of events every month. One member, Dorothy Stevens, has recently raised £250.00 by staging a quiz night in Burton upon Trent. The proceeds have been deposited in our bank, which will help us with our charitable endeavours. Dorothy is her husband's carer but also gives her time to help at events. At Singing for Fun, she puts out chairs before the singers arrive and then serves refreshments at our break. She also assists with the opening/closing of our hall for Tai Chi when called upon. This help is invaluable to ensure events run as smoothly as possible. Thank you, Dorothy. Could you do something to help? Contact Michael with your ideas.



**Whoever thinks money
doesn't bring happiness,
transfer it over to
My Account.**



Summer Cream Tea event. Summer is upon us, and we have a Cream Tea scheduled. The date is **4 June** and we will return to The Grange Banqueting Suite, 457 Burton Road, Littleover, Derby DE23 6XX.

We have dined at this venue on a number of occasions, where the food is always excellent and the service is immaculate. The room is spacious and elegant. There is free parking on site. A bar will be open should you feel inclined.

The normal price is £22.00 per person but for members it will be £10.00. Guests will pay the normal price. Please be there from 2.15PM for 2.45PM start.

Please contact Margaret Storry on 01332 766916 to book and send cheques to her, payable to Take Heart (Derby) by 29th May. Her address is 86 The Hollow, Littleover, Derby DE23 6GL.





Walking back to health. It was a nice mild morning on Saturday 4th May for the first Take Heart walk of the year. We assembled at the Queen's Head in Little Eaton with a turn out of ten and everyone in good spirits. We set off walking along Church Lane passing St Peter's Park ascending a road with some lovely views and properties to Park Farm, which was once a working farm, but now converted into homes. We continued left through fields where we came across a stone circle which we were disappointed to learn was less than 50 years old! Apparently, it was built by a local man known as "Bongo Bill" and



believed to be a Druid, who invites fellow believers to celebrate the summer solstice. After a short breather and a group photo we carried on to Blue Mountain and Rigga Lane passing a delightful row of cottages which once housed local mill workers who worked at the nearby Peckwash Mill. The mill originated

in the 11th century and has had numerous uses including a corn mill, paper mill, linen mill and a glove factory. It fell out of use in the 1950s becoming a stunning residential conversion in the 1990s {currently owned by the son of a Take Heart member}. We continued our walk heading for the Bridge Inn admiring some stunning homes and outstanding far-reaching views on our way. Unfortunately, the inn was closed! Undeterred, we chose a riverside pathway leading back to Little Eaton, through St Peter's Park and into the Little Kitchen for some very tasty snacks and drinks. A very nice morning had been had by all and the sun came out too!!

Report thanks to guest walker, Jenny Mallett.



A married couple in their 60's are visited by a fairy who grants them both a wish. "I want to travel round the world with my darling husband" says wife, two tickets for a luxury cruise magically appear in her hand. Husband says: "Sorry but my wish is to have a wife 30 years younger than me." Fairy waves wand and husband becomes 92...



40 Years Young. Can you believe it? Next year, 2025, Take Heart (Derby) will be forty years "young". It seems incredible to reach such a landmark. So, how 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. It would be amazing to have a huge turnout so encourage your friends to help with ideas. Thanks for your continued support.

**MOTHER NATURE
APOLOGIZES FOR THE
LATE ARRIVAL OF SPRING.
FATHER TIME WAS DRIVING
AND REFUSED TO STOP AND
ASK FOR DIRECTIONS!**



Member news. It is with the utmost sadness that I report the passing of my wife, Trisha Flude. Trisha has fought all manner of serious illnesses since her cardiac arrest in 2006. She has fought them all and conquered most. She was the most remarkable person who I am proud to say was my wife for 649 years. My children and I are desolate to be without her. Funeral details will be announced in due course.

Shelia Jackson has also passed away after a short illness. Her funeral will be held at Markeaton Crematorium on 21 May at 2.30PM. Her husband, Tony, is currently isolating at home with phone calls the best way of communication. Take care, Tony. Our sympathies and prayers are offered to Michael and Tony's families and friends.

Coleen Yates has become quite frail and has difficulty with her hearing. Sorry to learn of this, Coleen and hope your troubles ease soon. Betty Gilligan has experienced a series of health issues but thankfully is feeling a little better. However, not so ill that she took me to task about short notice of an impromptu event that she would have loved to attend last year. The notice failed to arrive until too late. Sorry Betty, I will try better next time. Michael Brinkworth has undergone two cancer operations and is looking forward to positive results. We wish you well, Michael. Please keep in touch with other members of our group. There might come a time when you would appreciate the same gesture.



Programme of Events

May.

- Thursday 23rd Lunch at Argosy, Manor Road, Derby DE22 3HZ.
- Friday 24th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Saturday 25th Walking back to Health – Elvaston Castle walk. Meet in lay by on Oak Road (B5010) to the north of Thulston village to walk at 10.00AM
- Tuesday 28th Coffee morning at The Cube café/bar from 10.30 AM.
- Wednesday 29th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 31st Singing for Fun at 10.00AM in St John's Methodist Church Hall

June.

- Tuesday 4th Summer Cream Tea at Grange Banqueting Suite (see page 11 for details).
(Booking is required via Margaret Storry).
- Wednesday 5^h Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 7th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Wednesday 12th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 14th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Tuesday 18th Lunch at the Nags Head, 25 Uttoxeter Road, Mickleover, Derby DE3 9JF
- Wednesday 19th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

Friday 21 st	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Tuesday 25 th	Coffee morning at The Cube café/bar at 10.30 AM.
Wednesday 26 th	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 28 th	Singing for Fun at 10.00AM in St John's Methodist Church
Saturday 29 th	Walking back to health - Church Broughton: the delightful Holly Bush country pub is the starting point for this three-mile stroll through fine South Derbyshire countryside. Pub car park, DE65 5AS



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, 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