

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter May 2025



 **Urgent response required for our 40th
Anniversary Lunch.**

A great achievement of this magnitude, deserves huge support from all our members.

We will be joined by our President Dr Julia Baron, her predecessor Dr Michael Miller-Craig and by our founder – former Sister Sue Moore.

The celebration is to take place at The Grange Banqueting Suite, 457 Burton Road, Littleover Derby DE23 6XX at 12 noon. The food and service at this venue is excellent and members are receiving a subsidy down to £25.00 for a three-course meal.

Do please get in touch with Margaret Storry on 01332 766916 or Michael Flude on 07852 696930 to secure a place.

This means a lot to our charity, and we would appreciate your support.

Be proud of our achievements and look forward to the next forty years.



Aging gracefully is an art.
Aging disgracefully is an
absolute blast!

FACEBOOK | THEMOTIVATIONALINSIGHTS



Drum Beat at Breadsall – Report by Peter Stevens

Our first walk of 2025 took a circular route around Breadsall village. Just a couple of miles or so from Derby city centre, the village is surrounded by some stunning country views and our walkers took full advantage.

Eleven ramblers, including Take Heart members and guests, met in the village centre before heading out along Rectory Lane. A fairly steep but steady climb took us towards the Drum Hill Scout and Guide camping centre – now fenced off against unwanted visitors! The spot, however, rewarded us with



wonderful views towards Derby city and its suburbs. Our group then headed across a wheat field before hitting a

narrow, but fairly busy, lane for a short stretch towards Little Eaton village.

A diversion down a steep, but thankfully short, field track, again opened up views of Derbyshire's countryside. Our walk then took us into Little Eaton and a short coffee/tea break at the Little Kitchen – very welcome. The final stretch saw everyone stretching their legs through woodlands, before linking up again with Rectory Lane to complete the circular walk. Our ramble covered just over four miles which didn't prove a problem for our intrepid Take Heart strollers!

The next walk is on Saturday, May 31, and will be exploring Calke Abbey and its parkland.



**I HAVE ONE CUP OF
COFFEE EACH MORNING
JUST TO START THE DAY
OFF RIGHT.**

**THE OTHERS ARE TO
KEEP ME OUT OF JAIL,
HELP ME FORM
SENTENCES, AND FUEL
MY RAZOR SHARP WIT.**



April coffee morning.

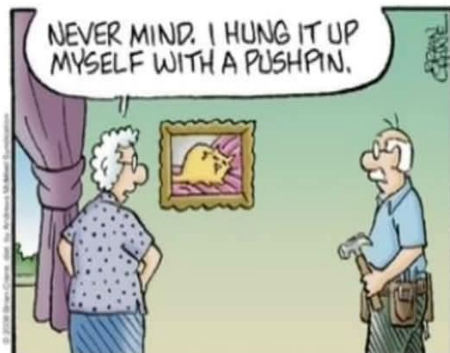
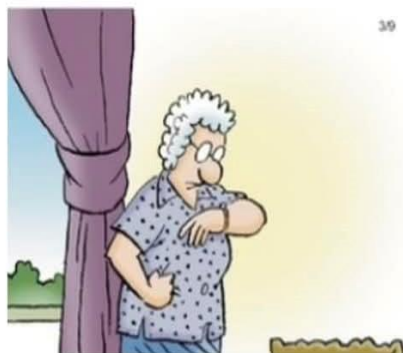


Our coffee morning took place in the café section of the Museum of Making this month. There were twenty-one members present but we added a new member during the morning in the name of Stuart Dare. He had recently undergone treatment at Royal



Derby Hospital for heart issues, where he learned about Take Heart (Derby). This was his first visit to see us, where he expressed interest in a number of our regular activities. Welcome, Stuart and we hope you enjoy many other events with us. Once again Sharon was seen with cake which quickly disappeared and Michael consumed

his usual three cups of coffee. Is he addicted? Nice to see a “brightly” coloured shirt by the youngster, Stuart Alt. Would I dare to wear one? Come and see at our next coffee morning on 27 May.





HAPPY BIRTHDAY

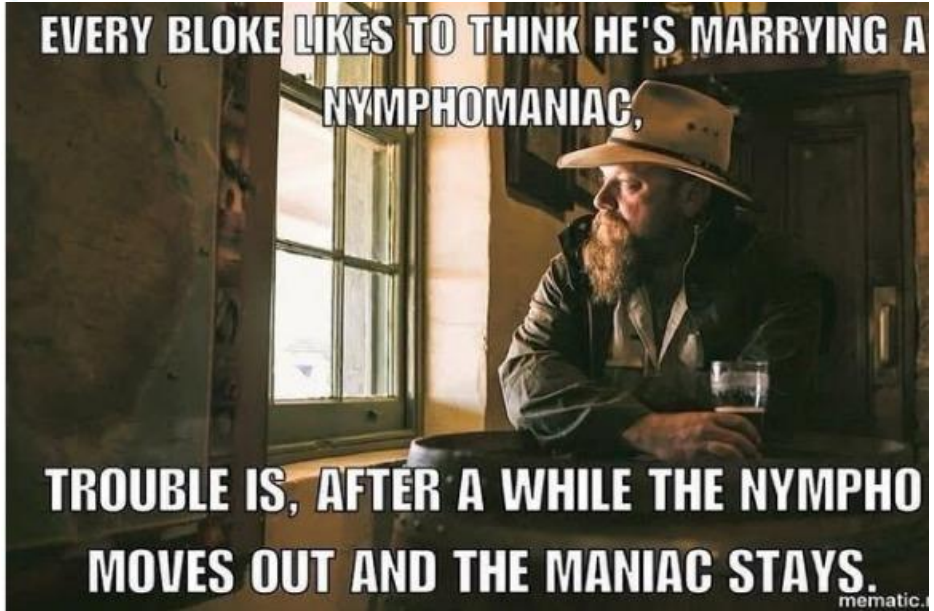
Sybil Alt, Pamela Ashston, Graham
Colder, Margaret Cresswell,
Margaret Evans, Dorothy Fisher,
Emma Flude, Maggie Graham,
Janet Holmes, Robert Jones,
Michael Payne, Kate Repton, Lorna
Skidmore, Robert Turner, Alison
Wheatly and Christopher Whewell



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)





Annual donations are overdue!!! They should be paid 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 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.



Fund Raising suggestions for 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

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.



Fundraising for Take Heart (Derby)

We have requested members to carry out some fundraising events of their own to help us. Michael's neighbour, Pete Stevens took this seriously recently and hosted an afternoon gathering with friends who enjoyed food and wine. Michael has deposited £50.00 with our charity for the effort. Send your photo to him when you hold your event. Good luck..



A man walked into a hardware store and picked up a can of fly spray.

"Is this good for wasps?" he asks the assistant.

To which she replies "No, it kills them."



Member news. Sadly, I advise of the passing of Mavis Wilson recently. Mavis had been a member since 2017, along with husband Pete. They attended Singing for Fun, occasional talks and most lunches. Mavis was a talented pianist and sang with several choirs. Her passing was quite sudden, and she will be missed by many. Margaret Anderson has been an inpatient at Queens Medical Centre, Nottingham for a few weeks. Breathing difficulties were the cause but she is gradually responding to treatment and hopes to be home soon. We wish her well. Chris Lewis has been unwell and decided to isolate so as not to infect others with his “bug”. Happily, he is on the mend and Tai Chi has resumed. Very kind, Chris, thank you for your consideration. There may be others who are experiencing difficulties, but I have not been advised.

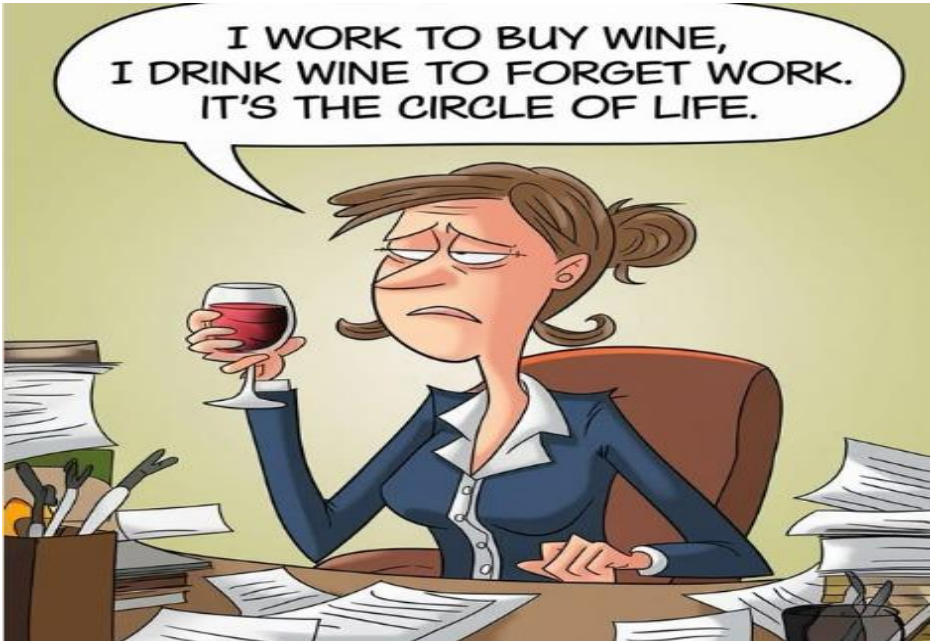
Friends of those struggling are requested to telephone and offer words of comfort at this difficult time, thank you for your support. Please pray for ALL our members who are suffering currently. Call someone and let them know you are thinking about them. It is lovely to receive a call, it might be the 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 June.

1. Position summer hanging baskets and containers outside
2. Be water-wise, especially in drought-affected areas
3. Pinch out sideshoots on tomatoes
4. Harvest lettuce, radish, other salads and early potatoes
5. Hoe borders frequently to keep down weeds
6. Mow lawns at least once per week but consider leaving some areas uncut for wildlife
7. Plant out summer bedding.
8. Stake tall or floppy plants
9. Prune many spring-flowering shrubs
10. Shade greenhouses to keep them cool and prevent scorch. Source: Gardening in June - jobs to do this month / RHS





Long service award to Michael Flude.

Back in 2010 Michael & Trisha Flude became volunteers at Royal Derby Hospital (part of UHDB NHS Foundation Trust). Trisha had



been a heart patient following a cardiac arrest in 2006. Very fortunately, she was having tests at the former DRI at the time. The moral of the story is – if you are going to have a cardiac arrest or heart attack, make sure you are in hospital at that time. The care she received was exemplary and after recovery, wanted to give something back and so we became volunteers. This is probably the same reason there are approximately 450

volunteers at RDH. That started in 2010 and so earlier this month, Michael celebrated achieving fifteen years earlier this month, along with many others. There were two ladies who had been volunteering for forty years, wow!!! Here is the handsome fella in his uniform, with Bev McDonald, the only member of ward 408 who was there when Michael started. Michael added, “I feel very proud of this achievement. I usually finish my stint feeling I have done something worthwhile and given a little bit back for the eighteen bonus years the cardiac team gave Trisha and I”.



Programme of Events

May.

- Wednesday 21st Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Thursday 22nd Lunch at The Argosy, Manor Road, Derby DE22 3HZ at 12 noon.
- Friday 23rd Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Tuesday 27th Coffee morning at the Museum of Making, Silk Mill Lane, Derby DE1 3AF
- 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 Hall
- Saturday 31st Walking back to Health – A walk in the “Calke” Park in this historic setting, with woodland and lake to behold. Park in Calke village National Trust car park LE65 1RR. £3.50 for four hours as at September 2024. Free parking for disabled & NT Members.

June.

- Wednesday 4^h Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 6th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Saturday 7th Ruby Anniversary Lunch. Celebrating forty years of Take Heart (Derby) at The Grange Banqueting Suite, 457 Burton Road, Littleover, Derby DE23 6XX. Menu Choices to Margaret Storry by 22 May.
- Wednesday 11th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

Friday 13 th	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Wednesday 18 th	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 20 th	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Tuesday 24 th	Coffee morning at the Museum of Making, Silk Mill Lane, Derby DE1 3AF
Wednesday 25 th	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 27 th	Singing for Fun at 10.00AM in St John's Methodist Church
Saturday 28 th	Walking back to health – Etwall and Burnaston villages. Meet at Etwall Army Cadet Hall, Sandypits Lane, Etwall, DE65 6JA.



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.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)

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

Main Desert

Name Starter

Main Desert