

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter May 2026



AGM notification. Our AGM will take place on Monday 13 July 2026 at St Mary's Church Hall, Darley Lane, Derby DE1 3AX. The format will be as previous years, with an introduction by the Chairman, voting for the various resolutions and



followed by a talk from our President, Dr Julia Baron. All members will receive a copy of the minutes from 2025, an announcement and resolution page and a reply envelope (without a stamp). Replies should be received by the 3 July in the envelope to The Scrutineers, at the address show. You can vote, in person at the above event. The meeting will be free of charge, with refreshments served on conclusion.



An issue for most of us these days

Aches and pains are here to stay,
They seem to change day by day.
The list of ailments seems to grow,
As the body starts to slow.
You can't be young, weak or prissy,
Getting old is not for sissies





FROM COAL TO RAMBLING by Peter Stevens, Walk

Leader

Like lots of towns and villages, Little Eaton has re-imagined its old railway line.

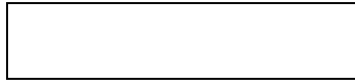


The track is now a smooth, quiet and easy to tackle walkway and so it proved for Take Heart's intrepid walkers.

The route, cutting through countryside a stone's throw from the village centre, winds for around three miles. On the way we passed a gathering of emus, we think, or were they ostriches? Starting close to the village New Inn, it follows the old coal haulage line to Denby Pottery. Unfortunately, our walk was blocked halfway because of on going works.

Not to be defeated, our group diverted on to the neighbouring road passing the refurbished Bell and Harp pub, before cutting back to the railway track for the final sprint.

We finished with coffee, tea and bacon butties at the Little Kitchen, one of the village's cafes...well deserved! Our next walk is Swan Bridge on the way to Ilkeston...please join us if you can.



It annoys me that Google knows where I live, my Wi-Fi password, my browser history, and all my interests, but it's been asking me for 20 years if I'm a robot.



Your committee urgently needs you. The committee is now only five strong, following the retirement of Margaret Story. 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 Ne



HAPPY BIRTHDAY

Sybil Alt, Pamela Ashton, Michael
Clarke, Margaret Cresswell,
Margaret Evans, Dorothy Fisher,
Emma Flude, Janet Jones, Robert
Jones, Michael Payne, Kate
Repton, Lorna Skidmore, Robert
Turner, Alison Wheatley and
Christopher Whewell.



Why indeed?



Do you have anything our readers may like to hear about?? There are opportunities for members to submit articles for publication. They need to be of interest to other members and hopefully promote Take Heart (Derby) to others. Photographs are always welcome to support the article. Message Michael (see page 16 for different methods of contacting Michael).



Playing on line in our youth

OUR PARENTS USED TO WATCH TO ENSURE WE WERE SAFE PLAYING ONLINE.



Member news, Michael Payne and his wife Lilian, are settling back to life at home. Lillian is now in charge and ferrying Michael around. She tells me she gets a great feeling being in charge. Sorry, Michael, most men have been accustomed to this situation for a very long time! We wish you both 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.



10 BIZARRE GRANDMA HACKS THAT STILL WORK TODAY



Pick up glass with bread



Rub garlic on mosquito bites



Shine faucets with wax paper



Slip socks over chair legs



Brighten whites with lemon juice



Rub a potato on rusty knives



Boil cloves to refresh the air



Clean tarnished silver with sour milk




Freeze gum to remove it



Rub a candle on sticky drawers



 **April coffee morning.** As you can see from the photograph, we were seated in the café section of the Museum of Making. In previous months we had been allowed into the function room, which is more spacious and away from the automatic opening main entrance. Nice to have that luxury during winter months. There were seventeen members attending but not Michael. He was in the hand clinic at RDH, where he was diagnosed with Carpel Tunnel Syndrome. He is trying to obtain his monies worth out of the NHS. Back to the coffee morning, there was much merriment as members told jokes and related the latest happenings in their lives, but they did miss his jokes. There was lots of cake, coffee and tea consumed, so he wasn't missed after all!





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



A few spaces are available for Afternoon Tea at
The Grange Banqueting Suite, 457 Burton Road,



Littleover, Derby DE23
6XX on 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. Plus
lashings of tea & coffee.
The cost is £22 per
person, including VAT.

**Please contact Pauline Green, 1 Mickleover
Manor, Mickleover, Derby DE3 0SH 07599 944402
to book and pay on the day.**



It is said that “Silence is Golden”. However, parents
know that is not entirely true. When you have kids, silence is
time to worry “What are they up to now!!!”

Get up to date with the latest round of jabs.

Covid and RSV jabs are currently being offered by the NHS, your local GP, pharmacy and possibly in hospital. These jabs have served us well since Covid back in 2020 and so it is worthwhile taking advantage of a top up.

Advise family members and friends to do the same. We should not be passing ill health to others.

This month is called **May** because:

It **MAY** rain

It **MAY** snow

It **MAY** be 80 degrees

It **MAY** be 20 degrees

anything **MAY** occur



@chickenhappyhour



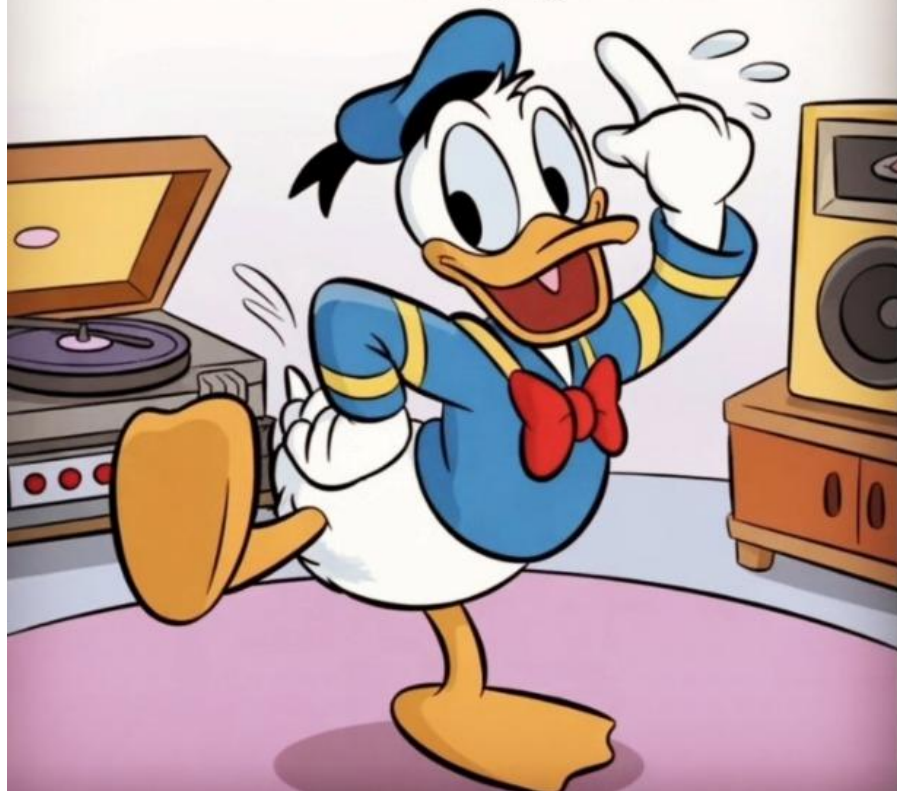
A Wizard lunch at the Merlin, a report by Robert Jones.

Forteen members of Take Heart turned up for our April pub lunch. It was great to see that number of people. More like old pre-Covid times. It was the first time our group had booked The Merlin on Pride Park, and it turned out to be an ideal place for us. The staff were helpful, the service good and the menu had something for everyone. Plenty of space which is useful when we don't know in advance the exact numbers who are going to attend. It was easy to add an extra table when we went over the forecast (guessed) number of attendees. The car park is a little less spacious than some of the venues but didn't cause us too much trouble. The more the merrier, so we'd love to see some new faces at future lunches. Next time out, it is the Argosy on 21 May (see events on page 15).





**You put your left leg in, your back goes out, you're creaking and cramping and you've got a dose of gout...
You Twist and Shout and a little wee comes out... That's what aging is all about!**





Programme of Events

May.

- Thursday 21st Lunch at Argosy, Manor Road, Derby DE22 3HZ at 12 noon.
- Friday 22nd Singing for Fun **Cancelled**
- Tuesday 26th Coffee morning at the Museum of Making, Silk Mill Lane, Derby DE1 3AF from 10.30AM
- Wednesday 27th Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree
- Friday 29th Singing for Fun **Cancelled**
- Saturday 30th Walking back to Health – Straws Bridge and Lake walk. Meet in the car Park, High Lane East, A609, West Hallam, Ilkeston DE7 5FG ready to walk at 10.00AM



June.

- Wednesday Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree
- Friday 5th Singing for Fun **Cancelled**
- Wednesday 10th Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree
- Friday 12th Singing for Fun **Cancelled**
- Tuesday 16th Summer lunch at a venue to be advised.
- Wednesday 17th Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree
- Friday 19th Singing for Fun **Cancelled**
- Wednesday 24th Tai Chi at 3.45 to 4.45PM in St. Nicholas Church Hall, Allestree
- Friday 26th Singing for Fun **Cancelled**



June contd

Saturday 27th

Walking back to health – Kedleston Hall, enjoy the hall gardens at the height of summer. Free entry for non National Trust members. Meet, 10am at the Hall car park, DE22 5JH.

Tuesday 30th

Coffee morning at the Museum of Making, Silk Mill Lane, Derby DE1 3AF from 10.30AM



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.