

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter November 2024



September coffee morning.

There were seventeen members at October's event in the Museum of Making, down from September's twenty-eight. There were a few who were unwell, like Dave Newton and me but not sure what happened to others. The coffee is still good but as the winter months get



underway, there can be a cool draft blowing through from the automatic entrance door. Do we need to seek elsewhere – but where? Your answers

would be of assistance. It needs to be in Derby, so that those who travel by bus, only need one to attend. Answers/suggestions to Michael or another committee member.



Santa has been reading
your posts all year.

Most of you are getting
dictionaries.



Your response will help! Surprise, surprise we have received a response. This is now being investigated and I hope to announce a decision soon about the monthly speaker meetings venue. We could do with a few more suggestions for investigation. Another option is for members to fundraise for our charity. You will see an example later in this Newsletter. If you would like help to develop an idea, please pick up the telephone to a committee member, see page sixteen for names and numbers.



HAPPY BIRTHDAY

Happy Birthday to our
Birthday Stars who this
month are:

Patricia Bhurton, Ted Bland, Mary
Blundell, Tracey Cunningham, Gina
Essex, Alan Godward, Dan Liddel,
Dennis Pollard, Linda Russell and
Jane Salmon.



Christmas Fayre fund raising event in memory of Trisha Flude. A fundraising event for the benefit of your charity took place on Saturday 9 November in St John's Church Hall, Allestree. Staffed by Trisha's family, daughters 2, 3 and 4, plus number 3's husband, son and partner and two granddaughters plus four Take Heart Singers. What a day. Two hundred flyers were distributed to shoppers in Park Farm shopping centre by a mate and a friend, endless promotions on social media and off we went. Countless folk turned up looking for bargains, which were readily available. Several people did their Christmas shopping, buying items at half price and saving lots of money in the process. Tea, coffee and cakes were a constant attraction. Here are a few shots of what was available.



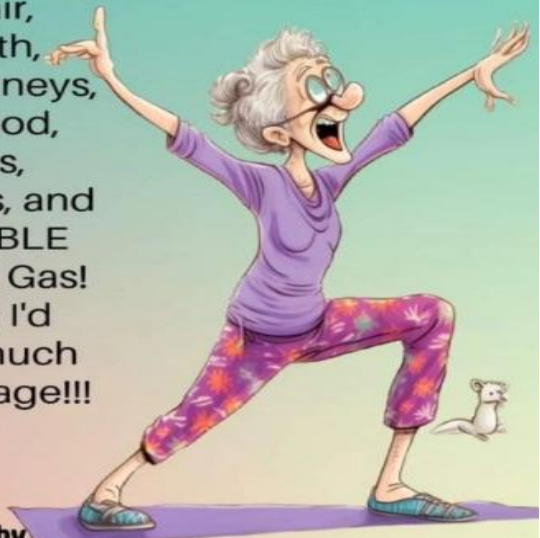
The clean-up operation at the end was shared by everyone, relieved that the event was over. Several retired for a meal out at local pubs/restaurants, thoroughly deserved. A magnificent total

of £429.00 was handed to our treasurer for banking. This sum will help fund some of our planned events for 2025 – our Ruby Anniversary year. Our grateful thanks to all those who volunteered their time on the day, a number of Take Hearters were amongst our customers – thanks also to those.



OMG I'm rich and didn't even know it!

Silver in the hair,
Gold in the teeth,
Crystals in the Kidneys,
Sugar in the blood,
Lead in the ass,
Iron in the arteries, and
an INEXHAUSTIBLE
supply of Natural Gas!
I never thought I'd
accumulate so much
wealth in my old age!!!



Grammas Old and Crabby



Vaccine for a Covid, Flu and a virus you have never heard of. Covid is making a comeback again. Already there are cases in our hospitals. The strain has mutated and, as a result, the jab is now available to 65-year-olds and over. Flu is also making itself known amongst us. We owe it to each other to get protected. The winter vaccine programme has been started with Respiratory Syncytial Virus (RSV) vaccinations to those at risk from being unwell over winter months. RSV rollout has already started for people aged 75 – 79 by GP invitation. Make sure you get protected – it could save your life. Life threatening breathing difficulties kills 8,000 adults each year, so don't become a statistic. Get the jabs!



**AS A KID, I USED TO
WATCH THE WIZARD OF
OZ AND WONDER HOW
SOMEONE COULD TALK IF
THEY DIDN'T HAVE A
BRAIN. THEN I GOT
SOCIAL MEDIA.**



November's speakers were Elaine & Ian Ward of Cardiac Risk in the Young (CRY). Elaine Ward and her husband came to talk to us about CRY which stands for "Cardiac Risk in the Young." This charity was founded in 1995. Elaine started by telling us that she had two sons, Neil and Alistair, she said that one day in November 1992 her son Neil who was a 17-year-old and a venture scout went down to the scout hut as they were helping with posting out Christmas cards. Elaine said that they had a phone call to ask them to go down to the scout hut as Neil was not well. They rushed down to the scout hut to find an ambulance outside, on entering the scout hut they found their son lying dead on the floor. She said that it was never found what he died from, it was put down as cause of death unknown. We



were told that every week in the UK, twelve young people under the age of thirty-five die from undiagnosed heart problems. Elaine said that she and her husband retired in 2009 and wanted to do more, they started raising money to hold screening sessions, they needed one hundred young people for this project which cost £3,500 pounds, today a screening session would cost £6,500. Elaine said that they have now been able to set up a memorial fund in memory of her son. Elaine went on to tell us about another young man who was out walking with his 15-year-old girlfriend and just fell to the ground and died with an

undiagnosed heart problem. His girlfriend later found out that she was pregnant and subsequently had a little boy. Elaine saw the girl again many years later and asked her how her baby was, she was told that he was now twelve. She heard the next day that this boy had died that night from an undiagnosed heart problem which meant that this young girl had lost both the loves of her life. Elaine said that they were asked why they do not screen children before they are fourteen years old, she said that before this a child's heart is not fully grown. Elaine went on to tell us that CRY has a dedicated bereavement support programme to support families and friends after the tragedy of a young sudden cardiac death. CRY offers telephone support to anyone over the age of 18 years, two annual walks in London and Durham and online support via Facebook groups. It also offers specialist centres for expert cardiac pathology, expert cardiac investigations, and cardiology care. Expertise is vital to understand the cause of death and to help identify other family members who may be at risk. Since 1995, CRY have developed a national screening programme and established clinics around the UK. They have screened 280,000 young people. Also established the CRY centre for Inherited Cardiovascular and Sports Cardiology at St George's Hospital in London bringing together research into YSCD, regular screening clinics, expert treatment, and the world's first specialist centre for the cardiac evaluation of athletes. Another very informative talk which all the members attending thoroughly enjoyed.



Driving by myself, is so tiring, because I have to be the lead singer, backup singer, dancers, drummer, guitarist etc.



BELPER'S 18th CENTURY HERO

The amazing legacy of early industrialist Jedediah Strutt was the focus of our latest walk aimed at helping members stay fit and healthy.

His decision to set up a cotton mill on the banks of the River Derwent at Belper has left the town with a range of historical buildings – all of which are still in use today.

Our walk began at the town's Riverside Gardens. The open space was gifted to the people by Strutt along with a chapel, school and even a hospital.

Our stroll consisted of touring the streets of workers' homes built by the Strutt company in the late 18th century. The roads are named after Jedediah's children and lined with rows of stone-built properties.



The highlight of the walk was a guided tour of Belper's Unitarian Church. Built by Strutt in the 1790s, it is a rare example and contains many original features. We were shown around by Church member and local historian

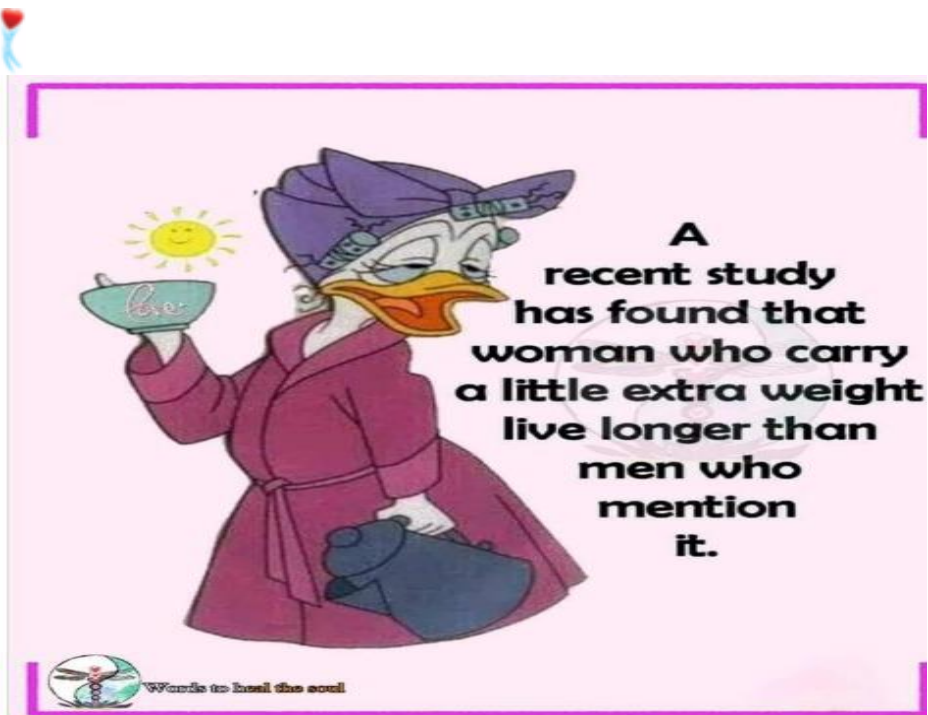
Adrian Farmer whose knowledge of the Strutt family and Belper in general was extremely interesting.

And, just in time for Hallowe'en, Adrian took us into the Church's catacombs where family members are laid to rest. Much to our surprise however, he explained that Jedediah's remains were not there – they disappeared when the Church was extended in the 1800's!

Our walk meant us weaving our way along narrow alleyways, or ginnels, and marvelling at how, when the railways arrived, the tracks were sunk into deep cuttings to save destroying the town centre.

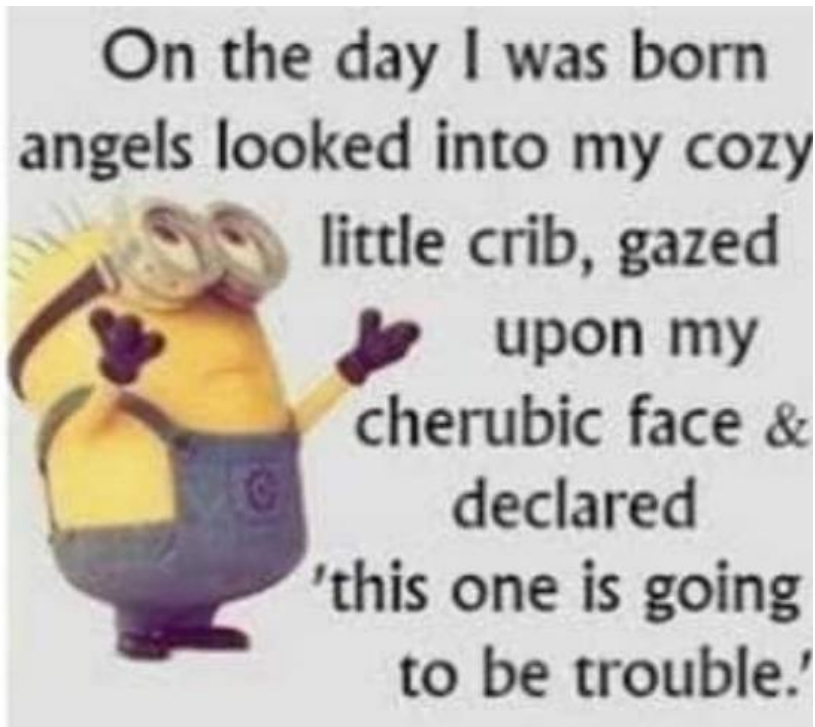
The stroll was a leisurely affair covering around three miles and was completed in time for an early lunch.

PETER STEVENS, Walk Leader





Your committee needs you. Having added Pauline Green to our committee, we could welcome at least one more member. 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)





Ten gardening tips for December

- 1 Check your winter protection structures are still securely in place. Cold, wet, windy winter weather can damage trees, shrubs and garden structures such as trellis. Improving shelter, staking plants, mulching, wrapping pots and careful matching of plants to places will help to prevent this kind of damage.
- 2 Check that greenhouse heaters are working. The high cost of fuel and the desire to garden sustainably are concentrating gardeners' attention.
- 3 Insulate outdoor taps and prevent ponds from freezing. If your pond is stocked with fish and it does freeze over, melt the ice by placing a hot pan on the surface, or install a pond heater or water feature to prevent freezing occurring.
- 4 Prune open-grown apples and pears (but not those trained against walls)
- 5 Prune acers, birches and vines to avoid bleeding
- 6 Harvest leeks, parsnips, winter cabbage, sprouts and remaining root crops
- 7 Trees and shrubs can still be planted and transplanted
- 8 Take hardwood cuttings
- 9 Keep mice away from stored produce
- 10 Reduce watering of houseplants

Source: <https://www.rhs.org.uk/advice/in-month/december>





Lunch at the Dog & Duck. Nine members dined happily at the Dog & Duck in Shardlow, with Michael making up the number after he had finished one of his volunteering stints. The restaurant was very busy on this occasion, and we thought our meal might be delayed. But it wasn't. We return to this eatery because we enjoy it here and we did so again. Lots of chatter with a variety of subjects, comment about the forthcoming budget etc and no comments about Michael's jokes.



Next month we are off to the Toby Carvery in Chaddesden. Give yourself a break from all that planning and preparations and the drudgery of washing up afterwards. See you at the Toby, then?



So you mean to tell me a stress ball is not for throwing at people who stress you out.



Member news. We lost a member John Gutteridge recently. John had been unwell for some time and had been in and out of Royal Derby Hospital on quite a few occasions. There are many who have caught some sort of flu like bug, so stay indoors and drink plenty (sorry, I meant to say water). Brian Fearn has been quite poorly with some sort of flu, but medication is not currently working. I hope improvements are forthcoming, Brian. Sue Walker has received a shoulder replacement recently and is doing well at home. Michael is recovering from a severe bout of diarrhoea and slowly getting an appetite back. Richard & Gill Flatman have also suffered from the dreaded flu recently. 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.



40 Years Young. Can you believe it? Our Ruby Anniversary! 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? Contact Michael or other committee members with ideas. It would be amazing to have a huge turnout so encourage your friends to help with ideas. Thanks for your continued support. It looks like we will be celebrating with a luncheon in June, but do you have other suggestions? Please send to Michael



Banks should do a better job of keeping their ATMs filled.

This is the fifth one I've been to that says Insufficient Funds.



Revised membership form. Thank you to those who have completed the revised membership form. This is not an idle request but something we must do to comply with BHF requests. The BHF recently announced the end of “Affiliated to the British Heart Foundation” status and Public Liability Insurance. Part of the instructions also called for any mention of BHF to be removed. We also felt that this would be a timely opportunity to update our records. Telephone numbers, email addresses etc have changed. There is also the prospect of tax changes which will mean more of us will be liable for it, so don’t forget to complete the Gift Aid section, which allows your charity to claim money back from HMRC, you don’t do anything else. We have sent all members a revised form to ensure we have current information to serve you. There is no need for a payment until January. Please complete and return your form to Michael Flude, 14 Brookside Road, Breadsall, Derby DE21 5LF as soon as possible. Many thanks for your continued support.



Programme of Events

Thursday 21 st	Lunch at The Toby Carvery, Nottingham Road, Chaddesden, Derby DE21 6LZ
Friday 22 nd	Singing for Fun at 10.00AM in St John’s Methodist Church Hall.
Tuesday 26 th	Coffee morning at Museum & Art Gallery, The Strand, Derby DE1 1BS from 10.30AM. On street parking or use Bold Lane car park nearby.
Wednesday 27 th	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 29 th	Singing for Fun at 10.00AM in St John’s Methodist Church Hall



December.

Tuesday 3 rd	Christmas meal at The Grange Banqueting Suite. Pre-booking and menu selection are required via Margaret Storry 01332 766916.
Wednesday 4 th	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 6 th	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Wednesday 11 th	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.
Tuesday 17 th	Coffee morning at Museum & Art Gallery, The Strand, Derby DE1 1BS from 10.30
Wednesday 18 th	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 20 th	Singing for Fun cancelled



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)



Spring Luncheon at

THE GRANGE BANQUETING SUITE

457 Burton Road, Littleover, Derby DE23 6XX

Tuesday 3 December 2024 12 noon for 12.30PM

Starters

Spicy Parsnip Soup

Oven Baked **Brie** Wedge wrapped in Filo Pastry with
Cranberry Sauce

Melon with fresh fruit & a Fruit Coulis

Main

Roast **Turkey**, Stuffing, Chipolata Sausages & all the
trimmings

Moroccan Vegetable Tagine

Supreme of **Salmon** topped with a Watercress Sauce

Sweet

Christmas Pudding & Custard

Raspberry Cranachan

Chocolate Torte with Orange Ice Cream

Cheese & Biscuits

Followed by **Tea or Coffee**

Mince Pies

Take Heart (Derby) members & Nurses pay £25.00

Non-members pay normal price £36.00

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 26 November 2024

Name Starter

Main Desert

Name Starter

Main Desert

Name Starter

Main Desert

Name Starter

Main Desert

Name Starter

Main Desert

Name Starter

Main Desert