

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703




Newsletter October 2023



September coffee morning.



If you Arrived early, you would have found an in-house meeting of The Cube just finishing. It meant a bit of juggling to ensure we were seated together. As the Cube meeting completed, we managed to push a few tables together, which worked out well. As you can see from the three photographs, just about everyone could talk to anyone else at this coffee morning. Fourteen altogether, with some members we had not seen for a while. We hope you enjoyed it and will come again, perhaps bringing a guest next time. This event is quite informal and allows you the opportunity to arrive and depart to suit your other commitments. Why not stay for a spot of lunch, if you haven't already sampled a delicious bacon or sausage bap. Delightful. See you 31 October at 10.30AM.



**TWO LITTLE BOYS WERE AT
A WEDDING WHEN ONE OF
THEM LEANED OVER TO
OTHER AND ASKED,
“HOW MANY WIVES CAN A
MAN HAVE?” HIS FRIEND
ANSWERED, “ SIXTEEN....
FOUR BETTER, FOUR WORSE,
FOUR RICHER, AND FOUR
POORER.”**



Lunchtime Concerts Series – Musical recitals

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

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



It is about time men recognised the facts of life.

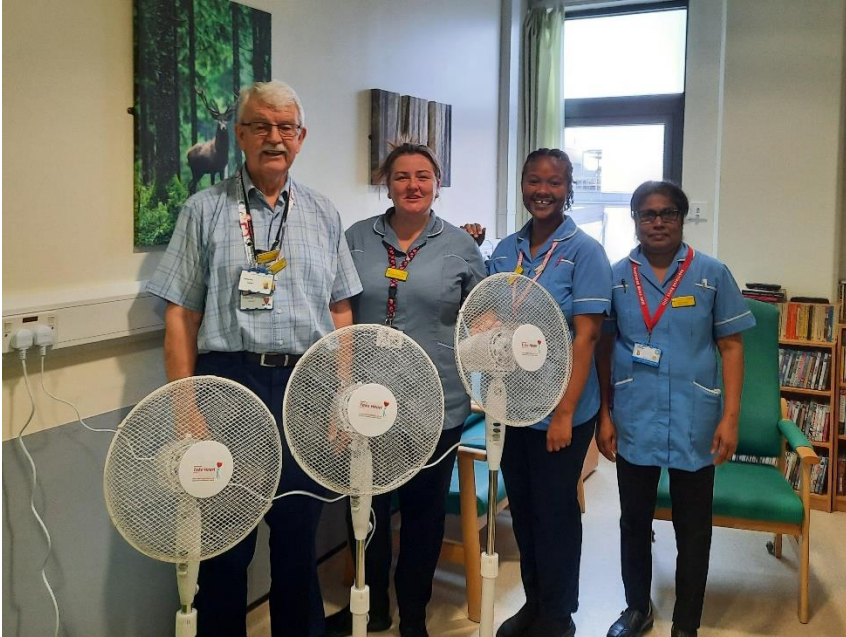


Remembrance Celebration 2023. Each year we remember those who made the ultimate sacrifice on a Friday closest to 11 November. For some years it has been a coffee morning but for 2023, we are to hold an afternoon tea. It will be held at Micklover Golf Club, Uttoxeter Road, Micklover, Derby DE3 9AD on 10 November. Meet at 1.30PM for 2.00PM start. A selection of sandwiches and cakes, plus copious amounts of tea and coffee. Normal price £14.00 but members pay £10.00. Booking is required via Margaret Storry, 86 The Hollow, Littleover, Derby DE23 6GL. Telephone 01332 766916





Fans of ward 408



Not satisfied with supplying a desktop fan for each bed on ward 408 at Royal Derby Hospital, we have now provided three free standing fans for us in the corridors. The intense heat during the summer has caused issues for heart patients. Thanks to members of Take Heart (Derby) the patients found huge comfort with their individual fans. Now the nurses can find comfort working in the wards where there is now some “wind of change” blowing along the corridors. This has already made a difference to the working conditions, with Senior Sister Marie Jackson commenting, “Nurses have cheerily gone about their duties, much happier with their working conditions in the ward. It has made such a difference and we extend our grateful thanks to the members of Take Heart (Derby) for helping again.” Michael somehow managed to get into the photograph, when he is usually the one taking the shot. He is seen with HCA Rachel Bateman, Reg Nurse Kia Morris and Reg Nurse Jolly James



Every woman has
at least one challenge
in life...

She's either
married to it
or
gives birth to it.



Birthdays. Happy birthday this month go to Malcolm Armitt, Gill Brooks, Bryan Clarke, Joan Guttridge, Michael Lane, Ryan Meades, Owen Roberts, hazel Salt, Janet Sharp, Alan Smith, Win Smith, Margaret Statham, Pete Stevens and Michael Wedgwood. 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.





Clocking in at St John's Methodist Church Hall, Allestree



Our singing group, the Take Heart Singers, presented a wall clock to St John's Methodist Church, as a token of thanks for hosting the group for several years. The church booking clerk, Doreen Hinds, very kindly joined the singers one Friday morning to accept the clock. The photograph shows Trisha Flude (Director of Music) with Doreen, with some of the early arrivals. Church secretary, Jean Ellwood, has written to us in grateful thanks for our donation. You can see the clock in situ if you wish to listen to some great singing, every Friday at 10.00AM, with a coffee break at 11.00. It is an uplifting experience.



The 3 stages of life: Wanting stuff. Accumulating stuff. Getting rid of stuff 😊.

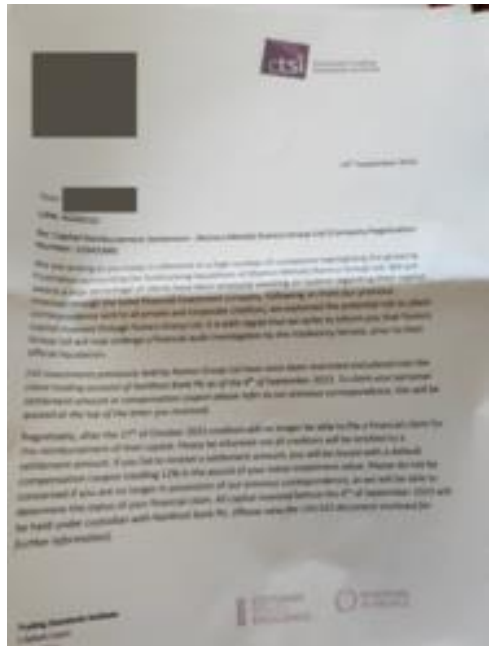


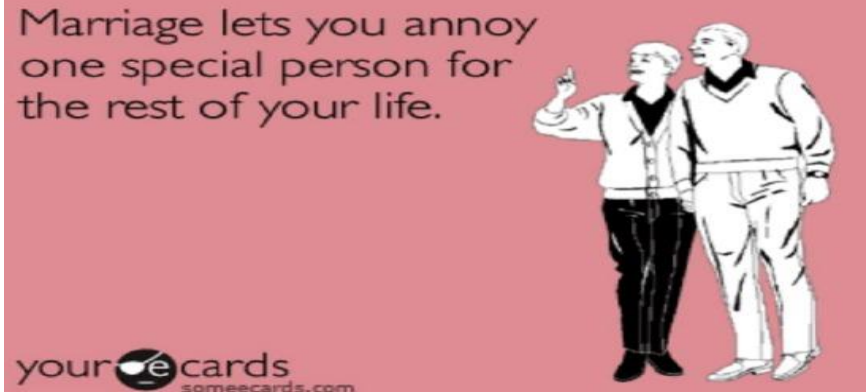
Unfortunately, Scams are continuing – here is information about a recent scam.

If you receive a letter offering compensation to you if you've been a victim of scams, please don't fill in any forms with your personal and financial information.

Our trading standards team is warning you not to respond if you've had a letter with the Chartered Trading Standards Institute (CTSI) logo – it's a scam.

Derbyshire residents have been in touch about the nationwide scam, which often targets previous scam victims. The bogus letter tells people to fill in a 'creditors debt form', as part of a compensation scheme, but it's a way of fraudsters getting personal/bank details. If you receive one, contact National Consumer Advice helpline on 0808 223 1133.





Lunch at The Kings Corner. This was our first visit to this venue for us as a group. It was added because members felt it to be good food, good value and easy to reach. There were seven members who joined together, enjoying each other's company and some tasty food. AND, they did not have to do the washing up. You can join them each month at different venues. Do you know a venue which offers great value, ease of access and good value? Then get in touch with Robert Jones 07952 619385.





THERE ARE TWO KINDS OF PEOPLE:

The ones that pack six days before a trip, and the ones that wake up day-of and pack 30 minutes before they leave.

TreyAndLea.com

And, they are generally married to one another.



Ten gardening tips for October

1. Move tender plants, including aquatic ones, into a greenhouse or conservatory
2. Cut back perennials that have died down
3. Divide herbaceous perennials
4. Divide established rhubarb crowns to create new plants
5. Plant out spring cabbages
6. Harvest apples, pears, grapes and nuts.
7. Prune climbing roses
8. Finish collecting seeds from the garden to sow next year
9. Last chance to mow lawns and trim hedges in mild areas.
10. Renovate old lawns or create new grass areas by laying turf.

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



News from the BHF. Tips on getting fit after a heart event.



Want to get a bit fitter but not sure where to start? Lulu Trask gets top tips from Physiotherapist Susan Young. Keeping fit doesn't just mean joining a sports club or signing up for a marathon. Simply

building on activities that you already do can make a difference. Choosing a fitness activity

Walking the dog, going shopping, cooking or even cleaning are great ways to build up activity. Gardening is a good example because it offers a range of activities so is suited to all fitness levels. You might want to start by getting someone to help you with the heavier tasks and do more as your fitness increases. If you're not quite sure where to start, Physiotherapist Susan Young recommends walking: "It's free, easy to do and most people tolerate it very well."

Everyone, whether or not you have a health condition, should aim to do at least 150 minutes of moderate-intensity exercise a week. Little and often is fine – this could be 30 minutes five times a week or just over 20 minutes each day.

Getting a friend or family member to join you is also a great source of motivation – it means you're more likely to stick to what you've planned and enjoy it more too. Why not ask your friends for suggestions of something you can try with them?

Exercise if you're recovering from a heart event
Physiotherapist Susan Young, of the Chartered Society of Physiotherapy and Association of Chartered Physiotherapists in Cardiovascular Rehabilitation, offers tips for those recovering from a heart event. Pick an activity you're familiar with, she says. "We would always recommend picking activities that people know they can cope with." Mrs Young also encourages getting active as soon as you can – as you start slowly and build up gradually. "If you don't do anything for a few weeks after surgery, you lose quite a bit of fitness and strength, which can make the recovery process even longer." **We would always recommend picking activities that people know they can cope with.**

Don't overdo it, she adds. You could be adjusting to new medication, have a loss in appetite or even be struggling to sleep, all of which can leave you fatigued. "We'd much rather people manage a little bit every day rather than doing too much in one day and not being able to do anything the next."

Source: [Tips on getting fit - Heart Matters magazine - BHF](#)



**BOSS: DO YOU BELIEVE IN
LIFE AFTER DEATH?**

**EMPLOYEE: CERTAINLY NOT!
THERE'S NO PROOF OF IT.**

**BOSS: WELL, THERE IS NOW.
AFTER YOU LEFT EARLY
YESTERDAY TO GO TO
YOUR UNCLE'S FUNERAL, HE
CAME HERE LOOKING FOR
YOU.**



Help Needed for Birthday cards. For a few years we received wonderful cards made by a lady in the West Midlands, assisted by her friend who dealt with the administration. Sadly, we have received notice to retire. Many of you have notified me about the quality of the birthday card you receive, these ladies will be missed.



We now need to find someone else who can step into the breach. Do you know anyone who makes birthday cards? Please speak with them and pass details to Michael or another committee member with their details. We need to move speedily, so please make contact quickly. We re-imburse all

expenses It is a lovely tradition within Take Heart (Derby) which we would be keen to continue. Please help.



Annual donations can be paid for 2024 NOW. There are several ways to pay these donations. The minimum donation is still £10.00 but you can donate more if you wish.

(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



Our speaker for October was Paul Newsham, who visits and enthral us every time. His talk was “The great fire of London”, with some remarkable facts divulged, much to our surprise. Everyone attending, and there were seventeen, all marvelled at the content of the talk and enjoyed it immensely. The transcript for the meeting has fallen foul of some technical difficulties and will be brought to you later. Meanwhile, here are a few images.



In every relationship
there's the person who
falls asleep instantly and
the other person who
lies awake wondering
how that's even possible



September walk.

Spondon was the start of our walk in September, from Dale Road Park. As we pulled into the car park, there was some dog training taking place. The dogs were on "Sniffer Training" duties, with handlers off hiding the targets, before the sniffer was given a trace of the scent to be found. What a great thing to be doing here in Derby, something that may keep us safe at some point in the future. Then it was our turn, would we find our target destination? Chris & Chris Whewell were on hand to ensure we took the correct footpaths across open fields. We came across some huge drain covers, which had been installed some years ago, to moved large volumes of rainwater down into the river Derwent some miles away. The views were principally to the south and on towards east Midlands Airport. Into Ockbrook and turned down past the former Moravion Church which has now closed. Alongside it is (or was) Ockbrook Girls



School, sadly it is now closed. It must be such a loss to the village and to those who attended either. Onwards to the Apple Tree Gift Shop and Tea Room. Caffeine intake was the order of the day for most of us but there were

some who indulged in chocolate drinks!!! They are full of caffeine as well! Following a very pleasant interlude, we set off again in a slightly different direction to return to Dale Road Park. There, the dog training was still in full swing, and we bade our farewells until 28 October when we tour the National Stone Centre in Wirksworth. See you there for this informative and picturesque location.



Programme of Events

October.

- Friday 27th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Saturday 28th Walking back to health - "Stone, rail and village" walk around Wirksworth, taking in the National Stone Centre (cafe available), the High Peak railway and nearby villages. Meet: Old Lane car park - through Wirksworth on the B5036. Park in car park, DE4 4FP to walk at 10.00AM
- Tuesday 31st Coffee morning at The Cube café/bar from 10.30AM.

November.

- Wednesday 1st Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 3rd Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Wednesday 8th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 10th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Remembrance Afternoon Tea, Mickleover Golf Clubhouse 1.30PM for 2.00PM start (see page 3).
- Monday 13th Peter Walton will engage us with "Working with the Community" for this months' talk. How does it affect us and what we can all contribute to ensuring a prosperous future.
- Wednesday 15th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

Thursday 16 th	Lunch at The Toby Carvery, Nottingham Road, Chaddesden, Derby DE21 6LZ.
Friday 17 th	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Wednesday 22 nd	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 24 th	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Tuesday 28 th	Coffee morning at The Cube café/bar from 10.30AM.
Wednesday 29 th	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.



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 07852 696930, 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 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.

Take Heart (Derby)

Christmas luncheon at



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

Tuesday 5 December 2023,

12.00 for 12.30PM

Starters

Spicy parsnip **soup**
Chicken liver & pork **terrines**, red onion marmalade
& melba toast
Melon, with fresh fruit & a fruit coulis

Main

Roast **turkey**, stuffing, chipolata sausages & all the trimmings
Flat **mushrooms** filled with ratatouille, glazed goat's cheese, with
a sun dried tomato & basil dressing.
Supreme of **salmon** with a watercress sauce

Sweet

Christmas **pudding** & custard.
Raspberry cranachan
Cheese & biscuit.

Take Heart (Derby) members pay £25.00
Non-members pay normal price £35.00
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 25 November 2023**

Name Starter

Main Desert

Name Starter

Main Desert

Name Starter

Main Desert

Name Starter

Main Desert

Name Starter

Main Desert

Name Starter

Main Desert