

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter October 2024



Take Heart Singers on the road again.



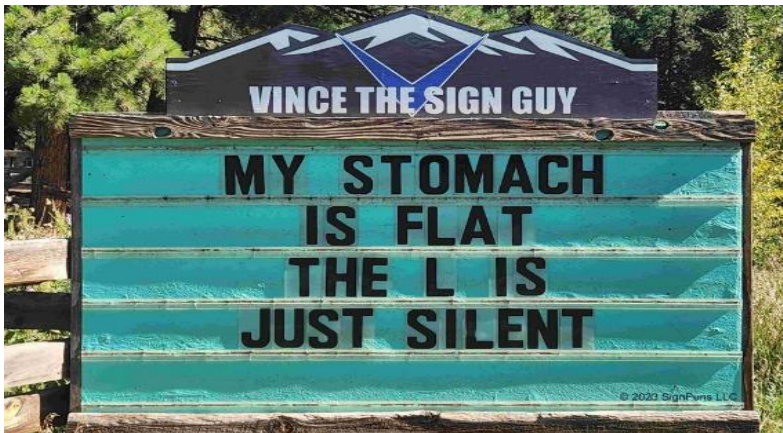
A return to Fraser Hall, Leylands Estate in September saw our singing group entertain the residents and guests to great enjoyment. Songs from the 60's, 70's, 80's and more, with words projected onto the wall for everyone to join in. Two sets were

performed, with a refreshment break in between. Comments followed such as: "I really enjoyed the show this afternoon", "It would be great if you can come back nearer to Christmas with festive songs. We can do mince pies and sherry", "Loved every minute, great show", "Just want to say, you all did Trish proud today", "What a wonderful legacy Trish has left". Our singers responded to the enthusiasm and delivered a terrific show. Other engagements are in hand, why not come along to support your group next time, Michael will add details when confirmed.





Your response will help! All our events lose money but one of the more expensive events is the monthly speaker meeting. It is not just the cost, but this event is poorly supported. The first meeting after our AGM (24 members in attendance – great) we received an inspiring presentation from Umbrella. Sadly, only six of us attended. Room hire at St Mary’s is £50.00 for the slot. There is usually a fee donated to the speaker of up to a further £50.00. The attendance level is embarrassing and for this level of attendance is very costly per head. Margaret Storry asks, “I wonder if the members realise the time, emails and phone calls it takes to organise the speakers and also put the adverts in the magazines. I find it depressing that all the hard work goes to waste when people cannot be bothered to turn up for the meetings and I am sure none of these members would take it on when no-one is even offering to come on the committee.” We have discussed this at Committee meetings but are divided upon what to do. It would be a shame to simply cancel them which might lead us to do nothing at all. So, over to you, our members. Please write to Michael quickly as we are planning 2025 events now.





HAPPY BIRTHDAY

Happy Birthday to our
Birthday Stars who this
month are:

Bryan Clarke, Hazel Salt, Janet Sharp, Joan Gutteridge, Margaret Anderson, Margaret Statham, Michael Lane, Michael Wedgwood, Owen Roberts, Pauline Green, Penny Wilkinson, Pete Stevens, Ryan Meades, Sunita Purohit and Brenda White



**Clocks go back on
November 7th,
I hope mine goes back to
when people had
Morals, Values, Loyalty,
Appreciation and Respect**

Please note this date is incorrect – the clocks have already gone back



Christmas Fayre. A fundraising event for the benefit of your

Christmas Fayre
Saturday 9th November
11:00am-2:00pm

Christmas decorations/gifts/lights

Assorted reading books

All proceeds to  Homewares

Take Heart
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Toys


New and used items
 And much more...

Tea/coffee/biscuits/cake
 Free parking

St. Johns Methodist Church Hall
Birchover Way, Allestree DE22 2QL
(adjacent to Park Farm)

charity will take place on Saturday 9 November, between 11.00AM and 2.00PM. Can you help? Do you have saleable items which could help us raise much needed funds? Can you help on the day? Could you help to serve refreshments, help on a table, make cakes or sandwiches or donate sausage rolls etc? Contact Michael on 07852 696930



 **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!

 Albert Einstein was a genius.

But his brother Frank was a monster.



October's speaker was Steve Fidler. What an amusing afternoon!

Our speaker this month was Stephen Flinders, and his talk was called "The Old Curiosity Boxes." The members who attended the meeting were asked to make up teams of three or four ready to have fun trying to identify a collection of objects and curios. Stephen then put two objects on each table asking for the members to try and identify them. Each table were given a paper with numbers one to ten, with each object having the corresponding number on. Each number had a clue to the object by it, for instance by number one was the clue "A tough object for a tough situation" It looked like a very large heavy trivet made of iron, when it was actually a "road tile" some of which had been used on the road underneath the road bridge in Liverpool, it's a shame they do not still use them now as I am sure our road surfaces would last a lot longer. Number five clue was "Its French and used in the production of a certain food. Although it looked like something you would pour engine oil through, it was in fact a device for force feeding geese to make "foie gras." For number nine the clue was "late 1800s to early 1900s, this item protected something connected with what was then, an exciting invention. It was a small wooden object with a screw bottom which baffled everyone. It



turned out to be a casement for a "spark plug." Who would have thought of that. The final one number ten, the clue being "Serves to avoid making a sticky mess of things," it had a black handle with a round piece of metal at the end with a whole through, Stephen said if you were rich, you might have had one made of

silver. There were many ideas given but none of them correct, it was actually a tool for holding meat whilst you cut it. Stephen told us that he would pick objects up when he went looking around markets and had even picked things up from markets when he has been abroad. A remarkably interesting afternoon which had us guessing. Check out the picture and identify the two objects shown. Write, telephone, email or message Michael to see if you are correct. See what we mean?





Your committee needs you. Pauline

Green has been co-opted to our committee in the first step of bolstering our committee numbers. She has vast experience within social work and will bring a fresh perspective to our deliberations. Welcome Pauline. The committee is now seven strong, but we could do with more – please. 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)



When I was young, I was poor. But after years of hard, honest and painstaking work, I'm no longer young.



Ten gardening tips for November

1. Clear up fallen leaves - especially from lawns, ponds and beds
2. Raise containers onto pot feet to prevent waterlogging
3. Plant tulip bulbs for a spring display next year
4. Prune roses to prevent wind-rock
5. Plant out winter bedding
6. Cover brassicas with netting if pigeons are problems
7. Insulate outdoor containers from frost – bubblewrap works well.
8. Stop winter moth damage to fruit trees using grease bands around trunks
9. Put out bird food to encourage winter birds into your garden.
10. Use seasonal bonfire (where allowed) to dispose of excess debris unfit for composting.

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



I'VE LEARNED 2 VERY IMPORTANT LESSONS IN MY LIFE. I CAN'T RECALL THE FIRST ONE, BUT THE SECOND ONE IS THAT I NEED TO START WRITING THINGS DOWN.



Car parking changes at Royal Derby Hospital.

The parking rules at Royal Derby Hospital are changing from Monday 14 October as construction work starts on a new multi-storey car park which will create an additional 500 parking spaces for patients and visitors.

The large construction project is expected to take 12 months, during this time, some car parks will be closed so there will be fewer parking spaces available on the hospital site.

Patients and visitors are encouraged to use the new, fully accessible park and ride service which will open on Monday 14 October at Kingsway Boulevard (near Kingsway retail park). From 8.15am - 5.40pm a free shuttle bus will drop off and pick up every 20 minutes at five locations around the hospital site. There are also public transport routes directly into the hospital and drop off bays located around the site which are free to use for 30 minutes.

If patients and visitors do need to park at the hospital, there will be short stay parking available for visits up to 90 minutes and dedicated Blue Badge car parks with no time restriction. Our public website has a map with instructions on how to find the park and rise, and a FAQ with additional about how the changes will impact different patient groups.

[Construction of new multi-storey car park at Royal Derby Hospital | University Hospitals of Derby and Burton NHS \(uhdb.nhs.uk\)](http://www.uhdb.nhs.uk)



In case you want to get me something for my birthday, I'm a size 10 days, 9 nights in Italy. >



Lunch at the Kings Corner. This month there were nine of us who enjoyed our lunch together at the Kings Corner. There are only seven in the shot, but Michael took the picture, and Richard joined us shortly after. Our food was served promptly and was well received. A tasty meal and we did not have to lift a finger nor do the dishes afterwards. It's a win – win situation each month. The next one is at The Dog & Duck, Shardlow.



Member news. We sadly lost John Salt last month and his funeral was attended by so many people, he was obviously well respected by family and friends. Our thoughts and prayers are extended to Hazel and her family at this very sad time. We also lost Tony Jackson recently. Sadly, it was only in May this year that his wife Shelia lost her battles. You can only imagine the heartache felt by their family, dealing with the death of both

parents so soon. Tony's funeral arrangements are awaited. Our thoughts and prayers go out to them at this very sad and difficult time. Elsewhere, Dave Newton is currently in RDH awaiting and angiogram – good luck Dave. Michael has been out of “salts” recently and although that has changed, he is still struggling with weariness and a complete lack of strength. 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.



As I watch this generation try to rewrite history, one thing I'm sure of.... it will be misspelled and have no punctuation.



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? Your suggestions will be gratefully appreciated. 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



**IN A SPAN OF 11 YEARS,
115 PEOPLE DIED IN
WEIGHTLIFTING
ACCIDENTS AT THE GYM.**

**DURING THE SAME 11
YEARS, ONLY 1 PERSON
DIED EATING A DONUT.**

MAKE GOOD CHOICES.



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 should be removed. We also felt that this would be a timely opportunity to update our records. Telephone numbers have changed, email addresses have changed etc. 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 currently. 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.



Today I learned that if you turn a canoe over,
you can wear it as a hat.

Because it's cap sized.



Programme of Events November.

Friday 1 st	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Wednesday 6 th	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 8 th	Singing for Fun cancelled.
Monday 11 th	CRY will be the subject of Elaine Ward's presentation to us this month. It is

Wednesday 13 th	an acronym for Cardiac Risk in the Young, which is raising awareness of this issue. Come and find out for yourself.. Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 15 th	Singing for Fun cancelled
Wednesday 20 th	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
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 of Making, Silk Mill Lane, Derby DE1 3AF from 10.30AM.
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



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.