

# Take Heart

(Derby)

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

[www.takeheartderby.co.uk](http://www.takeheartderby.co.uk)

Registered Charity No 1163703



## Newsletter October 2025



Our September speaker was Paul Sturgess, talking to us about a survey carried out in Derby in 1953. Derby was chosen because it was regarded as a typical English town. Paul started by talking about the religion, he said in the 1950's of the people interviewed 73% were Church of England 6 to 7% only were on a church electoral register and only 3% were an official part of a church. We were told that fewer than half the people interviewed had no religion at all. Methodists were 11% and 7% were Roman Catholic, but he was sure this would now be considerably more. Paul went on to talk about the churches and chapels which had unfortunately closed. There were no Evangelical, Jewish or Muslim places of worship at this time in Derby. He said Jewish families were thinly spread throughout the country. People remembered the Jewish tailors on Normanton Road Derby, called Levi's, with their lovely clothes in the window. One member said that many years ago, one of her neighbours was a tailor at this shop. We then moved on to education with 60% of the people in Derby saying that they left school at 14 years old. Only 7% stayed on at school and 4% went on to higher education. A lot of children went onto technical or art college. At this time, 90% of people read an evening newspaper and 87% read one or more magazines, with members remembering the magazines they read, all of which were

delivered to their door. 40% read regularly and 40% had more than 50 books in their home. Paul then talked about entertainment. At this time, there were 16 cinemas in Derby, with members talking about the ones they used to go to with lots of families going at least once a week, whilst many people listened to radio. In 1953 television arrived, but not every family could afford a television or a telephone. The public would usually walk



to a local red phone box. Now phone boxes hold a small library in a village, or you might find a defibrillator situated in one. We then went on to talk about parks. Members remembered Darley Park and the greenhouses there, filled with exotic plants. Normanton Park,

Markeaton Park, Alvaston Park and the Arboretum. Paul remembered the bands that played there on a Sunday afternoon. Other members remembered the bands as well, but also the pond in the middle filled with fish, the bowling green, and the aviary with the many colourful birds in. Members also remembered Reginald Street swimming baths just across the road from the Arboretum where they would go each week with school for lessons. Families at this time holidayed in England going camping, hiking or on coach tours, but by the early 60's many went to France. By the late 60's, families had started to take Spanish holidays. It was also found that one in eight people had never been on holiday. The last thing Paul talked about was sport, 50% of people watched sport with 20% playing more than one sport. The Baseball ground was where Derby County played but there was also football and cricket pitches on some of the parks. A very interesting talk was enjoyed by all.

**A report by Pam Fearn.**




The richest wealth is  
**Wisdom.** The strongest  
weapon is **Patience.**  
The best security is **Faith.**  
The greatest tonic is  
**Laughter,** & surprisingly  
**all are free.**




# HAPPY BIRTHDAY

Margaret Anderson, Bryan Clarke,  
Pauline Green, Joan Gutteridge,  
Michael Lane, Ryan Meades, Sunita  
Purohit, Owen Roberts, Janet  
Sharp, Win Smith, Margaret  
Statham, Pete Stevens, Shirley  
Thurman, Michael Wedgwood and  
Penny Wilkinson



 **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)



## **This hit home for me!**

**When a flashlight grows dim or quits working, you don't throw it away, you change the batteries. When a person messes up and finds themselves in a dark place, do you cast them aside? Of course not, you help them change their batteries! Some need AA.. attention and affection; Some need AAA.. attention, affection and acceptance; some need C.. compassion; some need D.. direction. And if they still don't seem to shine... simply sit with them quietly and share your light.**



**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](mailto: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.



After further review, it has been determined that we need further review to review what was previously reviewed to determine if the amount of review was sufficient to come to a conclusion about what had been reviewed before

Rodney Norman



## **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 Please consider hosting a coffee morning or afternoon tea I'm sure your family and friends would love to support this good cause.
- 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) 🌸 At our age what do we really need that we do not already have?
- 3 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.

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](http://www.takeheartderby.co.uk/just-giving)

A big thank you to anyone who has already been fundraising or sending donations to Take Heart. It is greatly appreciated as we really need to boost our funds. We would love to see pictures of fund-raising efforts for the Newsletter so please forward them to Michael.

**Kind regards,**

**Pauline Green, Fundraising Manager 07599 944402.**



## **Pauline Green reports about her Afternoon Tea Party**

We had a great tea party on Saturday 4th Oct and managed to raise a brilliant £810 which I will transfer to Take Heart .

Robert joined us at the last minute, he'll tell you all about it. I did just invite all the neighbours and will perhaps arrange one for other friends and Take Heart members another time.



What a great result, well done Pauline and whoever else helped and attended. Thank you.

If you would like help with organising your event, then contact Pauline on 07599 944402



Michael & his family together with TH(D) volunteers will be holding a Winter Sale as per the illustration. Can you help? Contact Michael on 07852 696930

**TAKE HEART (DERBY)**  
**WINTER SALE**

**SATURDAY 1ST NOVEMBER 2025**  
**12 NOON – 3:00 PM**

**St John's Church Hall, Birchover**  
**Way, Allestree, Derby**  
**DE22 2QL**  
**(Adjacent to Park Farm)**

**Toys, homeware, soft furnishings,**  
**Christmas items, books & CDs.**  
**Half price or better.**  
**New and pre-loved items.**  
**Refreshments (including cakes)**

**All proceeds in memory of Trisha Flude**  
**and to be given to Take Heart (Derby)**

**Free admission and parking**  
**[www.takeheartderby.co.uk](http://www.takeheartderby.co.uk)**  
**07852 696930**



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



**"Doing nothing is hard... you never know when you're done!"**

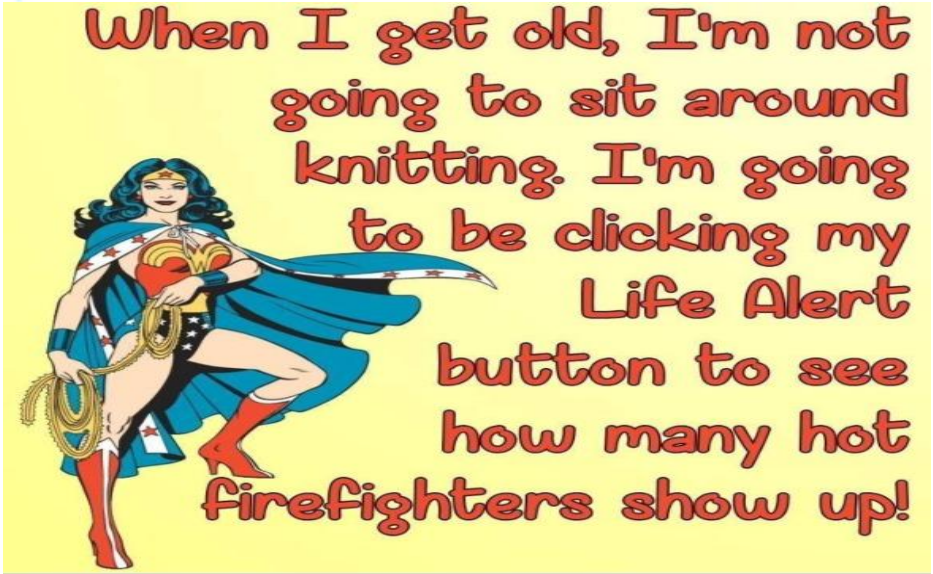


**September coffee morning.**



What a lovely surprise to see so many members at our September coffee morning. Shirley Thurman joined as a new member, a friend of Pauline Boutcher. No surprise to see Michael consume three

coffee's or Sharon eat yet more cake. A good turn-out of 17 members. It's a relaxing session, so come and join us on 28th October at The Museum of Making from 10.30am.



**Member news.** Neil Mansell undergone open heart surgery at Papworth Hospital 11 October. The operation went to plan and now Neil is taking the first steps on his road to recovery. Needless to say he is very weak but has the support of close friend Maria. We send our best wishes to them both and are included in our prayers.

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.



## DARLEY PARK DISCOVERY DAY

### Walk report by Peter Stevens

Take Heart's intrepid trekkers chose the autumn equinox to discover Derby's Darley Park.

Once the home and grounds of the Strutt family, the park is now a green oasis set on the banks of the river Derwent.

In mild autumnal weather, we met in historic Chester Green, once a Roman settlement known as Derventio.

Today, very little remains of the Roman fort which once stood proud on the river banks, although useful visitor signs help pin point areas of Roman interest.



Our walk took us across the Derwent via Handyside bridge, then into the village itself before heading back into the park.

Once inside, our seven strong party took a diversion to stroll

around the wonderful hydrangea garden....nationally recognised for its collection of rare and not so rare plants.

A quick coffee stop was followed by the chance to discover Strutt's cotton mill buildings.

Most are now transformed into cosy bars and restaurants and we all felt a return visit was on the cards.

Our final stretch on the four mile stroll took us past football and cricket pitches with lovely park views before finding ourselves back at our cars.

Many thanks to Chris and Chris Whewell for planning and leading our late September stroll.



## Programme of Events

### October.

- Saturday A free “Helious! Sculpture tour, Kedleston Hall. Meet at 10.30am in the car park office.
- Tuesday 21<sup>st</sup> Lunch at the Dog & Duck, London Road, Shardlow, Derby DE72 2GR.
- Wednesday 22<sup>nd</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall, Allestree
- Friday 24<sup>th</sup> Singing for Fun at 10.00AM in St John’s Methodist Church Hall, Allestree
- Saturday 25<sup>th</sup> Walking back to health – Markeaton to Quarndon. Meet at Munday Play Centre car park, Markeaton Lane, Derby DE22 4NH to walk at 10.00AM.
- Tuesday 28<sup>th</sup> Coffee morning at the Museum of Making, Silk Mill Lane, Derby DE1 3AF at 10.30AM
- Wednesday 29<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall, Allestree
- Friday 31<sup>st</sup> Singing for Fun at 10.00AM in St John’s Methodist Church Hall, Allestree

### November.

- Wednesday 5<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 7<sup>th</sup> Singing for Fun at 10.00AM in St John’s Methodist Church Hall.
- Monday 10<sup>th</sup> Steve & Julie Wigley will entertain us again to a truly delightful afternoon of music and poetry at 2.30pm St Mary’s Church Hall, Darley Lane Derby DE1 3AX.
- Wednesday 12<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

Friday 14 <sup>th</sup>	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Wednesday 19 <sup>th</sup>	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Thursday 20 <sup>th</sup>	Lunch at The Toby Carvery, Nottingham Road, Chaddesden, Derby DE21 6LZ.
Friday 21 <sup>st</sup>	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Tuesday 25 <sup>th</sup>	Coffee morning at the Museum of Making, Silk Mill Lane, Derby DE1 3AF
Wednesday 26 <sup>th</sup>	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 28 <sup>th</sup>	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](mailto:michael.flude@takeheartderby.co.uk).or 14 Brookside Road, Breadsall, Derby DE21 5LF.

# **Take Heart** (Derby)

## **Christmas Luncheon at**

Mickleover Golf Club, Uttoxeter Road,  
Mickleover, Derby DE3 9AD



Friday 12 December 12 noon for 12.30PM

### **Starters**

Roast parsnip & carrot **soup**, topped with croutons and freshly baked roll (gf)

Breaded **camembert** with cranberry salsa, walnut & honey salad

Pulled ham hock & chicken **terrine**, winter fruit compote, watercress, toasted sourdough (gf)

Beetroot & gin cured **salmon**, horseradish creme fraiche, frisee salad, seeded toast

### **Main**

Traditional roast **turkey** crown, pigs in blankets, sage & onion stuffing, turkey gravy (gf)

Slow cooked blade of **beef**, celeriac puree, rich red wine jus, crispy leeks (gf)

Grilled fillet of **sea bass**, braised leeks with wholegrain mustard & split chive hollandaise (gf)

**Sweet potato** roulade with Cajun cream cheese, sweet & spicy roasted red pepper, oregano & tomato sauce

## Sweet

Chocolate fudge **Yule log** dusted with icing sugar, kirsch soaked cherries & Chantilly cream

Classic Christmas **pudding** with lashings of hot brandy cream (gf)

Lemon **meringue** roulade with fruit of the forest berries, whipped cream

**Cheese plate** – mature cheddar, creamy brie & Shropshire blue served with crackers, grapes,

celery & winter fruit chutney (gf) **£2.00 supplement**

Followed by Tea or Coffee with mince pie

All attendees pay £27.50 (£2.00 extra for cheese plate), including gratuity

Cheques payable to Take Heart (Derby).

Book meals via

Margaret Story, 86 The Hollow, Littleover, Derby DE23 6GL.

01332 766916 by 30 November 2025

Name ..... Starter .....

Main ..... Desert .....

Name ..... Starter .....

Main ..... Desert .....

Name ..... Starter .....

Main ..... Desert .....

Name ..... Starter .....

Main ..... Desert .....