

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter September 2024



Additional donations to help heart patients in hospital.

Your charity has recently purchased equipment to help heart patients on ward 408 of Royal Derby Hospital. For many years we have been purchasing equipment which the NHS does not have sufficient funds. This year, we “topped up” the number of desktop fans so that all thirty patients had an individual fan should they wish to use it when temperatures rise within the hospital. Marie Jackson, Senior Sister of ward 408 says, “This equipment helps enormously during hot spells when patients are unable to move around. Reducing patient agitation is also helpful

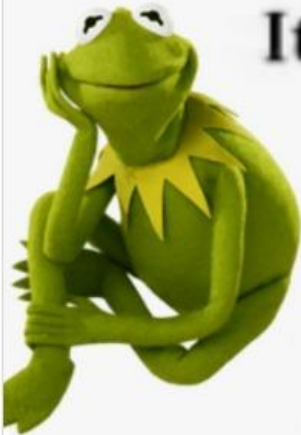


to the nurses as they go about their duties. So, thank you Take Heart (Derby) for your continued support.” We also added radios to those supplied previously, ensuring that

each bay and side room had a radio to take away the boredom on being an inpatient. Lastly, we purchased a Z bed for use by a family member of a patient who need overnight assistance/presence. Sister Jackson added, "This will be so beneficial to a patient and their family when things are difficult. The presence of a family member makes such a difference to the patient. Again, so good of Take Heart (Derby) to supply this support." All this can only happen thanks to members who donate money to us – so thank you for your continued support.

I stress about stress before
there's even stress to stress about
Then I stress about stressing
over stress that doesn't need
to be stressed about.

It's stressful.



STRESS



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. Do we abandon these meetings and deprive those who do turn up of an event they like. Do we hold fewer meetings, or do we continue each month and try to bring a fellow member or a guest? Do we charge more than £2.00 per person for these attending? Please write to Michael quickly as we are planning 2025 events now.





A new venue for our coffee morning brings out more members. We have been attending The Cube Café/bar in Chapel Street for many years. It is light and bright, there is a car [park opposite, it is on a bus route. The coffee and arrangements were good. Sadly, the café and DEDA dance rooms organisation has gone into liquidation. This meant we had to move quickly to secure an alternative venue. Much “walking the streets” was carried out by a couple of committee members and, following a discussion, we opted for the Museum of Making (formerly The Silk Mill). It is ideally placed alongside the river Derwent and a short walk from the bus station. There is limited on street parking but several car parks are nearby, including the Assembly Rooms car park. There were also the museum displays to witness over three floors (a lift is available). You can see in the photograph that twenty-seven members attended, including two for the very first time. What a difference that made to the occasion. The coffee was also good (Michael had three) and there were snacks available in addition. See you on 24 September at the museum.





HAPPY BIRTHDAY

Happy Birthday to our
Birthday Stars who this
month are:

Brian Alt, Graham Bracewell,
Kathleen & David Crowson, Nigel
Cullen, Paul Dudley, Pat Gallimore,
David Hancock, Ted Evans, Jeff
McCormick, Dave Newton, Geoff
Oliver, Ray Prince, Monica Roberts,
Georgia Smith, Brenda White and
Mavis Wilson

**We Squint at the Sun
because it is Bright**



**We Squint at People
because they are Not**

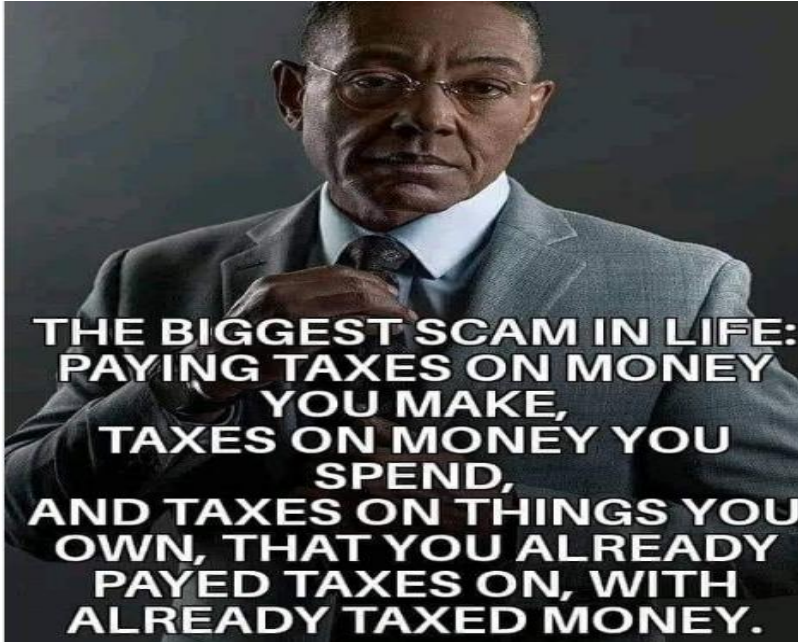


5 things I would never do as a scams expert

1. I wouldn't buy from Facebook Marketplace without first inspecting the item in person.
2. I would never pay a stranger using bank transfer or PayPal's Friends and Family payments.
3. I wouldn't buy an unregulated investment.
4. I wouldn't trust a call from the 'Fraud Department'.
5. I wouldn't assume a loved one's cash request is genuine.

Source: [5 things I would never do as a scams expert - Which? News](#)

Stay safe on line and the phone.



Vaccine for a virus you have never heard of. 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 jab.



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


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



September's speaker was Millie Holder, from the charity "Women's Work," who help individuals by providing support, information, and advice to women with complex needs. They provide a range of:- educational workshops, confidence and life skills courses, food parcels, one to one support, health interventions, counselling and drop-ins and coffee mornings. Millie said her involvement with the charity started when she was working in education twenty-one years ago and heard two colleagues talking about a charity that had just started based in Hartington Street in Derby. These colleagues used to drive around the streets at night talking to women who were working on the streets as they were worried, they had been pushed into sex work and would supply them with coffee and sweets. They would also give them a card with the charity's details on. The ladies always felt safe as the Police had their cars registration number. The ladies tried to gain the confidence of these women so that they would go to the charity where they could wash their clothes, have a shower, and make themselves a drink and some toast. Millie told us that the lady who had started the charity was Dionne Reid. Millie went on to say that in 2002 she set up a board of trustees and was the chair of the board for several years but now she is an ambassador for the charity going out and spreading the word of what they do. One girl that had been trafficked had been given the confidence by the charity to give evidence which helped the Police to arrest and charge a man. They support women with drink and drug problems, mental health, domestic abuse and give them the confidence to start afresh. The charity run courses such as sewing lessons, money matters, and computer skills. They help women with children and started a creche to help these women with small children. They also started a project called "Little Links" for older children who have been affected with problems at home. Millie said that they get referrals from social services and doctors and in the last year the number of new referrals had reached 692. The charity now has links with Foston Prison where a worker will go into the

prison to support inmates who live in the Derby area. Millie informed us that in 2008 they won the best small health charity in the United Kingdom and won £20,000, four years later several winning charities were put forward for another award, "Champions of Champions" which they won. They were lucky enough to have a visit from Princess Ann who was extremely interested in what the charity does, Millie said her visit was like having a stamp of approval. We were told that it takes £500,000 a year to run the charity and are grateful for any donations they are given. What a very inspiring and informative afternoon, a pity more people did not attend.



 **Your committee needs you.** Our present committee is only six in number. 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)





**I cant get
over the fact
that the word
"gullible"
upside down
looks like a
cat.**

Don't tell me you tried it?



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](#)



This is a joke!!!



Lunch at the Nags Head. It seems that “six” is the stubborn number for group members to get together, There were six members at the lunch in July, six again here in August and six members at the August meeting with our guest speak at St Mary’s church hall. We have 203 members and whilst nothing is compulsory to attend, we all eat at lunchtime, so why not let someone else do the hard work. Join other members who are doing exactly that and enjoying the company of others. It would be great to see more of you. Our next lunch session is at Kings



Corner,
Morley Road,
Oakwood,
Derby DE21
4RF. If you
need a lift, call
Robert on
07952 619385
or Michael on
07852 696930
and we will
attempt to
collect you –
no promises.



Member news. There are many members who are not in good health. They include Mary Smallwood, Sue Wesson, Bob Betchley, Michael Brinkworth, Pam Fearn, Cynthia Storer, Monica Roberts and Lorna Skidmore. Good news that Lilian Payne, Anne Laxton and Michael Flude are on the mend and attending events. 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.



**Sometimes my brain is like
the Bermuda Triangle.**

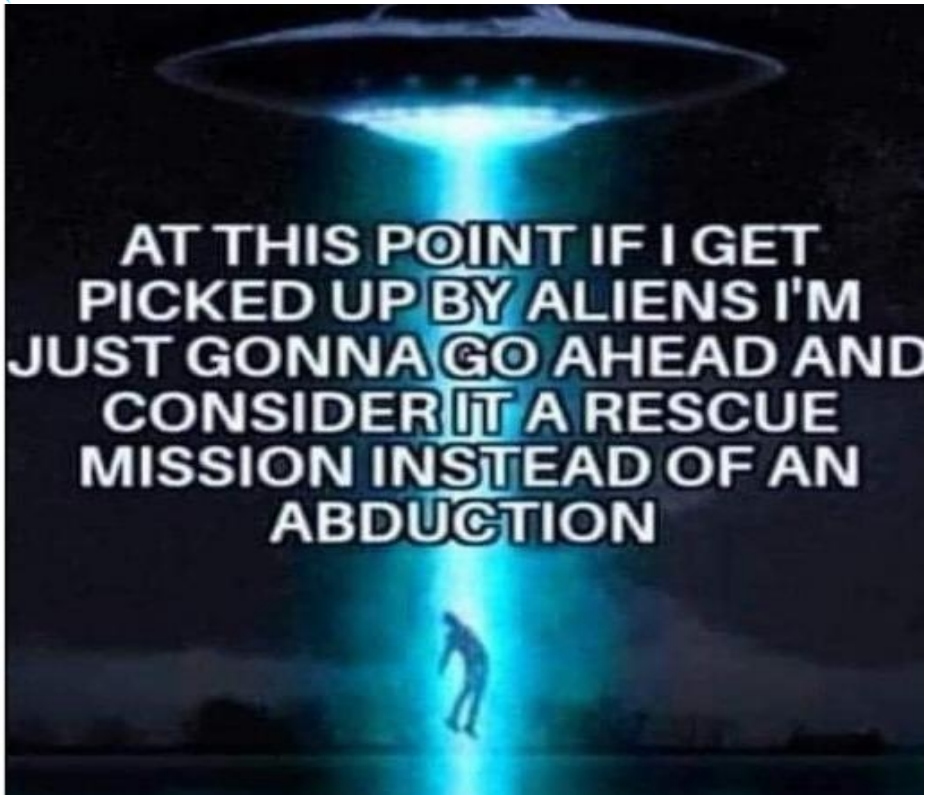


**Information goes in and
then it's never found again.**



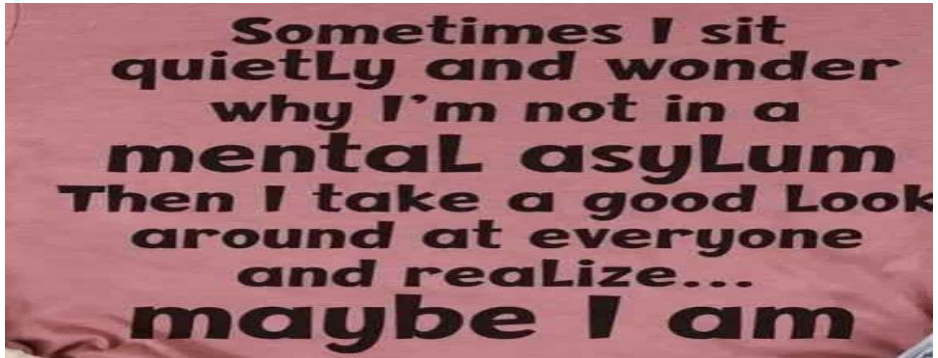
40 Years Young. Can you believe it? Our Ruby

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. A musical evening with fish & chips has been suggested And/or a quiz night with a comedian. But what do you think?





Revised membership form. 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.



Check your blood pressure and cut down on ‘wine o’clock’. **1.** Type 2 diabetes may triple your chances of developing Alzheimer’s because high blood sugars lead to amyloid deposits in the brain. Blood sugar readings should be under 42mmol, 42-47mmol is pre-diabetic, over 48 is classified as having diabetes. **2.** High blood pressure increases your

dementia risk by 20 percent. It can cause heart attacks and strokes, it can damage blood vessels supplying the brain, leading to vascular dementia. Blood pressure should be 120/80mmHg or lower. Minimise intake of alcohol and salt, plus exercising can improve blood pressure. **3.** Drinking more than two bottles of wine per week is associated with a 20 percent higher risk of cognitive decline. This has been linked to Alzheimer's and Parkinson's. Swapping to smaller glasses 125ml, is a way to cut intake which reverses the risk. **4.** Intense exertion triggers increased production of proteins which help form new brain cells and pathways. Daily exercise of just six minutes could stave off Alzheimer's by boosting BDNF production. A mix of running and walking to begin with.



Programme of Events

September.

- | | |
|----------------------------|--|
| Tuesday 24 th | Coffee morning at The Museum of Making from 10.30AM. |
| Wednesday 25 th | Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall. |
| Friday 27 th | Singing for Fun at 10.00AM in St John's Methodist Church Hall. |
| Saturday 28 th | Walking back to health – Willington circular walk. Meet at Willington Station car park (B5008) to walk at 10.00AM. |

October.

- | | |
|----------------------------|---|
| Wednesday 2 nd | Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall |
| Wednesday 9 th | Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall. |
| Friday 11 th | Singing for Fun at 10.00AM in St John's Methodist Church Hall. |
| Monday 14 th | "The Old Curiosity Box" is the title of a talk by Steven Flinders. Who knows what secrets will be revealed. |
| Wednesday 16 th | Tai Chi at 4.00 to 5.00PM in St. Nicholas |

- Friday 18th Church Hall.
Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Tuesday 22nd Lunch at Dog & Duck, London Road, Shardlow, Derby DE72 2GR.
- Wednesday 23rd Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 25th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Saturday 26th Walking back to health - Belper history walk: A discovery walk around the town's streets and alleyways. See a nail makers' workshops as well as a rare place of worship. Meet at Belper River Gardens, DE56 1FE to walk at 10.00AM
- Tuesday 29th Coffee morning at The Museum of Making 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 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 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.