

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter September 2025



DISCOVERING BURTON'S RIVER TRENT WASHLANDS

Report by Peter Stevens

Burton is famous as the beer capital of Britain, but it also features a surprising amount green space. . .

Just a very short stroll from the town centre lie Burton Washlands, chosen as the backdrop for Take Heart's end of July walk.

Organised by intrepid trekkers Chris and Chris Whewell, we met at a free car park not quite knowing what to expect so close to the busy town centre.

But we didn't need to worry, because a short stroll took the group to the start of a series of winding pathways, flanked by trees and, of course, the River Trent.

The clue is in the name because the "Washlands" provide the vital space for when the Trent decides to overflow its banks.

Thankfully there was little sign of flooding during our three hour walk. We passed delightful flower beds – a real surprise – and even a large concrete swan which had managed to survive many a flood!

Our stroll took us over a cast iron bridge and viaduct, built to enable townsfolk to cross the flooded washlands and the river.

The structures date from the late 19th century and were presented to the Borough by Michael Arthur, First Baron Burton – otherwise known as the head of the famous Bass brewery empire.

The viaduct across the washlands and a bridge over the river are in remarkable condition considering their age and a source of pride for local people.

However, it wasn't long before we found ourselves in Burton town centre ready for refreshing coffee and tea and the odd bacon butty before winding our way a slightly different route back to the car park.

Many thanks to the two Chris's for organising a super morning walk around a relatively undiscovered green gem, just over the border into Staffordshire.





A woman walks into a pharmacy and asks the pharmacist for some arsenic. He asks “What for?” She says, “I want to kill my husband.” He says, “Sorry, I can’t do that. She then reaches into her handbag and pulls out a photo of her husband in bed with the pharmacist’s wife and hands it to him. He says, “You didn’t tell me you had a prescription...”



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)





HAPPY BIRTHDAY

Brian Allt, Graham Bracewell, Mira
Clark, David & Kathleen Crowson,
Nigel Cullen, Paul Dudley,
Pat Gallimore, David Hancock,
Jeff McCormick, David Newton,
Geoff Oliver, Raymond Prince,
Monica Roberts, Georgia Smith
and Brenda White

I tried cooking with wine.
It didn't go so well.



*Aging
Gracefully*

After five
glasses, I
forgot
why I was even
in the kitchen.



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 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.



**My husband
and I are doing
a workshop...
he works...
I shop.**





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 World Heart Day  is drawing closer (29th Sept 2025). This is a brilliant opportunity for fundraising for Take Heart. Please consider hosting a coffee morning or afternoon tea on, or close to, that date. 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

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.

As an example, Pauline is hosting an Afternoon Tea Party on Saturday 4 October with tickets £10.00 adult & £5.00 children in aid of Take Heart (Derby). She has printed a leaflet to hand out to family and friends. If you wish to do something similar, then contact Michael to help with a leaflet for your gathering.

It appears our sister group, Take Heart Leicester are copying our idea and held "Tea in the Garden" events in June, with lots to cake involved. It dose not have to be tea/coffee events, it can be anything you want. Let Michael know and it can be included in your Newsletter.

Michael and his family, supported by Take Heart (Derby) members, will be holding a charity sale on 1 November, in memory of Trisha Flude. It will take place in St John's Methodist Church Hall, Birchover Way, Allestree, Derby DE22 2QL from 12 noon. There are lots of brand new toys (all at half price or less), some household items including bedding, decorative furnishings, Christmas gifts. There will be refreshments available. If you can help, please call Michael on 07852 696930. Do come along and support this venture, it raised more than £400.00 last year.





At age 20,
we worry about
what others think
of us.

At age 40,
we don't care
what they think
of us.

At age 60,
we discover
they haven't
been thinking
of us at all.





August coffee morning. There were seventeen members attending The Museum of Making for our August coffee morning. This was down on attendances in recent months – were you on holiday or perhaps baby-sitting your grandchildren? You can bring them along as a day out treat and show them around the museum. It is a fascinating place, with some interactive exhibits. Coffee was excellent, as usual and Sharon said the cakes were good. Lots of catching up, including Michel admitting he did not attend his own birthday party. Despite forty-three family attend from all over the country, he decided to become an in-patient at Royal Derby Hospital. The things he will do to get out of buying drinks for all!!! The 30th September is the date of the next coffee morning. See you all there.





Answers in Exams by non-medical student

1. Antibody – One who hates his body.
2. Artery – Study of Fine Paintings.
3. Bacteria – Back door of a Cafeteria.
4. Coma – Punctuation Mark
5. Gall Bladder – Bladder of a Girl.
6. Genes – A famous brand in Italy.
7. Labour Pain – Hurt at Work
8. Histology – Story of History
9. Ultrasound – Radical Sound.
10. Cardiology – Advanced Study of Playing Cards



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



A Little Poem For Seniors

Another year has passed
And we're all a little older.
Last summer felt hotter
And winter seems much colder.

There was a time not long ago
When life was quite a blast.
Now I fully understand
About 'Living in the Past'

We used to go to weddings,
Football games and lunches..
Now we go to funeral homes
And after-funeral brunches.

We used to go out dining,
And couldn't get our fill.
Now we ask for doggie bags,
Come home and take a pill.
We used to often travel
To places near and far.
Now we get sore asses
From riding in the car.

We used to go to nightclubs
And drink a little booze.
Now we stay home at night
And watch the evening news.

That, my friend is how life is,
And now my tale is told.
So, enjoy each day and live it up...
Before you're too damned old!



Words to heal the soul
OWN AN IMAGE FOR THE USE OF WORDS TO HEAL THE SOUL.



Member news. As far as I know, I am the only one who has been unwell recently. I can advise that test results so far do not indicate cancer. That's a huge relief. Thank you to all those who telephoned, sent cards, text messages and emails in support. It is much appreciated. I love you all.

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.



**I don't know how to act
my age.**

**I've never been this old
before!**





Stoptober

Derby City Council is encouraging smokers to take advantage of its free healthy lifestyle service, Livewell, to significantly increase their chances of quitting smoking during this year's Stoptober campaign.

Stoptober, a national initiative during the month of October, invites smokers across England to join millions who have successfully quit through the campaign. Despite progress, over 5 million adults in England continue to smoke, with the East Midlands showing a prevalence rate of 12.5% and Derby at 10.5%. Smoking remains the leading cause of preventable illness and death, accounting for 75,000 deaths annually.

Quitting smoking is one of the best things you can do for your health. Successfully quitting for 28 days makes you five times more likely to quit permanently. While many attempt to quit 'cold turkey', using support services like Livewell can significantly increase success rates. This Stoptober, the campaign is urging smokers to explore the free support available to them. By participating, aspiring quitters in Derby are more likely to succeed, knowing they have the backing of Livewell.

Last year, 745 people in Derby quit smoking with Livewell's support, collectively saving an average of £59 per week per person, totalling £2.23 million. Jozef and Yana Cicak from Normanton successfully quit smoking together after 40 years with Livewell's support. Jozef has seen significant health improvements, and the couple now saves £450 each month.

Source: [Let's quit smoking together this Stoptober - Derby City Council](#)



Programme of Events



September.

Wednesday 24th

Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall, Allestree

Friday 26th

Singing for Fun at 10.00AM in St John's Methodist Church Hall, Allestree.

- Saturday 27th Walking back to health – Darley Park Circular. Car park on City Road, Derby DE1 3RQ to undertake this beautiful, green oasis close to the city of Derby and alongside the River Derwent.
- Tuesday 30th Coffee morning at the Museum of Making, Silk Mill Lane, Derby DE1 3AF at 10.30AM



October.

- Wednesday 1st Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall, Allestree
- Friday 3rd Singing for Fun at 10.00AM in St John's Methodist Church Hall, Allestree
- Saturday 4th Afternoon tea party via Pauline |Green. Telephone 07599 944402 for details and booking.
- Wednesday 8th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall, Allestree
- Friday 10th Singing for Fun at 10.00AM in St John's Methodist Church Hall, Allestree
- Monday 13th What is "The Lock In At The Silk Mill" all about? I have no idea!. If you turn up today you will find out at St Mary's Church Hall, Darley Lane DE1 3AX at 2.30PM
- Wednesday 15th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall, Allestree
- Friday 17th Singing for Fun at 10.00AM in St John's Methodist Church Hall, Allestree
- Tuesday 21st Lunch at Dog & Duck, London Road, Shardlow, Derby DE72 2GR.
- Wednesday 22nd Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall, Allestree

Friday 24 th	Singing for Fun at 10.00AM in St John's Methodist Church Hall, Allestree
Saturday 25 th	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 th	Coffee morning at the Museum of Making, Silk Mill Lane, Derby DE1 3AF at 10.30AM
Wednesday 29 th	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall, Allestree
Friday 31 st	Singing for Fun at 10.00AM in St John's Methodist Church Hall, Allestree



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)

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