

# Take Heart

(Derby)

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

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



## Newsletter June, 2012.

This month our Newsletter consists of eight pages again, another bumper edition which we hope you all enjoy. It does not seem so long ago that we struggled to fill two pages. Thanks to all who send articles and others who contribute in debates.



Derby  
Heart City

Love our city • Love your heart

**Our June speaker.** A report by Pat Fitton - Our monthly meeting was held on Monday 11<sup>th</sup> of June with 29 members and two visitors present, with six apologies. The meeting was chaired by Michael Flude who welcomed members and outlined many of Take Heart's forthcoming events. Our speaker for the meeting was Mrs Jean Henshaw who entertained and amused us with her talk entitled "The silver toast rack". A former council member and former Mayor of Matlock, Mrs Henshaw ran a bed-and-breakfast business in Matlock for 40 years. During this time she made many friends among her clients and had many unusual experiences relating to some of them. Mrs Henshaw's talk was extremely humorous and had us all laughing loudly. They say that laughter is good for you, so after Mrs Henshaw's talk I am sure that we all felt a great deal better. After the talk, Sophie Jardine, Volunteer Fundraising Manager for the British Heart Foundation, took the floor.



She wanted to thank Michael & Trisha for all their hard work connected to heart matters - Take Heart, British Heart Foundation, Heart City etc. In recognition of this Sophie presented them with a framed certificate. They had been nominated for an award for "Volunteer of the Year" and were placed second among all the nominees. We must all congratulate Michael & Trisha on winning this award and thank them both for all the hard work and dedication they have shown on our behalf.



**Take Heart Garden Party.** This year, an afternoon garden party will be held on 9 July at the home of Joyce Cocking, from 2.30 PM. The cost will be £2.50 per person (bring your own garden chairs) and is for members and their carer's only. Join us in prayers for good weather for the afternoon. In the event of bad weather, it will be standing room only indoors. Please contact Joyce direct on 01332 550283 or by post to 6 Lockwood Road, Allestree, Derby DE22 2JD.

PLEASE NOTE THE GARDEN PARTY IS IN LIEU OF OUR JULY MONTHLY MEETING.

**Coffee in a Cube!** The new venue of the Cube seems to have hit the right note or is it the throat, with our membership. Forty members and guests attended at the end of May. It appears they were not desperate to move on at 11.30 AM and some of us left at 1.15 PM. Thank all of you for talking to Anita Thomas of the NHS, who conducted a survey for the Children's Congenital Heart Services Review, and to Karen Payne of the BHF, who was

interested to learn about YOUR story of heart illness. Michael would also like to hear your story and of how you overcame the difficulties. Write to him at Willowbrook or via email.



**We are now to meet at The Cube from now on – please amend your diary/calendar.**

**Luncheon.** The Dragon at Willington was the venue for our May luncheon. There were 9 members but no-one took a camera and so there is no photographic evidence. Did you see that shirt ... perhaps it is as well there is not a record of it! This month we are off to the Crewe & Harpur adjacent to the historic Swarkestone Bridge for 12 noon on 19<sup>th</sup> June. Do you need a lift to this beauty spot. Call Michael on 01332 380219.

**Membership.** At the end of April this year our membership had increased by 121% from May 2010. This is a remarkable achievement and we thank you all for joining with us. We are pleased to announce further new members Reh Qureshi, Keith & Julie Cooper and the Cann family, Maurice, Eve, Aimee Rae and James. We welcome you all and look forward to seeing you at many of our events. Our membership now stands at 178, that's 99 more since May 2010 – thank you all so much for placing your faith in Take Heart (Derby).

**Birthdays.** Birthday wishes this month go to Jean Birkin, Trevor Ford, Gordon Young, Coleen Yates, Elaine Starbuck, Brian Fearn, Maurice Cann, Lynn Rowlatt and Kevin Noon. We received a comment from Robert Jones: *I would be grateful if you could pass on my sincere thanks for the Birthday card I received from Take Heart. It was a beautifully made card and much appreciated. It was also a considerable cut above the majority of cards I received from family and friends, most of which seemed to feature cartoon bums and surly looking orang utans!* And a note from Pam Fearn: *Thank you to the person who posted the lovely get well card from Take Heart.* These are just some of the many lovely comments we receive, we hope everyone else enjoys their card as much, but we can only send them if we know. Well done April for producing and sending the cards.

**Wedding anniversaries** congratulations are also sent to Paul & Brenda Riley.

We hope everyone enjoys their celebrations, with our best wishes for a great day.

**To make sure we do not miss your birthday get in touch with Michael or April.**

**Jubilee Garden Party.** Following last year's hugely successful garden party at the home of Michael & Trisha Flude, it is going to happen again this year on 4 August. We have plenty for young and old alike, so book tickets for **all** your family, especially your grandchildren. There is a Mini Olympics and Giant Jenko, Speed Stacking, Olympic Relay & Giant Dominoes for the youngsters. For the adults there is a golf challenge, a wheel of fortune, as well as a tombola, raffle and cake stall. There will be plenty to eat and drink but please bring your own garden chairs. Do you know anyone who has any donations for the tombola and raffle prizes. These can be given to Barbara Rowe (767368) or Brenda Twells (513572) who will arrange collection. We also require bunting – can anyone help? Adult tickets are £5, children 12 and under £3 (ticket admission only). So order your tickets by contacting Michael or Trisha on 01332 380219. If you cannot join us, then please remember this is a fund raiser and send your donation, payable to Take Heart (Derby) to Willowbrook, Markeaton Lane, Derby DE22 4NH.

**Get your pills right!** Do you ever check your repeat prescriptions to ensure you are receiving the correct medication and more importantly, the correct dose. A report for the General Medical Council (GMC) suggests that over prescribing is common, particularly for those over the age of 75 years. At least one of our members has suffered this. It caused them quite severe problems and took months to resolve. In some instances, according to the report, people have died as a result. The worst excess's surround the drug warfarin,

prescribed to thin the blood and allow it to pass more easily around the body. Over prescribed, it can thin the blood to an extent which renders the patient to suffer continuous nose bleeds, with at least one death reported. The second most over prescribed drug involves simvastatin, a drug used commonly to reduce cholesterol. Do talk to your GP and include a member of your family, particularly for those of you living on your own. Understand what each drug is meant to be doing and what dose is reasonable. Keep a record of your prescriptions (Michael has invented a Medication & Medical record card to help you if you need one). Make certain the pharmacist checks it before filling the prescription. You cannot overdo the checks, be safe – not sorry.

**Is N.I.C.E. being nice?** Up to 900,000 could benefit from the drug Rivaroxaban, which we have mentioned in previous Newsletters. It has many less side effects than warfarin and it eliminates the need for regular blood tests, which are time consuming to the individual and costly to the NHS. Atrial fibrillation affects many of our members, where the upper chambers of heart are out of rhythm and beat much faster than normal. This causes blood to pool and generate tiny blood clots which can trigger a stroke or heart attack. 1.2 million Britons are affected and it is estimated that 5,000 people per year could be prevented from an attack. Rivaroxaban costs £64.00 for a months supply, compared to £1.00 for warfarin. Then take into account the cost of tests and the time you expend and cost of attending for the test and it seems that possibly money was at the root of N.I.C.E. decision to approve it. We now have parity with Scotland who have already approved it and it should be available to you within 3 months. I can see the queues at your GP surgery now.

**Beware - calcium booster pills!** Taking calcium supplements strengthens bones against osteoporosis but it is now claimed that it can also raise the risk of a heart attack. Researchers looked at 24,000 records of people in Germany, aged 35 to 64 and analysed their diet and the combination of vitamin or mineral supplements. The volunteers were tracked for 11 years during which time there were 354 heart attacks, 260 strokes and 267 associated deaths. Those taking supplements were found to have 86% more chance of a heart attack than those who did not take any. Calcium in food or drink is spread through the day and so absorbed slowly. It is wrong to see supplements as natural as they do not reproduce the same effects as calcium in food. Scientists now recommend eating more calcium rich foods like milk, cheese and green, leafy vegetables.

**How are you?** Some of our members have been ill recently and we have not known anything about it until they have recovered. This is not what the group is all about. We support heart patients, their families and carers this is what we say on all our literature and we wish to honour this promise. You need to contact one of the listening ears or a member of the committee, so that we can be of help. It is up to you to let us know, please do not be embarrassed about seeking help. It is what we are here for.

**Listening ears.** We list two telephone numbers on every Newsletter as 'listening ears'. These are members who, just like all of us, have experienced heart difficulties as a patient or carer. Please use the numbers when you feel in need of advice or just a chat – a problem shared is a problem halved – so call now.

**Welfare.** Our membership is expanding and we try to keep in touch with everyone. This can be difficult at times. We wish to help where we can and therefore, if we know you are ill or need assistance then perhaps we can respond. Recently we have become aware of members who have been ill, had a stay in hospital or who are just feeling a bit down. Because of the size of the group, we wish to appoint a small team to organise a system whereby we can offer the help our members need. This team will need help from others, so please consider if this is something you would like to undertake on behalf of the group. Contact Michael on 01332 380219.

**Thank you.** John & Brenda Twells recently held a fund raising event at their home. Brenda sends this note:- *'I would like to say big thank you to everyone who supported my McMillan afternoon either by donating or attending on the day. We raised £744. Once again thank you'*. Well done, a terrific effort and result.

**Heart of the Community.** This is a BHF magazine distributed to all supporters and volunteers across the East Midlands and North of England. It is pleasing to report that Derby – Heart City launch in January this year is featured on pages 2 & 3. A certain ginger haired lady can clearly be seen in the photograph despite her lack of height (she says she's tall for her size). More publicity for TH(D). There are lots of events in the pipeline, details of which will be announced periodically in this Newsletter. Look out for The Derby – Heart City logo.

**Carers Break event.** On 21 June at The Quad in Derby's Market Place a Carers Break scheme is to be launched. Go along and find out more between 11 AM & 2 PM (GP surgeries are open only for emergencies on that day, so you have time). If you look after someone with a heart condition, you are classified as a carer, not just a husband, wife or partner – so you qualify as a carer. Please ensure you are registered as such at your surgery, there could be some benefits to which you might also achieve, such as carer breaks mentioned here. Go along for a chat.

**Walking.** Bring your family and enjoy a great social occasion, join the fun which is good for all of us and get great exercise in the fresh air. That's what 22 people did on a very



sunny Saturday at Elvaston Castle, with a spread of ages from 10 months, 7 years, 11 years and the rest of us a bit older. Setting off from the car park, they meandered across the parkland and into the woods!! Everyone stopped to admire the herons nesting in the treetops and standing by the pond (6 Herons in all, 2 are in the



photo). Then off along the footpaths, stopping too to admire the horses passing by, through the 'golden gates' and finally a pit stop to take on refreshments at the café. What was notable about the walk was the regular interchange of conversations with many different individuals, a truly uplifting experience (and even Michael completed the walk on this occasion). A wonderful way to spend 2 hours, no wonder we call it a tortoise walk!

**The Hare Walks.** On a quite dull morning, five hearty souls set off from the Carpenters



Arms for the Dale Abbey Walk. The pretty village was soon left behind as we (yes, Michael as well) set off in search of the Hermits Cave, carved by a Derby baker "after the virgin Mary spoke to him in a dream, telling him to

go to Deepdale, now Dale Abbey, and become a hermit and live in solitude and prayer". Back down the hill and Michael bade farewell to the other four as they continued onwards into Locko Park, through a kissing gate (steady on chaps). Then, circling round a series of fields and back to the starting point, by which time the Carpenters Arms had opened its doors. Fantastic!



**Evening walks.** Three of us turned up for the Heatherton Walk on 15 June but due to awful weather (and England's match on TV at 8.00 PM) we decided to go home instead. You can make amends by joining the walk at Aston on Trent on Friday 13 July, meeting at the Village Sports ground on Shardlow Road at 6.30 PM to walk at 7.00 PM. No superstitions are accepted as an excuse – see you there.

**If you need help getting to the walks.** Anyone wishing to attend a walk and is in need of transport, should telephone David Rowe on 01332 767368.

**Travel Insurance.** Michael is now in possession of the latest BHF Insurance leaflet dated February 2012. Travel insurance can be difficult and expensive for heart patients. It is recommended that you consult your GP prior to enquiring about travel insurance, as any omissions you make could render your cover invalid. The list of insurers is compiled from feedback of heart patient's experiences. Firstly, you should register for an EHC card (applications from the Post Office). It entitles you to free or reduced cost medical treatment in a European Economic Area or Switzerland. You will need additional insurance to cover your needs. Our members have contacted us with the companies they use – (1) Manor Insurance, 01424 718790, [www.manorinsurance.co.uk](http://www.manorinsurance.co.uk) and (2) Clear 2 Go, 01268 782748, [www.miatravelinsurance.co.uk](http://www.miatravelinsurance.co.uk). Someone else uses (3) AllClear Travel Insurance, 0845 2505200, [www.allcleartravel.co.uk](http://www.allcleartravel.co.uk). Thanks to those who responded, let Michael know how you get on if you take out travel insurance.

**Do you have an email address?** If you have an email address, we can forward your monthly Newsletter and other urgent information straight to your inbox and you do not have to wait until next month's edition of the Newsletter (which you receive in full colour – it makes the photographs stand out much better). Please send details to Michael at [michael.flude@takeheartderby.co.uk](mailto:michael.flude@takeheartderby.co.uk).

**Comment corner.** We continue to send the Newsletter via email to those who are able to receive it. We are delighted to receive the following feedback from May's edition: *Thank you for a very informative and enjoyable newsletter. I have been unable to attend meetings etc. just recently so it was nice to catch up/Thank you for your continued activity and the Take Heart newsletter continues to be a very informative read. I'm sure on behalf of everyone I say thank you to the production team/An excellent newsletter again. For members unable to attend any events- they tell you what happened and you feel fully informed about the group- which makes you feel included and informed. The photos are an excellent feature which make a big difference. Such a shame that we can't all have a full colour version of the newsletter for everyone/Thank you for sending me the May newsletter. It was, as always, informative and well organised/An excellent newsletter thank you/ Once again a very full and interesting newsletter/ Another good newsletter/* Members have also commented verbally that *"It's a great read, I read every word from beginning to end/I liked the bit about the rules of chocolate – that applies to me"*. But do you agree? We would love to hear from you, especially those who are unable to attend our events!

**Recipe.** Fabulous scone recipe from Trisha Flude.

225g self-raising flour

¼ tsp salt

50g slightly salted butter, chilled, cut into pieces.

25g golden caster sugar

125ml buttermilk

4tbsp full-fat milk

A little flour for dusting, strawberry jam and clotted cream to serve.

Preheat the oven to 200C/gas7 and lightly butter a baking sheet. Tip the flour into a mixing bowl with the salt. Add the butter, then rub together with your fingers to make a fine-crumbed mixture, lifting to aerate it as you go. Don't over rub, or the mixture will get too heavy. Now stir in the sugar. Mix the buttermilk with the milk to slacken it. Make a well in the middle of the flour mixture with a rounded-blade, then pour in most of the

buttermilk mixture. Gently work the mixture together until it forms a soft, almost sticky dough. Work in dry bits of mixture with the rest of the buttermilk. Lift the ball of soft dough out of the bowl and put it onto a very lightly floured surface. Knead the mixture 3-4 times to remove cracks. Pat the dough gently with your hands to a thickness of no less than 2.5cm. Use a 5.5cm round, fluted cutter into a bowl of flour (to prevent the dough sticking to it), then cut out the scones by pressing down firmly and quickly on the cutter with the palm of your hand. Gather the trimmings lightly and cut out two more scones. Place on a baking sheet and sift over a light dusting of flour or glaze if you wish. Bake for 10 – 12 minutes until risen and golden. Cool on a wire rack, uncovered if you prefer crisp tops or covered with a cloth for soft ones. Serve with strawberry jam and generous mound of clotted cream. Eat them as fresh as you can – then join us on a walk to work off the not-so-good-for-you bits.

**A free day out!** I would like to invite you to join us at the three 'Olympicnic' events one of which is at the Racecourse Playing Fields. Derby Parks are organising the Olympicnics which will bring together communities to celebrate the 2012 Olympics. The events are FREE and will be at the following parks from 12pm - 3pm: Tuesday 24th July - The Racecourse Playing Fields - DE21 6AL, Wednesday 25 July - Alvaston Park - DE24 8QQ, Thursday 26th July - Vicarage Rd Park, Mickleover - DE3 0ED. The picnics will be next to the adiZone gyms at each site. There will be trained gym instructors at the adiZones and various stalls and activities on the day.

**Gardening.** By Pat Fitton - Well - rain, rain and more rain - what are we gardeners supposed to do? Growth is rampant and the foliage lush and weeds are having a field day. Do try to get rid of them if and when you can before they take over, at least they're easy to pull out just now with the soil being so wet. If the weeds are likely to have seeds or spreading roots as in couch grass and buttercups then bin them, putting them on a compost heap may not kill them then when used as compost will spread around the garden. If you are lucky enough to have a greenhouse and grow tomatoes, do keep removing the side shoots, keep them well staked and fed. Outdoor varieties being more bushy will need very little staking. Keep 'earthing' up your potatoes to ensure a bumper crop later and hoe between the rows of vegetables to keep the weeds down. To ensure that they continue to flower well throughout the summer keep dead-heading bedding plants. It is time to prune Spring flowering shrubs, but only when they have finished flowering. Spring-flowering clematis (especially the Montana variety) need cutting hard back now. Hedges need trimming and grass needs cutting. So- plenty to be getting on with, providing that we get the weather in which to do it!

**Beer is good for you and your heart.** A report from Les Baynton. Forget all those negative images of binge drinkers causing trouble and lying comatose in city streets on a Friday night. Most of them have been gulping down spirits ,shots and other lethal cocktails in order to get high at the weekend. Beer drinkers are generally not to be found staggering around or trouble making, but socialising and enjoying a beer in a civilised environment. Beer in moderation, has many health benefits, in fact, even more than the often quoted glass of red wine that protects against heart disease. I list below just a few of the well-researched benefits of moderate beer consumption. Barley husks make beer rich in silica, which maintains bone density, lowering the risk osteoporosis. Beer is also rich in fibre which breaks down and promotes healthy bowel function and digestion. Both beer and wine contain ethanol which can help to prevent blood clots and lower levels of 'bad' cholesterol. Beer however also contains levels of foliates and the antioxidant polyphenol, both of which are thought to lower the risk of cardiovascular disease. Silica mentioned above, also has a protective effect on the veins and aorta. Well, after all this evidence to support the link between moderate beer consumption and heart health we should all get down to the pub or open a bottle of beer. The BHF will also be collecting at the Derby Summer Beer Festival this year.

**What is good for you one month is bad for you the next!** Sure enough, another report published shortly before we went to print has suggested that the guidance for wine drinking should be reduced to 3 glasses per week. That means that a bottle of wine not shared with others should last you two weeks. It is hardly worth opening in the first place or is that what they are trying to convince us to do anyway?

**Are you ready for the 2012 Olympics?** Well, after a visit to London last month, Take Heart committee member Marilyn Thompson and her husband Neil are claiming to be prepared. On a recent coach trip, they did a tour of London Olympic venues with the assistance of a Blue Badge Guide. She explained, “this Olympic Games has been designed from the outset with sustainability in mind. The transport structure and buildings will leave a lasting legacy in the Greenwich area of London which was run down and neglected. Most of the sporting facilities, including the swimming pools, velodrome and Olympic stadium will be re-commissioned after the games. The residential blocks will be sold for housing, together with most of the buildings. Very little will be demolished. Not sure that the Olympic Tower (nicknamed the Helter Skelter) will get very many takers, although I am sure that it will become a very familiar site next summer. The velodrome (for cycling) has earned a new nickname too, as too has the aquatic centre as “the Pringle” with its a very modern roofline. It promises to be a very colourful games, as the scheme throughout will be a vibrant shocking pink and turquoise blue, already being compared with tele-tubbies or Mr Blobby! Having seen the venues, Marilyn and Neil plan to watch the games from the comfort of their armchairs, although two of their three sons and two grandsons (one aged 6 months) have managed to secure tickets for equestrian events at Woolwich.” For the rest of us it will be the TV, like Marilyn & Neil, where we can nip to the kitchen for some refreshment or press another button. What are you going to do?

**Life or death – you get to choose!** The NHS are asking all residents of Derbyshire to decide whether you wish to be resuscitated or not should their heart and breathing suddenly stop. Fit and healthy people, like footballer Fabrice Muamba, have a better chance of recovery according to the NHS. Cardiopulmonary resuscitation is performed if you stop breathing but the elderly and frail may not recover to their former health standards and some may die shortly after resuscitation. The NHS wants to avoid unnecessary pain and suffering for the patient and their family and are encouraging people to complete a form with a health care professional, keep a copy themselves and advise family and friends of their choice. A leaflet about resuscitation is available from [www.eastmidlands.nhs.uk/timetotalk](http://www.eastmidlands.nhs.uk/timetotalk). It is nice of the NHS to ask us if we want to live or die, I bet I know the wish of most people but what do you think about all this?

**Statins for all over-50s** Research by scientists at Oxford University has concluded that everyone aged 50 years and over should be on statins to reduce their likelihood of a heart attack. Currently only those at high risk or who have already had a heart attack are prescribed them around 5 million people in all. It would be cheaper for the NHS to implement this strategy to save money on screening tests, which cost up to £700. A month’s supply of statins is reported to be £1.00. Now you can start to see the logic, I thought money would come into it somewhere. Not unsurprisingly, N.I.C.E. are said to be interested and the research will be included in an on-going review of clinical guidelines. Researchers found that for every one-point reduction in levels of bad cholesterol in the blood, there was a 21% reduction in the risk of serious heart attacks and strokes. Is this another page to add to your repeat prescription sheet?

**I've learned ....** That you should never say no to a gift from a child.

**I've learned....** That I can always pray for someone when I don't have the strength to help in some other way.

**I've learned....** That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.

### **Forthcoming programme.**

#### **June.**

Tuesday 19<sup>th</sup> Informal lunch at The Crewe & Harpur, Swarkeston Bridge at 12 noon.

Wednesday 20<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 23<sup>rd</sup> Walking back to health - 🐢 Tortoise walk around Melbourne Pool (2.7 miles). Meet at St. Michael's Church, Church Square, Pool Road, Melbourne. Meet at 09.30 to walk at 10.00.

Tuesday 26<sup>th</sup> Coffee morning at The Cube café/bar, Chapel Street, Derby DE1 3GU. From 10.30 till 11.30 AM.

Wednesday 27<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

#### **July.**

Wednesday 4<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 7<sup>th</sup> Walking back to health - Tissington to Parwich 🦶 walk (6 miles). Meet at by the village pond at 9.30 to walk at 10.00 AM.

Saturday 7<sup>th</sup> Appletree Hundred Group (Derbyshire Wildlife Trust) coach trip to Keighley & Howarth, contact Alan Hough via Michael.

Monday 9<sup>th</sup> Annual Summer Garden Party to be held at the home of Joyce Cocking, 6 Lockwood Road, Allestree, Derby DE22 2JD. Please bring your own garden chairs for a 2.30 PM start. The cost is £2.50 per person and is for members and carers only. Contact Joyce on 01332 550283.

Wednesday 11<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Friday 13<sup>th</sup> Walking back to health 🦉 walk around Aston on Trent, meeting at the Village Sports ground on Shardlow Road at 6.30 to walk at 7.00 PM.

Wednesday 18<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 21<sup>st</sup> The Travel Club Trust outing to Beverley & Scarborough leaving at 8.00 AM. Contact Bob Bletchley on 01332 751198.

Wednesday 25<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 28<sup>th</sup> Walking back to health - 🐢 Tortoise walk around Burton River Gardens, Burton On Trent. Meet at the car park near St Peter's Church, Stapenhill Road (A444). Meet at 09.30 to walk at 10.00 AM.

Tuesday 31<sup>st</sup> Coffee morning at The Cube café/bar, Chapel Street, Derby DE1 3GU. From 10.30 till 11.30 AM.

### **Exercise classes.**

Royal Derby Hospital - Contact Christine Chambers on 01332 785597 for phase 4 rehab only. "Exercise for the Heart". Contact Jane on 07930 975681. Classes at Draycott and Ilkeston. "Mobile Sports Therapy" contact Matt on 01332 832224 or 07714718910. Tai Chi held in a studio on London Road, contact Carol on 07920 080443.

### **Contacts.**

If members have a problem and would like to talk to someone in private, please telephone one of our "listening ears" Jean Percival 01332 512112, Geoff & Jean Sykes 01332 549229.

Any queries, comments or questions about Take Heart (Derby) should be directed to our Chairman Michael Flude on 01332 380219, by post to Willowbrook, Markeaton Lane, Derby DE22 4NH or email [michael.flude@takeheartderby.co.uk](mailto:michael.flude@takeheartderby.co.uk)

Items for the newsletter should be sent to Michael (as above).

If anyone has a special birthday or anniversary, tell April on 01332 751149 or Michael.

Any ideas or suggestions for speakers should be sent to Marilyn on 01332 558756.