

**Take Heart  
(Derby)**

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



**NEWSLETTER AUGUST 2010**

**SUMMER GARDEN PARTY.** Following weeks of sunshine, the inevitable happened on 12 July - the temperature dropped 10 degrees and it rained. Nevertheless, 45 members joined happily under canvas in Michael & Trisha's garden. We were regally entertained with music from Melvyn (Sinatra) and Trisha. We held a raffle where many members took home a variety of prizes. The quiz was won by Donna Knowles and Keith Calladine. Treasurer April Howe presented her predecessor Derek Skidmore with a bottle of whiskey, in recognition of his many years in that role.



We were delighted to help Terry Rodgers celebrate his 83<sup>rd</sup> birthday, along with his two sons and we enjoyed a huge birthday cake on his behalf. Happy birthday, Terry. We were equally delighted to welcome back into our midst two members who have been unwell recently. Noreen Shepherdson looked in good health and spirits, whilst Wendy Glenday took time out from dialysis to bless us with her presence.

Thanks must go to all committee

members who joined together to make the event a huge success.

**NEW MEMBERS.**

We welcome David and Barbara Rowe, who complimented our Garden Party by joining Take Heart (Derby) during the afternoon. We forward to seeing them on many future occasions.

**MEMBER NEWS.** We are disappointed to hear that Wendy Glenday is not well but sincerely hope that her treatment proves successful. In her usual cheerful manner Wendy sends this message.

*"Dear Take Hearties and Chums,*

*Just a note but to let you know I will be missing meetings and lunches for a while. The call has come for me to meet the Great White Vampire Machine to take my blood, whirl it round and round, returning it to me squeaky clean.*

*I have not forgotten to spread the word, and now my a hairdresser and the local post office have Take Heart leaflets for the taking (Sorry Geoff you beat me to it)*

*I hope to be back in your midst as soon as I am able.*

*Thinking of you all - Wendy Glenday."*

Kath Hemsley was delighted to have her birthday mentioned in our June Newsletter, so delighted she sent us a book of 12 second class stamps - with the suggestion that other members might do the same. Postage is a big expense for us, so if others

would like to follow suit we would be delighted to hear from you.

**CONGRATULATIONS.** During August, birthdays will be celebrated by Jean Eastwood, Marjorie Pate, Barry Birkin and Michael Flude. We wish them all many happy returns. If we have missed your birthday or wedding anniversary, contact Michael with your details (see **CONTACTS** below for details).

**THANKS TO YOU.** We have distributed vast numbers of our new leaflet to surgeries, chemists, clinics, post offices, libraries, post offices and even hairdressers. However, from Christmas we will not be able to continue our use of the Central Library Meeting Room. Some of you will be pleased to hear this and we would be delighted to receive suggestions for alternatives. The search is on for a replacement venue. This means that we need to let the leaflet holders know of our new venue. Please advise Michael of the locations so that we may take steps to forward amendments. (See **CONTACTS** below for details of how to reach him).

**A QUESTION OF HEALTH.** In a health question and answer session the questioner asked, " I have cut all meat and dairy products out of my diet to cut the risk of heart disease. Otherwise my diet is good. Do I need supplements?  
The doctor's reply was: "Fatty meat and full fat dairy products are often high in saturated fat, which raises your cholesterol. However, lean meat and low fat dairy products such as semi or skimmed milk, low fat yoghurts etc contain much less saturated fat. They also provide important nutrients for good health such as iron for healthy blood and calcium essential for healthy bones. It can be hard to get enough in your diet if you avoid all meat and dairy foods, but most healthy people don't need supplements if they have a varied and balanced diet - so rather than taking tablets, include lower fat dairy products and choose a leaner cuts of meat and chicken with out the skin."

**HIGHFILEDS HAPPY HENS VISIT. Early notice for Friday 24th September 2010.**  
We plan to combine this visit with one up of our informal pub lunches. We will meet at the Seven Wells pub on Heage Lane, Etwall at 12 noon for lunch. To get there by bus - take the Trent/Barton V1 Villager from bay 22 in the new bus station. It runs hourly and stops opposite the Seven Wells at the garage on the A 516 Etwall-Heage Lane - just tell the driver you want the Seven Wells.  
Those of us with cars will be happy to accommodate others for the trip to the Farm and drop you at a convenient spot for your return journey. For £3.50 you may enjoy a tractor and trailer ride (access for those with limited mobility) for a guided tour of the farm, a visit to the laying shed, egg collecting and animal feeding. There is a chick shed, pygmy goat enclosure, animal tunnel, animal barn, emus and rare breed hens. The farm has a tea-room where you can talk to members of staff about their work on the farm whilst you have a cup of tea. There is also a farm shop where they sell free-range eggs, meats, vegetables, plants home-made jams, chutneys and pickled eggs. Highfields is no ordinary farm. It was established in 1984 by Roger and Beryl Hosking to provide work, support, teaching and love for youngsters whose lives were in a mess. They started caring for homeless youngsters and needed something for them to do, so Highfields. They now care for 24,000 birds, together with the children and adults with learning difficulties, in a Christian environment.

“Happy Hens” was hatched!

A very different outing! We do hope you'll join us!

**GARDENING.** How are your gardens faring in this very hot and dry weather? I must say that whilst I am thoroughly enjoying this lovely warm sunshine I am a little tired of having to water my five baskets, two window boxes and 20 odd pots and tubs every day - how about you?

Dry it though it may be (when we wrote this- it was), there is still plenty to do in the garden.

1. Many spring-flowering plants are beginning to look tatty - cut them hardback, remove all dead and dried foliage to stimulate new growth.

2. Free flowering perennials such as geraniums, catmint and alchamilla mollis respond well to a drastic cut. Within a couple of weeks a new mound of leaves should appear followed by a second flush of flowers.

In this very dry weather water the cut plants thoroughly to encourage new growth.

3. Nip out the tops of runner bean shoots, this will encourage side shoots which will grow more edible pods.

4. Water the soil well, mulch borders thickly with bark, well rotted garden manure or garden compost to help to conserve moisture.

5. Remove spring bulbs from pots, place on newspaper to dry, label and put into paper bags and store in a cool dry place, ready to plant out in the autumn.

**FOOD MATTERS.** This is a delicious recipe for using up leftover pieces, or fresh pieces of poached salmon. This is lovely for a picnic or even a quiet lunch in the garden. It contains 457 calories and serves 2.

Pitta Pockets.

2 oz Little Gem lettuce, shredded

About a quarter of a cucumber chopped.

1 tablespoon reduced calorie mayonnaise.

2 tablespoons of low-fat natural yoghurt.

1/2 to 1 teaspoon finely grated lemon zest to taste.

5oz of cold, poached fresh skinless flaked salmon fillet,.

4 mini (round) pitta breads.

1) In a bowl, combine lettuce and cucumber; set aside.

In a separate bowl, combine mayonnaise, yoghurt, chopped mint and lemon zest, and black pepper to taste. Add flaked salmon and mix well.

Add lettuce and cucumber and mix well.

2) Slit open pitta breads to make four pockets. (If up serving immediately, Pittas' can be warmed briefly in a toaster). Stuff pitta pockets with salad and salmon mixture. Serve immediately or wrap and chill until ready to serve for lunch.

**AND NOW SOMETHING FOR THE LADIES.** A Woman's Poem.

Before I lay me down to sleep, I pray for a man who's not a creep. One who's handsome, smart and strong. One who loves to listen long. One who thinks before he speaks, one who'll call, not wait for weeks. I pray he's rich and self-employed, and when I spend, won't be annoyed. Pull out my chair and hold my hand. Massage my feet and help me stand. Oh send a King to make me Queen. A man who loves to cook and clean. I pray this man will love no other, and relish visits with my mother.

Young Johnny had the misfortune to swallow a 20 pence piece.

"Send for the doctor," said his mother. "Nay, we'll send for the vicar," and said his father. "He's the best one round here for getting money out of folks!"

#### **FUTURE EVENTS FOR YOUR DIARY.**

**Tuesday 27<sup>th</sup> July 10.30 a.m.** Coffee Morning at Derby Cathedral Coffee Shop, 18/19 Irongate, Derby.

**Sunday 8<sup>th</sup> August 12.30 p.m.** A lunch cruise on The Trent Lady from Colwick, Nottingham. Three course luncheon, plus tea/coffee and a leisurely three hour cruise along the River Trent for £18 per person, a fine way in which to while away three hours on a Sunday afternoon. Contact Michael Flude for more details.

**Monday 9<sup>th</sup> August** at Derby Central Library Learning Suite at the new time of 2.30 p. m. Our speaker is Ann Theobald who will address us upon the Derby Community Action Pyramid Project.

**Tuesday 17th August**, 12 noon informal visit and lunch at Findern Garden Centre.

**Tuesday 31<sup>st</sup> August** Coffee Morning at Derby Cathedral coffee Shop 10.30 to 11.30 18/19 Irongate, Derby.

#### **EXERCISE CLASSES**

The Royal Derby Hospital holds regular exercise classes in the Cardiac Rehabilitation Department. Contact Christine chambers for more details on 01332 340131

There are also lots of classes at more than 40 sessions run by Fit4U with BACR instructors. Monthly membership costs £23 or simply pay as you go at £5 per session. Call Matt on 01332 832224

#### **SWIMS**

Every Wednesday afternoon from 3.15 p.m. to 4.15 p.m at The Queen's Leisure Centre Family Pool, there are private swims for Take Heart members only. Cost is £1.75.

#### **CONTACTS**

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 [michaelflude@aol.com](mailto:michaelflude@aol.com)

Items for the newsletter should be sent to Pat Fitton at 1, Princes Drive, Littleover, Derby or email [patfitton@aol.com](mailto:patfitton@aol.com)

If any one has a special birthday or anniversary, tell April on 01332 751149 or Michael (as above).

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

Affiliated to the British Heart Foundation