

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter March, 2011.

Monthly meeting. We had a most successful meeting on Monday March 14th when we were delighted to welcome 30 members! It is a long-time a since we last had so many members at a monthly meeting, long may it continue! Our speaker for the afternoon was Tim from Wiltshire Farm Foods. Tim came armed with a microwave oven, plates knives and forks, dozens of trays of food and lots of freebies - pens, coasters, cotton shopping bags, fridge

magnetic memo boards and catalogues. He started by telling us about Wiltshire Farm Foods. They make all meals in their own kitchen from well sourced wholesome ingredients. Their



menus are very varied, low in fat and salt. There are meals for coeliac, vegans, vegetarians, ethnic meals, soft and pureed meals and even a Special Treats menu and a Christmas menu. Meals come in three sizes, mini, standard and hearty and can be ordered in three ways, fill-in a form, use the phone or order online. There is no minimum order and they will deliver only one meal if that is what you want.

By this time, delicious mouth-watering smells were wafting from the microwave and Tim proceeded to pass round samples of his meals. Roast beef and Yorkshire pudding, roast lamb and several chicken dishes, all of which were very well received and deemed "delicious". There were puddings hot and cold - I sampled one particularly tangy and tasty lemon tart.

Wiltshire Farm Foods have 230 dishes on their menu and it is interesting to note that during the last winter, despite all the snow and ice they never missed a delivery. If you are interested and would like to have a menu and order form then please ring **01476 565353**.

Membership. Michael announced that we now had a hundred and five members. We have recently enrolled Rod & Elaine Starbuck, Alan & Lynn Rowlatt, David & Esther Mear, Chris & Chris Whewell and Neville & Mary Hill. We extend a hearty welcome and the hand of friendship to them all.

One a new member, Alan Rowlatt, has recently retired and is keen to do some voluntary work. He is willing to undertake painting and decorating, driving, gardening and any odd jobs that you may have. He will not make a charge, apart from any materials he has to buy and the cost of his petrol of course. Those receiving his assistance could make a small cash contribution to Take Heart (Derby) in lieu of payment to him. Where can you get a better offer than that these days? If you need his help then please contact him on 01332 758821 or write to 100 Shardlow Road, Alvaston, Derby DE24 0JQ.

Renewals. Membership renewals for 2011 have amounted to 97% of last year's members renewing, a fantastic achievement. We must be doing something right. April, our Treasurer, would like us to thank all of the people who have sent stamps and donations in addition to their renewal fees. This amounted to a value of £74.88, which is a magnificent contribution and a great help to our financial situation. Your committee has been thinking of ways to try to raise much-needed funds and wonder if any of our members could come up with original ideas, for raffles and bring-and-buy stalls are not very successful. The bookstalls at the Royal Hospital run by Michael and Trisha have been our most successful venture and we will be looking for volunteers to help us run another one in the near future.

Swimming. The baths are open again, but we had a very low attendance last week. Apparently there were more life-savers than swimmers last time! This session is a private facility exclusively for Take Heart (Derby) members. It is a great way to stay fit, so please return (or attend for the first time) as we will lose our special spot if numbers fall too low. Our swimming sessions take place at the Queen Street baths every Wednesday from 3.15 to 4pm and the cost is £2.15 or £1.70 if you have a "passport to swim".

Walking. Our walks are going very well. On Sunday March 13th members met for a walk round Calke Abbey. They set off at 10 am from the car-park at Ticknall, to enjoy their monthly walk. Led by experienced walkers, David Rowe and Noel Clough, they took in the natural beauty of the historic landscape round Calke Abbey. They were joined this month by new members Chris & Chris Whewell and Neville &



Mary Hill. Having enjoyed that occasion they are now full members and will be enjoying the monthly programme of walks planned for the future.

April 10th Osmaston & Shirley Parks walk starts from the Shoulder of Mutton pub car park in Osmaston. To get there you need to Take the A 52 towards Ashbourne, after passing through Mackworth Brailsford and Ednaston, turn left and follow the signposts for Osmaston, 2.5 miles south of Ashbourne. The walk is on easy terrain, along estate tracks for the first part of the walk, through Osmaston Park to the pretty village of Shirley, then returning alongside Shirley Brook, past an ornamental lake, before climbing gently back to Osmaston. If the weather has been wet, part of the route can be muddy so take suitable footwear. The route takes you down Park Lane between two of the park's lakes. The old water mill, with its large wheel and has a roof at similar to a Swiss chalet. Shirley is an appealing village with a fine church (St Michael's) and a very old inn (The Saracen's Head.) It is mentioned in the Domesday Book of 1086. In Osmaston there is a picturesque village pond and some thatched houses. There are a few benches round the pond, one of which is made entirely of horseshoes, an excellent place to sit and enjoy the peace and tranquillity of the village. The Shoulder of Mutton pub in Osmaston serves home-cooked meals. It is the only pub in Osmaston. For more information contact David Rowe on 767368 or Noel Clough on at 727541.

NOTE: all walks will now commence at 10.15 am to allow more time to reach the meeting location. Please also note that the scheduled walk for May will now be on **15th** (not the 8th).

Formal Spring Lunch. This year we are holding this lunch at the Stuart Hotel on London Road at 12 noon on Tuesday April 5th. It will be a rather special lunch to which we have invited Dr Michael Millar-Craig, our president for the past 25 years who has decided that the time has come for him to stand down and retire. Bookings have gone extremely well, so much so, that Joyce has had to book some extra places in the restaurant!

Congratulations. Because of the time that you receive your Newsletter, two months often overlap. We did mention some of the March birthdays in the February newsletter so today we will mention the people who have birthdays at the end of March or beginning of April. So - we send our congratulations and very best wishes for a happy day to Joyce Cocking, Lorna Skidmore, Trisha Flude, Barbara Polhill, Doug Glenday, Derek Smith, April Howe, Linda Calladine, Jack Helmsley and Ken Ilsley. Marjorie & Don Pate, Michael & Trisha Flude and Jen & Donald Eastwood celebrate their wedding anniversaries this month. Again we send them our very best wishes and congratulations.

Gardening. Well what a difference a month makes! Last month we were bemoaning the fact that it was cold and wet and not conducive to gardening at all. But after a week of drier, milder weather the gardens have taken on a new look with colour and flowers beginning to bloom. The sound of the lawn mower was very prominent in my area over the weekend and no doubt the brown bins are filling and compost heaps are beginning to grow.

Now is the time to wage war on slugs and snails. They love tulips and delicacies such as the tender and delicious young shoots of delphiniums and hostas and the like. Sprinkle a few pet friendly slug pellets around and drench the soil around your hostas with a soluble slug killer to exterminate slugs hiding beneath the surface.

Your secateurs should come out this week to prune mop head hydrangeas, cut down last year's flowering shoots by a few inches to a pair of fat flower ones. The oldest, most branched stems should be cut out and the newest, left alone. Mature hydrangeas such as paniculatas (lace caps) and Annabelle can be cut down to a pair of buds on a low woody frame work as can smaller shrubs. Other late performers such as hypericum, and even larger potentillas can all be shorn all-over to make a neat shape. Late-flowering clematis such as Viticellas d'Azure can be cut to knee height, despite their probably shooting away higher. Earlier flowering varieties may need a little bit of steady tidying but that is all. The garden centres are full of young plants, bedding plants, annuals etc. Unless you have somewhere sheltered, a greenhouse or conservatory in which to keep these plants once you have potted them on then don't buy any for another month or so when danger of frost and very cold nights should be over. If you are going to grow tomatoes in your greenhouse, it is time to be setting your seeds, but not if you plan to grow them outdoors. The temperature in my garden reached 16 degrees this afternoon and I was even able they have a cup of tea or outside and savour the scene of daffodils, tulips hellebores primroses and pansies. Happy gardening!

A tasty menu. Healthy and easy to make - **Honey Flapjacks**

75g unsalted (healthy) margarine.

125g of runny honey.

25g Demerara sugar.

250g rolled porridge oats.

Grease a 20 cm square, loose bottomed cake tin.

Preheat the oven to 180c fan 160c gas 4.

Put margarine, sugar and honey in a small pan and stir over a low heat until all have melted together.

Place the oats in a large mixing bowl. Pour over the honey mixture and mix well together.

Press mixture into prepared tin, levelling top. Bake for 20 – 25 minutes.

Once cooked, cut the flapjack into fingers or squares, leave in the tin to cool, before turning out.

Store in an airtight tin.

A healthy filling snack, oats are packed with vitamin E, help to lower cholesterol, and are low in G1 for slow release energy.

Poem. This poem was given to me by Jean, though she tells me that she did not write it.

Smiling is infectious,
You catch it like the flu,
When someone smiled at me
I started smiling too.
I passed around the corner,
And someone saw me grin,
When he smiled I realised
I'd passed it on to him.
I thought about the smile
And recognised its worth
A single smile like mine
Could it travel round the earth .
And if you feel a smile begin
Don't leave it undetected,
Let's start an epidemic quick
And get the world infected.

Comment Corner. Here is something new for you to ponder about. Pat has very kindly left me a space for me to add some thoughts.

This Newsletter is YOUR Newsletter. We would love to hear from our membership about what YOU think of the content and style of the Newsletter? What aspects or topics you would like to see covered? What topics should we attempt to cover at our monthly meetings (we have a full plan for the remainder of this year)? Should we have a "comment corner"? Pat is to search her secretary's files and report the sort of things our members got up to since our beginnings in 1985 (what were you up to then?)

Let me get you started. This summer, the garden party is to be held on a Saturday, not a Monday. In my view we should be appealing to the family of our members, and that means sons and daughters, and grandchildren. They cannot do this during the week because of work and school commitments. So it will now start at 2.30 pm on Saturday,

We are planning to have a series of games for children (and adults). We also plan to invite members of other Heart support groups from neighbouring towns. Having made the decision to switch, I now learn that it used to be held on a Saturday anyway. So let's have lots of support from you and yours.

And whilst I am on the subject of families attending functions, what evening or weekend functions would you and they support? Skittles, pie and peas, games night, bingo, darts, golf, dancing, karaoke, tai chi, attend a show/pantomime as a group (what type of show), tennis? What takes *YOUR* fancy and will your family and friends come along as well? Would anyone be interested in a Summer Outing and if so, where to?

It is my wish that we include family and friends, get them to join with us and become better informed about heart issues and how we and others deal with them. We need younger

people to understand the issues and to grow up knowing that there is a great deal to life after a heart event and that they can make a huge difference. They could see first-hand some of the activities we get up to and we could join with them in some of theirs.

Let's have even more fun together. I look forward to hearing from you via my contact details below. Thank you for your indulgence – Michael.

For your April diary.

Tuesday 5th. A farewell luncheon for our outgoing president, Dr Michael Millar-Craig at the X S Restaurant, Stuart Hotel, London Road, Derby. 12 noon for 12:30pm

Sunday 10th. Walk through the parks of Osmaston and Shirley, meet at the Shoulder of Mutton pub car park in Osmaston at 09 45 for a 10.15 start.

Monday 11th. The monthly meeting, with a talk by Dennis Talbot about the work of the Derbyshire, Leicestershire and Rutland Air Ambulance. This organisation is a charity which relies on public donations.

Tuesday 26th. Coffee morning at Derby Cathedral Coffee-shop 10:30am to 11:30am in the Sir Richard Morris (basement) lounge.

Exercise classes.

Derby Royal Hospital - Contact Christine Chambers on 01332 340131.

Fit and for U with BACR instructors, contact Matt on 01332 832224.

"Exercise for the Heart". Exercise classes with BACR instructors, contact Jane on 07930 975681. Classes are run at Draycott and Ilkeston.

Swimming.

For Take Heart (Derby) members only, at Queen's Leisure Centre, Family Pool every Wednesday from 3:15pm to 4pm. Cost £2.15 or £1.70 for those with a "passport to swim".

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 or Betty Hassell 01332 518402.

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

Items for the newsletter should be sent to Pat Fitton on 01332 342544, 1, Princes Drive, Littleover, Derby or email patfitton@aol.com

If anyone 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