

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter September 2010

Monthly meeting. We heard an interesting talk from Ann Theobald, Co-ordinator for Pyramid – Older People’s Project. This scheme is **Promoting Independence Risk Assessment In Derby**. It is a partnership between Derby City Council, Derby Primary Care Trust and Community Action – Derby. It is designed to enable older people to remain independent in their own homes, access community services and rebuild social networks - a bit like some of the aims of Take Heart (Derby). It offers support to older people who do



not have the social contacts they once had, are coming to terms with bereavement, have experienced crime or had recent life changes. Currently this service is only available to people living in the inner-city, but hopes are that it will expand to the suburbs before too long.

It sounds a wonderful service - by bringing help, hope and friendship to many lonely, older and often disabled people.

Although the organisers are paid, they rely on volunteers to do much of the visiting and caring. An altogether a much needed and much appreciated service.

New members. Our meeting was attended by Colleen Yates, who had picked up one of our promotion leaflets at her doctors surgery and decided to attend give Take Heart (Derby) a try. We hope that she enjoyed her visit and that she will be tempted to become a regular attendee at our functions.

Member news. We are all saddened to hear of the death of April and David Howe’s son. We send April, David and their family our love and deepest sympathy.

Congratulations. We are delighted to announce the Diamond Wedding Anniversary of Kath and Jack Hemsley on 16 September. What an achievement! We hope they enjoy their celebration in style with family and friends. Also celebrating this month are John and Margaret Smith, Doug and Wendy Glenday and Neil and Marilyn Thompson.

Birthdays to be celebrated during September are Wendy Glenday, Ian Knowles and Betty Hassell.

BHF Charity Ball. Talking of diamonds, the British Heart Foundation is holding its Charity Ball on Friday 24th September 2010. This is being held at the prestigious Derby Conference Centre, located on the outskirts of the city centre.

Michael and Trisha have booked a table for this event, hoping that eight other Take Heart members will join them. Although the evening is called Diamonds and Dinner-jackets, I

don't think it will matter if, like me, you don't possess any diamonds! A drinks reception and YesterYear Men's Choir will welcome guests from 7:30pm until 8pm, followed by a three-course dinner, during which singer Scott Anson will perform live on stage. There will be an extravagant raffle, auction and dancing. The cost of this evening will be £40 a head, or £36 if you join Michael at his table. If you are interested please contact Michael and give him your name. The profits from this event will go to the British Heart Foundation, which at a similar event last year, raised over £6,000.

Christmas lunch, Thursday December 9th. Early as it might seem we have had to book our Christmas Lunch already. Joyce has booked 30 places at the Littleover Lodge Hotel, a return by popular request. The cost will be £15 a-head, to include a three-course meal, coffee and gratuities. Menus to will be included in our Newsletter as soon as we have received them. All bookings should be given to Joyce, with full remittance by Tuesday November 30th.

A recommended luncheon, Thursday 21st October. Jean and Barry Birkin went on a sentimental journey of the newly refurbished "Round House" and found themselves having an executive guest tour of the premises by Derby College Principal David Croll. They didn't realise they were "trespassing", and he was too polite to say so - but one section that is open to the public is Derby College Engine Shed Restaurant.

Our Culinary Arts Academy is our suggested hosts for the October informal lunch for Take Heart (Derby) on. Who or are they? You may well ask! The Engine Shed Restaurant is a training venue for students of Culinary Arts (cooking to us) where top class chefs deliver a full lunchtime service for the public, which Jean and Barry experienced a wonderful meal. Three-courses costs £11.50 per person including tea or coffee, arrive at 12 noon to be served at 12:15pm.

Incidentally, Barry has a DVD about the rebuilding of the Round House - and tours are available at a cost of £6 (evenings or weekends - one hour). These may be booked through Derby Tourist Information Centre, but we may have a Take Heart (Derby) Group visit if there is sufficient interest. Please let Marilyn know if you would like to attend the Academy lunch. Booking is essential on this occasion.

Other suggestions. Marilyn always appreciates ideas and suggestions for eating places and speakers and acts on these suggestions if possible.

Pat Fitton suggested Happy Hens at Etwall, especially as they have a tractor and trailer ride for visitors. We are hoping to arrange a visit in the Spring.

From Les Tibbles came the suggestion of the DLR Air Ambulance. Their speaker Catherine Foster has been in touch with Marilyn and we're arranging a date for early next year.

Jean and Geoff Sykes regularly enjoy lunch in the Thyme restaurant at the International Hotel, Burton Road, Derby on Wednesdays as they have a Senior Citizens lunch at £6.95 for two courses.

We intend to follow up on all your ideas and suggestions. **Please** contact Marilyn if you attend a particularly enjoyable event or meal out. All ideas are welcome.

Recipe. Whilst we are on the subject of food how about this for a tasty recipe? Rabbit (or chicken), with mustard and mushroom.

Serves 4, preparation 25 minutes, cooking time 35 minutes.

Ingredients

2 tbs olive oil

2 tbs Dijon mustard.

4 rabbit or chicken portions, skinned.

Half an ounce of dried mushrooms, for example Porcini, just covered with boiling water.

250 gram pack of chestnut mushrooms sliced.

2 cloves of garlic, crushed.

200 millilitres of chicken stock.

100 millilitres of white wine.

2 tablespoons of half fat crème-fraiche.

1 tablespoon of chopped fresh parsley.

350 grams of tagliatelli or pasta of your choice.

40 grams Flora Pro- Active spread (or similar)

Method

1) Smear mustard over the rabbit or chicken portions. Heat the oil in a frying pan and sauté the meat until golden brown, remove it from the pan and put to one side.

2) Add the chestnut mushrooms to the pan and fry until golden, add the garlic and fry for 1 minute.

3) Add the Porcini mushrooms and soaking liquor, chicken stock and wine and return the rabbit to the pan, bring to the boil, reduce and simmer for 25-35 minutes or until cooked through.

4) Whisk in the crème-fraiche and heat through. Meanwhile cook pasta according to pack instructions. Drain and add the margarine. Mix well and serve with the rabbit or chicken garnished with chopped parsley.

Gardening. My garden is not looking too happy at the moment. After weeks of intense, dry heat, followed by the last couple of weeks of strong winds and heavy rain, it is in need of perking up. According to the pundits August is the time for cutting back herbs, such as coriander and basil, that are starting to flower to keep them producing plenty of tasty leaves

Take geranium cuttings. Choose non-flowering shoots, cut just below a leaf joint, remove the lower leaves and push into a sandy compost. Place in the green house or on a windowsill and they should root in about a month.

Trim hedges lightly for the last time to give any new growth plenty of time to harden off before frost.

If you have a wisteria trim back the long whippy growth to around 30 centimetres. This can be reduced further to two or three buds in winter to encourage flowering next spring.

If you're going on holiday remove pots to a shady position and, water them thoroughly before you leave and if you're going to be away for long try to arrange for someone to pop round to water them.

Next meeting. We are in for a treat at our next meeting and we're expecting "a full house," because one of our favourite speakers, Jean Sykes, is going to entertain us. Jean was saying that she wasn't exactly sure what to talk about, so it was going to be a "melange". Just as taster Jean has written the following poem.

I'm Fine Thank You.

There is nothing the matter with me,

I'm as healthy as can be.

I have arthritis in my knees

And when I talk, I talk with a wheeze.

My pulse is weak, my blood is thin
But I'm awfully well for the shape I'm in.

Arch supports I have for my feet
Or I wouldn't be able to be on the street,
Sleep is denied me night after night,
But every morning I'm alright.
My memory is failing, my head's in a spin
But I'm awfully well for the shape I'm in.

The moral is this, as my tale I unfold –
That for you and me who are growing old,
It's an better to say "I'm fine" with a grin
Than to let folk know the real shape you're in!

For Your Diary

August 31. Coffee morning at Derby Cathedral coffee-shop 10:30am to 11:30am

September 13. Verse or Worse with Jean Sykes



September 24. Informal lunch at Seven Wells, Etwall 12 noon.

September 28. Coffee morning at Derby Cathedral Coffee Shop 10:30 – 11:30

Exercise classes.

Derby Royal Hospital - Contact Christine Chambers on 01332 340131

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

Swimming.

For Take Heart members only, at Queen's Leisure Centre, Family Pool every Wednesday from 3:15pm to 4pm. Cost £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

Items for the newsletter should be sent to Pat Fitton at 1, Princes Drive, Littleover, Derby or email 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

Post script.

Fundraising. We are hoping to arrange a fundraiser/promotion day at the Royal Derby Hospital soon. We are looking for donations of books for our stall. Please contact Trisha Flude (contact details as above for Michael).

Walks. It is our intention to re-commence walks for our members, their family and carers. Noel Clough (01332 727541) is to be joined by David Rowe (01332 767368), an experienced walker, in organising and planning and leading you to ????. If this is of interest to you, then please contact them direct. We will make formal announcements of their plans when we know them.