



TAKE HEART LEICESTER

ADULT CARDIAC PATIENT SUPPORT GROUP

ISSUE 151

AUTUMN 2026

**AGM
New Date**
page 5

**THL Xmas
Dinner**
pages 12 & 13

AUTUMN SPLENDOUR

THE OFFICIAL MAGAZINE OF TAKE HEART LEICESTER, REGISTERED CHARITY No. 519484
FOR ADULT CARDIAC PATIENTS & CARERS, BASED AT GLENFIELD HOSPITAL, LEICESTER

The THL stall will be running in the foyer at Glenfield Hospital on the third Wednesday of each month, 10am until 4pm, selling books, hand knitted baby wear and dolls, along with other trinkets.

The Support Group Meetings are held in the Clinical Education Centre (CEC) - location details on the back page. There is a car park at the CEC, you will need to collect a parking voucher on the day from one of our volunteers (please note that the parking voucher will not apply to the main hospital car park, so please ensure you drive round to the CEC and park there).

Wednesday 16th September THL Stall 10am - 4.00pm

Saturday 3rd October Support Group Meeting 10.00am.
Speaker - Aime Goddard - Cardiac Rehab

Wednesday 21st October THL Stall 10am - 4.00pm

Saturday 7th November Support Group Meeting. AGM. 10.00am.
Cuppa and a Catch Up

Wednesday 18th November THL Stall 10am - 4.00pm

Saturday 6th December Support Group Meeting 10.00am.
Speaker Dr. Ian Loke, THL President - Christmas Topic, Christmas Quiz

Thursday 10th December THL Christmas Dinner, see pages 12 and 13

Wednesday 16th December THL Stall 10am - 4.00pm.
Christmas Raffle Draw - 3.00pm

Please check our website for up to date details on speakers for the Support Group, please note as requested at the AGM in September, we will invite guest speakers on alternate months, when possible. In between we are having a cuppa and a catch up with all the usual trimmings, such as the raffle and occasional quiz. Please tell us if you have any ideas to promote our Support Group meetings, subject to availability.



Dear Members and Friends

What a glorious summer we have had this year, we should all be very well tanned.

The World Cup ended a little bit disappointing for us but not to worry, the next four years will go so quickly.

From a personal point of view, I have had a new right hip fitted at the City General and I would like to thank all the NHS involved in my care, also thanks to the THL Committee for running THL while I sat at home with my feet up.

Thank you to all who attended our Annual Dinner at Taste Restaurant, yet again it was a good night for all.

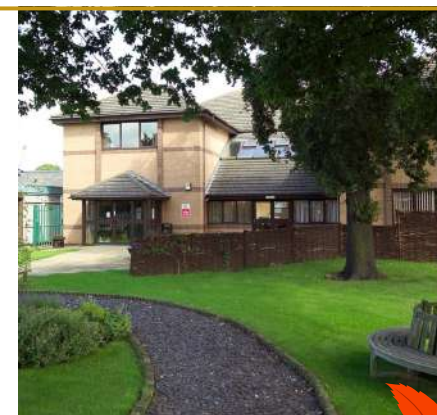
Just to remind everybody that our AGM is fast coming up, with a change of date this year to **7th November**. As always, we are looking for and would welcome some new committee members, the details and nomination forms are included in this magazine.

Hoping to see you all in the coming months

PETER READ
Chairman THL



If you would like to attend our Support Group Meetings but are struggling to get there, some of our members have offered to give a lift to anyone that lives in their neighbourhood. We can't promise to accommodate everyone but if you would like to contact our Secretary Hilary by email secretary@takeheartleicester.co.uk, by telephone **07970 075039** or via our website, we will try to match you up with one of our members.



Your Committee and Contacts

President

Dr Ian Loke

Officers

Chairman: Peter Read

Vice Chair: Sally Garner

Secretary: Hilary Allen

Treasurer: Lesley Smith

Committee:

Gary Bannister

Dianne Braker

Khandu Chauhan

Roger Chauhan

Lesley Finn

David Wright

Christopher Garner

Fiona Young

Hospital Representatives

Sally Garner

Trustees Remuneration and Expenses

No remuneration directly or indirectly out of the funds of the charity was paid or payable for the year to any trustee or any person or persons known to be connected with any of the trustees.

Expenses have been reimbursed to trustees only in respect of direct expenditure incurred in running expenses of the trust.

Contacts

PRESIDENT

Dr. I. LOKE, Glenfield Hospital, Groby Road, Leicester, LE3 9QP

CHAIRMAN

Mr PETER READ, 13 Castleton Road, Wigston, Leicester, LE18 1FQ. Tel: 0116 212 7651

VICE CHAIR

Mrs SALLY GARNER FIOT, 70 Latimer Rd, Cropston, Leicester. LE7 7GN. Tel: 07534 335407

HON TREASURER

Mrs L. SMITH, 11 Wellington Street, Syston, Leicester, LE7 2LG. Tel: 07984 003968

HON SECRETARY

Mrs H ALLEN, 8 Sword Close, Glenfield, Leicester. LE3 8SY. Tel: 07970 075039

**NEW
DATE**



ADULT CARDIAC PATIENT SUPPORT GROUP

AGM

AGM: Saturday 7th November 2026

Our AGM will be held at the Support Group Meeting on 7th November 2026 in the Clinical Education Centre at Glenfield Hospital starting at 10am.

The AGM part of the meeting will not take up too much time and will include a report from our current Chair, Peter Read and a financial report from our current Treasurer, Lesley Smith. There will be an election for President, Officers and Committee Members.

If you would like to nominate someone to join the committee, please complete the form opposite and either email to

secretary@takeheartleicester.co.uk or post to 8 Sword Close, Glenfield LE3 8SY to arrive before 3rd October 2026.

NOMINATION OF TRUSTEE FOR THE YEAR 2026/27

I wish to nominate: _____

For the position of Trustee and: _____

(Chair, Vice Chair, Secretary, Treasurer, Committee member)

Signed proposer: _____

Signed Seconder: _____

I hereby agree to my nomination being placed before the Annual General Meeting and am willing to stand for the position of:

If you wish to nominate a member for election please ensure that the form, duly signed, is returned to the Chair no later than Saturday 3rd October 2026.

Any questions should be submitted in writing to the Secretary before 3rd October 2026 and can be emailed to **secretary@takeheartleicester.co.uk** or posted to 8 Sword Close Glenfield LE3 8SY

Sudoku

Easy...



4							2	
2	3						7	1
		8						
	5			8				
6				2	1			
	4		5					9
		5					9	6
	2		1		4			3
	6					8		

		5	3			9		4
	4							
					7			
3		6	9			7		
	5	9						2
		2		8				3
2				1		4		
9		4				3	7	
					6			



Not so easy...

Sudoku and Wordsearch solutions on page 21

Hot Things Wordsearch

B	M	X	M	I	C	R	O	W	A	V	E	M	I	C	B	S	V	A	N
K	A	R	E	L	I	G	H	T	E	N	I	N	G	M	B	F	S	H	Q
O	H	R	M	C	H	I	L	I	P	E	P	P	E	R	O	C	H	O	W
D	O	E	B	O	I	L	E	R	M	A	G	M	A	S	I	O	E	O	Y
H	T	T	E	E	N	G	I	N	E	B	B	S	E	U	L	C	A	Q	B
O	D	L	R	S	C	C	M	S	T	E	A	H	O	M	I	C	T	H	X
T	O	F	S	P	X	U	H	O	P	F	S	S	Y	M	N	O	E	H	V
C	G	S	O	U	P	R	E	A	V	A	I	V	U	E	G	H	R	P	J
H	O	N	N	Z	E	L	A	D	I	U	R	F	E	R	W	Y	D	Q	P
O	L	A	N	R	H	I	J	D	E	R	A	K	H	S	A	U	C	E	I
C	R	O	I	J	G	N	V	N	I	S	D	U	L	O	T	M	O	P	H
O	F	F	Y	O	H	G	D	S	D	A	E	R	C	E	E	N	U	E	N
L	A	V	A	S	W	T	K	V	S	I	T	R	Y	S	R	E	G	L	J
A	P	A	Z	A	I	O	T	Y	H	X	L	O	T	E	E	A	I	B	B
T	Y	A	R	U	R	N	C	O	O	K	E	R	R	F	R	K	S	A	P
E	G	F	N	N	O	G	H	E	W	L	Q	R	F	E	S	R	R	T	O
L	I	E	L	A	N	S	R	C	E	J	N	O	V	T	A	S	K	H	T
R	V	W	F	A	Z	C	W	I	R	M	C	E	N	T	F	V	U	M	A
O	L	U	Y	A	M	C	V	G	L	Z	B	A	S	F	I	A	V	N	T
W	Z	T	Q	K	F	E	Q	J	F	L	P	T	O	P	F	R	Y	G	O

ASHES	COFFEE	GRILL	LAVA	SAUCE
BARBECUE	COOKER	HAIRDRYER	LIGHTENING	SAUNA
BATH	CURLING TONGS	HEATER	MAGMA	SHOWER
BEVERAGE	DESERT	HOB	MICROWAVE	SOUP
BOILER	EMBERS	HOT CHOCOLATE	OVEN	SPARKLER
BOILING WATER	ENGINE	HOT DOG	PANTS	STARS
CHILI PEPPER	FIRE	IRON	POTATO	SUMMER
COCCO	FLAME	KILNA	RADIATOR	SUN
				TEA

Our Annual Summer Dinner

On Tuesday 16th June, 54 members and friends enjoyed the 2026 Annual Summer Dinner held at the Taste Restaurant in Leicester.

Following as usual a lovely meal, Chairman Peter Read introduced our President Ian Loke and special guests Charlie Carr Operation Lead UHL in the Community Hospitals, Dr Gang XU Chief Medical Officer UHL, and Dr Will Nicolson Head of Cardiology Service Glenfield Hospital, who all in turn gave an interesting insight into their work at UHL.

Many thanks to all who supported the evening and to those who so generously donated raffle prizes. £315 was raised.



20 Years Service...

I would like to tell you about a little celebration for a long-standing volunteer - Roger Latham with our Cardiac Rehabilitation team.

On 27 May 2026, Lorraine Voisey our own UHL veteran specialist nurse, and I organised a celebration to honour Roger's 20 years of continuous service with our Glenfield and Loughborough NCSEM exercise and education classes.

Roger's journey with us began two decades ago following his own heart attack. Since then, he has served as an exemplary ambassador for lifelong exercise.

Having personally walked in the shoes of our patients, he approaches his role with a profound understanding of the anxieties that accompany a cardiac diagnosis. Roger is also incredibly supportive of patients' families and spouses; by openly sharing his own journey, he creates a safe space for comforting conversations and emotional healing.

We are fully aware of the extraordinary impact that volunteers have on the NHS and the overall patient experience, and we feel truly privileged that Roger has dedicated his time and energy to our team for the past twenty years.

Submitted by Eithne Heneghan, Cardiac Rehabilitation Specialist Nurse



JUNE

Victoria Barton, Librarian from Leicestershire Library Service gave an informative talk about all of the library services that are available in the County, these include Smart Time, Quiet time and E-books and magazines, and books that can be reserved for a charge of £1 per book.

Most services are free and accessible to all, large print books are very popular as are talking books and CD's, there is also a home library service available too.

Community and Life Long Learning groups now share library premises, offering shared reading clubs, games groups and adult learning classes.

Victoria concluded by reading short extracts from Richard Osmans book "We Solve Murders" and from the novel "Havisham".

Following Victoria, Dr Shirley Sze, a Research Fellow working with our President Dr Loke and the BHF on the FitHF Programme which was explained to those present.

A Community Show to be held at the NSPCC, Beaumont Leys, Leicester on Saturday June 27th showcasing the FitHF Programme. She thanked THL and especially Peter for all the assistance given to allow this programme to happen, all members of THL have been invited to attend.



JULY

Cuppa and a chat with a lively group.



AUGUST

This month we welcomed a special guest, Dr Josh Smalley, who among other things, is a Biochemist at Leicester University, specialising in food and drink, along with his mum. He explained that baking is a science, all experimental, some good, some disasters!

3 years ago, Josh took part in the Great British Bake Off, reaching the final 3. His talk to the Support Group was "My Bake Off Journey" showing the group each week's speciality bakes and all of the stories behind the bakes and anecdotes that went with them. The stories of each bake and what it related to, usually his family, especially his late Nan who introduced him to baking, along with his parents, who supported him throughout the adventure.

► AUGUST (continued)

Josh also has a love of growing vegetables, especially monster pumpkins and marrows in his home garden in Birstall. He explained that wherever he could, he would take fresh vegetables, fruit and flowers to the Bake Off weekends to use in his baking presentations.

Josh travels around the country giving talks and presentations. There was a lively discussion following the presentation, which was thoroughly enjoyed by all those present. Thank you Josh.



Take Heart Christmas Dinner

THURSDAY 10th DECEMBER 2026

6.45pm for 7.00pm • £30 per person

BOOKING FORM:

Name: _____

Phone No: _____

Starter: _____

Main: _____

Dessert: _____

Please post to H. Allen, 8 Sword Close, Glenfield LE3 8SY
together with a cheque payable to H. Allen or email allen1212@btinternet.com

For online payment:

Sort code 07-08-06 • Account 40983500 • Account Name H Allen.
Please use your name as the reference. BOOKING CLOSES 9th OCTOBER 2026



STARTERS

- Wild Mushroom Velouté, herb oil, pickled shallot (GF) (VG) (VE)
- Pressed Pork Belly, Apple Gel, Cider Reduction (GF)
- Smoked Salmon and Crab Cannelloni, sauce gribiche (GF)
- Goat's Cheese Mousse, Beetroot Textures, Toasted Hazelnut (GF) (VE)

MAINS

- Roast Turkey, Traditional Garnish (**GF)
- Beef Bourguignon, Braised Cheek, Wild Mushrooms, Caramelised Baby Onions, Pomme Puree, Red Wine Jus (GF)
- Herb Crusted Fillet of Hake, Crushed New Potatoes, Buttered Greens, Beurre Blanc (**GF)
- Celeriac Tarte Tatin, Braised fennel, New Potatoes, Vegetable Jus (VE) (**VG) (**GF)

DESSERTS

- Christmas pudding, brandy sauce (**GF) (**VG) (VE)
- Clementine Bavarois, Almond Sponge, Raspberry Compote (**GF) (**VG) (VE)
- Chocolate Marquise, Tonka Caramel, Hazelnut Praline (GF) (**VG) (VE)
- Caramelised Pineapple, Lime & Mango Salsa, Coconut Sorbet (GF) (VG) (GF)

(**GF) adapted for GF (**VG) adapted for Vegan

TASTE RESTAURANT
Leicester College • Welford Road • Leicester LE2 7LW
FREE PARKING

Thank You

...continued

As I'm celebrating my 30th year running the hairdressing salon at Glenfield Hospital, I thought of doing something positive. Raising money throughout the year for Take Heart seemed the obvious choice to give something back. One of my more ambitious ideas was a recent Ukulele cuppa & cake afternoon which was held at Groby URC church hall. 22 players from The Bold Ukulele Leicester group gave us a fantastic afternoon's entertainment with much toe tapping.



Rosemary from Take Heart gave a talk at 'half time' which was both funny and serious and certainly got people thinking about their health. I was also kindly given 4 pictures drawn by a local artist Ann which we did a blind bid on. I produced a ridiculous amount of cake but it was all enjoyed and none went to waste! I couldn't have done it alone and thank all of the above for their wonderful support, together the event raised £900!



Jane Hinds

Thank you and the Take Heart Team, for the generous donation of a kettle and toaster, for the patients on WD32 GH.

Thank you once again, from all the team on WD32.

Kind Regards

Denise Skeete
Ward leader
WD32 GGH



Thank you so much for the donations of the catering trollies. Both housekeepers have commented how their backs feel much better using them in the ward. Thank you so much.

Kind Regards

Donna Suffolk
Ward 16 Glenfield Hospital



Thank you to Peter and Rosemary from THL who came to Glenfield WI to give a talk about the Take Heart Charity. It was a most interesting talk which our members very much enjoyed. I took some photos for my next WI report in the September issue of The Glenfield Gazette and at Peter and Rosemary's request I share one here with you all.

Sue White



THL were chosen as the given charity for the proceeds of the Quiz Night and World Cup Sweep Stake held at the George and the Dragon and The 3 Horseshoes in Stoke Golding. Both events were organised by Dave Ingram, who has been organising similar events over the past 14 years and has raised in excess of £30,000 for various charities, including BHF, Cancer, MSA, MNS and other needy causes. A fantastic achievement.



A total of £257.60 was raised for THL. A special thank you to John Bills who donated his World Cup winnings to the Charity.

Our pictures shows Dave Ingram outside The George and the Dragon, a big thank you to Alex and staff and secondly, Dave with Vickie Horsley, the 3 Horseshoes landlady with some of the regulars, again a big thank you.



Should we always do the right thing?

As we go through life we may often find ourselves in situations where we have to decide between alternatives. We weigh up the pros and cons of the situation and reach a decision. It can be difficult. We don't want to offend or upset others and hope that, whatever they think, we have done the right thing. For some doing what they believe is the right thing can have disastrous consequences, particularly if the right thing, as they see it, involves releasing on the internet what the State considers to be sensitive and secret.

Even for the rest of us there can be unforeseen outcomes when an exchange of views escalates to a confrontation that turns unexpectedly violent. But for most, if the other party is unforgiving, the worst that may happen is the unwelcome breakdown of a relationship or the loss of a friend.

Consider this example. It's a warm summer's day, only ten in the morning but already the temperature is in the twenties centigrade. You're uncomfortable and hot. Your deodorant is working overtime and there are beads of perspiration on your forehead. You wish you had put fewer and lighter clothes on. It gets worse and you notice that the palms of your hands are now sticky.

You start to consider the options available to you. In your heart you know how to resolve your problem, and if you were in the privacy of your own home you wouldn't think twice about it or hesitate. But you are in a public place and you have to consider the people around you.

How will they react if you do what you believe you must? Will they be shocked, offended, angry, resentful or derisive? Will they tell you off? Will they say that you have overstepped the mark, that you are not at home?

It is now becoming unbearable and you decide you have to do what you believe is the right thing. You're prepared to debate it afterwards, if it comes to that. As you make your move your discomfort is exaggerated by a slight embarrassment. It may be an illusion but you feel that the babble of conversation has stopped and you feel dozens of eyes looking your way.

Then the conversation recovers and you feel a sense of relief as you realise that you made the right decision, and have done the right thing. Despite your discomfort it seems that they just see you as the guy who dared to open the window on the bus.

NORMAN GRIFFITHS



Love Hearts!

**Hearts are what we're all about.
They are vital. And we play our part.**

Take Heart Leicester supports adult cardiac patients, their families and carers who live in and around Leicestershire.

We are based at the Glenfield General Hospital, with Consultant Cardiologist Dr Ian Loke as our President.

Why not become a member of our charity and see for yourself? We hold monthly meetings and various social events. We also publish our own quarterly magazine full of features, stories, reviews and quizzes.

All this for just £5 a year! What's not to like?



Find out more on our website, sign up, join the fun, and help us to help others...

takeheartleicester.co.uk

**TAKE HEART
LEICESTER**
ADULT CARDIAC PATIENT SUPPORT GROUP



Congratulations to Heart Link, the local Children's Charity who are celebrating 45 wonderful years providing vital support, funding equipment and research over many years.

Founded in 1981, as a support group for parents and families who had a child suffering from a heart condition.

They have also been more committed over time to enhancing facilities for our young patients and their families, as well as giving much-needed quality medical equipment and facilities for the Children's Cardiac Surgery Unit, now based at Leicester Royal Infirmary, previously based at Groby Road Hospital before relocating to Glenfield Hospital.

They have raised well over £6 million since 1981, thanks to the wonderful support and generosity of the volunteers and the general public. This has been used to fund both major and minor undertakings.



Did you know?

The word autumn comes from the Latin word autumnus, which appeared in English during the late 1300s via Old French (autompne). The deeper roots of the Latin word are uncertain, but experts think it may trace back to an old Etruscan root meaning "the passing of the year" or to roots connected to increasing crop yields.

TEST YOUR KNOWLEDGE. All the answers begin with the letter F

1. Castle south of Paris, once the home of the Kings of France?
2. Craven Cottage is the home of this football club?
3. What were the Goddesses Clotho, Lachesis and Atropos known as?
4. What present are you supposed to give on your 4th wedding anniversary?
5. What animal has the collective noun of Busyness?
6. What is the name of the jeweller famous for his eggs?
7. What is the name of the author who wrote 'The Day of the Jackal'?
8. What is the surname of the actor who starred in Conclave, Schindler's List and The English Patient?
9. This person has the real name of Margaret Evelyn Hooker, by which name is she better known?
10. Who was the Archbishop of Canterbury who crowned Queen Elizabeth II on June 2nd 1953?

Answers on page 21



Treasurer's Report

Report for April, May and June 2026

During this quarter we received our lowest amount in donations:

The Heart Failure Clinic, Paul Spencer from Heartsmart, Mrs Giddens and Rosemary Watson all donated. £240.00

The Annual Take Heart Summer Dinner raised £315 on the raffle, and a great time was had by all who attended.

We received 'In Memory' donations for Mr J Jogia and Julie Simpson. £250.00

Publicity Stall and Support Group sales continues to be well supported. Our visitors are very happy we now take card payments alongside cash. £620.00

We always welcome knitted goods and are always looking for knitters to keep us topped up, they sell so very quickly.

Our voluntary suppliers at Oakham are cutting down on their production of seat belt cushions, which are given to patients as they leave hospital after heart surgery. These are very useful and quite a simple design if anyone feels they could offer to make some please contact the THL committee.

Funds have been used to provide trollies, a kettle and a toaster. £280.00

We have received funding requests for a variety of items which are under discussion at the moment.

Your Take Heart Leicester Committee are, as always grateful for your continued support and generosity. Thank You.

LESLEY SMITH
Treasurer



Did you know?

The autumn equinox occurs around 22 or 23 September, when day and night are approximately equal in length. This astronomical event signals the official start of autumn and is celebrated in many cultures. Occasionally, the equinox can fall on 24 September, a rare occurrence that last happened in 1931 and won't happen again until 2303.



Puzzle Solutions

SUDOKU SOLUTIONS

4	9	1	3	5	7	6	2	8
2	3	6	8	4	9	5	7	1
5	7	8	6	1	2	9	3	4
9	5	2	4	8	3	1	6	7
6	8	7	9	2	1	3	4	5
1	4	3	5	7	6	2	8	9
7	1	5	2	3	8	4	9	6
8	2	9	1	6	4	7	5	3
3	6	4	7	9	5	8	1	2

EASY

7	2	5	3	6	8	9	1	4
8	4	3	1	9	5	2	6	7
6	9	1	2	4	7	5	3	8
3	8	6	9	2	1	7	4	5
4	5	9	6	7	3	1	8	2
1	7	2	5	8	4	6	9	3
2	3	8	7	1	9	4	5	6
9	6	4	8	5	2	3	7	1
5	1	7	4	3	6	8	2	9

NOT SO EASY

WORD SEARCH SOLUTION

B	M	X	M	I	C	R	O	W	A	V	E	M	I	C	B	S	V	A	N
K	A	R	E	L	I	G	H	T	E	N	I	N	G	M	B	F	S	H	Q
O	H	R	M	C	H	I	L	I	P	E	P	P	E	R	O	C	H	O	W
D	O	E	B	O	I	L	E	R	M	A	G	M	A	S	I	O	E	O	Y
H	T	T	E	E	N	G	I	N	E	B	B	S	E	U	L	C	A	Q	B
O	D	L	R	S	C	C	M	S	T	E	A	H	O	M	I	C	T	H	X
T	O	F	S	P	X	U	H	O	P	E	S	S	Y	M	N	O	E	H	V
C	G	S	O	U	P	R	E	A	V	A	I	V	U	E	G	H	R	P	J
H	O	N	N	Z	E	L	A	O	J	U	R	F	E	R	W	Y	D	Q	P
O	L	A	N	R	H	I	J	D	E	R	A	K	H	S	A	U	C	E	I
C	R	O	I	J	G	N	V	N	I	S	D	U	L	O	T	M	O	P	H
O	F	F	Y	O	H	G	D	S	D	A	E	R	C	E	E	N	U	E	N
L	A	V	A	S	W	T	K	V	S	I	T	R	Y	S	R	E	G	L	J
A	P	A	Z	A	I	O	T	Y	H	X	L	O	T	E	E	A	I	B	B
T	Y	A	R	U	R	N	C	O	O	K	E	R	R	E	R	K	S	A	P
E	G	F	N	N	O	G	H	E	W	L	Q	R	F	E	S	R	R	T	O
L	I	E	L	A	N	S	R	C	E	J	N	O	V	T	A	S	K	H	T
R	V	W	F	A	Z	C	W	I	R	M	C	E	N	T	F	V	U	M	A
O	L	U	Y	A	M	C	V	G	L	Z	B	A	S	F	I	A	V	N	T
W	Z	T	Q	K	F	E	Q	J	F	L	P	T	O	P	F	R	Y	G	O



TEST YOUR KNOWLEDGE ANSWERS:

1. Fontainebleau
2. Fulham
3. The Fates
4. Fruit or Flowers
5. Ferret
6. Fabergé
7. Frederick Forsythe
8. Ralph Fiennes
9. Dame Magot Fonteyn
10. Geoffrey Fisher

Become a member of Take Heart Leicester

Editor's Chat

ANNUAL MEMBERSHIP

£5

Due 1st January each year
Includes quarterly
magazine

LIFETIME FAMILY MEMBERSHIP

£100

One off payment
Includes quarterly
magazine

Please complete this form in BLOCK CAPITALS:

Name (Mr/Mrs/Miss/Other): _____

Address: _____

Postcode: _____ Email: _____

I am a UK taxpayer and I want TAKE HEART LEICESTER to treat all donations from 1 October 2003, until I notify you otherwise, as Gift Aid Donations.

I am currently paying income tax or capital gains tax that is equal to or more than the tax deducted from my donation.

PLEASE TICK

I wish to become an annual/lifetime (delete as required) member of Take Heart Leicester and I have paid into your bank/enclose a cheque (*delete as required*)

£5 annual membership or £100 lifetime membership £ _____

Donation £ _____

Total £ _____

Signed: _____ Date: _____

Bank details for payment:
Sort Code: **40 40 01**
Account: **42708183**
Take Heart Leicester
Please give your name or
membership number as reference

Please send completed form (and cheque if used in payment) to:

MR. D WRIGHT
8 FARRIERS WAY
BURBAGE, LE10 2SZ

Please make cheque payable to 'TAKE HEART LEICESTER'

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Take Heart Leicester is a registered charity No. 519484.

Hello friends of Take Heart Leicester.

It seems very strange writing my Editor's piece wearing shorts in hot sunshine with lawns looking more like a beach. All this whilst I am adding a Christmas Menu and Order Form into the Autumn THL Magazine - how time flies.

What a summer it has been. I know not everyone welcomes the heat, however I keep reminding myself that very soon the nights will draw in and rain - yes rain, will return and we will be complaining about the cold, grey days. I do hope you will be able to come to the Xmas Dinner, always a fabulous night and something to look forward to at the end of Autumn.

Also many thanks as usual to all who have contributed to this quarter's magazine.

DAVE WEBSTER
Editor



OBITUARY

THL is saddened to hear of the death of Joan Skerrett. Joan sadly passed away on 20th July at the age of 97.

Joan was one of the first 'befrienders' which was the precursor to Link Up and later Take Heart, doing ward visits and knitting for the Take Heart bookstall on which she served for many years. She enjoyed talking to people as if she was on the wards.

Our condolences and thoughts are with her daughter Debbie and family.

Contributions for the next issue

WINTER 2026 required by Friday 6th November 2026

All articles for inclusion to be sent to:

The Editor, Dave Webster, 7 Baker Grove, Ibstock, Leicestershire, LE67 6DB.

Mobile **07737 785100** Email: **webster.dave33@googlemail.com**



TAKE HEART LEICESTER

ADULT CARDIAC PATIENT SUPPORT GROUP

You are invited to join us for a cuppa and a chat!

We generally meet on the first Saturday of every month in the Clinical Education Centre, Glenfield Hospital - 10.00am til 12 noon



CONTACTS

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