



Salford Heart Care

"The Pulse" Newsletter

April 2016



Improving health & wellbeing, preventing heart-related illnesses & after-care for people with heart conditions



The Queen's Award
for Voluntary Service

Easter Fun!



Congratulations to the winners of our Easter Competition at Irlam & Cadishead Healthy Heart Club: *From left to right above – Hilda Bell, Moreen Kenley and Marjorie Neill.*

Thank you to Pat Massey for raffling her beautifully crafted Easter Cake. The raffle raised £77 and this was donated to Duchenne (DMD) - a local Children's Trust for muscular dystrophy in memory of Derek Styles wife, Beryl, who passed away suddenly last month.



The cake raffle was won by Lydia Gallagher.



Congratulations to Angela Baker, Gordon McKay & Anne Sutcliffe – our Easter winners at Eccles!

SANDRA'S FUNDRAISING NIGHT

in aid of:



Friday 20th May
Irlam Catholic Club

- ♥ Raffle, DJ & live band
- ♥ Children welcome
- ♥ Tickets on sale: £5 each

see Serena or Sandra Dickinson for tickets

Salford Reds Lottery Winner!

Congratulations to our most recent Lottery winner: **Christine Duckworth** from Cadishead (meal for 2 at Castle In The Air, Chill Factor)!

Good News!...

We have recently received small grants from the following organisations:

- ♥ Salford CVS (Volunteer Fund)
- ♥ Warburton's Families Matter (Community Grant)

We would like to thank both organisations for their support!

New Charging Structure at Weaste Healthy Heart Club (De La Salle)

To encourage more members to join Salford Heart Care we have amended the charging structure at Weaste:

Entrance charge:

- ♥ £2.00 per session for members
- ♥ £2.50 per session for non-members

Membership is £10 per annum and contributes to insurance and administration costs.

Please request a form if you would like to join!



Ableworld Salford
www.ableworld.co.uk



SOCIAL OCCASIONS

Wheelchairs, power chairs, scooters, telecare, back supports, bathing accessories, riser recliner chairs, continence care, walking aids, arthritic supports, slippers, stair lifts.

Visit: Burrows House, 10 Priestley Road, Wardley Industrial Estate, Worsley M28 2LY

Email: info@ableworldsalford.co.uk

Tel: 0161 728 1880

Ableworld are offering Salford Heart Care members **5% discount** on goods purchased (excluding items on promotion or special offer).

Trips departing from Eccles & Little Hulton:

Buxton & Bakewell - full

Tuesday 17th May - £16 per person

Includes coach, morning coffee & scone at Buxton Pavilion, then onto Bakewell in the afternoon

Lancaster Canal Cruise & Lunch - full

Tuesday 14th June - £28 per person

1 & ½ hour cruise with tea & coffee, followed by a 2-course lunch. Visiting Barton Grange Garden Centre on the way home.

Llandudno – coach only

Tuesday 12th July - £13 per person

29th Anniversary Trip: The Millstones

Tuesday 9th August - £27 per person

Includes morning tea/coffee & biscuits, 3 course lunch & afternoon entertainment

**This trip is subsidised because it's our Anniversary*

See Dot or Mavis for more details



Linnyslaw Garden Centre

Moss Lane, Walkden

Perennials, shrubs, bedding plants, compost, benches, sheds, garden tools, bird tables, pottery, stoneware & aggregates

Established in 1985 - local family-run business of Albert, Marge, Nicholas & Lisa Redshaw

Open Monday - Saturday 9am – 5pm

Sundays 10am – 4pm Tel: 0161 799 2050

www.linnyslawgc.co.uk

email: linnyshawgarden@btconnect.com

Proud sponsors of Salford Heart Care

To RENT!

Ground Floor Retirement Apartment

at Swithun Wells Court

Old Wells Close, Little Hulton M38 9PQ

♥ Rent from £115 per week (includes heating, hot water, support & service charge)

Contact Scheme Manager **Joanne Busuttill**

on 0161 799 6161 for more details.

Irlam & Cadishead Healthy Heart Club

St. George's Day Party

Friday 22nd April 12-3pm

£3 per person*

Includes buffet, dancing & entertainment

Please see Betty to book

Congratulations to our March Crossword Competition winner: Teresa Saunders from Irlam. You could win £5 voucher by completing this month's crossword on page 5.

Trips Departing from Irlam & Cadishead

Skipton Market & Rendezvous Hotel

Wednesday 27th April 2016

£18 per person (£23 non-members)*

Includes return coach to Skipton with time to browse the markets, then onto the Hotel for a 2-course carvery lunch

Chester Meal & Boat Cruise

Thursday 21st July (one place)

Thursday 8th September

£20 per person (£25 non-members)

Includes coach & canal cruise with 4-course meal. Short stop at the garden centre in the morning, and Chester in the afternoon

Llangollen & The Bryn Howel Hotel

Thursday 11th August 2016

£20 per person (£25 non-members)*

Includes return coach to Llangollen with time to browse the shops or stroll along the riverside, then onto the Hotel for a 2-course carvery lunch

See Serena or Betty - payment in full

Coming up later in the year (departing Irlam):

♥ Thur 17th Nov 2016 – Houghton Weavers Christmas Party at Rivington Hall Barn

♥ Thur 15th Dec 2016 – Christmas Party at The Millstones, Harrogate

**Trips for Irlam & Cadishead are subsidised from fundraising activities organised by volunteers.*

Healthy Recipe: Cauli & Kale Soup

The cauli & kale trends meet in this hearty veggie meal & it counts towards your 5-a-day! **Serves 8**

Ingredients

- ♥ 2 small cauliflower, trimmed into florets
- ♥ 1 small onion, sliced
- ♥ 2 cloves garlic, crushed
- ♥ 1 bulb fennel, sliced
- ♥ 2 tbsp olive oil
- ♥ 215g can chickpeas rinsed & well drained
- ♥ 200g bag Grower's Selection Kale, washed
- ♥ 1L vegetable stock
- ♥ 150ml crème fraîche
- ♥ A few chives, chopped

Method

1. Preheat the oven to 200C/180C Fan/Gas 6. Put the cauliflower on a roasting tray with the onion, garlic and fennel. Drizzle on the oil and toss until evenly coated.
2. Roast for 30 mins. Scatter the chickpeas on a separate roasting tray, and add to the oven after 10 mins.
3. Put the roasted veg (but not the chickpeas) in a pan, add the kale and pour over the stock. Simmer for 20 mins, take off the heat, then blitz with a handheld blender. Stir through the crème fraîche. Serve topped with the chickpeas and a sprinkling of the chives.

Stroke & Blood Pressure

- ♥ **Stroke strikes every 3 ½ minutes in the UK**
- ♥ **Over half of all strokes may be caused by high blood pressure**
- ♥ **Studies have shown that around four-fifths of men and two-thirds of women with high blood pressure are not being treated.**



Far too many people don't understand stroke, and think it won't happen to them. But the good news is that stroke can be prevented. Take a moment to reduce your risk of stroke and check your blood pressure. It's simple, quick and painless – and you can get it done for free at your GP practice, in pharmacies or at one of our drop-in sessions (we regularly offer blood pressure testing at Eccles, Irlam and Little Hulton).

What is blood pressure?

On average, your heart beats around 70 to 80 times a minute. Blood pressure is the force with which your blood presses on your arteries' walls as it is pumped around your body. It's measured with two readings – when the heart beats (**systolic pressure**) and when it relaxes (**diastolic pressure**). Both are measured in millimetres of mercury, written as mmHg. These readings are shown as a fraction. Blood pressure is always higher when the heart beats than when it relaxes.

- ♥ **A normal adult blood pressure should be less than around 140/90 mmHg.**
- ♥ The optimal blood pressure is less than 120/80 mmHg.
- ♥ If yours is consistently above 140/90 mmHg (or 130/80 mmHg if you're diabetic) then you will be considered to have high blood pressure or 'hypertension'.

What links stroke and high blood pressure?

Most strokes happen when a blood clot blocks the flow of blood to the brain. High blood pressure puts a strain on all the blood vessels throughout your body, including the ones leading to the brain. As a result, your heart has to work much harder to keep the blood circulation going. This strain can damage your blood vessels, causing them to become harder and narrower, a condition called **atherosclerosis**. This makes a blockage more likely to occur, which could cause a stroke or **transient ischaemic attack** (TIA, sometimes called a mini stroke). On rare occasions, this extra strain may cause a blood vessel to weaken and burst inside the brain, causing bleeding into surrounding tissues. This is called a **haemorrhagic stroke**.

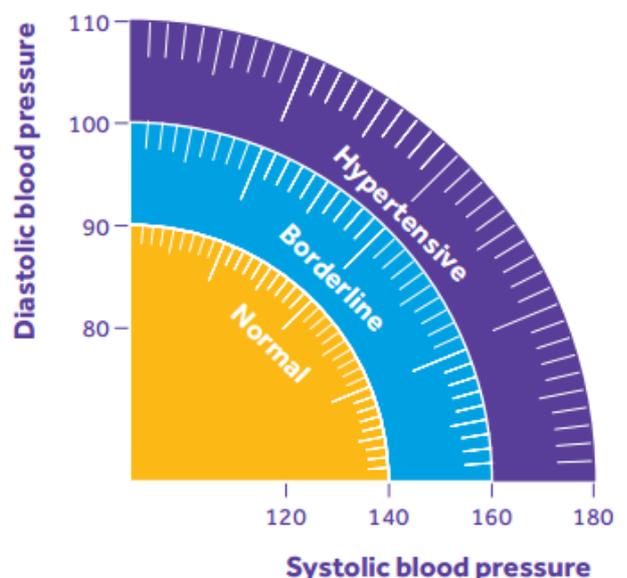
- ♥ **High blood pressure often shows no symptoms. There is no way of knowing that you have high blood pressure apart from having it measured.**

How can I reduce my risk of stroke?

Lifestyle changes can bring blood pressure down to a normal level. These include:

- ♥ **stopping smoking**
- ♥ **eating a healthy diet**
- ♥ **drinking sensibly**
- ♥ **taking regular exercise**

If lifestyle changes do not reduce blood pressure to within normal ranges and it is consistently above 140/90 mmHg, there are prescribed medications available that can reduce it. Your doctor will be able to advise you further about any medication that you may require. Once your blood pressure has been reduced to within the normal range you should make sure you have it measured at least once a year.





OUR HEALTHY HEART CLUBS April-June 2016

Tel:0161 707 7402 Email:admin@salfordheartcare.co.uk website:www.salfordheartcare.co.uk

Irlam & Cadishead Healthy Heart Club, Irlam Steel Club Liverpool Rd. Irlam Every Wednesday & Friday 10 am - 12 noon

Highlights.....

- Friday 1st & 29th April, 11th & 20th May, 3rd & 24th June - Relaxation sessions
- Friday 22nd April - St. George's Day Party 12 noon - 3pm (£3 per person)

No group on Wednesday 27th April (Skipton Trip) & Wednesday 1st June (holidays)

Charge: £1 entrance, 50p towards refreshments. Activities: Dancing, chair exercise, Tai Chi for Health, reiki therapies (fortnightly, £1 charge), relaxation, weight management support, blood pressure checks, arts & crafts, bingo, raffle (£1 strip), bric-a-brac-stalls, books, subsidised social activities & day trips

Eccles Healthy Heart Club Patricroft URC Hall Franklin St. Patricroft Every Tuesday 10 am - 12 noon

Highlights.....

- Tuesday 5th & 19th April, 3rd & 17th May, 14th & 28th June - Tai Chi sessions
- Tuesday 5th & 26th April, 3rd & 24th May, 7th & 28th June - Relaxation
- Tuesday 12th & 26th April, 10th & 24th May, 7th & 21st June
- Cardiac exercise with Maureen

No group on Tuesday 31st May (hall out of use for dance week)

Charge: £1.50 entrance (includes raffle ticket). Suggested donation of 50p towards refreshments

Activities: Tai Chi, dance exercise, craft sessions, reiki therapies (£1 charge), relaxation session, indoor games & bingo (50p), weight management support, books & bric a brac stall, & regular social trips



Little Hulton Healthy Heart Club

St. Paul's Peel Community Hall Manchester Road Little Hulton

Fortnightly on Wednesdays 10:30 am - 12.30 pm

- Wednesday 6th & 20th April
- Wednesday 4th & 18th May
- Wednesday 1st, 15th & 29th June

→ Wednesday 15th June - Defibrillator & CPR (first aid) training

Charge: £1.50 entrance (includes raffle ticket). Suggested donation of 50p towards refreshments.

Activities: Line dancing, Reiki therapies (£1 charge), Tai Chi for Health, relaxation, indoor games, & social trips

Currently
Supported by:



the coalfields
regeneration trust

Weaste/Claremont Healthy Heart Club

De La Salle Sports & Social Club, Wilton Road, Salford

Every Tuesday 10 am

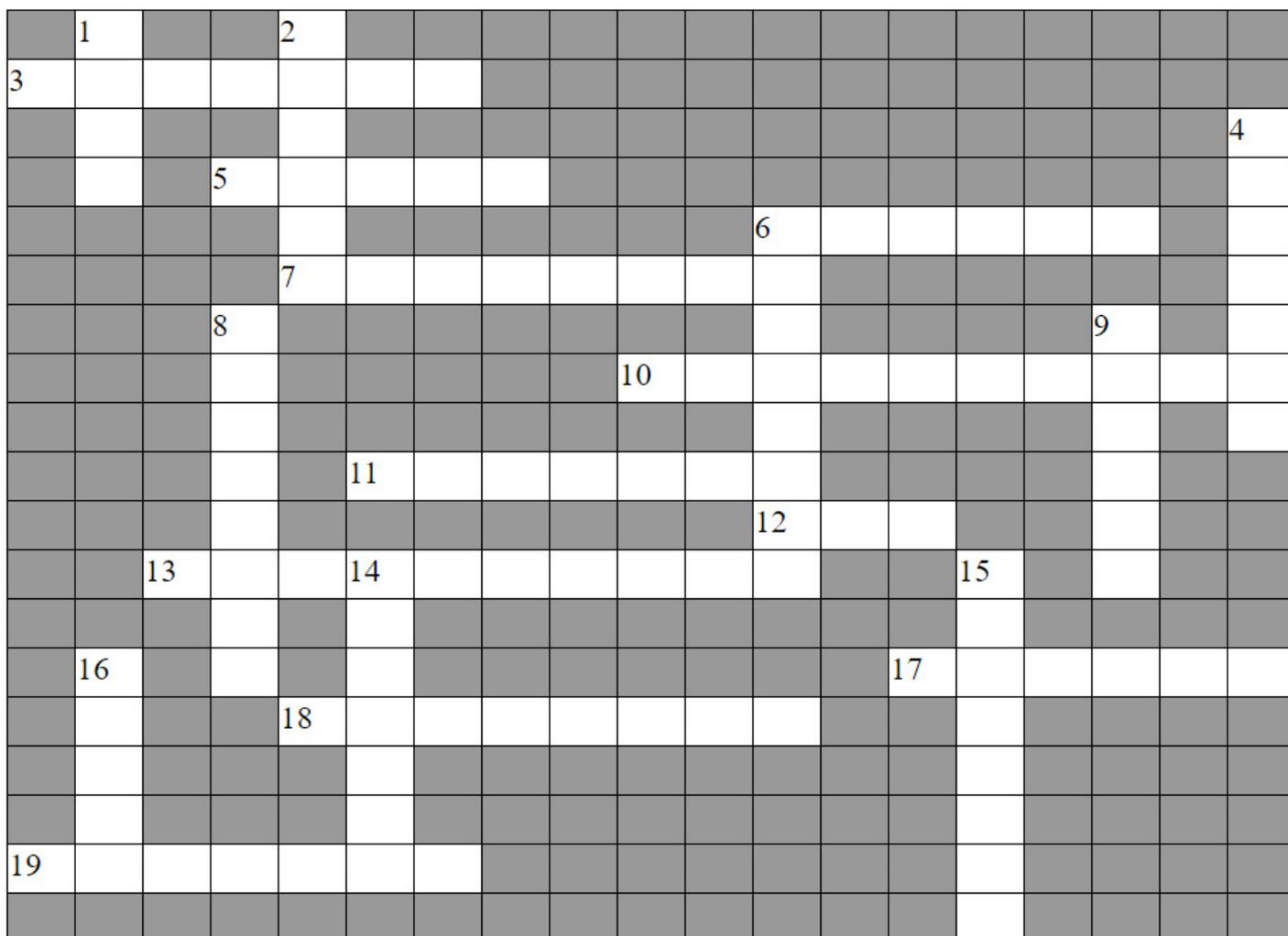
No group on Tuesday 31st May (holidays)

Charge: £2.00 (members) £2.50 (non-members). Annual membership is £10

Activities: Cardiac exercise session with relaxation & refreshments

COMPETITION CORNER: *Try our April - Themed Crossword*

All correct entries received by **Friday 22nd April** will be entered into a **prize draw** with the chance to **win a £5 gift voucher**. Please return your completed crossword to: **Salford Heart Care, c/o Patricroft URC, Franklin Street, Eccles M30 0QZ** (or hand it in). **Please include your name & address!**



ACROSS

3. Winning horse of first Grand National held in 1839 (7)
5. April zodiac sign (5)
6. The first steamship to cross the Atlantic to New York, making the crossing in 18 days in April 1838 (6)
7. Long-distance running event held in London during the spring each year (8)
10. This most notorious highwayman was hanged in York in April 1739 (4,6)
11. Robert _____ - served as the first Prime Minister of Great Britain (7)
12. Symbol associated with 5 across (3)
13. Pop group who filled the top 5 places in the US singles charts on 4th April 1964 (3,7)
17. Patron Saint of England (6)
18. Widely observed Jewish festival taking place this month (8)
19. The national emblem and flower of England (3,4)

DOWN

1. Person who falls for a joke (4)
2. Successful horse buried at the winning post at Aintree (3,3)
4. April birthstone (7)
6. Re-branded chocolate bar known as 7 across until 1990 (8)
8. Location of Chinese Formula 1 grand prix (8)
9. Season associated with rebirth, rejuvenation, renewal, resurrection and regrowth (6)
14. Fruit that first went on sale in a London shop in April 1633 (7)
15. April flower (5,3)
16. London Theatre associated with William Shakespeare (5)

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Salford Heart Care is a registered charity (number 1136710) Donations welcome via:
virginmoneygiving.com or post: **Salford Heart Care, c/o Patricroft URC, Franklin St, Eccles M30 0QZ**
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