



Salford Heart Care

"The Pulse" Newsletter

August 2015

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

Gold Level CardiacSmart Winners 2013



The Queen's Award
for Voluntary Service



Good News for our Members!

This month we're delighted to announce that we have secured funding for two new projects.....

The Skelton Bounty Trust

The first grant is for £1,400 from The Skelton Bounty Trust. This grant will be used to purchase new IT equipment that will benefit our Coordinator and the members.

The funds will be used to purchase clinically validated **blood pressure machines** and new **computers** that will be used to record information collected during the sessions, as well as support presentations and professional talks. **Internet access** will also be available for the next 12 months at Eccles and Irlam so members will have access to the internet..... We could show you how to calculate your heart age and use tools to calculate risk factors for heart disease and stroke. Members could also check emails, compare gas and electricity prices, seek advice on spam emails and lots, lots more. Just let us know if you would like some support and we will try to help you.

This equipment will make a huge difference to us...we have been struggling with old out-dated equipment for some time and we're really pleased that The Skelton Bounty Trust are supporting this project!

The Coalfields Regeneration Trust

This grant of £4,624 from The Coalfields Regeneration Trust will support room hire and all scheduled activities at Little Hulton Healthy Heart Club for the next 12 months. The project will commence in September and the club will continue to meet fortnightly. At each session members will be able to take part in tai chi, relaxation, reiki (limited availability) and dancing. This is our second grant from the Trust and we are very grateful for their continued support.



the coalfields
regeneration trust

The Coalfields Regeneration Trust (CRT) is an independent charity dedicated to social and economic regeneration of coalfield communities throughout the UK. Since it was established in 1999 the Trust has awarded grants of over £230m to over 5,600 projects that have improved the quality of life in the UK's coalfields regions. However, The CRT is not just a grant-making body. It also provides advice and support to community and voluntary groups to help them confirm their eligibility for funding, define their needs, create practical solutions, and seek funding from a variety of different sources. For further information, visit www.coalfields-regen.org.uk

Thank you to the Tea Dace Group.....

Thank you to Hilda Wall and the Tea Dance Group at the Height Methodist Church. Last month the group held a raffle and raised £288.00. The group has chosen to support Salford Heart Care on this occasion and we are very grateful for their generous donation.

We would like to thank Hilda Wall & the tea dance group for supporting our work (& Jean Denton for recommending us!)



Salford Heart Care's "Golden Oldies" Fundraising Night

50's, 60's & 70's Music
with "Golden Oldies" DJ Sinclair

Thursday 22nd October
8pm at De La Salle Social Club
(off Lancaster Road, Salford)

Tickets: £7.00
includes Hot Pot Supper
Plus raffle & dancing

This is a fun, social get-together to raise funds for Salford Heart Care. Tickets are already selling fast following last year's fantastic night!

**See Jim Collins or Serena Rice
for tickets or call 0161 707 7402**

Coast to Coast Sponsored Cycle Challenge Whitehaven to Newcastle - Update

Last month we told you that Peter Royse will be cycling 140 miles from Whitehaven to Newcastle to raise money for Salford Heart Care...

We are pleased to confirm that Peter has now been discharged from the hospital following his ankle injury, and he is able to drive again. Peter is now back training at the gym and will be back on the road very, very soon! **The challenge is rescheduled to the 5th & 6th September 2015.** Good luck Peter!

If you would like to sponsor Peter please speak to Serena, or Diane (Little Hulton).

Coming Soon: Cholesterol Research

Have you or your partner had a heart attack, bypass or stent procedure? If yes we need your help!....

My name is Dr Thomas Butler. I am a registered Dietitian & Senior Lecturer at the University of Chester. Along with my colleague, Dr Aly Woodall, we are setting up a study which will hopefully cover the North of England. **The study is investigating the adherence to the Mediterranean Diet in the cardiac support group population, and if greater adherence to a Mediterranean Diet is associated with better cholesterol levels** in people who have had a heart attack, bypass or stent procedure.



Dr Tom Butler

If these conditions apply to you we would really like you to participate in the study. Also, **if you are the partner/spouse of someone with these conditions we would also like you to be involved.**

For the study, we would require a small sample of blood to be taken from the finger. This would allow us to calculate blood cholesterol levels. We would like all participants to complete a Mediterranean Diet score sheet and a food frequency questionnaire. We will provide a stamped addressed envelope for these to be posted back to us if required.

Why are we doing this study? We know that the Mediterranean Diet is meant to help individuals who have had a heart attack, however some of the foods listed do not apply to the UK or are expensive. We want to use the data gathered to inform and develop a specific UK-based version of the Mediterranean Diet with affordable and nutritious recipes that will bring the principles of this diet pattern to the UK dinner table.

Tom will be visiting us in September & October

Linnishaw Garden Centre

Moss Lane, Walkden

Tel: 0161 799 2050

Perennials, shrubs, trees, bedding plants, composts, 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

www.linnishawgc.co.uk

email: linnyshawgarden@btconnect.com

proud sponsors of Salford Heart Care



Pension wise

Pensions Guidance in Salford

The Citizens Advice Bureau is offering free Pension Wise appointments in the Salford area to help people plan for their future.

Pension Wise is a new government service designed to help people make sense of their pension options and gives people access to **free and impartial pensions guidance.**

Following pension reforms on 6th April, people approaching retirement have greater freedom over how they can use their pension pots. People can take a lump sum, an annuity or a mixture of both.

Appointment sessions last for 45 minutes & will be tailored to the individual.

A Pension Wise appointment may help you if:

- you're approaching retirement or are 50 or over
- you have a defined contribution pension
- you're thinking of accessing your pension in the next 6 months

To book an appointment, call Pension Wise on **0300 330 1001**. For more information contact the CAB (Leigh) **Clare Whittle: 01942 267965**. You can also get information online at www.pensionwise.gov.uk

Christine's Tearoom

Lunch, Afternoon Tea & Outside Catering

86 Liverpool Road, Irlam

Christine's Tearoom serves fresh homemade food in a relaxed friendly atmosphere.....Meet with friends for a relaxed lunch or afternoon tea.

Homemade cakes, pies, quiche & desserts

During busy lunchtime periods booking is recommended to avoid disappointment.

Open Tues - Fri 11.30am - 3.00pm
0161 775 2226, www.christines-tearoom.co.uk



Trips Departing from Eccles & Little Hulton:

SHC Anniversary Celebration

The Lindum Hotel & Blackpool Ice Show followed by afternoon tea

Tuesday 11th August - £28 per person

Port Sunlight & Southport

Tuesday 8th September – waiting list only
£22 per person

Includes coach & 2-course carvery lunch in Southport, plus free time

Christmas at The Lindum Hotel, Lytham St. Anne's

Tuesday 1st December - £26 per person
Includes coach, drink on arrival, 3 course meal, coffee & mince pies & entertainment

See Dot or Mavis for more details or to book a place (£5 deposit required)

Trips Departing from Irlam & Cadishead

Chester Meal & Boat Cruise

Thursday 3rd September – waiting list only
£20 per person (£25 non-members)*
Includes coach & boat cruise with 4-course meal

Christmas at The Rivington Barn with The Houghton Weavers

Thursday 12th November – waiting list only
£23 per person (£25 non-members)*
Includes coach, 3 course meal & entertainment

Christmas at The Lindum Hotel, Lytham St. Anne's

Monday 14th December
£17 per person (£20 non-members)*
Includes coach, drink on arrival, 3 course meal, coffee & mince pies & entertainment

See Serena or Betty for more details or to book a place – payment in full

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

£5 Gift Voucher Winner

Congratulations to **Brenda Roberts** from Cadishead - winner of our July Crossword Competition. See page 6 for this month's quiz designed by Shauna Rice!

“Knocking on Doors”

Could you spare a moment to support older people by ‘knocking on’ their door to provide a friendly face?

By being part of Age UK Salford’s ‘**Knocking on in Salford**’ service you could make all the difference to the life of an older person and help them feel they are not forgotten – just by knocking on their door from time to time.

Age UK Salford will provide you with information to help you help your neighbours to stay safe, warm and well. As one of Age UK Salford’s ‘**neighbourly connectors**’ you could also help older people to make best use of the social and community resources in their local community.

All neighbourly connectors will carry a card informing of how to contact Age UK Salford to check they are known to us. The neighbourly connectors will not be offended by this but welcome a telephone call to Age UK Salford.

If you want to find out more or would be interested in joining this initiative, please contact:

Vanda Groves, Age UK Salford
108 Church Street, Eccles, M30 0LH
Tel: 0161 788 7300 or email
vanda.groves@ageuksalford.org.uk

Salford Red Devils Lottery Winners

Congratulations to last month’s Red Devil’s Lottery winners: Sandra Kelly (£50 voucher), Albert Redshaw (£10), Lorna Christian (annual Gym Membership).

Let us know if you would like to buy a ticket – on sale every week!

Action On Hearing Loss

want a world where hearing loss doesn’t limit or label people, where tinnitus is silenced – and where people value and look after their hearing.



Diane Whitehead and her team of volunteers visited our groups at Irlam and Little Hulton last month. They were overwhelmed by the response they received from members and will be returning again in September (Eccles) and October (Irlam). They offer information and hearing tests to check for signs of hearing loss. You can also take a test online by visiting <http://www.actiononhearingloss.org.uk>

For more information contact **Diane Whitehead**, (Senior Community Support Officer) on: **0161 605 0853** or email: diane.whitehead@hearingloss.org.uk

Healthy Recipe: Chicken Keema Curry

Ingredients (serves 4):

- ♥ 500g chicken mince
- ♥ 1 onion, chopped
- ♥ 3 garlic cloves chopped
- ♥ ½ can chopped tomatoes
- ♥ 300ml chicken stock
- ♥ 2 ½ cm piece fresh root ginger, peeled & chopped
- ♥ 2 green chillies, finely chopped
- ♥ 1 tsp turmeric
- ♥ 1 tsp garam masala
- ♥ Fresh mint leaves to garnish

Method:

1. Fry the chicken and onion in a large saucepan for 5 minutes or until evenly browned, stirring to break up the meat.
2. Add the garlic, ginger, chillies and spices and fry for 2 minutes. Keep stirring.
3. Add the tomatoes with their juice, and the stock. Bring to the boil, then cover and simmer for 20 minutes, stirring occasionally.
4. Sprinkle with fresh mint leaves. Serve immediately with wholemeal pitta bread or rice.

YOUR HEALTH

Tips on Lowering your Blood Pressure

Lots of our members have had their blood pressure checked at our groups and some have been asking what steps they can take to lower their blood pressure.

Your diet, exercise levels and weight have a real effect on your blood pressure. If you have high blood pressure, you can start lowering blood pressure today by eating more healthily and being more active. Here's our top 5 tips:

1. Drink less alcohol

If you drink too much alcohol, this will raise your blood pressure over time. The current recommended limits are 21 units of alcohol a week for men, and 14 units a week for women. A unit is roughly half a pint of beer or cider, a small glass of wine, or a single pub measure of spirits. If you keep to the recommended alcohol limits, this should help keep your blood pressure down.

2. Reduce your salt intake

Too much salt raises your blood pressure, so it is important to eat as little as possible. Most of the salt you eat is not what you add to your food, but is in prepared foods like bread, breakfast cereals and ready meals. Don't add salt to food when cooking or at the table. When shopping for food, check the labels and choose low-salt options when you can.

3. Eat more fruit & vegetables

Eating more fruit and vegetables helps to lower your blood pressure. Adults should eat at least 5

portions of fruit and vegetables every day. A portion is 80 grams, or roughly the size of your fist.

Try to eat a range of different fruits and vegetables. Dried, frozen and tinned are fine, but watch out for added salt, sugar or fats.

4. Be more active

Take regular exercise to keep your heart and arteries in good condition. Being moderately active for 30 minutes 5 times a week can keep your heart healthy, and can lower your blood pressure. If you can't find 30 minutes in your day, increasing your activity by even a small amount can help. Any activity that leaves you feeling warm & slightly out of breath is ideal.

5. Healthy weight

Being the right weight lowers blood pressure because your heart doesn't have to work so hard. The best way to lose weight is to choose more low-fat & low-calorie foods & increase your activity.

Please speak to your GP if you have any concerns about your health & blood pressure.

Health & Carbohydrates: New Guidelines

The Scientific Advisory Committee on Nutrition (SACN) has published final recommendations on carbohydrates, including sugars & fibre.

The report examined the latest evidence on the links between consumption of carbohydrates, sugars, starch and fibre and a range of health outcomes (such as heart disease, type 2 diabetes, bowel health and tooth decay). In its review of the evidence, SACN found that:

- ♥ ***High levels of sugar consumption are associated with a greater risk of tooth decay***
- ♥ ***The higher the proportion of sugar in the diet, the greater the risk of high energy intake***
- ♥ ***Drinking high-sugar beverages results in weight gain & increases in BMI in teenagers & children***
- ♥ ***Consuming too many high-sugar beverages increases the risk of developing type 2 diabetes***

Based on these findings, SACN is recommending that free sugars should account for no more than 5% of a person's daily dietary energy intake, half of the current recommended intake.

Free sugars are those added to food or those naturally present in honey, syrups and unsweetened fruit juices, but exclude lactose in milk and milk products. The committee also recommended that the consumption of sugar-sweetened drinks (e.g. fizzy drinks, soft drinks and squash) should be kept to a minimum by both children and adults.



OUR HEALTHY HEART CLUBS August - October 2015

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

Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Road Irlam

Every Wednesday & Friday 10 am - 12 noon



Highlights...

- Friday 7th August - Power of Attorney & Legal Information
- Friday 14th & 28th August, 25th September & 30th October - Relaxation Session
- Friday 25th October - Action On Hearing Loss - returning for second visit

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

Eccles Healthy Heart Club

Patricroft URC Hall Franklin Street Patricroft

Every Tuesday* 10 am - 12 noon

- Tuesday 4th August - Stress Management Course (final session)
- **Tuesday 11th August - branch closed for Anniversary Trip to Blackpool**
- Tuesday 18th August - Salt and Fibre Talk
- Tuesday 25th August, 22nd September & 6th October - Tai Chi session
- Tuesday 1st September - Power of Attorney & Legal Information
- Tuesday 15th September - Cholesterol Research with Chester University
- Tuesday 27th October - Action On Hearing Loss

Charge: £1.50 entrance (includes raffle) & 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 11 am - 1 pm

- Wednesday 12th August - Tai Chi & Relaxation
- **Wednesday 26th August - branch closed (annual maintenance)**
- Wednesday 9th & 23rd September
- Wednesday 7th October
- Wednesday 21st October - Dementia Talk with Joy & Tony Watson

Charge: £1.50 entrance includes raffle & 50p towards refreshments.

Activities: Line dancing, Reiki therapies, Tai Chi for Health, relaxation, indoor games, & social trips

Supported by:



the coalfields
regeneration trust

Weaste/Claremont Healthy Heart Club

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

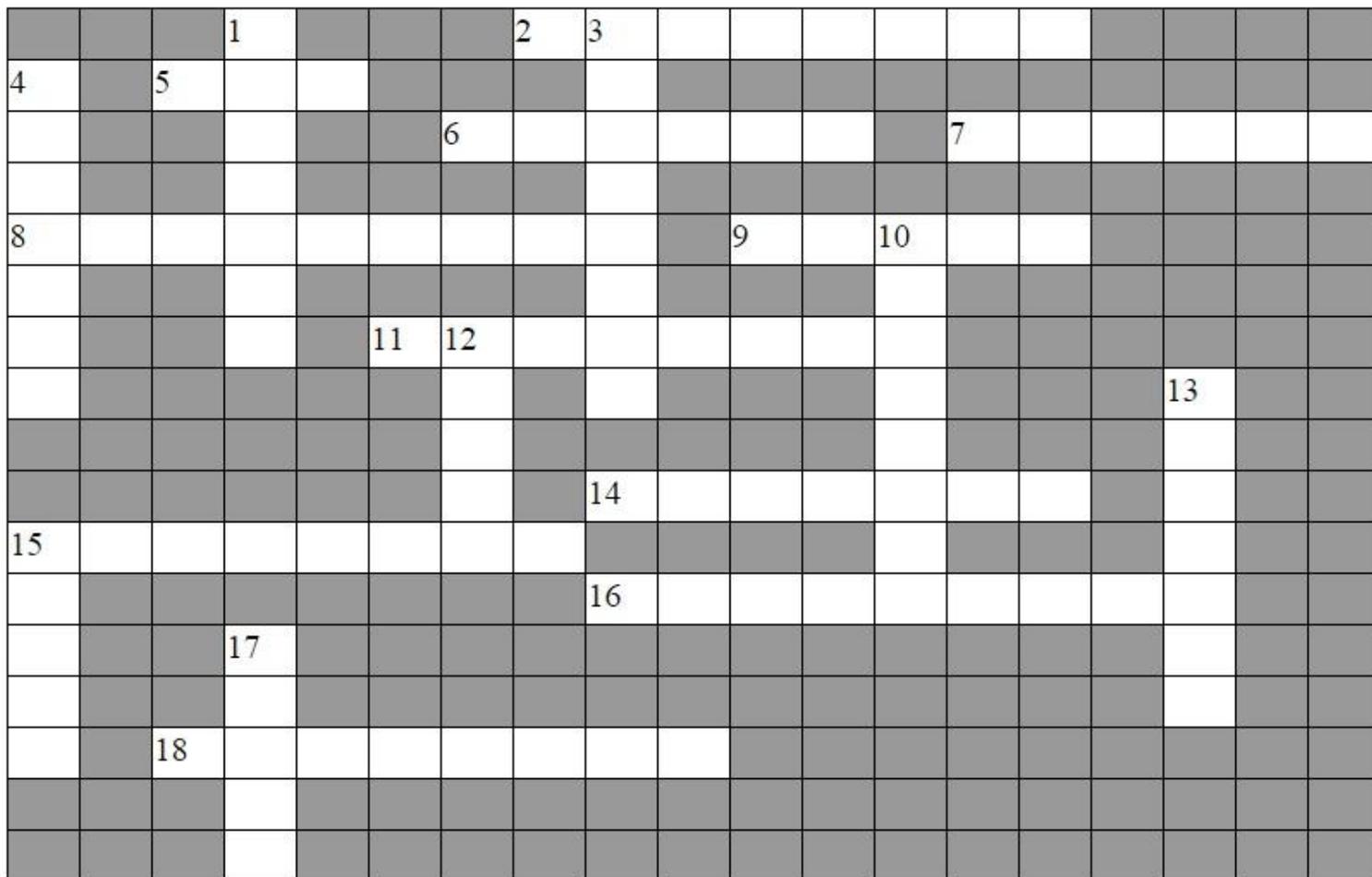
Every Tuesday 10 am - 11 am

Charge: £2.50 Activities: Cardiac exercise session with relaxation & refreshments

COMPETITION CORNER: *Try our August - Themed Crossword*

All correct entries received by **Friday 21st August** 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!**

Thank you to Shauna Rice (aged 11) for this month's crossword.....



ACROSS

2. Surname of Little Britain star with an August birthday (8)
5. August star sign (3)
6. Unscramble this word: "USTAGU"
7. This Wall came down on 13th August 1989 (6)
8. August's flower (9)
9. Famous "king" who died in August 1977 (5)
11. Explorer who set sail to find the Canary Islands in August 1492? (8)
14. Famous carnival in August ----- Hill (7)
15. Muslim country created in 1947 (8)
16. Where the first atomic bomb was dropped in August 1945 (9)
18. Surname of the first Doctor in the TV show 'Doctor Who' (8)

DOWN

1. August's birthstone (7)
3. The Roman Emperor (8)
4. Hosts of the August Formula One Grand Prix race (7)
10. Volcano that erupted in Pompeii in 79ad (8)
12. Surname of the first African-American President of America (5)
13. Country of 7 across (7)
15. This planet was officially named a 'Dwarf Planet' in August 2006 (5)
17. Princess who died 31st August 1997 (5)

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