



Salford Heart Care

"THE PULSE" NEWSLETTER

April 2017

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



"Happy Birthday Jim"

Congratulations **Jim Collins** (pictured right), our Chairman and Director, celebrated his 70th Birthday last month. Thank you to David Royle for baking him a special birthday cake complete with personalised rugby photograph!



Last month, **Jean Denton** knitted lots of Easter chicks (above) with Cadbury's Crème Eggs to raised funds for Eccles Healthy Heart Club. Well done Jean and thank you!

Donation Acknowledgement

We would like to acknowledge receipt of £200.38 from Marjorie Redshaw and the family and friends of our dear member, **Albert Redshaw** who passed away in January. Albert's family have chosen to support the work of Salford Heart Care in his memory. Thank you for supporting us.

CCP UK Annual Conference

The Cardiovascular Care Partnership (CCP) UK is holding its annual conference on **Wednesday**



7th June 2017 at Manchester Central. The theme of this year's conference is "Strengthening the Patient & Carer Voice". They would like local patient representatives to attend. For more information visit: <http://www.bcs.com/registration/>. They can also assist with reasonable travel expenses.

Funding News

We've received a small grant from **Warburton's** (£250 Community Grant) to support our tai chi sessions at Eccles. *Thank you for supporting us again this year.*

Reminder

Salford Heart Care Membership Subscriptions for 2016/17

Membership remains at £10.00 per annum. *If you haven't renewed your membership yet please ask for a "Membership Form" at the club.*



"St. Patrick's Day" Fancy Dress at Irlam & Cadishead Healthy Heart Club

Fuel Poverty & Energy Switching Advice Service

Trevor McPartland from **Salford Foundation** will be visiting us again over the coming weeks to offer one to one support with fuel poverty & energy switching. He could help to save you money on your fuel bills! See page 4 for dates.

Breakfast Cereals ranked best to worst



The British Heart Foundation has ranked the most popular cereals from best to worst based on nutritional value:

1. Porridge

Porridge is the top choice for a heart healthy breakfast – when it's made with low-fat milk or water and unsweetened. All porridge oats are wholegrains and they all contain a soluble fibre called beta-glucan, which can help lower your cholesterol level, if you have 3g or more of it daily, as part of a healthy diet. (A 40g serving of porridge oats contains 1.6g of beta-glucan.) You'll also be getting the fibre from the whole grains and there's no added sugar or salt.

♥ *Make sure you don't add extra sugar or salt to your porridge as this will undo all your good work – try adding a banana or some fruit*

2. No added sugar or salt muesli

No added sugar muesli contains a mixture of grains, fruit and nuts. The combination will differ between brands and varieties so the amount of oat beta glucans will be more variable than porridge. The dried fruit should provide all the additional sweetness you need and will also count towards your 5-a-day.

♥ *Choose muesli with no added sugar and be aware that many types of fruit & nut muesli (especially tropical fruit versions) contain sweetened dried fruit, which means they have sugar added even if it isn't listed separately on the ingredients. Banana chips are another popular muesli ingredient that will contain added sugars & saturated fats.*

3. Shredded whole wheat cereal

Shredded whole wheat cereal with low-fat milk is the best choice of conventional breakfast cereals, because it doesn't contain any added sugar or salt, and is high in fibre.

♥ *Watch out for the kind with fruit fillings, which may contain added sugar, or that are 'frosted' as they will almost certainly have sugar added. Instead try adding fresh fruit such as a banana or berries for sweetness.*

4. Bran flakes

Wholegrain cereals like bran flakes, malted wheat cereal & wheat biscuits are high in fibre but will have sugar & salt added to them usually, so avoid adding any more sugar. Opt for fruits or berries for sweetness. The wholegrains mean they are high in fibre and so have benefits for your digestion too as well as your heart health.

5. Cornflakes

Cereals like cornflakes or puffed rice served with low-fat milk can be part of a healthy breakfast but are low in fibre so not as good a choice as a wholegrain cereal. These cereals, and their wholegrain equivalents, usually come with added sugar and salt but also have added vitamins and minerals which are good for your overall health. Salt levels do vary between brands so make sure you check the nutritional labels before you buy.

♥ *Adding a piece of fruit will help to balance your breakfast and make it more filling to eat.*

6. Muesli with added sugar

Most people naturally believe muesli to be healthy, and it does have a lot to commend it, but if you don't check that you're buying one with no added sugar or salt it can contain almost as much sugar as a bowl of frosted flakes. You'll still get some health benefits from the nuts, grains and fruit but these are offset by the sugar.

♥ *Be sure to choose no-added sugar muesli.*

6. Sugar-frosted cornflakes

Sugar-frosted cornflakes are high in sugar and low in fibre, as well as coming with added salt. Sugar-frosted flakes are nutritionally similar to other sweetened cereals like chocolate rice cereals, or honey-nut coated cereals.

♥ *Swapping to an unsweetened equivalent, like cornflakes or puffed rice, would be a good first step & add a serving of fruit*

7. Granola with dried fruit, nuts or seeds

Granola sounds healthy but it isn't - as it's high in fat and sugar.

♥ *An average portion of granola with nuts=60g, which without milk is 270 kcal & 12.3g fat (of which 2.8g is saturated fat). Served with 125ml of full-fat milk adds another 81 kcal & 4.6g of fat (of which 2.9g is saturated fat).*

8. Granola with chocolate

Granola with chocolate has all the same issues that regular granola has, in that it's high in fat and sugar, but with added chocolate - so even more fat and more sugar!

♥ *Granola with chocolate is best enjoyed as an occasional treat.*

BREAKFAST RECIPE: "Bircher Muesli"

Ingredients (Serves 4)

- 115g (4oz) raspberries *
- 85g (3oz) strawberries *
- 175g (6oz) blueberries or blackberries*
- 200ml (7fl oz) unsweetened apple juice
- 225g (8oz) porridge oats or rolled oats
- 150g (5 1/2oz) low-fat natural yogurt
- Crushed/ chopped toasted almonds (optional)
- Runny honey, to drizzle (optional)

*The fruit can be fresh or defrosted from frozen

Method:

1. Place raspberries and strawberries in a bowl and mash well with a fork.
2. Add apple juice and mix well.
3. Add oats and mix well.
4. Stir in yogurt, then add blueberries /blackberries and combine.
5. Cover & refrigerate overnight before serving.
6. When ready to serve, spoon into bowls. Sprinkle each portion with almonds (if using), and drizzle with a little honey (if desired).

Helping Hands: Mobility Aids

Walkers, perching stools, commodes, utility trolley, over bed trolley, electric bath lifts, shower/bath stools/seats, toilet frames, walking sticks, zimmer frames, crutches, chair/settee raisers & wheelchairs

Pick up from: Unit 4, 125 Swinton Hall Road, Salford M27 4AU

Delivery available Tel: 0161 793 9419

Salford Royal's "Meet & Greet Wheelchair & Scooter Scheme"

Do you need assistance getting to and from your appointment?

Salford Royal has launched a new scheme to allow patients and visitors to:

- ♥ Book a volunteer to meet you & take you to your appointment
- ♥ Book the use of a wheelchair/electric scooter with a volunteer to accompany you to & from your appointment

To book a visit please contact

Tel: 0161 206 8942

Email: volunteers@srft.nhs.uk

Website: www.srft.nhs.uk/meetgreet



SOCIAL OCCASIONS

Trips from Eccles & Little Hulton:

Millstones & Harrogate – full (waiting list)

Tuesday 18th April - £18 per person

Llangollen & The Bryn Howel Hotel

Tuesday 16th May - £25 per person

Coffee stop then 2-course carvery lunch followed by free time in Llangollen

York (coach only)

Tuesday 13th June - £13 per person

Chester

Tuesday 25th July - £18 per person

Beaufort Park Hotel for tea/coffee & scone then onto Chester for the day

Ullswater

Tuesday 19th September - £28 per person

2-course lunch at the hotel by the lake & 1-hour boat trip on Lake Ullswater

See Dot & Mavis for more details

Trips from Irlam & Cadishead

Skipton Market & The Calf's Head

Wednesday 26th April 2017

£18 (£23 NM) *Coach & 3-course carvery*

Boundary Mill & Olympus Fish & Chips

Thursday 11th May 2017 – waiting list only

Southport-coach only

Tuesday 13th June 2017

£7 (members) £10 (non-members)

Ironbridge, Shropshire-coach only

Thursday 29th June 2017

£10 (members) £13 (non-members)

Chester Boat Trip

Thursday 27th July 2017 - waiting list only

See Serena & Betty for more details



Salford

Heart Care's



"30th Anniversary" Trip

Departures from Eccles,
Little Hulton, Irlam & Cadishead

"Viva Blackpool"

Cabaret Show & Lunch

Tuesday 22nd August 2017 - £21

Calling at the garden centre, then onto Viva Blackpool (2-course carvery & entertainment)

OUR HEALTHY HEART CLUBS April - June 2017

0161 707 7402

admin@salfordheartcare.co.uk

www.salfordheartcare.co.uk

Eccles Healthy Heart Club

Patricroft URC Hall Shakespeare Crescent Patricroft M30 0PE

Most Tuesdays 10 am - 12 noon

- Tuesday 4th, 11th & 25th April
- Tuesday 2nd, 9th & 23rd May
- Tuesday 6th, 20th & 27th June
- **Closed:** Tuesday 18th April, 16th May & 13th June - trip days
- **Closed:** Tuesday 30th May - hall closed for dance week
- Tuesday 25th April - Energy advice & help switching suppliers



Charge: £1.50 entrance (includes raffle) 50p for refreshments Activities: Tai Chi, dancing, crafts, reiki (£1 charge), relaxation, blood pressure monitoring, games & bingo, weight management, books & bric a brac stall & regular social trips

Weaste & Claremont Healthy Heart Club

De La Salle Sports & Social Club Lancaster Road Salford M6 8AQ

Every Tuesday 10 am (except 16th May, 13th June, 5th & 12th September)

- Tuesday 2nd May - Energy advice & help switching suppliers
- Charge: £2.00 (members) £2.50 (non-members)*

Little Hulton Healthy Heart Club

St. Paul's Peel Community Hall Manchester Road Little Hulton M38 9EG

Fortnightly Wednesdays 10:30am - 12:30pm

- Wednesday 12th & 26th April
- Wednesday 10th May - Energy advice & help switching suppliers
- Wednesday 24th May & 7th & 21st June

Charge: £2 includes refreshments & raffle Activities: Dancing, Reiki (£1 charge), Tai Chi, games, relaxation, blood pressure checks, crafts, regular social trips

Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Road Irlam M44 6AJ

Wednesdays & Fridays 9:30 am - 12 noon

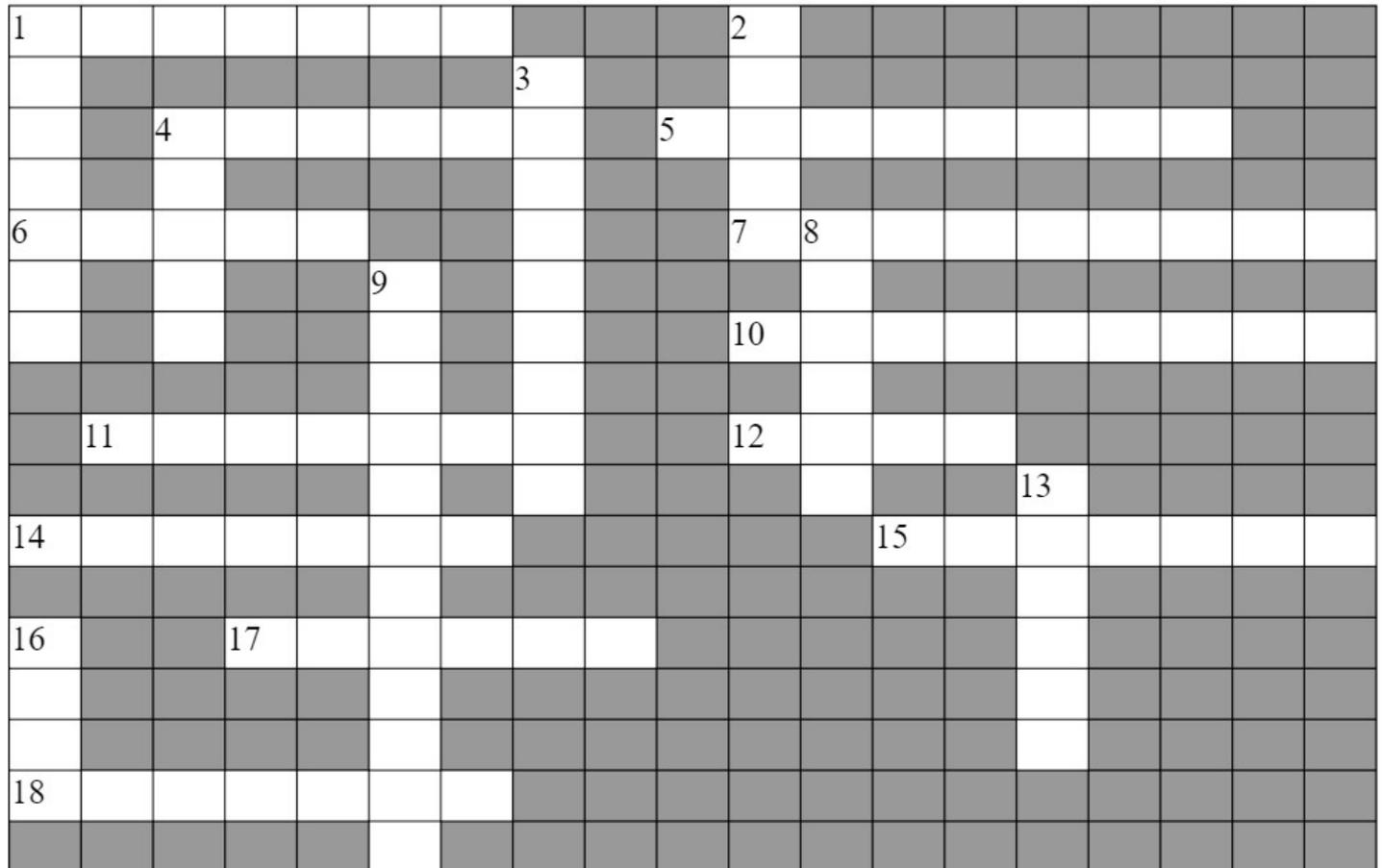
- Friday 7th April - Easter Competition
- Friday 21st April - St. George's Day Competition & Energy advice
- Friday 9th June - Wear **RED** Day
- **Closed:** Wed 26th April (trip), Fri 14th April (Good Friday) & Wed 31st May

Charge: £1 entrance, 50p for refreshments. Activities: Dancing, chair exercise, Tai Chi, reiki (fortnightly, £1 charge), relaxation, weight management, blood pressure checks, crafts, bingo, raffle, books & bric-a-brac-stall, regular day trips

APRIL COMPETITION CORNER

All correct entries received by **Friday 21st 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 at the club). **Please include your name** (and address if you're not a member).



ACROSS

1. Famous magician known for his escape acts (7)
4. Greek/Latin name for "Easter" (6)
5. First UK Beatles' single (4,2,2)
6. Road featuring the famous zebra crossing on the Beatles' album (5)
7. Current location of 2 down (9)
10. On 30th April this event is celebrated in northern Europe & Scandinavia with music, singing & bonfires (9)
11. State associated with 3 down (7)
12. These flowers are added to beer during brewing (4)
14. Bird that traditionally reappears on 15th April (7)
15. April birthstone (7)
17. Patron Saint of England (6)
18. Great US president, famous for abolishing slavery in America & was shot in April 1865 (7)

DOWN

1. Birthplace of 1 across (7)
2. The stone of _____ - name given to the coronation stone used since 847 (5)
3. Cape ____ - location of the Kennedy Space Center where Apollo 13 was launched in April 1970 (9)
4. Spanish artist Picasso's first name (5)
8. Creature slayed by 17 across (6)
9. First novel by the British author Ian Fleming (6,6)
13. April zodiac sign (6)
16. Symbol of 13 down (4)

Hilda Swann (Irlam) won our March crossword competition!

"THE PULSE" NEWSLETTER IS PRINTED & PUBLISHED BY SALFORD HEART CARE
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

Email: admin@salfordheartcare.co.uk TEL: **0161 707 7402** Follow us on Twitter: [@Salford_HeartC](https://twitter.com/Salford_HeartC)

Copies of the newsletter can be downloaded from our website: www.salfordheartcare.co.uk

