



Working to become
**Dementia
Friendly**
2014-2015

Salford Heart Care

THE "PULSE" NEWSLETTER

April 2018

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



The Queen's Award
for Voluntary Service



Easter Fundraising

Last month, **Jean Denton** knitted Easter chicks, raising more than £50 for Eccles Healthy Heart Club.

Well done Jean and thank you!

Pat Massey's

Easter Cake raised £58 in the raffle at Irlam. Thank you Pat and everyone who entered our Easter Bonnet Competition!



Funding for Little Hulton

We are delighted that **Barchester's Charitable Foundation** have awarded us a grant of **£1,000** to support activities at Little Hulton Healthy Heart Club! Along with tai chi, reiki therapy appointments will now be available at every fortnightly session at Little Hulton for the next 6 months.



St. Patrick's Fancy Dress Competition at Irlam

"Wellbeing Day"

Sunday 29th April 11am - 4pm

at Rixton with Glazebrook Community Hall
Manchester Road,
Hollins Green WA3 6JZ

Hosted By:

"JJJ STRESS MANAGEMENT TEAM"

- ♥ Come along to our Wellbeing Day, meet the therapist & treat yourself (Prices from £10)
- ♥ Small entrance charge with a free raffle & relaxation session included
- ♥ Taster sessions available: Reflexology, Reiki, hypnotherapy & more
- ♥ Plus...Forever Aloe, Alternative Gifts, Candles, Psychic readings & much more

For more information please contact:

JULIA F. 07775850809

JULIA O. 07758932908

JOHN. 07915295398

Salford Reds Lottery Winner!

We've had our second BIG winner on Salford Red's Lottery - **Hilda Anderson**, our volunteer at Eccles & Irlam won **£1,000** last month!

You have to be in it to win! Salford Heart Care receives 40p for every £1 ticket sold. Tickets on sale now!

Salford Reds Match Ticket Sales

Support our fundraising by purchasing Salford Reds match tickets from us....

Salford Reds and Salford Foundation are offering our members the chance to buy discounted match tickets whilst raising funds for our organisation and the Foundation. The tickets are for the East Stand in the stadium. If you're interested in purchasing match tickets from us please speak to Serena.



OUR DAY TRIPS....

Trips from Eccles & Little Hulton:

Briars Hall Hotel, Ormskirk

Wednesday 18th April - £26

Llandudno – coach only

Tuesday 15th May - £13

See Dot & Mavis for more details

Trips from Irlam & Cadishead

Botany Bay & Olympus Restaurant

Wednesday 25th April - full

Barley Farm Golden Years

Wednesday 2nd May - full

Bakewell & The Monsal Head Hotel

Monday 14th May - full

Monday 4th June - £22 (£25 non-members)

Market day, includes 2 course meal

Lytham (Market) & Lindum Hotel

Thursday 21st June - full

Coach Only Trips

♥ Llandudno - Mon 2nd July - full

♥ Southport - Mon 6th August - £7

♥ Windermere - Thurs 16th August - full

♥ York - Monday 17th September - full

Chester & Mill Hotel Boat Trip

Mon 30th July - full

NEW! Christmas at Ryecroft Hall

Mon 19th November – £25 (£30 non-members)

Barley Farm Golden Years

Christmas Party

Wednesday 12th December 2018 - £8

Christmas at Briars Hall, Ormskirk

Mon 17th December 2018

£23 members (£25 non-members)

Includes 3-course meal, bingo

& live entertainment



See Serena & Betty for more details

Arrhythmia Alliance Patients Day



Arrhythmia Alliance invites you to its Patients Day on Sunday 7th October at the International

Convention Centre, Broad Street, Birmingham. £35pp. Register online now:

<http://www.hearhythmalliance.org/aa/uk/patients-day> or contact 01789 867501 for more

information.

Recipe: Spiced Cous Cous Salad

Ingredients (serves 4)

- ♥ 2 tbsp olive oil
- ♥ 1 large onion, finely chopped
- ♥ 1 tsp hot smoked paprika
- ♥ 1 tsp ground cumin
- ♥ 1 tsp ground coriander
- ♥ 375ml chicken stock
- ♥ 200g uncooked cous cous
- ♥ 300g pack of cherry tomatoes, quartered
- ♥ 4 spring onions, chopped
- ♥ juice of half a lemon
- ♥ 2 tbsp toasted pine nuts

Method:

1. Heat 1 tablespoon of the oil in a saucepan. Gently fry the onion for 5 minutes.
2. Stir in the spices and cook for one minute.
3. Add the stock, bring to the boil then remove from the heat & stir in the cous cous. Stand for 5 minutes.
4. Fluff up the cous cous with a fork, add the oil and remaining ingredients, season to taste with black pepper.
5. To toast pine nuts, fry on a medium heat, shaking occasionally. Remove the seeds when they darken and become fragrant.

Power of Attorney Refund

Did you know that if you paid to register a Power of Attorney in England or Wales between 1 April 2013 & 31 March 2017, you're owed a refund of up to £54?

Under a new Government scheme, those who paid a registration fee for a Lasting Power of Attorney in that period can apply for a partial refund as they were charged more than was necessary. The deadline for applying is 31 January 2021.

To apply call freephone 0300 456 0300 and select Option 6 or visit:

www.gov.uk/power-of-attorney-refund

“Songs from the Shows”

with Irlam Male Voice Choir
& Urmston Ladies Choir

at Hollins Green Community Centre

Saturday 14th April, 2:30pm

Tickets £6 (includes light refreshments)

See Roy at Irlam or call 07840198900



OUR HEALTHY HEART CLUBS April - June 2018

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

- Tue 10th & 24th April, 8th & 22nd May - Weigh Ahead Course (week 3-6)
- Tue 22nd May - Fire Safety Awareness Talk
- *Tuesday 15th May - closed for trip day
- *Tuesday 29th May - Hall closed for dance week
- *Tuesday 12th June - closed for trip day

Charge: £2 entrance, non-members £2.50 (includes raffle). 50p for refreshments
Activities: Tai Chi, dancing, crafts, reiki (£2 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 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 11th & 25th April
- Wednesday 9th & 23rd May
- Wednesday 6th June
- Wednesday 20th June - Fire Safety Awareness Talk



Charge: £2 includes refreshments & raffle (£2.50 non-members) *Activities: Dancing, Reiki (£2 charge), Tai Chi, relaxation, blood pressure checks, crafts, regular social trips,*
NEW! Weight management support with Little Hulton's Health Improvement Team

Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Road Irlam M44 6AJ

Reminders: **Wednesdays & Fridays 9:30 am - 12 noon**

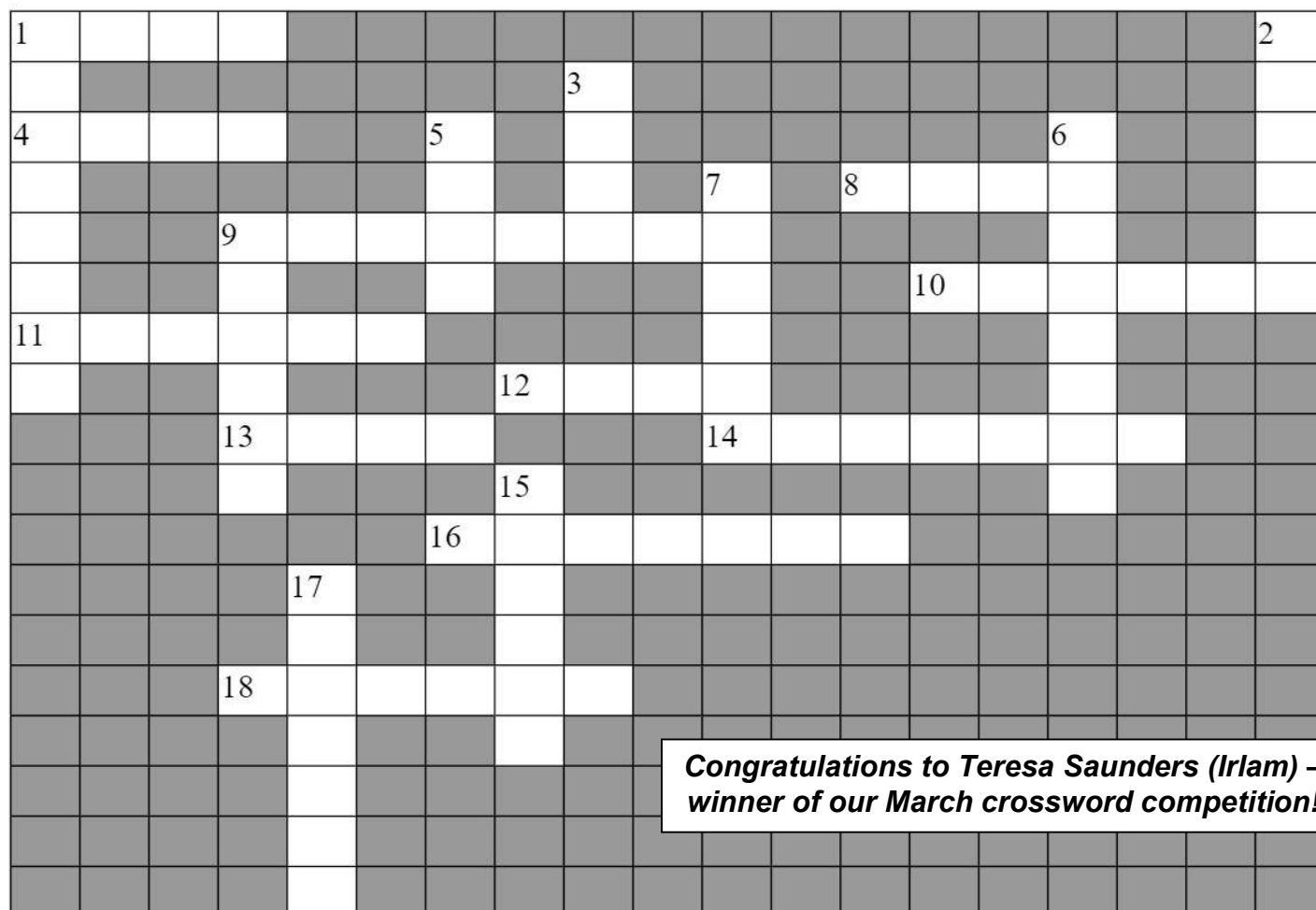
- Friday 20th April - St. George's Fancy Dress Competition
- Friday 27th April - Fire Safety Awareness Talk
- Friday 18th May & 8th June - Laughter Workshop
- **Closed: Wednesday 4th April (holiday) & Wed 25th April (trip)**

Charge: £1 entrance (£1.50 non-members), 50p for refreshments. *Activities: Dancing, chair exercise, Tai Chi, reiki (£2 charge), relaxation, weight management, blood pressure checks, crafts, bingo, raffle, books & bric-a-brac-stall, regular day trips*

Brendan's April Crossword Competition

All correct entries received by **Friday 20th April 2018** 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).



Congratulations to Teresa Saunders (Irlam) – winner of our March crossword competition!

ACROSS

1. Cowboy's sharp boot extension (4)
4. Become weary (4)
8. Rosamund _____, Gone Girl star (4)
9. After-piste activity (5,3)
10. Departed (6)
11. Gave assistance (6)
12. Destiny, chance (4)
13. Elegant, stylish (4)
14. Instructor (7)
16. Computer chip material (7)
18. Push forward (6)

DOWN

1. Remain firmly where you are (3-5)
2. Preserved in tins (6)
3. Hooks and _____ fasteners? (4)
5. Exploited (4)
6. Brought aid to (8)
7. Shell creature that clings to rocks (6)
9. Llama-like animal bred for its wool (6)
15. One of five on each hand (6)
17. Expressive, song-like (7)

Answers to March crossword: Across: 1 loofah, 5 urge, 6 yokel, 7 lay off, 11 ungodly, 12 yearly, 14 coining -it, 15 thrived, 16 hire, 18 allergic, 19 pave, 20 unskilled

Down: 2 offer, 3 humbug, 4 feverish, 8 apathy, 9 oak, 10 elegance, 13 vice-versa, 17 geyser

“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

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

