



# Salford Heart Care

## THE "PULSE" NEWSLETTER

April 2019

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

Tel: 0161 707 7402

email: [admin@salfordheartcare.co.uk](mailto:admin@salfordheartcare.co.uk) [www.salfordheartcare.co.uk](http://www.salfordheartcare.co.uk)



### Announcements:

It is with great sympathy that we announce the death of two of our members:

#### Mavis Walsh

Mavis Walsh passed away peacefully in hospital on 28<sup>th</sup> February, aged 77. Her funeral took place on Monday 18<sup>th</sup> March. Mavis attended our club at Eccles for many years & enjoyed our day trips. She had a stroke several years ago but continued to visit us when she could with her family.



#### Mick Hodgekiss

Mick, aged 90, attended our club at Irlam for many years and was good friends with Alan & Joan Davies and Sandra Kelly. He passed away on Sunday 17<sup>th</sup> March in hospital. Mick's funeral takes place on Monday 1<sup>st</sup> April, at Peel Green Crem, 2:20pm, then onto the Club House.

*We send our deepest sympathy to Mavis & Mick's family & friends at this sad time.*

### Bereavement Group Fundraiser

Last month, volunteers from the Bereavement Group held a fundraiser to raise money for the Group. Volunteer, Pauline Watson, opened her home for the evening & raised money from ticket sales, raffles, food & drinks. Volunteers Christine Hudson, Lynda Waring, Sandra Bell, Joan Jones & Teresa Lascelles also supported the event. A total of £215 was raised on the day. Well done to all those involved and thank you to the volunteers for all their hard work!

### Where We Meet

#### NEW CLUB in Salford

St. Luke's Community Hall

Swinton Park Road M6 7WR

Every Monday 1.30pm-2.30pm

Chair Yoga, Bingo & Raffle

#### Eccles Healthy Heart Club

Patricroft URC Hall

Shakespeare Crescent M30 0PE

Tuesdays 10 am - 12 noon

→ Closed Tuesday 2<sup>nd</sup> April (trip day)

→ Closed Tue 28<sup>th</sup> May (Hall closed)

→ Closed Tue 11<sup>th</sup> June (trip day)

**New! Craft Sessions & Chair Yoga**

#### Little Hulton Healthy Heart Club

St. Paul's Peel Community Hall

Manchester Road Little Hulton M38 9EG

Fortnightly Wednesdays

10:30am – 12:30pm

→ Wednesday 10<sup>th</sup> & 24<sup>th</sup> April

→ Wednesday 8<sup>th</sup> & 22<sup>nd</sup> May

→ Wednesday 5<sup>th</sup> & 19<sup>th</sup> June



#### Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Rd M44 6AJ

Wednesdays & Fridays 9:30am – 12pm

→ Closed Friday 19<sup>th</sup> April (Good Friday)

#### Bereavement Support Group

Cadishead Band Room

Locklands Lane Irlam M44 6RB

Fortnightly Tuesdays 10 am–12 noon

→ 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> April

→ 14<sup>th</sup> & 28<sup>th</sup> May

→ 11<sup>th</sup> & 25<sup>th</sup> June





## OUR DAY TRIPS & EVENTS

Departing from

**Eccles & Little Hulton:**

**Calf's Head & Boundary Mill**

Tuesday 2<sup>nd</sup> April - £24

*Includes 2 course lunch*

**Buxton & Bakewell**

Tuesday 11<sup>th</sup> June - £18

*morning coffee & scone at Buxton Pavilion, then onto Bakewell*

**Liverpool & Mersey Boat Trip**

Tuesday 9<sup>th</sup> July - £22

*Includes boat trip with coffee & biscuit*

**Blackpool Anniversary Special!**

**Tiffany's & Blackpool Ice Show**

Tuesday 6<sup>th</sup> August - £30

*Includes lunch at Tiffany's then, the Ice Show followed by afternoon tea*

**Trentham Gardens & Shopping Village**

Tuesday 3<sup>rd</sup> September - £24

*Includes 2 course lunch at shopping village \* Note: price does not include entrance to gardens*

**The Talbot Hotel Southport**

Tuesday 1<sup>st</sup> October - £24

*3 course lunch & entertainment*

*See Dot & Mavis for more details*

Day Trips & Events in

**Irlam & Cadishead:**

**Buxton & The Hanging Gate - full**

Thursday 18<sup>th</sup> April £18

*Includes 3-course lunch, tea/coffee*

**Harrogate – Coach Only - full**

Thursday 2<sup>nd</sup> May £8 (members)

**Llandudno – Coach Only - full**  
Thursday 23<sup>rd</sup> May £8 (members)

**York Market Day – Coach Only**

Monday 10<sup>th</sup> June £8 (members)

**Chester – Coach Only**

Thursday 20<sup>th</sup> June £8 (members)

**Booking Essential!**

**Party Day with “Sheila Diamond”  
(as seen at Oswaldtwistle Mills)**

**Irlam Steel Club**

Friday 21<sup>st</sup> June 12 noon - 3pm

Tickets £5 members

*Includes entertainment  
& buffet lunch*

See Serena & Betty for more details

**\*Please remember booking cards\***

**St. Patrick's Day at Irlam**

Well done to everyone who took part in our St. Patrick's Day Fancy Dress Competition at Irlam last month (pictured).

- Our **Easter Competition** will take place on **Friday 12<sup>th</sup> April** so get creative with Easter Bonnets, cakes and fancy dress!
- Our **St. George's Day Competition** will take place on **Friday 26<sup>th</sup> April.**



## Is sunshine good for us?

### Shedding light on new ways to lower blood pressure

High blood pressure affects around 16 million people in the UK. 7 million of us don't even know we have it. Researchers around the world are looking for ways to help lower high blood pressure, including investigating if a sunny day could do more for our health than we previously thought.

#### What is blood pressure?

Blood pressure is the pressure inside our blood vessels, caused by blood pushing on the walls of the arteries. We need to have a certain amount of pressure to be able to pump blood around our bodies effectively, but too much can be a problem.

- **Typically we will be advised that our blood pressure should be under 140/90.**

When we have our blood pressure measured, we are given two numbers. The first one is the highest pressure your blood vessels feel when your heart contracts (or beats) and forces blood around the body. The second number is the lowest pressure your vessels will experience when your heart relaxes in between beats.

#### Why is high blood pressure bad for us?

If you're told by a doctor that you have high blood pressure, this means that the pressure of the blood in your arteries is consistently higher than it should be. High blood pressure is not usually something you can feel but over time—if it is not treated—the strain means that your heart can become enlarged and pump less effectively, which can lead to heart failure.

High blood pressure increases our risk of heart and circulatory diseases. Around 50% of heart attacks and strokes are associated with high blood pressure.



## Why are we talking about sunshine?

Sunshine is known to increase the risk of developing skin cancer. But we also hear a lot about sunshine & vitamin D, & how getting enough exposure is important for us to absorb calcium to grow & maintain healthy bones. Studies have shown that people living closer to the equator also have lower blood pressure.

#### So is sunshine good for us or not?

A team of researchers think that the lower blood pressure seen in people living nearer to the equator could be linked to levels of a chemical in the blood called nitric oxide (NO). "NO" helps our blood vessels to relax and lower blood pressure. And it's not just blood vessels that produce NO, our skin does too!

Researchers are investigating whether exposure to sunlight could cause the release of NO in our skin and help reduce blood pressure. They have found that giving people a dose of 'artificial sunlight' (UVA light) can reduce their blood pressure. Interestingly, this was separate from the effects of just being warmed up or from vitamin D, which forms after exposure to UVB light.



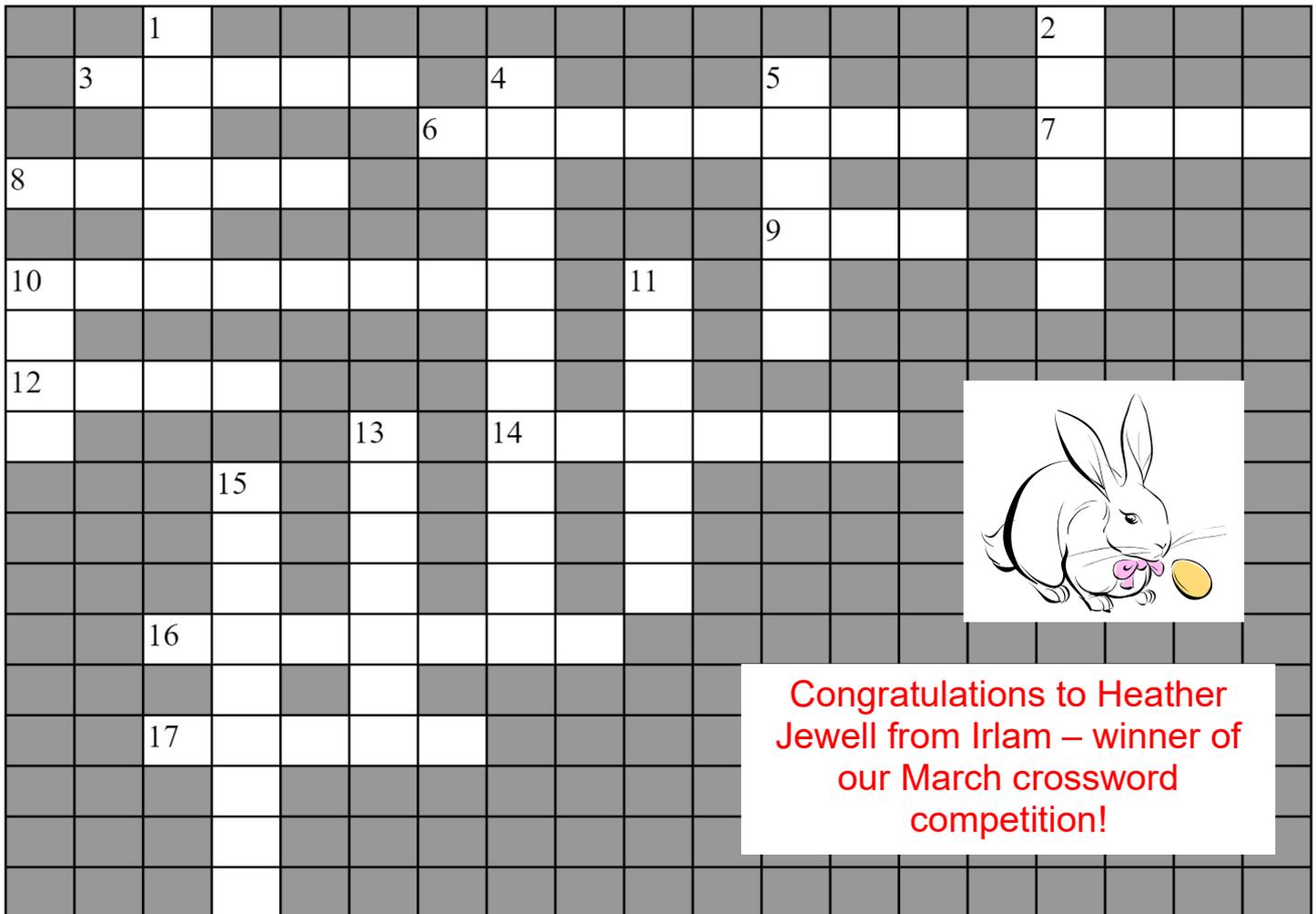
Thank you to **Jean Denton** who knitted lots of Easter chicks last month to raise funds for Eccles Healthy Heart Club.

#### Salford Heart Care Committee:

J. Collins – Chair, A. Rowe – Treasurer, G. McKay – Secretary, V. Bailey – Director, V. Clifford – Director, B. Walker – Director, J. Clough – Director, J. Chubb – Director, S. Rice – Coordinator. *Registered charity no: 1136710 Registered company no: 7204528*

## April Crossword Competition

All correct entries received by **Friday 26<sup>th</sup> April** will be entered into the prize draw with the chance to **win a £5 gift voucher**. Return completed crosswords to Serena or one of our volunteers at the club. ***Please remember to include your name.***



### ACROSS

3. Easter Island belongs to this South American country (5)
6. Name given to the last week of Lent (4,4)
7. Flower associated with Easter (4)
8. Number of days of Lent (5)
9. Symbol associated with 17 across (3)
10. Jewish feast celebrated this month (8)
12. An animal associated with spring (4)
14. Fruit cake with a flat layer of marzipan on top and decorated with marzipan balls (6)
16. National flower of England (3,4)
17. April zodiac sign (5)

### DOWN

1. The Romans mocked Jesus by giving him a crown containing these (6)
2. Colour associated with Easter (6)
4. Traditionally eaten at Easter (3,5,4)
5. Patron Saint of England (6)
10. Name given to the Sunday before Easter Sunday (4)
11. April birthstone (7)
13. Grand National Racecourse (7)
15. Grand National winner 2018 (5, 4)

**“THE PULSE” IS PRINTED & PUBLISHED BY SALFORD HEART CARE**

Donations welcome via: [virginmoneygiving.com](http://virginmoneygiving.com) or post: Salford Heart Care, c/o The Egan Project, 19 Green Lane, Eccles M30 0RP, or PayPal Email [admin@salfordheartcare.co.uk](mailto:admin@salfordheartcare.co.uk)  
 TEL: 0161 707 7402 Follow us on Twitter: [@Salford\\_HeartC](https://twitter.com/Salford_HeartC)