



# Salford Heart Care

"THE PULSE"

April 2022



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

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Welcome to the April edition of our newsletter.... "Happy Easter!"



Sheila & Jean at Eccles

Last month, Jean Denton & Sheila Dootson were busy knitting Easter chicks and bunnies to raise funds for Eccles Healthy Heart Club. Thank you to you both & thanks everyone for your support.

## ~~Announcement~~

It is with deepest sympathy that we announce the passing of two of our dear members from Irlam: Margaret Roach & Hazel Shaw.

**Margaret Roach** passed away peacefully at home on Saturday 19<sup>th</sup> March, aged 87. Margaret had a beautiful soul. She was kind and caring and always cheerful despite her health.

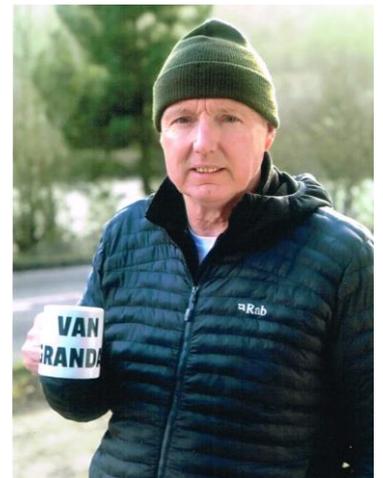
**Hazel Shaw**, aged 81, passed away at St Ann's Hospice on Sunday 20<sup>th</sup> March after being treated for bowel cancer. Hazel attended the club at Irlam regularly and often brought treats in for the volunteers. She loved baking cakes too. She was kind and thoughtful and loved chatting with her friends.

*Margaret & Hazel will be missed by all of their friends at the Club. Our sincere condolences go to their family & friends at this sad time.*

## In Memory of Karl Greer

Irlam man Karl Greer passed away suddenly following a heart attack on Tuesday 15<sup>th</sup> February. Karl's wife of 32 years, Erica Greer, said "he was a healthy 54 year old man who didn't smoke or drink alcohol, and took daily exercise". Erica explained how the family are still in shock and trying to come to terms with his death.

Karl was very active. He enjoyed playing football with his grandchildren who nicknamed him "Van Grandad" (after footballer Van Nistelrooy). He loved travelling with family in his campervan & they have many happy memories of family times together (you can subscribe to "Van Grandad" on You Tube).



Karl's family requested donations in his memory, and they have chosen to support the work of their local heart care group, Irlam & Cadishead Healthy Heart Club. We would like to acknowledge receipt of £200 in Karl's memory and wish to thank Karl's family & friends for supporting our work in the local community. All donations will directly support our work at the club.

*We send our sincere condolences to Erica, and all of Karl's family & friends at this very sad time.*

## Afternoon Tea with The Ceremonial Mayor of Salford

Last month, 3 volunteers from The Bereavement Support Group were invited along with Coordinator, Serena Rice, to enjoy afternoon tea with the Ceremonial Mayor of Salford, John Mullen, at Worsley Court House. Christine Hudson, Lynda Waring & Pauline Watson helped to establish the Bereavement Support Group almost 4 years ago - back in June 2018. The group continues to meet in Irlam (at Cadishead Band Room) every fortnight, and has helped to support more than 70 people during this time. The Mayor wanted to show his appreciation and thank our volunteers for their commitment and dedication, and to recognise the vital support being offered by Salford Heart Care.



### Introducing Julia....

“Hello. I’m Julia - the massage therapist at Eccles & Irlam. I’d like to introduce myself and tell you a bit more about what I offer, and the

benefits of Indian head massage and Reiki.

Firstly, the massage is done over clothing and it can be tailored to your particular needs. The massage can relieve muscle tension, reduce tightness and pain in the neck & shoulders, relieve headaches and aid peaceful sleep. It stimulates circulation, supports the immune system and helps memory and clarity.

Reiki is soothing and calming and complements the massage, as well as being a stand-alone therapy. Indian head massage and Reiki can be combined or used as separate treatments - the choice is yours. There’s so much more I could say, however the best way is to experience it for yourself.”

~ Available fortnightly at Eccles & Irlam groups £2 per 15 minute appointment ~  
Covid aware ~ First session free ~



## Our Events & Day Trips

**Trips departing from  
Eccles & Little Hulton:  
Anderton Boat Lift, Riverside  
& Blakemere Craft Centre**

**Tuesday 5<sup>th</sup> April: full**

**York**

**Tuesday 3<sup>rd</sup> May: £13**

*Coach-only day trip to York*

**Ullswater**

**Tuesday 14<sup>th</sup> June: £40**

*2-course meal at The Inn on The Lake,  
then a 1-hour boat trip on the Lake*

**Millstones**

**Wednesday 13<sup>th</sup> July: £35**

*Party afternoon with morning coffee,  
2-course lunch & entertainment*

**Llangollen**

**Wednesday 10<sup>th</sup> August: £30**

*Short coffee stop then onto  
Llangollen, followed by 2-course lunch*

**Fish & Chips Barton Grange Boat  
Trip & Scorton Barn**

**Tuesday 27<sup>th</sup> September: £30**

*Sail along the canal with fish & chips  
for lunch, then onto Scorton Barn*

*See Dot or Mavis for details & to book  
\*£5 non-refundable deposit required\**

**Departing Irlam & Cadishead:**

**Floating Grace, Albert Docks**

**Sunday 22<sup>nd</sup> May: £30 (1 space)**

*2-course lunch cruise through Albert  
Docks with free time in the afternoon*

**The Piece Hall, Hebden Bridge &  
The Olympus Fish Restaurant**

**Thursday 21<sup>st</sup> April: full**

**Grange Over Sands & Ulverston**

**Thursday 16<sup>th</sup> June: full**

*See Pat or Serena for details & to book  
More trips coming very soon!.....*

## Where We Meet

### St Luke's Salford

St. Luke's Community Hall  
Swinton Park Road  
Irlams o' th' Height M6 7WR

**Mondays 1.30pm - 2.30pm**

\* **Closed on: Mon 18<sup>th</sup> April  
& 2<sup>nd</sup> May (Bank Holidays) \***  
*Chair yoga, bingo, raffle,  
day trips & refreshments*

### Eccles Healthy Heart Club

Winton Bowling, Tennis & Social Club  
off Grange Road, Winton M30 8JW

**Most Tuesdays\* 10am - 12 noon**

\* **Closed on: Tue 5<sup>th</sup> April, 3<sup>rd</sup> May &  
14<sup>th</sup> June (trip days) \***

*Chair yoga, reiki, bingo,  
NEW "Play Your Cards Right",  
weight management, blood pressure &  
pulse testing, books & bric a brac stall,  
refreshments & day trips*

### Bereavement Support Group

Cadishead Band Room  
Locklands Lane Irlam M44 6RB

**Fortnightly Tuesdays  
10am – 12 noon**

- ➔ Tuesday 5<sup>th</sup> & 19<sup>th</sup> April
- ➔ Tuesday 3<sup>rd</sup>, 17<sup>th</sup> & 31<sup>st</sup> May
- ➔ Tuesday 14<sup>th</sup> & 28<sup>th</sup> June

*Group discussion facilitated  
by our qualified counsellor,  
relaxation session, raffle, refreshments*



### Little Hulton Healthy Heart Club

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

**Fortnightly Wednesdays  
10am – 12pm**

- ➔ Wednesday 13<sup>th</sup> & 27<sup>th</sup> April
- ➔ Wednesday 11<sup>th</sup> & 25<sup>th</sup> May
- ➔ Wednesday 8<sup>th</sup> & 22<sup>nd</sup> June
- ➔ Wednesday 6<sup>th</sup> & 20<sup>th</sup> July

*Chair yoga, line dancing, reiki, bingo,  
weight management, blood pressure &  
pulse testing, books & bric a brac stall,  
refreshments & day trips*

### Irlam & Cadishead Healthy Heart Club



Irlam Steel Club  
Liverpool Road,  
Irlam M44 6AJ

**Wednesdays & Fridays  
9:30am – 12pm**

\* **Closed on: Fri 15<sup>th</sup> April  
& Fri 3<sup>rd</sup> June (Bank Holidays) \***

*Chair yoga, chair-based exercise,  
dancing, reiki, bingo, NEW "Play Your  
Cards Right", weight management,  
blood pressure & pulse testing,  
books & bric a brac stall, refreshments,  
day trips & party days*

### New members are welcome to join us!

Simply turn up on the day, or give us a call on **0161 707 7402** for more information. You don't need to have a heart condition to attend our clubs - we welcome all adults who feel they may benefit from more social & emotional support or want to become more physically active. Even better.... your first visit is **FREE!**

### "Happy Birthday" Jim Collins

Congratulations Jim Collins, our Chairman and Director, who celebrated his 75th Birthday last month. Jim requested donations from family and friends to be made to Salford Heart Care and he has raised an amazing **£365!** Jim would like to thank everyone for their kind donations and birthday wishes.

## We're All Eating Too Much Salt

**National guidelines say you should eat no more than 6g of salt per day, yet on average, adults in England consume 8.4g a day - that's 40% more.**

We do need some salt in our diet but most of us are eating much more than we need.

*A diet too high in salt is linked to high blood pressure (hypertension), as the sodium in salt leads to more water in your blood vessels, causing higher pressure.*

An estimated 28% of adults in the UK have hypertension.

Hypertension is the leading modifiable risk factor for cardiovascular disease in the UK and contributes to around half of heart attacks and strokes.

A higher intake of salt is associated with a 23% increase in the risk of stroke & 14% increased risk of cardiovascular disease.

It's proven that lowering your salt intake as part of a well-balanced diet can have important health benefits.

As much as 85% of the salt we eat is already in the food we buy, rather than being added during cooking or eating.

As well as items we might think of as salty, such as crisps, processed meats & sauces, every day foods like bread & breakfast cereals are often high in salt.

### 7 Salt-Slashing Tactics

1. Ditch the table salt.
2. Salt can be hidden in store cupboard ingredients such as soy sauce, fish sauce, yeast extracts, stock cubes & ready-mixed dry seasonings & rubs, as well as processed foods & ready meals. Use them sparingly & go for reduced-salt versions where possible.
3. Pick products labelled low-salt or low-sodium. They have less than 0.3g of salt per 100g & less than 0.1g sodium.

4. Limit takeaways. Fast foods are often high in salt as are many Chinese and Indian takeaways.
5. In restaurants, ask for sauces to be served on the side.
6. If you're a salt lover, suddenly going cold turkey could be a shock, so reduce levels gradually.
7. Refresh your palate by experimenting with new tastes including herbs, spices, black pepper, or citrus rind & juices.

## One Exercise Class a Week Keeps Older People On The Go

**JUST one exercise class a week can keep older people mobile for years to come, research in the Lancet Public Health suggests.** The study found that those who took part just once a week in a class designed to boost strength, balance and mobility were significantly less likely to see a decline in subsequent years – even after the classes stopped. Researchers called for such schemes to be rolled out across the NHS, saying the health service would make more in savings than the classes cost. The study ran across sites in Birmingham, Devon, Bath and Bristol for more than 4 years, involved 777 people between the ages of 65 & 98. At the start of the regime, there was an average mobility score of 7.59, on a scale between 4 & 9. A year after the programme, those who took the weekly classes were almost half a point higher. Prof Afroditi Stathi, React chief investigator, said: **“Steady decline of mobility is avoidable. It can be prevented or reversed through an exercise programme that is tailored and progressive.”**

**That's another great reason to come along to our Healthy Heart Clubs & join in with our gentle exercise sessions 😊**