



Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

April 2024

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

Tel: 0161 707 7402

email: admin@salfordheartcare.co.uk www.salfordheartcare.co.uk



FREE Sessions in May

As part of Salford Heart Care's ongoing support to help our members during the cost of living crisis, we will be holding free sessions at all of our clubs next month. This means that on the following dates, there will be no door entrance fee, and refreshments, bingo, reiki therapies* and the raffle will be free of charge (*reiki subject to availability due to limited appointment slots).

Free session dates:

Irlam: Wednesday 1st & Friday 3rd May

St Luke's: Monday 13th May

Winton/Eccles: Tuesday 14th May

Bereavement Group: Tuesday 14th May

Little Hulton: Wednesday 15th May

Tombola Prizes Wanted

Irlam Live Music Festival

**Friday 31st May – Sunday
2nd June,**

Prince's Park, Irlam



We've started collecting donations for our tombola stall, to be held over 3 days at Irlam Live Music Festival at the end of May. Last year was a great success, however, we quickly ran out of prizes so we need to be better prepared this year! We can accept many items: new/unused gift sets, new toys, toiletries, stationery items, jewellery, chocolates & household items. Speak to Serena for more details.

*For information about Irlam Live,
or to purchase tickets visit:*

<https://irlamlive.co.uk/>

"Your Home Better"



A retrofitting one-stop-shop working with the Greater Manchester Combined Authority (GMCA)

Your Home Better is an independent and unbiased service backed by GMCA, offering the people of Greater Manchester support to improve the energy efficiency of their homes. They can help you to find available grants or get quotes from trusted installers to complete retrofitting.

*Do you feel your energy bills
are too high?*

*Do you have damp or mould
in your property?*

*Do you feel that your heating
isn't effective?*

You may be entitled to a FREE Home Improvement Grant!

Home owners and private tenants may be able to receive free home improvements. To see if you qualify for discounted or free upgrades, check your eligibility by visiting:

<https://gmca.retrofitportal.org.uk/home>

or for more information visit:

<https://yourhomebetter.co.uk/>

Email: LEAD@yourhomebetter.co.uk

Telephone: 0161 883 7979

Representatives from Your Home Better will be visiting our clubs on the following dates:

Irlam/Cadishead - Wednesday 10th April

Winton - Tuesday 16th April

Little Hulton - Wednesday 1st May

Where We Meet

Irlams o' th' Height & Claremont Healthy Heart Club

St. Luke's Community Hall

Swinton Park Road

Irlams o' th' Height M6 7WR

Mondays (Except Bank Holidays)

1.30pm - 2.45pm

Chair yoga, bingo, raffle, refreshments & day trips

Now only £2 per session

Eccles Healthy Heart Club

Winton Bowling, Tennis & Social Club

Brookside, off Grange Road

Winton M30 8JW

Tuesdays 10am - 12 noon

Closed for trips: Tues 7th May & 4th June

Chair yoga, reiki, bingo, "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 2nd, 16th & 30th April

→ Tuesday 14th & 28th May

→ Tuesday 11th & 25th June

→ Tuesday 9th & 23rd July

Group discussion with qualified counsellor, relaxation, & refreshments

Supported by Salford City Council & Cadishead Public Band

Little Hulton Healthy Heart Club

St. Paul's Peel Community Hall,

Manchester Road

Little Hulton M38 9EG

Fortnightly Wednesdays

10am – 12 noon

→ Wednesday 3rd & 17th April

→ Wednesday 1st, 15th & 29th May

→ Wednesday 12th & 26th June

→ Wednesday 10th & 24th July

Chair yoga, line dancing, reiki, bingo, "Play Your Cards Right", 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 – 12 noon

Closed for trip: Wednesday 17th April

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

Volunteers Wanted

Would you like to help us organise this year's Christmas Party at Winton Healthy Heart Club?

This could involve selling Christmas party tickets or organising the entertainment (singer, bingo, raffle etc.). Please speak to Serena if you are interested in helping.

New members are always welcome and your first visit is FREE - turn up on the day or call **0161 707 7402** for more information. Everyone welcome - you do not need to have a heart condition to attend.



EVENTS & DAY TRIPS

Coach Trips Departing from Irlam, Cadishead & Hollins Green

Skipton Market & The Calf's Head

Wednesday 17th April - £30

Carvery lunch, dessert table, tea/coffee

Llandudno – coach only

Thursday 16th May - £10 - full

Southport – coach only

Thursday 13th June - £10

Keswick – coach only

Thursday 25th July - £10

Lytham – coach only

Thursday 15th August - £10

Hebden Bridge &

The Olympus Fish Restaurant

Thursday 5th September - £25

*Market day in Hebden Bridge, plus
late-lunch fish & chips, dessert, tea/coffee*

See Pat or Serena to book

Coach Trips Departing from Eccles (Monton) & Little Hulton

Chester & Cheshire Oaks

Tuesday 7th May - £12

Coach only

Llandudno & The Tweed Mill

Tuesday 4th June - £12

Coach only

See Dot or Mavis to book

Pensioners' Party at The Boat House

Ferry Road, Irlam M44 6DN

Monday 13th May

12 noon – 3 pm

£10 per person

*** 3-course lunch**

*** Live entertainment**

*** bingo & raffle included**

See Pat or Serena to book

Researchers at the Open University seek your help developing a new paper information resource

The Research:

People with stable angina have different treatment options. Firstly, medicines are given to help with angina symptoms. Further treatment with planned coronary angioplasty may also be suggested. Coronary angioplasty can improve angina symptoms but can have more serious complications than treatment with medicines alone.

Deciding whether to have a procedure that has risks and side-effects can be difficult. Earlier research showed that almost half of patients treated with planned coronary angioplasty are not fully involved in decision-making. Many patients did not understand the information they were given and misunderstood the risks and benefits of coronary angioplasty treatment. Something the Open University wants to change.

What the researchers have done:

Patient decision aids offer a solution to this problem. These are tools that help patients to understand their options and support the decision-making process. Working with patients, doctors and nurses, they've developed a digital patient decision aid called 'CONNECT'. This patient decision aid is currently being tested in an NHS research study. However, we know that some people are not able or do not want to look at CONNECT on the internet. Therefore, we are developing an easy-to-read paper version of CONNECT.

How you can help?

As a member of the public, you can provide feedback on the paper resources by:

- Joining an online video call, and/or
- Receive the decision aid by email/post and complete a feedback form.

To find out more...Contact: Emma Harris
(Researcher at the Open University)

Email: emma.harris@open.ac.uk

Telephone: 01908654197

****Deadline for feedback is 30th April****

Pulses: what they are & why they're good for you

Pulses like beans, lentils and peas are great for your health, especially if you have a heart condition.

All tinned or dried beans, peas and lentils are pulses. They're great to add to your diet, because they are high in protein and fibre, low in fat, and cheap to buy. Helping to save you money, manage your weight and lower your risk of bowel cancer. They're good for the environment too as they don't need much water or fertiliser, and they even improve the soil for other crops.

Replacing half or even all the meat you eat with pulses is a great way to eat less unhealthy saturated fat, manage your weight and keep your digestive system healthy. You will also reduce your risk of a heart attack or stroke.

Pulses can do a similar job to meat in providing the protein your body needs to repair itself. For example, one portion of pulses (3 heaped tablespoons), provides up to 9g of protein – about a sixth of what you need in a day. One tin of kidney beans contains as much protein as a portion of beef mince, and almost no fat and no salt (unless it's been added – check the label).

Pulses are one of the highest fibre foods – just one portion of pulses provides about a third of the fibre you need for the entire day. That means they can help lower your risk of heart disease, stroke, type 2 diabetes and bowel cancer. Their mix of protein and fibre means they are digested slowly, making you feel fuller for longer.

You might have heard that the protein in beans and lentils isn't a 'complete protein', but as long as you eat a variety of plant-based foods such as wholegrains & nuts, you'll get all the protein you need.

What's more, pulses are one of the few foods to be classed as both a vegetable and a protein. 3 heaped tablespoons count

as one of your 5-a-day, and will provide the potassium, zinc, B-vitamins and antioxidants you need to keep healthy. However, they can only count as one of your 5-a-day, because they don't contain the same mixture of nutrients as other fruit and vegetables.

That doesn't mean you need to stick to one portion. As long as you're also getting plenty of fruit and vegetables, some wholegrains and dairy alternatives, you can include pulses in your meals and snacks throughout the day.

There's a growing range of pulse-based snacks, such as lentil crisps or roasted chickpeas. They might contain more fibre & protein than other snacks like crisps, but that doesn't mean they're good for you. Many are high in salt or fat. Check labels.

Tips:

- ♥ Buy tinned beans and lentils – you can use them straight from the tin.
- ♥ Add cannellini or butter beans, or green or brown lentils, to a salad for lunch.
- ♥ Buy lentil or bean soup (tinned or fresh) for lunch (choose low salt options).
- ♥ Add kidney beans to your favourite chilli.
- ♥ Homemade hummus using tinned chickpeas takes a couple of minutes to make with a food processor.
- ♥ Snack on hummus with vegetable sticks, or use hummus in sandwiches instead of butter or mayonnaise.
- ♥ Replace half the meat in your bolognese with green or brown lentils.

“THE PULSE” IS PUBLISHED BY SALFORD HEART CARE

**Your independent, local charity established
1987, Registered charity number: 1136710**

Website: <https://www.salfordheartcare.co.uk/>

Email: admin@salfordheartcare.co.uk

Telephone: **0161 707 7402**

Follow us on Facebook:

<https://www.facebook.com/SalfordHeartCare>

Follow us on X (formerly Twitter):

@Salford_HeartC

Donations welcome