



Salford Heart Care

THE "PULSE" NEWSLETTER

August 2020



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

Welcome to the August edition of our newsletter.

As you are aware, our clubs have been closed since 17th March due to Covid-19.

- In the next few weeks the Committee will begin to reassess this decision. A full risk assessment will be conducted prior to any clubs meeting.
- If any clubs do reopen, strict social distancing measures and other covid-19 procedures will be in place.
- We will let you know if any of our clubs get the go ahead to re-open.
- In the meantime, please call/email if you have any questions or need some support: **0161 707 7402** or email: admin@salfordheartcare.co.uk

Announcements

It is with great sadness that we

announce the death of our dear member, **Carole Shawcross**, aged 76 from Irlam.

Carole passed away on Saturday 11 July. She attended Irlam & Cadishead Healthy Heart Club for many years and joined us on lots of day trips. She was also very involved in the local community and with church groups. Carole was a quiet, caring, kind and thoughtful person with many friends. She will be missed by us all.

We send our deepest sympathy to Carole's family & friends.



Donations & Fundraising

We would like to acknowledge and thank everyone who supported us by donating to **Brendan Towey's** birthday fundraiser on Facebook last month. With your support Brendan raised more than **£245** for Salford Heart Care!

Thank you to **Bev Heaton** – she's raised **£70** for Irlam from bric-a-brac sales.

Funding News

We're delighted to announce that we have been awarded a grant from the **Coronavirus Community Support Fund**, distributed by **The National Lottery Community Fund**. The funds will enable us to continue our vital work in the community over the next few months, ensuring that our members continue to have the support they need. Thank you to the Government for making this possible!



In partnership with

THE NATIONAL LOTTERY
COMMUNITY FUND

Support Salford Heart Care by Shopping smile.amazon.co.uk

AmazonSmile is a simple way to support us every time you shop, and at no cost to you. When you shop at smile.amazon.co.uk, you'll find the same prices as amazon.co.uk, with the added bonus that Amazon will donate a portion of the purchase price to your chosen charity. To shop at AmazonSmile, visit: <https://smile.amazon.co.uk/ch/1136710-0>

Heart Health

ACE inhibitors and ARBs do not make coronavirus worse
Drugs commonly prescribed to treat high blood pressure do not worsen coronavirus (Covid-19) disease.



Researchers at Kings College London found that there was no link between the use of angiotensin-converting enzyme (ACE) inhibitors, used to treat blood pressure or diabetes, and the severity of Covid-19. The use of angiotensin receptor blockers (ARBs), used to treat high blood pressure and heart failure, also did not worsen Covid-19 disease severity in people hospitalised with the virus.

The team looked at the data of 1,200 people with Covid-19 admitted to two hospitals at the King's College Hospital NHS Foundation Trust with symptoms from 1st March to 13th April 2020.

Severe cases were detected as those who were either transferred to a critical care unit or who died. They were compared to people who were treated with and without ACE inhibitors and ARBs. Of the 1,200 patients, 415 people (35%) died or required critical care support within 21 days of symptoms and 33% were taking ACE inhibitors or ARBs. The findings indicated that the likelihood of severe disease was similar in individuals on ACE inhibitors or ARBs compared to those not on these drugs.

ACE inhibitors and ARBs have been of great interest to Covid-19 researchers as they increase levels of ACE2, a molecule which sits on cell surfaces within the body and acts as the doorway for Covid-19 to enter.

This UK study, which is the first to include significant proportions of people from both white and minority ethnic backgrounds, adds to other recent evidence confirming these medications do not increase the

risk of severe Covid-19 infections. These drugs are very effective for heart failure, and to control high blood pressure to help prevent a heart attack or stroke. This study provides further reassurance that their use is safe and that it is important that patients continue to take them as prescribed to protect cardiovascular health.

Healthy Recipe: Beef & Mushroom Stroganoff

Ingredients (Serves 2):

- 100g brown rice
- 250g lean sirloin steak, trimmed of fat
- 1 tablespoon sunflower oil
- 2 shallots, peeled & sliced
- 150g portobello mushrooms, sliced
- ½ teaspoon paprika
- 1 tablespoon tomato puree
- 80ml red wine (or low salt beef stock)
- 3 tablespoons 0% fat Greek style natural yogurt
- 2 tablespoons flat leaf parsley, chopped
- Freshly ground black pepper

Method:

1. Cook the rice in a pan of water according to pack instructions.
2. Meanwhile, slice the beef into thin strips. Heat the oil in a large non-stick pan and fry the beef with the shallots or onions and mushrooms for 5 minutes until meat is sealed on all sides and onions and mushrooms are beginning to soften.
3. Sprinkle the paprika over, stir well then add the tomato puree and red wine along with 100ml boiling water. Stir and bring to the boil. Reduce the heat and simmer for 15 minutes. If freezing, pack into a suitable container and freeze, then continue to step 4 after defrosting.
4. Stir in the yogurt, parsley and black pepper to taste. Serve with the cooked brown rice.

Covid-19 Information

COVID-19 Testing

Anyone who has symptoms of coronavirus (COVID-19) can get a free test to check if they have the virus. You need to get the test done in the first 5 days of having symptoms. Some people without symptoms can have the test too.

Click here to book online:

<https://www.nhs.uk/ask-for-a-coronavirus-test>

The main symptoms of coronavirus are as follows, and you must self-isolate if you develop:

- ✓ a new continuous cough OR
- ✓ fever OR
- ✓ loss/change in your normal sense of smell or taste

Spirit of Salford Helpline

<https://www.salford.gov.uk/spiritofsalford>

The **Spirit of Salford Helpline** has been set up for you to get help, support and advice on lots of different issues that you might be facing at the moment. The helpline number is: **0800 952 1000** and is open Monday to Friday 8.30am to 6pm and Saturday 9am to 1pm.

Face Coverings Now Mandatory in Shops, on Public Transport & in NHS Settings

Under the new rules, people who do not wear a face covering will face a fine of up to £100. Children under the age of 11 and those with certain disabilities will be exempt.

The liability for wearing a face covering lies with the individual. Should an individual without an exemption refuse to wear a face covering, a shop can refuse them entry and can call the police if people refuse to comply. The police have the formal enforcement powers and can issue a fine.

NHS Volunteer Responders

NHS Volunteer Responders offers help to people in need of support or who are avoiding public places during the COVID-19 pandemic. It is run by the NHS in England, supported by Royal Voluntary Service and operates across England. Its aims are to supplement existing voluntary support within communities, help people to stay well, and reduce avoidable demand on NHS services.

The service is still open and will continue to operate over the coming months. While restrictions may be easing, and the government has announced shielding is being paused from August, the scheme will continue to help people who are at greater risk from coronavirus or who may be cautious about the virus and want to avoid crowded spaces.

All services remain in place and volunteers are available to provide **support with shopping, picking up prescriptions or phoning for check in and chat calls**. They can also support with patient transport (where referred by a health professional). Support will be provided to the following groups:

- ✓ People who want to continue to stay at home or who need to avoid busier public spaces
- ✓ People with caring responsibilities
- ✓ People who are self-isolating because they've been diagnosed with COVID-19 or have symptoms
- ✓ People who've been instructed to self-isolate by the 'Test and Trace' service
- ✓ People who are self-isolating ahead of planned hospital care
- ✓ Frontline health and care workers

If you or someone you know needs help, then NHS Volunteer Responders are available to help. Call **0808 196 3646** (8am to 8pm) to register and arrange volunteer help. Visit the website:

<http://nhsvolunteerresponders.org.uk>

Worried about losing your Free TV Licence?

From the 1st August, over-75's will have to pay for their TV Licence unless in receipt of Pension Credit. Citizens Advice Salford can provide a **free Pension Credit** check for people living in Salford and of State Pensionable age.

Call Citizens Advice Salford on: **07494498678** - they can provide a benefit check over the phone and this may mean extra income each week. It can also open the door to other benefits such as free NHS dental treatment, free eye sight tests, travel costs to and from hospital and cold weather payments.

Brendan's August Crossword.... Just for fun 😊

	1			2			3		4				5			
6																
										7	8					9
						10							11	12		
						13							14			
	15															
16																
									17							
18									19							

“THE PULSE” IS PRINTED & PUBLISHED BY SALFORD HEART CARE
 Donations welcome via:
virginmoneygiving.com or PayPal Email
admin@salfordheartcare.co.uk
 TEL: 0161 707 7402 **Follow us on Twitter:**
@Salford_HeartC

ACROSS

- 4. Ringed planet (6)
- 6. Type of fastener (6)
- 7. Young deer (4)
- 10. Bar seat (5)
- 11. Sicilian volcano (4)
- 13. Rule (5)
- 14. Curly cabbage (4)
- 16. Barge (5,4)
- 18. Wine vessel (6)
- 19. Breakfast staple (4)

DOWN

- 1. Light metal (4)
- 2. August zodiac sign (3)
- 3. Insect (6)
- 4. London district (4)
- 5. Not any (4)
- 8. At any rate (6)
- 9. Ring-shaped roll (5)
- 12. Spouted vessel (6)
- 15. Nobleman (4)
- 17. Famous (4,5)