



Salford Heart Care

THE "PULSE" NEWSLETTER

August 2021

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



We are delighted to announce that all of our clubs have reopened! You are very welcome to come along and join us. We ask that you arrive wearing a face covering and keep movement around the room to a minimum to protect our members, volunteers and staff.

Where we Meet

St Luke's Salford

St. Luke's Community Hall
Swinton Park Road M6 7WR

Mondays 1.30 pm - 2.30 pm

Chair yoga, bingo & refreshments

Eccles (Winton) Healthy Heart Club

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

Tuesdays 10 am - 12 noon

***Except Tue 24th August* (trip day)**

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

Little Hulton Healthy Heart Club

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

Fortnightly Wednesdays

10 am – 12 pm on:

- Wednesday 4th & 18th August
- Wednesday 1st, 15th & 29th September
- Wednesday 13th & 27th October

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

Bereavement Support Group (Irlam)

Cadishead Band Room
Locklands Lane Irlam M44 6RB

Fortnightly Tuesdays 10 am – 12 noon

- Tuesday 3rd, 17th & 31st August
- Tuesday 14th & 28th September
- Tuesday 12th & 26th October



Group discussion sessions facilitated by qualified counsellor, relaxation session, opportunity for one to one counselling, raffle, refreshments

Irlam & Cadishead Healthy Heart Club

Irlam Steel Club
Liverpool Rd M44 6AJ



**Wednesdays &
Fridays 10 am – 12 pm**

Chair yoga, chair-based exercise, dancing, reiki, bingo, weight management, blood pressure/pulse testing, books & bric a brac stall, refreshments & day trips

Announcements

It is with great sadness that we announce the deaths of three of our dear friends and members: **Marjorie Downes, Edith Rhoden and Brian Minor.**



Marjorie Downes (Eccles)

Marjorie had been a member at Eccles for many years. She loved going on the days out and holidays and enjoyed a game of dominoes at the drop-ins. She lived to the great age of almost 95 and had recently moved to Kent to live with her daughter-in-law and granddaughter. Marjorie lived through the Second World War. She was a strong character who never let anything beat her. In the last few years she suffered the deaths of her husband John, her only son Michael, and her beloved granddaughter, Julianna. Marjorie was definitely a one-off and will be fondly remembered by all her friends. She is survived by her daughter-in-law Wendy, and her granddaughter Abbi. Her funeral takes place on Tuesday 3rd August, 11am, Peel Green Cemetery, then onto Worsley Golf Club – friends are welcome.

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### **Edith Rhoden (Little Hulton)**

At 98 years of age, Edith was our oldest member at Salford Heart Care. Edith attended our club at Little Hulton, along with her daughter, Susan, for many years and was days away from celebrating her 99<sup>th</sup> birthday. Sadly, Edith passed away peacefully in hospital on Sunday 4<sup>th</sup> July whilst recovering from a hip operation.

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Brian Minor (Eccles)

Brian passed away peacefully during the early hours of Saturday morning, 10th July. Brian regularly attended Eccles Healthy Heart Club and the Bereavement Group in Irlam, following the passing of his dear wife. He also worked for Salford City Radio and helped to promote and raise awareness of our work.

Brian's funeral took place at Peel Green Crematorium on Monday 26th July.

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***We send our deepest sympathy to Marjorie, Edith, and Brian's family & friends at this very sad time.***





## OUR DAY TRIPS

**Departing Monton & Little Hulton:**

**Llandudno**

**(in memory of Brian Rothwell)**

**Tuesday 24<sup>th</sup> August - £15**

*Includes coffee stop*

*See Dot or Mavis for more details*

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Day Trips Irlam & Cadishead:

Llandudno (coach only)

Monday 16th August - £10

Beverley (coach only)

Thursday 9th September - £10

See Serena, Betty or

Pat for more details

Save the date (Irlam)....

- **York:** Monday 20th September
- **Christmas at Briars Hall:**
Monday 6th December
- **Clubhouse Christmas Party:**
Monday 13th December
- **Christmas Party (Steel Club):**
Friday 17th December

Health News

Scientists warning: A diet low in Omega-3 from oily fish can reduce life expectancy in the same way as smoking.

New research reveals that while smoking can shorten your life by up to 4 years, having low levels of Omega 3 fatty acids, typically found in salmon and mackerel, could reduce it by 5 years.

Omega-3 oils carry significant physical benefits including improving cardiovascular health and reducing the risk of blood clots. The beneficial types of Omega 3 present in oily fish include eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

The Omega-3 Index, which measures a person's intake of EPA & DHA in the bloodstream, recommends having an index reading of 8% or higher to be at a low risk from heart disease. If, for example, a person had 64 fatty acids in a red blood cell membrane & 3 are EPA & DHA, they would have an Omega-3 Index of 4.6%.

Dr Michael McBurney (University of Guelph, Canada) said: "It's interesting to note that in Japan, where the mean Omega-3 Index is greater than 8%, the expected life span is around 5 years longer than it is in the United States, where the mean Omega-3 Index is about 5%.

"Hence, in practice, dietary choices that change the Omega-3 Index may prolong life. Being a current smoker at age 65, is predicted to subtract more than four years of life compared with not smoking, a life-shortening equivalent to having a low vs. a high Omega-3 Index."

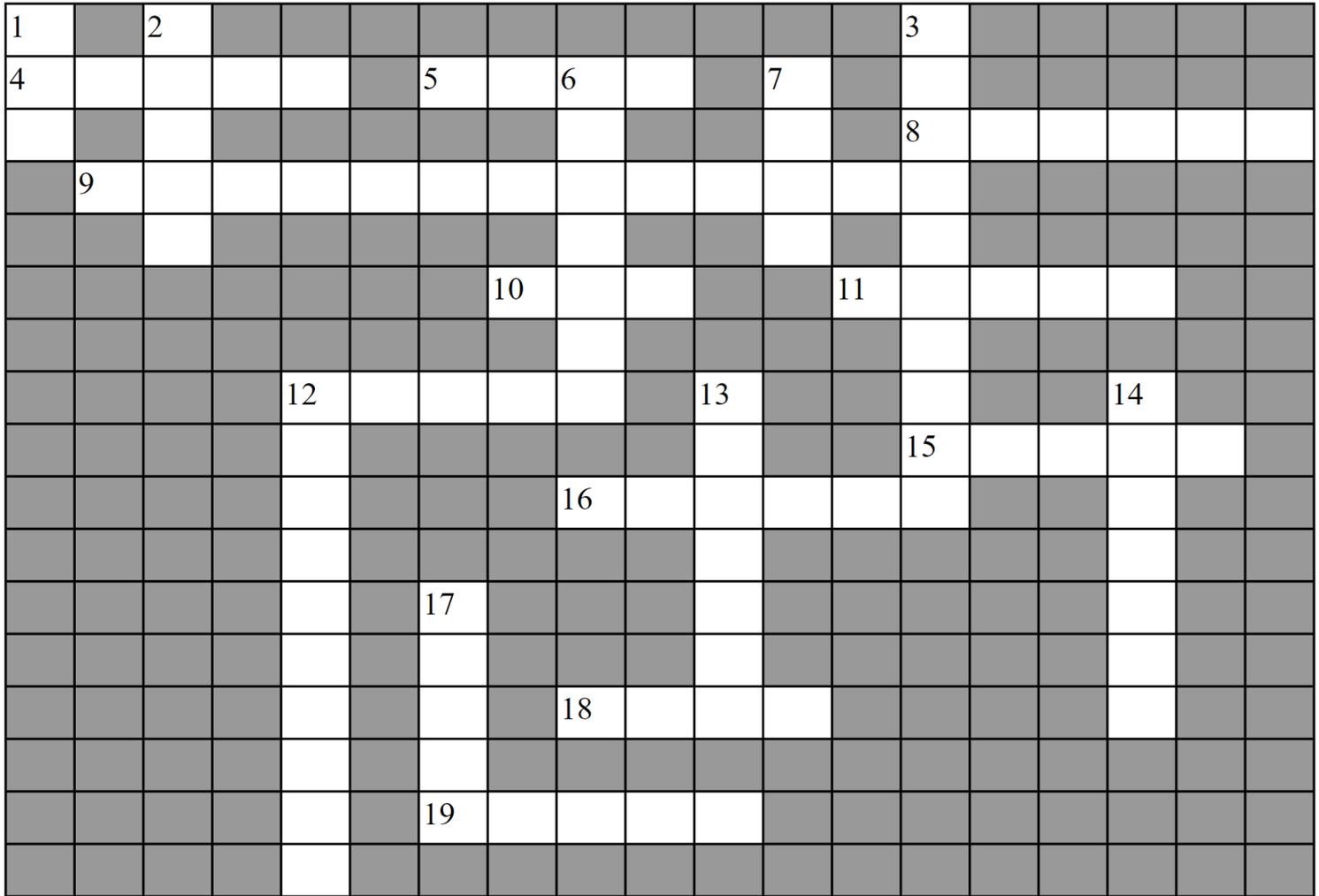
The study, published in the American Journal of Clinical Nutrition, used statistics from the Framingham Heart Study, one of the longest running studies in the world.

The FHS provided unique insights into cardiovascular disease risk factors and developed the Framingham Risk Score based on 8 baseline standard risk factors – age, gender, smoking, hypertension treatment, diabetes status, systolic blood pressure, total cholesterol and HDL cholesterol.

Researchers in the study also found that measuring fatty acids could predict mortality to a similar standard as other risk factors including blood pressure, smoking and diabetes status.

Co-author Dr Bill Harris, President of the Fatty Acid Research Institute, said: "This speaks to the power of the Omega-3 Index as a risk factor and should be considered just as important as the other established risk factors, and maybe even more so."

August Crossword.... Just for fun 😊



ACROSS

- 4. Quarrel (5)
- 5. Opinion (4)
- 8. Go hungry (6)
- 9. Conker (5,8)
- 10. Seventh of a week (3)
- 11. Roof overhang (5)
- 12. Jinx (5)
- 15. Joint (5)
- 16. Floor covering (6)
- 18. Clue (4)
- 19. Jargon (5)

DOWN

- 1. Jam container (3)
- 2. Encourage (3,2)
- 3. Cover protecting book (4,6)
- 6. Raise (7)
- 7. Rubbish (4)
- 12. Flatter (10)
- 13. From abroad (7)
- 14. Well-liked (7)
- 17. Salary (5)



Funding News:

- ✓ We've been awarded a grant of £2,500 from **The National Lottery Local Connections Fund** to support the reopening of our clubs across Salford.
- ✓ The **Manchester Guardian Society Charitable Trust** has awarded us a grant of £2,000.

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

Donations welcome via: virginmoneygiving.com or PayPal Email admin@salfordheartcare.co.uk

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