



Salford Heart Care

"THE PULSE"

August 2022



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

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£10,000 Donation to Salford Heart Care!

We are delighted to announce that we have received a very generous donation of £10,000 from Salford-based entrepreneur, Neil Degg and The Big Initiative UK.

A few months ago, Neil aged 46 experienced a tachycardia where his heart rate went up to 260 beats per minute (BPM). Luckily, his life was saved by the NHS team at Manchester Royal Infirmary. In recognition for the work of the NHS, and how it helped save his life, Neil wanted to do something special to help others who have suffered with their health or have ongoing heart issues and need support.

Neil Degg (photo) was raised in an area of Manchester with high unemployment and low educational outcomes. He was getting into trouble by the age of 6. By 15, Neil was living in a homeless unit. Alienated from the kind of network of support a person needs to make healthy choices, his life spiralled downwards.

Things only began to change for Neil when, at 28, he was given the opportunity to work in social care. "I instantly resonated with the environment I found myself in. I understood the challenges faced by young people in care, and adults who lacked an education or were from a marginalised background. I could see why they often failed. I realised that had I received the right encouragement, education and opportunity I could possibly have contributed positively to society a lot sooner."

Neil launched The Training Hub in 2014. Proudly featured in Forbes and showcased on the BBC for the outcomes achieved with children, young people & adults, The Training Hub provides training resources across multiple sectors supporting an individual's career alongside free preventative, life skill, parental & mental health resources for all age groups.

Relaunching next year, The Big Initiative UK will open up resources to the general public. Free well-being, preventative and life skill-focused online courses constructed in collaboration with leading practitioners. Resources designed to be embraced from birth right through adulthood, ensuring everyone has the opportunity to grow, flourish and make informed life decisions, regardless of privilege, class or difference. Underpinned by toolkits which parents, teachers, charities can download. Future plans include career insights, linking with colleges, universities and apprenticeships.

We would like to thank Neil & The Big Initiative UK for their generous donation. Salford Heart Care is a small, independent, local charity. The funds will help us to continue our vital work in the community, supporting local people to improve their health & wellbeing.



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: Monday 29th August
(bank holiday)

*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:

Tuesday 27th September (trip day)

*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 Tuesday
10am – 12 noon



- ➔ Tuesday 9th & 23rd August
- ➔ Tuesday 6th & 20th September
- ➔ Tuesday 4th & 18th October
- ➔ Tuesday 1st, 15th & 29th November
- ➔ Tuesday 13th December

*Group discussion with qualified
counsellor, relaxation & raffle*

Little Hulton Healthy Heart Club

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

Fortnightly Wednesdays
10am – 12pm

- ➔ Wednesday 3rd, 17th & 31st August
- ➔ Wednesday 14th & 28th September
- ➔ Wednesday 12th & 26th October
- ➔ Wednesday 9th & 23rd November
- ➔ Wednesday 7th & 14th December

*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:

Wednesday 14th September (trip day)

*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*

New members always welcome!

- ✓ **Your First visit FREE**
- ✓ Simply turn up on the day or give us a call on **0161 707 7402** for more information
- ✓ You first **15 minute reiki therapy appointment is also FREE** - please ask about this at your club (available at Little Hulton, Winton & Irlam)
booking essential



Our Events & Day Trips

Trips departing from Eccles & Little Hulton:

Llangollen

Wednesday 10th August: £30

includes coffee stop & 2-course lunch

Fish & Chips Barton Grange Boat Trip & Scorton Barn

Tuesday 27th September: £30

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

The Piece Hall & The Calf's Head

Tuesday 18th October: £30

includes 2-course carvery lunch

Dobbies Garden Centre & The Bedford Hotel (Lytham)

Tuesday 6th December: £40

*Includes 3-course Christmas lunch &
afternoon entertainment*

See Dot or Mavis for details & to book

£5 non-refundable deposit required

Healthy Heart Club Christmas Party Days

- Eccles (Winton) Healthy Heart Club
Winton Bowling, Tennis & Social Club:
Tuesday 13th December
Entertainment with "Kevin Kay"
£7 includes buffet lunch & entertainment
- Little Hulton Healthy Heart Club
St Paul's Peel Hall:
Wednesday 14th December
£TBC
- Irlam & Cadishead Healthy Heart Club
Irlam Steel Club:
Friday 16th December
Entertainment with "Sheila Diamond"
£5 includes buffet lunch & entertainment
Tickets on sale soon

Trips Departing from Irlam & Cadishead:

Ye Old Red Lion Lunch Party

Thursday 4th August - FULL

3 course lunch

with bingo & raffle

(transport not provided)

Kettlewell Scarecrow Festival & Grassington

Thursday 18th August - FULL

Otley Market & Ilkley

Tuesday 27th September - FULL

Kirkby Lonsdale Market & The Calf's Head

Thursday 6th October - FULL

Includes 2-course carvery lunch

Tiffany's & Blackpool Illuminations

Thursday 3rd November - FULL

4-course Christmas meal &

entertainment followed by a drive

though Blackpool Illuminations

10am pick-up due to late return

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#### Dates for your diary....

**Irlam Christmas Party Lunches**  
(transport not provided):

#### Ye Old Red Lion Christmas Party

**Thursday 8<sup>th</sup> December £TBC**

*3 course Christmas lunch*

*with bingo & raffle*

#### The Club House Christmas Party

**Monday 19<sup>th</sup> December £TBC**

*3 course Christmas lunch, tea/coffee  
& live entertainment, bingo & raffle*

*See Pat or Serena*

*for more details & to book*

## 9 Common Diet Myths

### **Myth: eat less to lose weight**

If you stop eating you will lose weight. But your body reacts to keep you alive & your metabolism changes. As soon as you stop restricted eating, the weight piles back on.

### **Myth: eat little and often**

Constant eating means that we never give our gut microbes a well-earned rest. It is also harder to monitor how much we are eating in a day. Fact: 25% of all our energy comes from snacking. It is difficult to find a healthy snack that does not cause a surge in blood sugars that leads to inflammation and greater hunger.

### **Myth: have a hearty breakfast**

Breakfast has become synonymous with highly processed foods, cereal, toast, spreads & marmalade. Many cereals including muesli have a high sugar content likely to leave you even more hungry.

### **Myth: do not eat late in the evening**

While it is bad to eat just before you go to bed, with the risk of digestion problems, if you do eat late and go to bed late, you might want to adjust your breakfast time. Research has shown that fasting affects our gut bacteria: several species of bacteria found in people with good health appear in higher levels after fasting.

### **Myth: coffee is bad for you**

Coffee is a healthy drink - healthier, even, than a fresh orange juice. There is more fibre in a cup of coffee than a glass of orange juice. Coffee has more of the defence chemicals, polyphenols, which combined with fibre actually help to feed our gut microbes without any adverse sugar effects. Black coffee is best.

### **Myth: you should cut the fat off steak**

Most people do not distinguish between good-quality red meat and bad-quality meat in processed foods. Studies show that the poor-quality meat going into ultra-processed foods is very bad for you. For

your heart, and for cancer. There is no evidence that high-quality meat in reasonable portions is bad for you.

### **Myth: cut out alcohol to lose weight**

Whilst overall alcohol is harmful, if abstaining, it is more about what you are replacing it with. When people give up alcohol, they tend to go for sweet alternatives, which are just as bad. Gin and diet tonic is not a healthy option. Gin is not gut-friendly and the diet tonic has artificial sweeteners that are bad for your gut microbiome. A glass of red wine has been shown to reduce heart disease and improve gut microbes.

### **Myth: cheese is bad for you**

Many of us still believe cheese is bad for us because of the saturated-fat content. There is some evidence that people who regularly consume good-quality cheese (not ultra-processed) have better health because of the way it helps promote a greater diversity of microbes in the gut.

### **Myth: bread makes you bloated**

Not all bread is created equal. It is the ultra-processed stuff that causes lots of excess sugar that is the problem. Instead of cutting out bread, we should be eating less of it, but demanding better quality bread made from wholemeal flour, & ideally sourdough, which is higher in fibre. Gluten's not the enemy, the processing of cheap bread is.

### **Tips for a healthy gut:**

- ✓ *Forget about calories - eating for your gut microbes is best*
- ✓ *Aim to eat about 30 plants per week including nuts, seeds and herbs*
- ✓ *Key gut-healthy foods include nuts, seeds, dark chocolate, red wine, olive oil and vegetables*
- ✓ *Eat more fermented foods - kimchi, sauerkraut, live yoghurt and kefir.*
- ✓ *Try changing the timing of your meals and perhaps try restricted-time eating.*