



# Salford Heart Care

Registered charity number: 1136710

## "THE PULSE"

### August 2023

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

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## 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 1.30pm - 2.30pm**

(Except Bank Holidays-closed 28<sup>th</sup> August)

*Chair yoga, bingo, raffle & day trips*

### Eccles Healthy Heart Club

Winton Bowling, Tennis & Social Club

off Grange Road, Winton M30 8JW

**Tuesdays 10am - 12 noon**

(closed for trip days: Tue 15<sup>th</sup> August, 5<sup>th</sup> & 26<sup>th</sup> September, 5<sup>th</sup> December)

*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 8<sup>th</sup> & 22<sup>nd</sup> August

→ Tuesday 5<sup>th</sup> & 19<sup>th</sup> September

→ Tuesday 3<sup>rd</sup>, 17<sup>th</sup> & 31<sup>st</sup> October

*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 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> August

→ Wednesday 13<sup>th</sup> & 27<sup>th</sup> September

→ Wednesday 11<sup>th</sup> & 25<sup>th</sup> October

*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**

*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**

**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

### Day Trips Departing from Irlam, Cadishead & Hollins Green

#### Frodsham & Chester (coach only)

Thursday 10<sup>th</sup> August £10 – full

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#### Ye Old Red Lion, Hollins Green Lunch Party

Thursday 24<sup>th</sup> August, 12 noon

3-course meal, bingo & raffle £12 - full

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**\*\*Lichfield Trip cancelled\*\***

#### New destination: Settle Market & The Calf's Head, Worston

Tuesday 5<sup>th</sup> September £30 – 7 spaces  
includes 2-course carvery lunch

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#### Ramsbottom & Bury Steam Train

Friday 27<sup>th</sup> October £50 – full

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#### Christmas @ Tiffany's, Blackpool

Monday 13<sup>th</sup> November £25

\*\*also open to non-members\*\*

Glass of fizz, 4-course Christmas lunch,  
entertainment, & short garden centre stop

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#### Christmas @ The Auckland Hotel, Morecambe

Tuesday 5<sup>th</sup> December £30 - full

3-course meal & entertainment, & stop at  
Barton Grange Garden Centre

*See Pat or Serena to book*

**Coming soon...**

#### Ye Old Red Lion Christmas Party

Thursday 30<sup>th</sup> November £TBC

3-course, lunch, bingo & raffle

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#### The Club House Christmas Party

Thursday 21<sup>st</sup> December £TBC

3-course lunch, live entertainment,  
bingo & raffle

*See Pat or Serena to book*

### Trips Departing from Eccles (Monton) & Little Hulton

#### Trentham Gardens & lunch

Tuesday 15<sup>th</sup> August

£25, or £30 with gardens entrance - full

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#### Llandudno (coach Only)

Tuesday 5<sup>th</sup> September £10 – full

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#### Brockholes & Morecambe

Tuesday 26<sup>th</sup> September £20 - full

Coffee stop at the nature reserve, then  
onto the Auckland Hotel for 2-course  
lunch & free time in Morecambe

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#### Christmas @ The Bedford Hotel

Tuesday 5<sup>th</sup> December

3-course meal & entertainment £35

*\*All of our trips and events are subsidised  
using funds raised from raffles\**



## Healthy Heart Club Christmas Party Days 2023

### Eccles (Winton) Healthy Heart Club

De La Salle Sports & Social Club,  
Off Lancaster Road, Salford:

Thursday 14<sup>th</sup> December

£7 includes buffet lunch & entertainment

### Little Hulton Healthy Heart Club

St Paul's Peel Hall:

Wednesday 13<sup>th</sup> December

£TBC

### Irlam & Cadishead Healthy Heart Club

Irlam Steel Club:

Friday 15<sup>th</sup> December

£5 includes buffet lunch & entertainment

**\*\*Tickets on sale soon\*\***

## Announcements

It is with great sadness that we announce the death of two of our friends and members: Ann Richards and Pat Petrie.

**Ann Richards,  
Cadishead,  
aged 97**

Ann Richards passed away peacefully at Heartly Green Care home on 29<sup>th</sup> May 2023.

Ann attended Irlam &

Cadishead Healthy Heart Club from 2014 with her daughter, Pat Robinson. Ann joined us on many day trips, and loved dressing up and dancing at our parties. She was fun loving and always smiling!

Sadly, Ann's health deteriorated during the last few years. Her funeral took place on 29<sup>th</sup> June at St Teresa's Church and Peel Green Crematorium.



**Ann Richards**

**Pat Petrie,  
Irlam, aged 80**

Pat Petrie passed away in Heartly Green care home on Sunday 2<sup>nd</sup> July 2023.

Pat attended Irlam and Cadishead Healthy Heart Club with her friends between 2014 and 2018. Sadly, Pat was diagnosed with dementia several

years ago and moved into Heartly Green Care Home to receive more support.

Pat's funeral took place on Friday 21<sup>st</sup> July at St Teresa's Church and Peel Green Crematorium.

*We send our deepest sympathy to Ann's and Pat's family & friends at this sad time.*

## Healthy Eating Article

**The 'healthy' foods that are actually bad for you**

**Milk alternatives (such as plant-based)**

Analysis of the nutritional labels of 237 milk alternatives found that just 19% matched up to ordinary milk when it came to protein content. A third were lower in calcium and vitamin D. Plant-based milks are also lower in minerals such as magnesium, zinc and selenium. Some plant-based milks contain added sugars - cow's milk doesn't.

**Flavoured yoghurts** - an ultra-processed food and should be replaced with plain, natural yoghurt. They can contain 3 different sources of added free sugars, as well as the emulsifier carrageenan which can increase gut inflammation. Free sugars increase the risk in dental caries, Type 2 diabetes and obesity.

**Granola** - contains multiple forms of sugar like syrups. While these are better than refined sugar, they can cause spikes in blood sugar, leading to sugar cravings. The fibre content is often insufficient.

**Vegan Meat** - these products are highly processed and lack nutritional value. They don't have a complete range of amino acids like meat and the emulsifiers harm the microbiome, causing inflammation in the gut. Replace with pulses, lentils & peas.

**Sports drinks** - contain a surprisingly high amount of sugar, increasing long-term risk of obesity and Type 2 diabetes. Replace with water.

**Instant soups** - contain lots of added salt with little fibre to benefit our gut microbes. They contain emulsifiers and other artificial chemicals that are bad for the gut, triggering inflammation. Replace with homemade soup.

**Protein bars** - are an ultra-processed product containing high amounts of sugar, flavourings, bulking agents & emulsifiers. Replace with bananas.

## £12,000 Donation for Salford Heart Care's Bereavement Support Group

Bereaved families in Salford have helped to raise £12,000 for Salford Heart Care.

The money has been raised from metal which is recycled after cremations in the city and with the full consent of the families of the deceased.

Following the cremation of a deceased person, the cremated remains contain metals; such as items used in the construction of the coffin, and on numerous occasions, orthopaedic implants such as hip and knee replacement joints. The metal is recycled through a specialised company and the proceeds are donated to local charities associated with bereavement support.

It is all part of a charitable scheme operated by the Institute of Cemetery and Crematorium Management (ICCM), of which Salford Council Bereavement Services is a member.

The cheque was presented to Serena Rice from Salford Heart Care at Salford Civic Centre by the City mayor Paul Dennett, and Councillor Barbara Bentham.

Salford City Mayor Paul Dennett said: *"Salford Heart Care has been in existence in the city since 1987 and it was an absolute honour to be able to present the charity with this cheque on behalf of our bereaved families. My thoughts go out to all those who have lost a loved one in our city."*

*"If people want to join in the activities of the group, I would encourage them to look up Salford Heart Care and meet a fantastic group of people that they can join in with at their own pace."*

Councillor Barbara Bentham, Lead Member for Environment, Neighbourhoods, Sports and Leisure said: *"It is such a pleasure to be able to hear about all the great work that Salford Heart Care is doing, the charity is one of the unsung heroes that we have within our communities."*

*"The Bereavement Services Team at Salford City Council treat all our bereaved families with absolute care and compassion. The recycling of metals is done with full consent of all families and is carried out with great dignity at our two crematoria at Agecroft and Peel Green cemeteries."*

Serena Rice, Coordinator of Salford Heart Care said *"We're delighted to be nominated by Salford Council's Bereavement Services for this award. The donation will make a huge difference to our work and means that we can provide additional one-to-one counselling support to bereaved families across the city. I would encourage anyone who feels they may benefit from bereavement support to contact our service. The Bereavement Support Group meets fortnightly on Tuesday mornings at Cadishead Band Room in Irlam."*



Serena Rice being presented with the cheque by City Mayor Paul Dennett and Cllr Barbara Bentham.