



Salford Heart Care

THE "PULSE" NEWSLETTER

February 2021

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

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Welcome to the February edition of our newsletter. We hope you are all keeping safe and well at home. Please give us a call or send an email if you have any questions or need some support. Telephone Serena: **0161 707 7402** or email: admin@salfordheartcare.co.uk

Online Zoom Meetings

Our Zoom sessions give members the opportunity to socialise safely and have some fun! The weekly relaxation session helps to restore calm and reduce levels of stress and anxiety:

Tuesdays at 11am (quiz & bingo)

Join the Zoom Meeting using this link:
<https://zoom.us/j/93620607098?pwd=aEJmRcTxaWQ1VzhlU5vZ1lPMVc2QT09>
Meeting ID: 936 2060 7098
Passcode: 0i5c1H

Wednesdays at 11am: Relaxation

Join the Zoom Meeting using this link:
<https://us02web.zoom.us/j/84254378473?pwd=Szg0VVphTm50ckJyRmlkUkJWdFY5UT09>
Meeting ID: 842 5437 8473
Passcode: 871490

Fridays at 11am (quiz & bingo)

Join the Zoom Meeting using this link:
<https://zoom.us/j/98605399683?pwd=S05USnNUV0h5Vm1manlkV21yY3Axdz09>
Meeting ID: 986 0539 9683
Passcode: sgE3ve

Please contact Serena to request your bingo ticket before the meeting.

How to Join a Zoom Meeting

Using a computer/laptop:

1. Open Google & search for "Zoom.us"
2. In the results screen click "Zoom Video Conferencing"
3. On the screen that opens, click "Join a meeting" in top right hand corner
4. You will be asked for your meeting ID; this is in the newsletter or email. Enter the **11-digit number** in the box (without the dashes) and Click "Join"
5. The first time you join a Zoom meeting, you will be asked to download software to your computer, (be patient!) follow the directions to do this and select "Run" when requested.
6. A screen will appear showing you how you will appear to other participants.
7. Click "Join with video"
8. If you get a popup asking you to "Open Zoom Meetings" select "Open Zoom Meetings"
9. Click "Join with computer audio"
10. You will be "admitted" to the meeting where you will see yourself & others.

Using a smartphone or tablet:

If you're using a smartphone or tablet, first go to your App store and download the **Zoom Cloud Meetings app** (it's free). You should then be able to join the meeting using the instructions above.

Tip: If you can't hear any sound, you can test your speakers & microphone by clicking on the arrow in the bottom left corner, next to "mute" or "join audio" whilst in the meeting.

Covid-19 Information

Vaccinations

At the time of writing, people aged 70 and over, and those classed as “clinically extremely vulnerable”, can book an appointment for the Covid-19 vaccine. If you are registered with a Salford GP you can book an appointment online here:

<https://salford.nhsvaccinations.co.uk/>

The system may offer you an appointment at a local hub (the leisure centres in Irlam, Eccles or Clarendon), or at the regional hub (The City of Manchester Stadium).

If you are unable to book online or you are having problems being verified using the online booking system, there is a freephone number you can call: **0800 953 0116**. Please note that the telephone system can be busy.

Home visits to vaccinate people aged 80+ who are house bound are also being rolled out. People are advised not to contact their GPs about this - they will be contacted to arrange an appointment.

How to protect yourself & others

- try to stay at least 2 metres away from other people – including people you live with/those in your support bubble
- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands when you get home
- wear something that covers your nose & mouth in places where it's hard to stay away from other people
- let fresh air into your home by opening windows, doors & air vents
- do not touch your eyes, nose or mouth if your hands are not clean

Advice for “Clinically Extremely Vulnerable” People

If you're at high risk (clinically extremely vulnerable) from coronavirus, you're advised to take extra steps to protect yourself.

This advice is for people who have received a letter from the NHS or their GP saying they're clinically extremely vulnerable.

Stay at home:

You're advised to stay at home as much as possible. You should only leave your home for medical appointments, exercise or if it's essential.

If you do go out, try to:

- limit how long you spend outside your home
- keep all contact with other people to a minimum
- avoid busy areas

Work:

You should work from home if you can. Your employer should support you to do this. If you cannot work from home, you're advised not to go to work. You will get a letter advising you to stay at home. You can use this letter as proof you're unable to go to work.

Getting food, medicine & shopping:

You're advised not to go to shops or pharmacies. Instead try to:

- shop online
- ask family or friends to collect shopping for you
- get help with food and medicine deliveries from an NHS volunteer – call 0808 196 3646 (8am to 8pm) to get help from NHS Volunteer Responders or visit:

<https://volunteering.royalvoluntaryservice.org.uk/nhs-volunteer-responders>

Healthy Recipe: Mushroom & Cauliflower Frittata

This dish can be served hot or cold, for breakfast or as a main meal. The cooked frittata keeps well, wrapped in foil in the fridge for up to two days. Add any leftovers at Step 1, such as roast chicken or chopped roasted vegetables.

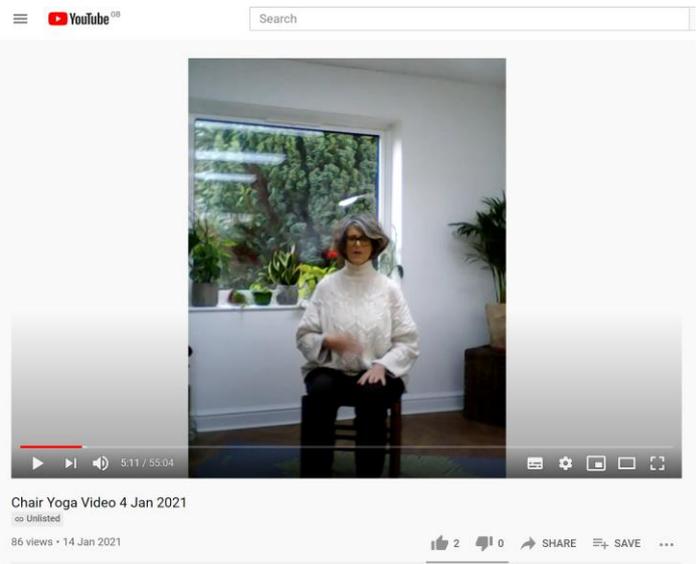
Ingredients (serves 2)

- 150g mushrooms, sliced
- 115g red onion, thinly sliced
- 1 tsp olive oil
- 150g cooked cauliflower (or broccoli), chopped bite-sized pieces
- 2 medium eggs
- 4 tablespoons skimmed milk
- 2 tablespoons chopped fresh basil, chives or flat-leafed parsley
- 25g reduced-fat soft cheese
- 1 tablespoon finely grated cheese

Method

1. Put the mushrooms and onion in a small, non-stick frying pan and stir in the olive oil. The mixture will look too much for the pan at first, but the mushrooms and onions will cook down after a few minutes.
2. Fry together over a low heat for a good 10 minutes, or until the onions and mushrooms are soft and golden and there's no excess liquid in the pan. Stir in the chopped cauliflower.
3. In a separate bowl, beat together the eggs, milk, herbs and soft cheese and pour into the pan, over the vegetable mixture. Continue to cook over a low heat for a further five minutes, then sprinkle with the grated cheese and pop under a hot grill for 2–3 minutes to brown the top. Serve hot or cold with a fresh salad.

Chair Yoga Exercise with Loretta



Our yoga instructor, Loretta Fox, has put together a series of chair yoga videos for you to use at your leisure. You can join in online in your own time and view the videos as often as you wish.

The sessions are gentle and chair-based, and are therefore suitable for all levels of ability. You can view Loretta's videos by clicking on the links below:

Session 1:

https://youtu.be/T4MSqCQkQ_s

Session 2:

https://youtu.be/Qj_016vPJ38

Session 3:

<https://youtu.be/3agwXJ1CUUsQ>

Session 4:

<https://youtu.be/RV39Yz8Nx7k>

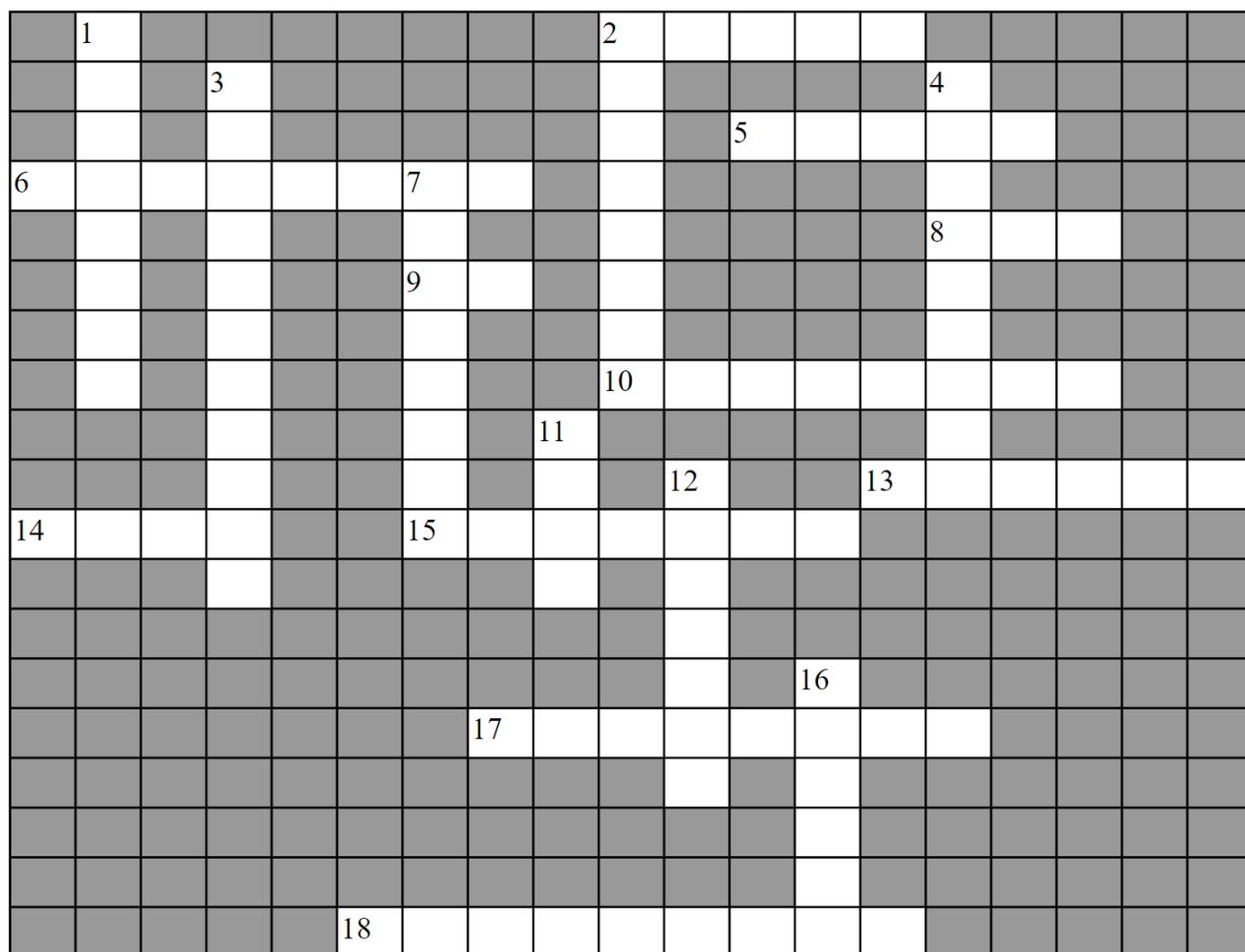
New Session 5:

<https://youtu.be/79zvPqj-YNs>

Notice: Irlam & Cadishead Social Events & Day Trips

Due to Covid-19, 2020 trips and events that were rescheduled for 2021 have now been **cancelled**. Refunds are being issued to members. Please get in touch with Serena to arrange your refund.

February Crossword.... Just for fun 😊



ACROSS

2. Country celebrating New Year on 12th February (5)
5. Country hosting Fifa Club World Cup (5)
6. February birthstone (8)
8. Ingredient in 15 across (3)
9. Animal associated with 2 across this year (2)
10. February zodiac sign (8)
13. Italian city of Shakespeare's lovers, Romeo & Juliet (6)
14. Seasonal green leafy vegetable - part of the cabbage family (4)
15. Food associated with Shrove Tuesday (8)
17. Name often used for the first woman & longest-serving Prime Minister of the UK (4,4)
18. Location of the first of the four Grand Slam tennis events this year (9)

DOWN

1. February flower (8)
2. Space shuttle that disintegrated during the end of its mission, in February 2003 (8)
3. Symbol for 10 across (5,6)
4. Saint associated with February (9)
7. Flower often seen in February (8)
11. Ash Wednesday marks the first day (4)
12. A form of self-discipline during 11 down (7)
16. Surname of the scientist & founder of the modern theory of evolution (6)

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