



# Salford Heart Care

"THE PULSE"

February 2022

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

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## Announcement



It is with deepest sympathy that we announce the passing of our dear friend, volunteer and member, **Brendan Towey**.

Brendan passed away in hospital on Thursday 2<sup>nd</sup> December 2021, aged just 62, after a long struggle with his heart. Brendan was a keen supporter of Salford Heart Care and helped to raise funds for our clubs. He was a dedicated volunteer who created crosswords for our monthly newsletter and helped at our Irlam Club. Brendan loved attending the club, as well as parties and day trips. He also joined members on the group holiday with his wife, Nancy. Brendan and Nancy moved into their new home in Thornton Cleveleys 12 months ago, but they still kept in touch and joined us on days out, and Brendan came to visit us at Irlam.

Brendan had a beautiful, caring and kind soul. Despite struggling with his own health he always put others first. He was a

lively, knowledgeable, mischievous and fun-loving person with many friends. He always had a funny story to tell or a piece of advice to share. Nancy said "he brought the gift of light into a dull and dreary situation and his kindness held no bounds". He was loved by many and will be missed by us all. We have truly lost a dear friend.

Brendan's funeral took place on Thursday 30<sup>th</sup> December at Holy Cross Church, Patricroft, and Peel Green Crematorium. Donations in memory of Brendan support Salford Heart Care and Irlam & Cadishead Healthy Heart Club. We would like to acknowledge and thank all those who have donated to us in Brendan's memory - the total raised to date is an amazing **£1,395**, which just goes to show how loved Brendan was! Our sincere condolences go to Nancy, and Brendan's family and friends. Rest in peace Brendan.

## 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**  
*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: Tue 8<sup>th</sup> March,  
5<sup>th</sup> April & 3<sup>rd</sup> May (trip days) \***  
*Chair yoga, reiki, bingo, 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> February  
→ Tuesday 8<sup>th</sup> & 22<sup>nd</sup> March  
→ Tuesday 5<sup>th</sup> & 19<sup>th</sup> April  
→ Tuesday 3<sup>rd</sup>, 17<sup>th</sup> & 30<sup>th</sup> May  
*Group discussion facilitated  
by our qualified counsellor,  
relaxation session, raffle, refreshments*



### Little Hulton Healthy Heart Club

St. Paul's Peel Community Hall,  
Manchester Road  
Little Hulton M38 9EG  
**Fortnightly Wednesdays  
10am – 12pm**

- Wednesday 2<sup>nd</sup> & 16<sup>th</sup> February
- Wednesday 2<sup>nd</sup> & 16<sup>th</sup> & 30<sup>th</sup> March
- Wednesday 13<sup>th</sup> & 27<sup>th</sup> April
- Wednesday 11<sup>th</sup> & 25<sup>th</sup> May

*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**

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

### New members are welcome to join us!

Simply turn up on the day, or give us a call on **0161 707 7402** for more information. You don't need to have a heart condition to attend our clubs - we welcome all adults who feel they may benefit from more social & emotional support or want to become more physically active. Even better... your first visit is **FREE!**

### Funding News

We're delighted to announce that St. Luke's Healthy Heart Club has been awarded two grants:

- ♥ £500 from Salix Homes
- ♥ £1,000 from The Charity Service

The grants will help to support room hire and chair yoga sessions for the next 6 months at the club. We would like to thank Salix Homes and The Charity Service for supporting our work.



## Our Day Trips

### Trips departing from Eccles & Little Hulton:

#### **Derby Arms & Scorton Barn**

**Tuesday 8<sup>th</sup> March: £30**

*Coffee stop at Huntleys  
(tea/coffee not included),  
on to The Derby Arms for  
2-course lunch,  
then a visit to Scorton Barn*

#### **Anderton Boat Lift, Riverside & Blakemere Craft Centre**

**Tuesday 5<sup>th</sup> April: £28**

*Coffee stop at Anderton Boat Lift  
(tea/coffee not included), on to The  
Riverside for 2-course lunch,  
then a visit to Blakemere Home &  
Craft Centre*

#### **York**

**Tuesday 3<sup>rd</sup> May: £13**

*Coach-only day trip to York  
See Dot or Mavis for details & to book*

### Trips departing from Irlam, Cadishead & Hollins Green:

#### **Floating Grace Lunch Cruise, Albert Docks, Liverpool**

**Sunday 20<sup>th</sup> March – full**

**Sunday 22<sup>nd</sup> May: £30**

*2-course Sunday lunch & cruise  
through The Albert Docks. Short stop  
on the way & free time at the docks in  
the afternoon.*

#### **The Club House Party Afternoon**

**Thursday 10<sup>th</sup> March**

**12-4 pm £10**

*3 course lunch with entertainment  
(note: transport not provided)*

*See Serena or Pat for details & to book*

## Diabetes: Healthy Eating Tips

### 1. Choose healthier carbohydrates like:

- ♥ whole grains (e.g. brown rice, buckwheat & whole oats)
- ♥ fruit & vegetables
- ♥ pulses like chickpeas, beans & lentils
- ♥ dairy like unsweetened yoghurt & milk

### 2. Eat less salt

Limit yourself to a maximum of 6g a day.

### 3. Eat less red and processed meat

Swap red and processed meat for:

- ♥ pulses such as beans and lentils
- ♥ eggs
- ♥ fish
- ♥ poultry like chicken and turkey
- ♥ unsalted nuts

Aim to eat 2 portions of oily fish, like salmon and mackerel, a week.

### 4. Eat more fruit and veg

Whole fruit is good for everyone including people with diabetes. Fruits do contain sugar, but it's natural sugar. This is different to the added sugar that's in things like chocolate, biscuits & cakes. Products like fruit juices also count as added sugar, so choose whole fruit.

### 5. Choose healthier fats

Healthier fats are in foods like unsalted nuts, seeds, avocados, oily fish, olive oil, rapeseed oil and sunflower oil.

### 6. Cut down on added sugar

Swap sugary drinks, energy drinks & fruit juices for water, milk, tea/coffee without sugar.

### 7. Be smart with snacks

If you want a snack, choose yoghurts, unsalted nuts, seeds, fruits & vegetables instead of crisps, chips, biscuits & chocolates.

### 8. Drink alcohol sensibly

Keep to a maximum of 14 units a week and avoid binge drinking. If you take insulin or other diabetes medications, it's not a good idea to drink on an empty stomach.

### 9. Don't bother with so-called diabetic food

To say food is a "diabetic food" is now against the law because there's no evidence that these foods offer you a special benefit over eating healthily. They often contain just as much fat and calories as similar products, and can still affect your blood glucose level. These foods can also have a laxative effect.

## Brendan's Farewell Crossword

1		2						3			4							
				5														
										6								7
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				13				14							15			
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					19													

### ACROSS

- 4. Permits (6)
- 5. Catchphrase (6)
- 6. Written work (5)
- 8. Tyre insert (5,4)
- 11. Natural hair dye (5)
- 12. Dairy product (6)
- 13. Take along (5)
- 15. Biblical garden (4)
- 18. Belly button (5)
- 19. Influenced (6)

### DOWN

- 1. Film (5)
- 2. Act, deed (5)
- 3. Wind storm (4)
- 4. As well (4)
- 7. Burn (4)
- 9. Neatly (6)
- 10. Body spray (9)
- 14. Venetian boat (7)
- 16. Pottery material (4)
- 17. Bedding (5)

### ‘Talking Hearts and Medicines’ Project

#### Could you help with a project into medicines for heart health?

Researchers at the University of Reading are looking for volunteers to contribute to a study of people who take medicines to protect their heart health. They're looking for people who have experienced being prescribed medicines to protect their heart. They would like to know more about your thoughts and feelings on the topic, by interviewing you in person or on the phone. The research will help them to design better ways of taking medicines in the future. If you'd like to contribute to the study, please contact Hannah directly by email: [h.piekarz@pgr.reading.ac.uk](mailto:h.piekarz@pgr.reading.ac.uk)

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