



Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

February 2023

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



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)

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
(except Tuesday 7th March – 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 Tuesdays
10am – 12 noon

- ➔ Tuesday 7th & 21st February
- ➔ Tuesday 7th & 21st March
- ➔ Tuesday 4th & 18th April

Group discussion with qualified counsellor, relaxation, raffle & refreshments

****Supported by Cadishead Public Band****



Little Hulton Healthy Heart Club

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

Fortnightly
Wednesdays 10am – 12pm

- ➔ Wednesday 1st & 15th February
- ➔ Wednesday 1st, 15th & 29th March
- ➔ Wednesday 12th & 26th April

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
(except Wed 5th April – trip day & Friday 7th April – Bank Holiday)

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.

Email: admin@salfordheartcare.co.uk
website: www.salfordheartcare.co.uk



EVENTS & DAY TRIPS

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

Pendle Village & The Calf's Head

Tuesday 7th March £28 - full

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**Garstang Market, 2 course lunch  
& Daisy Clough Nurseries**

Thursday 13<sup>th</sup> April £28 - full

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Bakewell Market (coach only)

Monday 22nd May £12

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*\*Trips subsidised using raffle income from  
Salford Heart Care & Eccles Healthy  
Hearts Social Club\**

**Trips Departing from Irlam,  
Cadishead & Hollins Green:**

**Lytham & The Bedford Hotel**

Thursday 16<sup>th</sup> March £30 - full

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Skipton Market & Calf's Head

Wednesday 5th April £25

Skipton market & 2-course carvery

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**Piece Hall, Hebden Bridge &  
Olympus Fish Restaurant**

Thursday 18<sup>th</sup> May £20 - full

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**Ramsbottom & Bury Steam Train
"Dining with Distinction"**

Friday 27th October £50

**Members from other clubs & non-
members welcome to join us**

*Short stop at Ramsbottom, then 1 ½ hour
steam train ride through the Irwell Valley.*

*Includes a hearty locally produced 2-
course lunch on the train, followed by
tea/coffee. Licensed bar on board. Free
time in Bury afterwards.*

****All trips subsidised using funds
from Irlam raffles****

♥ Valentine's ♥

♥ Afternoon Tea Dance ♥

at The Club House

Liverpool Road, Barton

Thursday 16th February

12 noon - 4pm

£15 per person

*Includes afternoon tea, bingo, raffle
& entertainment with "Bob Young"*

***Priority given to current members
attending Irlam & Cadishead Club***

Booking essential - limited places

subsidised using Irlam's raffles



We need your help!

**Have you been diagnosed with
aortic stenosis by a cardiologist
within the last 5 years?**

If so, you could receive £50 for taking part in a discussion about aortic valve replacement procedures. Salford Heart Care will also receive a £15 donation for the referral. If you think you might fit the requirements and would like to take part, please contact Serena 0161 707 7402, or email: admin@salfordheartcare.co.uk

Co-op Local Community Fund

Irlam & Cadishead Healthy Heart Club is one of the Co-op's Local Community Fund causes.

This means that until 21st October, Co-op members can choose to raise funds for our cause. For every £1 Co-op members spend on selected Co-op branded products and services, 2p will go directly to their chosen cause. Members must swipe or scan their membership card when they shop.

Visit <https://www.coop.co.uk/membership> to become a member & select a cause.

You can also download the Co-Op App: <https://www.coop.co.uk/coop-app>



Funding News

We're delighted to announce that we've



been awarded a grant of £1,000 from **The Charity Service** to support our work during the cost of living crisis. The Charity Service have been a great support to Salford Heart Care over the last few years and we thank them for supporting our work once again.

£1,000 Lottery Winner!



Congratulations to Diane Royse from Walkden! Diane won £1,000 last month on Salford Red's Lottery! Serena also won £25 last month. If you would like to join Salford Red's weekly lottery, please contact

Serena for more information. It costs £1 per week to play. You can either pay cash at the club or set up a direct debit online. For every £1 ticket sold by Salford Heart Care, we receive a donation of 40 pence.

Royal Mail Postage Stamps

You will be able to use non-barcoded 'everyday stamps' until 31 July 2023.

Last year, Royal Mail announced it would scrap everyday stamps that feature a profile of the Queen's head from 31 January 2023 in favour of barcoded versions. But it later extended the deadline for a further 6 months in recognition that users needed more time to adjust to the change.

So you've got until 31st July to use any non-barcoded everyday stamps before they become worthless. Alternatively, you can swap them for barcoded versions for free through the Royal Mail scheme.

Visit your local post office, website: <https://www.royalmail.com/> or call 03457 740740 for more information.

Announcements

It is with great sadness that we announce the deaths of two members of Salford Heart Care: Alma Youd and Jackie Odell.

Alma Youd (Irlam)

Alma Youd, aged 87 from Irlam, passed away on Wednesday 23rd November.

Alma attended Irlam and Cadishead Healthy Heart Club with her friends from 2012 until 2020.

Sadly, Alma became very frail during the last few years and was unable to return to the club after the pandemic.



Jackie Odell (Irlam)

Jackie Odell, aged 78 from Irlam, passed away on Monday 19th December.

Jackie attended Irlam and Cadishead Healthy Heart Club with her friends and joined us on some recent day trips out. Her funeral took place on Friday 13th January.



We send our deepest sympathy to the family and friends of Alma and Jackie at this very sad time.

NHS Survey on Hospital Appointments & Waiting Times



NHS Greater Manchester would like to hear your experience of waiting for a hospital appointment or treatment, so they can support people in the best way possible. Please can you take 5-10 mins to fill out their survey. Online survey link: <https://www.surveymonkey.co.uk/r/PlannedCareGM>

Tips for Eating Healthily on a Budget

Get your 5-a-day

- ♥ This includes any fresh fruit & veg (apart from potatoes). Try to have plenty of variety through the week.
- ♥ Look out for special offers on fruit & veg. Buy in season (cheaper & tastier).
- ♥ Frozen fruit & veg also count towards your 5-a-day and can be cheaper.
- ♥ Tinned fruit & veg also counts (in water or juice, without added sugar or salt).

Protein on a budget

- ♥ Plant proteins – like beans, lentils and tofu – are generally the cheapest way to get protein, and they're lower in saturated fat than meat so a great choice for your heart health.
- ♥ Extra-lean mince is the healthiest way to buy mince, but it does cost more. Cheaper mince contains 4 times more unhealthy (saturated) fat. If you need to buy cheaper mince, you can reduce the fat if you cook it the day before, allow it to cool, refrigerate, then remove the fat from the top the next day.
- ♥ Use less meat in dishes like shepherd's pie, Bolognese sauce, stews and curries, by adding beans & vegetables. This will also reduce the fat content.
- ♥ Skin-on pieces of chicken & pieces with bones are cheaper than skinless, boneless chicken pieces. Just remove the skin before cooking.
- ♥ Tinned fish is cheaper than fresh and doesn't need cooking.
- ♥ Frozen fish can be cheaper than fresh.

Adding healthy carbs

- ♥ Wholegrain versions of bread, pasta, or rice don't cost more than white versions. They'll help keep your digestive system healthy & are more filling.
- ♥ Porridge oats are a healthy choice, and cheaper than many cereals.

Cheap & healthy snacks

- ♥ If snacks are part of your diet, try to choose fruit, plain low-fat yoghurt and unsalted nuts for a more filling and nutritious choice.

Avoid waste

- ♥ Leftover veg can be made into soup with a tin of cannellini or butter beans to make it more substantial. Add herbs or spices instead of salty stock. You can freeze soup in portions for another day.
- ♥ Sliced bread, muffins, crumpets and buns won't go mouldy or stale if you store them in the freezer and just take out what you need. Freezing is also a good way to take advantage of end-of-the-day offers on wholegrain bread.

Energy-efficient cooking

- ♥ Microwaves and pressure cookers tend to be the most energy-efficient ways of cooking, so can save you money on your energy bills. When it comes to slow cookers, it depends on what temperature setting you're using.
- ♥ If you are using the oven, you can reduce the energy cost per dish by batch cooking. You can also try turning the oven off 5-10 minutes before the end of the cooking time, as the food should finish cooking in the heat that's still in the oven. This works well for casseroles, vegetables and shepherd's pies, but less well for things where the exact temperature is important, like biscuits and cakes.
- ♥ If you're cooking on the hob, use the smallest pan you need. Put a lid on it to speed up cooking & save on the amount of fuel you use. Don't boil more water in the kettle than needed, but if you have leftover boiling water, you can store it in a flask to use for hot drinks.

"THE PULSE" IS PUBLISHED BY SALFORD HEART CARE

An independent local charity established in 1987. Registered charity number: 1136710

Visit: www.salfordheartcare.co.uk email: admin@salfordheartcare.co.uk

Telephone: **0161 707 7402** Follow us on Facebook & Twitter **@Salford_HeartC** *Donations welcome*