



Salford Heart Care

THE "PULSE" NEWSLETTER

January - February 2020

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

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Happy New Year!

We would like to wish you all a very Happy and Healthy New Year. Thank you to everyone involved in organising our Christmas parties. They were a great success with record numbers attending.

We wish to acknowledge donations received from the following members (rather than sending Christmas cards): Fred Gorvett, David & Ann Royle, Betty Hibbert, Val & Dominique Hawes, Bev Heaton, Hazel Shaw & Christine Hudson.

We would like to thank Pat Massey for making two beautiful Christmas cakes for the raffle at Irlam which helped to raise £149.00. Thank you also to local businesses for donating raffle prizes:

- Slaters Menswear
- Morrisons, Eccles
- Kingsland Wines & Spirits, Irlam
- Tesco Extra, Irlam

Thank you to Forever Manchester who donated £200 towards the Christmas Party at Eccles from the "Great Get Together" fund.

NEW: Weight Management Competition at Eccles!

We are holding a weight management competition at Eccles Healthy Heart Club to encourage members to reach their target weight. We will be giving away a **£5 prize** each month so make sure you get weighed in the coffee bar.

Where We Meet

St. Luke's Community Hall

Swinton Park Road M6 7WR

Every Monday 1.30 pm - 2.30 pm

→ Closed Mon 13th April (Bank Holiday)

Eccles Healthy Heart Club

Patricroft URC Shakespeare Crescent

M30 0PE Tuesdays 10 am - 12 noon

→ Closed Tue 11th February – trip day

→ Closed Tue 24th March – trip day

→ Closed Tue 21st April – trip day

Little Hulton Healthy Heart Club

St. Paul's Peel Community Hall

Manchester Road Little Hulton M38 9EG

Fortnightly Wednesdays

10:30 am – 12:30 pm on:

→ Wednesday 8th & 2nd January

→ Wednesday 5th & 19th February

→ Wednesday 4th & 18th March

→ Wednesday 1st, 15th, 29th April



Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Rd M44 6AJ

Wednesdays & Fridays 9:30 am–12 pm

→ Closed Friday 10th April (Good Friday)

→ Closed Friday 8th May (Bank Holiday)

→ Closed Wednesday 17th June (trip day)

Bereavement Support Group

Cadishead Band Room

Locklands Lane Irlam M44 6RB

Fortnightly Tuesdays 10 am – 12 noon

→ Tuesday 7th & 21st January

→ Tuesday 4th & 18th February

→ Tuesday 3rd, 17th & 31st March

→ Tuesday 14th & 28th April





OUR DAY TRIPS

Departing Eccles & Little Hulton:

Calf's Head & Oswaldtwistle Mill

Tuesday 11th February - £25

2-course carvery lunch

The Millstones – Winter Warmer

Tuesday 24th March - £28

Morning coffee, lunch & entertainment

Barton Grange Boat Trip

Tuesday 21st April - full

See Dot & Mavis for more details

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### Day Trips Irlam & Cadishead:

#### **Ormskirk Market & Briars Hall**

Thursday 23<sup>rd</sup> January - full

#### **New! Club House Party Afternoon**

Monday 3<sup>rd</sup> February - £10

*3-course lunch & entertainment*

*\*non-members welcome\**

#### **Oswaldtwistle Mills Funday**

Thursday 27<sup>th</sup> February - full

#### **NEW! Tiffany's Blackpool**

Thursday 12<sup>th</sup> March - £20

*3-course lunch & entertainment*

#### **Bury Steam Train & Bents**

Wednesday 17<sup>th</sup> June

£40 (balance due)

*2-course lunch on the train whilst travelling through the Irwell Valley*

#### **Floating Grace & Albert Docks**

Sunday 19<sup>th</sup> April (full) &  
3<sup>rd</sup> May - £30 (balance due)

#### **Open soon: The Piece Hall Halifax, Hebden Bridge & Olympus Fish Restaurant**

Thursday 30<sup>th</sup> April - £15

*Visit to Piece Hall then onto Hebden Bridge. Followed by 2 course fish & chips with tea/coffee*

See Serena & Betty for more details

## Travel Pass for Older People

If you qualify for a state pension, you could be eligible for a pass that gives you free travel in Greater Manchester and the rest of England under the English National Concessionary Travel Scheme.

**From 1 February 2020, you'll need to pay £10 to add tram & train to your pass, for a year's unlimited off-peak travel on Metrolink and trains within Greater Manchester.**

There is no charge to free, off-peak bus travel across England and, if you only use buses, you can choose not to pay to add tram and train.

***\*The £10 charge does not apply to concessionary passes for disabled people.\****

### How to add tram & train to your pass

The new scheme starts 1 February, but you can pay now, to make sure you're ready. If you pay early, you will be covered for one year from 1 February 2020. After 1 February, you'll be covered for a full year from the date you pay:

- ♥ in person at a [TfGM Travelshop](#)
- ♥ in person at a [PayPoint shop](#) (from 25 January 2020 only)
- ♥ online at [getmethere.com](#). To buy online, you will need to link your concessionary pass to a **get me there** account and can find more details and a step-by-step guide at [getmethere.com/add-a-card](#).

Once you have paid online, you will need to touch-in with your concessionary pass at a Metrolink smart reader within 14 days, at any tram stop, and your pass will be updated to show you have paid to add tram and train.

If you need your pass for travelling by train and won't be able to visit a Metrolink stop first, we suggest you buy from a PayPoint or a TfGM Travelshop.

## NEW YEAR HEALTHY EATING TIPS

### Fill up with Fibre

Eating food with lots of fibre will help you feel full for longer. Fibre keeps your bowels healthy and can help reduce cholesterol. Most people in the UK eat only about 18g of fibre a day, but should aim to eat at least 30g. Increase your fibre intake gradually, though, as a sudden increase can cause cramp and constipation. And make sure to drink plenty of water - aim for 1.2 litres a day - to avoid cramp and constipation.

### Breakfast

Adding some fibre to your breakfast can help you stay feeling full until lunch and reduce the urge for a midmorning snack.

- ♥ Swap white bread for wholemeal or wholegrain varieties.
- ♥ Swap sugary cereals for high-fibre cereals such as wholegrain wheat cereals, unsweetened muesli, or porridge oats, and don't forget to check the salt content.

### Lunch & Dinner

Vegetables are a good source of fibre, so try swapping some of the things on your plate for more veg. Aim for 2 portions of veg on your plate at dinner.

- ♥ Swap white rice and pasta for wholemeal versions – simply doing this can double the amount of fibre you've eaten.
- ♥ Add pulses – beans, lentils and peas – into your meals. They're a cheap, low-fat source of fibre, protein, vitamins and minerals. Add pulses to soups, casseroles, rice and pasta, or serve baked beans (choose reduced-salt and sugar varieties) on wholemeal toast.

## Snacks

Stock up on healthier snacks such as:

- ♥ Fruit – fresh, canned or frozen. Don't forget to eat the skin on fruits such as apples & pears.
- ♥ Veg sticks – carrot, celery or cucumber sticks or a packet of sugar snap peas. You can enjoy these low calorie snacks if you feel hungry between meals.
- ♥ Reduced-fat hummus. For a bit of variety, dip your veg sticks, wholegrain crispbreads or pitta bread in a tub of reduced-fat hummus. You'll get the fibre from both the veg & the bread.
- ♥ Air-popped, plain popcorn. Homemade is best, to avoid the high fat, sugar or salt content in some commercial brands. Don't add any sugar or butter.

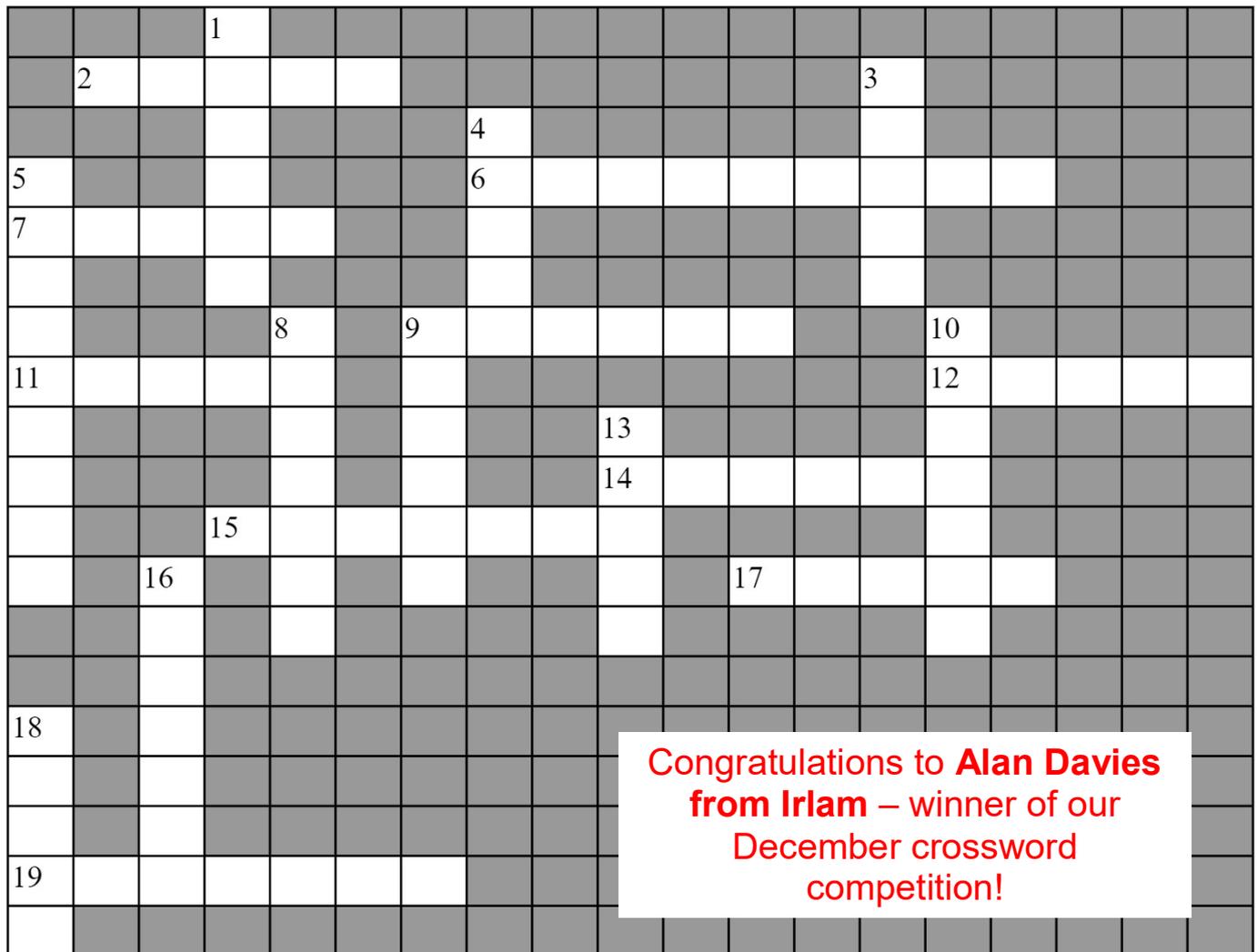
### “Portion Distortion”

No matter how healthily you eat, you can still put on weight if you eat too much. Food portion sizes today are far bigger than they were 30 years ago, which means we're consuming a lot more calories than we realise. Many of us don't know what makes a normal portion. Regain some control with these tips:

- ♥ **Eat with smaller plates and bowls.** You'll have a smaller portion and still feel satisfied.
- ♥ **Aim for 2 portions of veg on your plate.** This helps to cover your plate with low-calorie filling food, leaving less room for higher-calorie ingredients.
- ♥ **Eat slowly.** It takes about 20 minutes for your stomach to tell your brain you're full. When you eat fast, it's easy to overeat.
- ♥ **Turn off the TV.** Eating in front of the TV can mean you eat more without noticing or enjoying your food.
- ♥ **Weigh your food.** Use kitchen scales to weigh your ingredients before you cook. This will help you stick to the suggested serving sizes.

## Brendan's February Crossword Competition

All correct entries received by **Friday 28<sup>th</sup> February** will be entered into the prize draw with the chance to **win a £5 gift voucher**. Return completed crosswords to Serena or one of our volunteers at the club. ***Please include your name.***



**Congratulations to Alan Davies  
from Irlam – winner of our  
December crossword  
competition!**

### ACROSS

- 2. Side of thigh (5)
- 6. Amuse (9)
- 7. Pages within pages (5)
- 9. Range (6)
- 11. India's currency unit (5)
- 12. Japanese city (5)
- 14. Feeble, sickly (6)
- 15. Baking container (4-3)
- 17. Fire prodger (5)
- 19. Pull out (7)

### DOWN

- 1. Food store (6)
- 3. Cover with cloth (5)
- 4. Chill out (5)
- 5. Cause to be disbelieved (9)
- 8. Antennae (7)
- 9. Deserved (6)
- 10. Trod heavily (7)
- 13. Language, informally (5)
- 16. Emotional bond (7)
- 18. Fishing basket (5)

**Congratulations to Alan Davies, Margaret Smith and Margaret Flynn - they all celebrated their 80<sup>th</sup> Birthday in January..... Happy Birthday!**

**“THE PULSE” IS PRINTED & PUBLISHED BY SALFORD HEART CARE**

Donations welcome via: [virginmoneygiving.com](http://virginmoneygiving.com) or post: Salford Heart Care, c/o The Egan Project,  
19 Green Lane, Eccles M30 0RP, or PayPal Email [admin@salfordheartcare.co.uk](mailto:admin@salfordheartcare.co.uk)

TEL: 0161 707 7402 Follow us on Twitter: [@Salford\\_HeartC](https://twitter.com/Salford_HeartC)