



# Salford Heart Care

## "The Pulse" Newsletter

### July 2015

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

**Gold Level CardiacSmart Winners 2013**



**The Queen's Award  
for Voluntary Service**



### Coast to Coast Sponsored Cycle Challenge Whitehaven to Newcastle

Peter Royse (son of Diane & David Royse at Little Hulton) will be cycling 140 miles from Whitehaven to Newcastle to raise money for Salford Heart Care. Peter's challenge was due to take place in July, however he has recently suffered an injury so the event may be postponed until September. We will keep you informed. Thank you to everyone who has shown their support for Peter so far....

- ♥ Irlam & Cadishead members have raised £40.00
  - ♥ Eccles members have raised £29.00
  - ♥ Members at Little Hulton have raised over £50.00
- If you would like to sponsor Peter please speak to Serena, or Diane at Little Hulton.*

### Announcements

**It is with regret and sadness that we announce the death of our member Carol Barber.**



Carol at the club last November

Carol passed away on Monday 1<sup>st</sup> June in St. Ann's Hospice. Carol was just 57 years old and died following her battle with cancer. A beautiful service was held for Carol at East Lancs Crematorium in Radcliffe on Monday 8<sup>th</sup> June. Carol had been attending our club at Eccles

for the past 12 months with her mother, Nora McAlinden. Nora would like to thank the members for their kind words of sympathy and support.

*Our thoughts are with Nora, Carol's husband John & the family at this very sad time.*

**It is with regret and sadness that we announce the death of our member, John Royle.**

John passed away at home in Irlam on Monday 8<sup>th</sup> June, aged 79. John's funeral took place on Wednesday 24<sup>th</sup> June at Peel Green Crematorium.

John regularly attended our club at Irlam and had been coming along for 4 years. He had many friends at the club and enjoyed taking part in the social trips and days out. He would often meet up with friends after the club to go out for lunch. John will be dearly missed.



John enjoying our day trip to Southport in 2011

John will be dearly missed.

*Our deepest sympathy goes to John's family & friends at this sad time.*



### Salford Heart Care Evening Cardiologist Presentation

**with: Dr Alan Fitchet**

*Patron of SHC & Cardiologist, SRFT*

**Wednesday 15th July, 7pm**

Patricroft URC, Franklin Street M30 0QZ

*Light refreshments provided. All welcome.*

Please confirm your attendance with Serena: Tel 0161 707 7402 Email: admin@salfordheartcare.co.uk

### Salford Red Devils Lottery..... An even better reason to take part!

Salford Red Devils Lottery have now agreed to donate 40% of ticket sales to Salford Heart Care. This means that for every £1 ticket we sell, 40p will be donated to Salford Heart Care. Lottery ticket sales have raised more than £1,000 for our organisation in the first year alone..... we could now raise even more with your support!

If you have family, friends or neighbours who would like to play the local lottery & donate to a worthy cause at the same time please let us know so that we can make arrangements.

*Last month Vincent Clifford, Rose Waning, Sandra Kelly, David Royse, Lesley Roberts & Doreen Knight were all winners on the lottery!*



## **Trips Departing from Eccles & Little Hulton:**

**Skipton Market & Keighley to Howarth Railway**

**Wednesday 8<sup>th</sup> July**

**£17 per person includes train fare**

**SHC Anniversary Celebration Day:  
The Lindum Hotel (2 course lunch)  
& Blackpool Ice Show followed by  
afternoon tea**

**Tuesday 11<sup>th</sup> August**

**£28 per person (£10 deposit required)**

*See Dot or Mavis for more details  
about any of the above trips or to book a place*

## **Trips Departing from Irlam & Cadishead:**

**Chester Meal & Boat Cruise**

**Thursday 23<sup>rd</sup> July -full**

**Thursday 3<sup>rd</sup> September**

**£20 per person (members)\***

**£25 non-members**

*Includes coach & river cruise with 4-course meal*

**Christmas at The Rivington Barn  
with The Houghton Weavers**

**Thursday 12<sup>th</sup> November -full**

**£23 per person (members)\***

**£25 non-members**

*Includes coach, 3 course meal & entertainment*

**Christmas at The Lindum Hotel,  
Lytham St. Anne's**

**Monday 14<sup>th</sup> December**

**£17 per person (members)\***

**£20 non-members**

*Includes coach, drink on arrival, 3 course meal,  
coffee & mince pies & entertainment*

**See Serena or Betty for more details  
or to book a place**

**\*Trips for Irlam & Cadishead are subsidised from  
fundraising activities organised by volunteers.**

**£5 Gift Voucher Winner!**

**Congratulations to Marion El-Qasem from our Eccles  
branch - winner of our June Crossword Competition.**

**See page 5 for this month's quiz.**

## **Healthy Recipe: Chicken Marengo**

### **Ingredients (serves 4):**

- ♥ 2 tablespoons olive oil
- ♥ 1 carrot
- ♥ 1 medium onion
- ♥ 50g bacon
- ♥ 300g mushrooms
- ♥ 100g tomato puree
- ♥ 2 medium tomatoes
- ♥ 100ml red wine
- ♥ 2 cloves of garlic
- ♥ 80g plain flour
- ♥ 1 litre chicken stock
- ♥ 500g chicken
- ♥ 1 bay leaf
- ♥ 30g chopped parsley

### **Method:**

1. In a casserole dish, heat 1 tablespoon of olive oil. Add the onion, garlic, carrot and bacon and cook for 2 minutes. Add the tomato puree and cook for another minute.
2. In a frying pan, heat the rest of the olive oil and cook the mushrooms until soft. Add the chicken and cook briefly on each side to colour. Transfer the mushrooms & chicken to the casserole dish.
3. Stir in the chopped tomatoes, bay leaf and flour and leave to cook for another minute.
4. Add the wine and the chicken stock, then bring the mixture to the boil and let it simmer for 40 minutes - until the chicken is cooked thoroughly.
5. Serve with chopped parsley sprinkled on top.

## **YOUR HEALTH**

### **The groove affects your heart**

**Repeated musical phrases can affect the heart rate, which may mean music could be used as a treatment for heart conditions, according to research presented at the British Cardiovascular Society (BCS) Conference in Manchester.**

The findings of over 20 years of research, presented by the renowned cardiologist and researcher Professor Peter Sleight from the University of Oxford, show that hearing a repeated 10 second rhythm found in various music compositions, particularly by Verdi, coincides exactly with changes in blood pressure that reduce the heart rate. The researchers played different music styles to people and analysed each person's cardiovascular response – including blood pressure and pulse measurements. The responses to calming (Indian rajas), or exciting music (jazz or fast classical), were similar between individuals. These findings suggest that a music therapy to calm individuals could be relatively simple – music would not need to be tailored to the individual.

Professor Peter Sleight of the University of Oxford said: "Music is already being used commercially as a calming therapy but this has happened independent of controlled studies into its effectiveness. Our research has provided improved understanding as to how music, particularly certain rhythms, can affect your heart and blood vessels.

## Eggs and Cholesterol

**In the past it was thought that people should limit the number of eggs they eat to 3-4 a week because they contain cholesterol - It is the egg yolks that have the cholesterol. However, the misconceptions around eggs and cholesterol largely stemmed from incorrect conclusions drawn from early research that dietary cholesterol contributed to raised blood cholesterol levels.**

Now current research shows that for most healthy people, cholesterol in food, such as eggs, has a much smaller effect on blood levels of total cholesterol and harmful LDL cholesterol, especially when compared with the much greater and more harmful effects of saturated fatty acids found in foods such as butter and fatty meat. Eggs are, in fact, low in saturated fat. Recent research has also shown that moderate egg consumption - up to one a day - does not increase heart disease risk in healthy individuals & can be part of a healthy diet.

As such, since about 2000, major world and UK health organizations, such as the Department of Health, changed their advice on eggs and there is now no recommended limit on how many eggs people should eat, as long as you eat a varied diet. However, people with familial hypercholesterolaemia would still be advised to restrict dietary cholesterol intake - no more than 3-4 eggs a week.

Eggs are a nutritious food, but you still need to pay attention to how the eggs are cooked and the 'trimmings' that come with them. For example, scrambled eggs with baked beans on wholegrain bread are a far different meal than a fry up with eggs, bacon, sausage and white toast with butter.

## How fat can help fight heart disease

**The fat surrounding our blood vessels can help fight heart disease and reduce the risk of a heart attack, according to research presented at a major conference.**

The studies were led by BHF Research Fellow, Professor Charalambos Antoniades at the University of Oxford, and presented at the British Cardiovascular Society (BCS) Conference in Manchester.

The results may help explain the medical mystery that people with a high Body Mass Index (BMI), signifying obesity, are actually more likely to live longer after a heart attack than someone with a healthy BMI.

Professor Antoniades and his colleagues analysed tissue collected from patients undergoing heart

surgery and revealed how the heart, and the arteries supplying blood to it, send out an SOS to the fat surrounding these tissues in order to stimulate a defence mechanism against the early stages of coronary heart disease.

The researchers revealed that during oxidative stress (a process that leads to the furring of the arteries known as atherosclerosis), the fat surrounding the vessels and heart releases chemicals that minimise this oxidative stress and help to prevent the development of coronary heart disease. These chemicals are anti-inflammatory to minimise the inflammation triggered by oxidative stress and anti-oxidant to target the damaging process itself.

Professor Charalambos Antoniades, Associate Professor of Cardiovascular Medicine at the University of Oxford, said: "Fat has a bad reputation but we're learning more and more about how and why certain types of fat in the body are actually essential for good heart health. These findings are an important step towards a treatment that ensures this fat stays on-side throughout our lives to help prevent heart disease."

The team are now looking at how these healthy processes can be weakened if the fat is unhealthy, as can be the case if a person has type 2 diabetes. They are developing treatments to reverse this so this fat has a positive impact all the time.

## New research claims hidden sugar in supposedly healthy snacks

**New research has revealed the high amounts of hidden sugar in supposedly healthy snacks.**

The research, released by Action on Sugar, shows that of the 'healthy' fruit snack products surveyed, including Fruit Bowl Fruit Flakes Raspberry Rush (25g), The Fruit Factory Sports Mix-Ups (5x18g) and Whitworths Sunny Raisin Coated Custard Raisins (25g); over three quarters (85%) contain more sugars than Haribo Starmix (47g/100g) confectionary per 100g – with some containing over 4 teaspoons per portion. Almost all (99%) of the products would receive a 'red' colour coded warning on the label for high sugars per 100g.

Victoria Taylor, BHF Senior Dietitian, explains: "Across the board we are eating more sugar than is recommended and it's not always easy to tell which foods are the healthy options. Things that we might assume to be a healthy choice can still come with high amounts of sugar, salt and saturated fat. That's why it is so important that we have clear, colour coded front of pack information on all foods so that busy parents can make the right decisions about the food they buy for their family."



# OUR HEALTHY HEART CLUBS July - September 2015

Tel:0161 707 7402 Email:[admin@salfordheartcare.co.uk](mailto:admin@salfordheartcare.co.uk) website:[www.salfordheartcare.co.uk](http://www.salfordheartcare.co.uk)

## Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Road Irlam

Every Wednesday & Friday 10 am - 12 noon



### Highlights...

- Friday 17<sup>th</sup> July - Action For Hearing Loss
- Friday 7<sup>th</sup> August - Power of Attorney & Legal Information
- Friday 17<sup>th</sup> July, 14<sup>th</sup> & 28<sup>th</sup> August & 25<sup>th</sup> Sept - Relaxation Session

*Charge: £1 entrance & 50p towards refreshments. Activities: Dancing, healthy hips & hearts chair exercise, Tai Chi for Health, reiki therapies (fortnightly, £1 charge), relaxation session, weight management support, bingo, raffle (£1 ticket), bric-a-brac-stalls, books, subsidised social activities & day trips.*

## Eccles Healthy Heart Club

Patricroft URC Hall Franklin Street Patricroft

Every Tuesday\* 10 am - 12 noon

- Tuesday 7<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> July & 4<sup>th</sup> August - Stress Management Course
- Tuesday 18<sup>th</sup> August - Salt and Fibre Talk
- Tuesday 28<sup>th</sup> July & 28<sup>th</sup> August - Tai Chi session
- Tuesday 1<sup>st</sup> September - Power of Attorney & Legal Information
- **Tuesday 11<sup>th</sup> August - branch closed for Anniversary Trip to Blackpool**
- **Wednesday 15<sup>th</sup> July - 7pm Cardiologist Evening Presentation - All welcome**

*Charge: £1.50 entrance (includes raffle) & 50p towards refreshments*

*Activities: Tai Chi, dance exercise, craft sessions, reiki therapies (£1 charge), relaxation session, indoor games & bingo (50p), weight management support, books & bric a brac stall, & regular social trips*

## Little Hulton Healthy Heart Club

St. Paul's Peel Community Hall Manchester Road Little Hulton

Fortnightly on Wednesdays 11 am - 1 pm

- Wednesday 1<sup>st</sup> July - Tai Chi & Relaxation
- Wednesday 15<sup>th</sup> July - Tai Chi & "Sugar" Healthy Eating Presentation
- Wednesday 29<sup>th</sup> July - Tai Chi, Relaxation & Action For Hearing Loss
- Wednesday 12<sup>th</sup> August - Tai Chi & Relaxation
- **Wednesday 26<sup>th</sup> August - branch closed for annual floor maintenance**
- Wednesday 9<sup>th</sup> September - Relaxation
- Wednesday 23<sup>rd</sup> September - Relaxation & Tai Chi

*Charge: £1.50 entrance includes raffle & 50p towards refreshments.*

*Activities: Line dancing, Tai Chi for Health, relaxation, indoor games, & social trips*

## Weaste/Claremont Healthy Heart Club

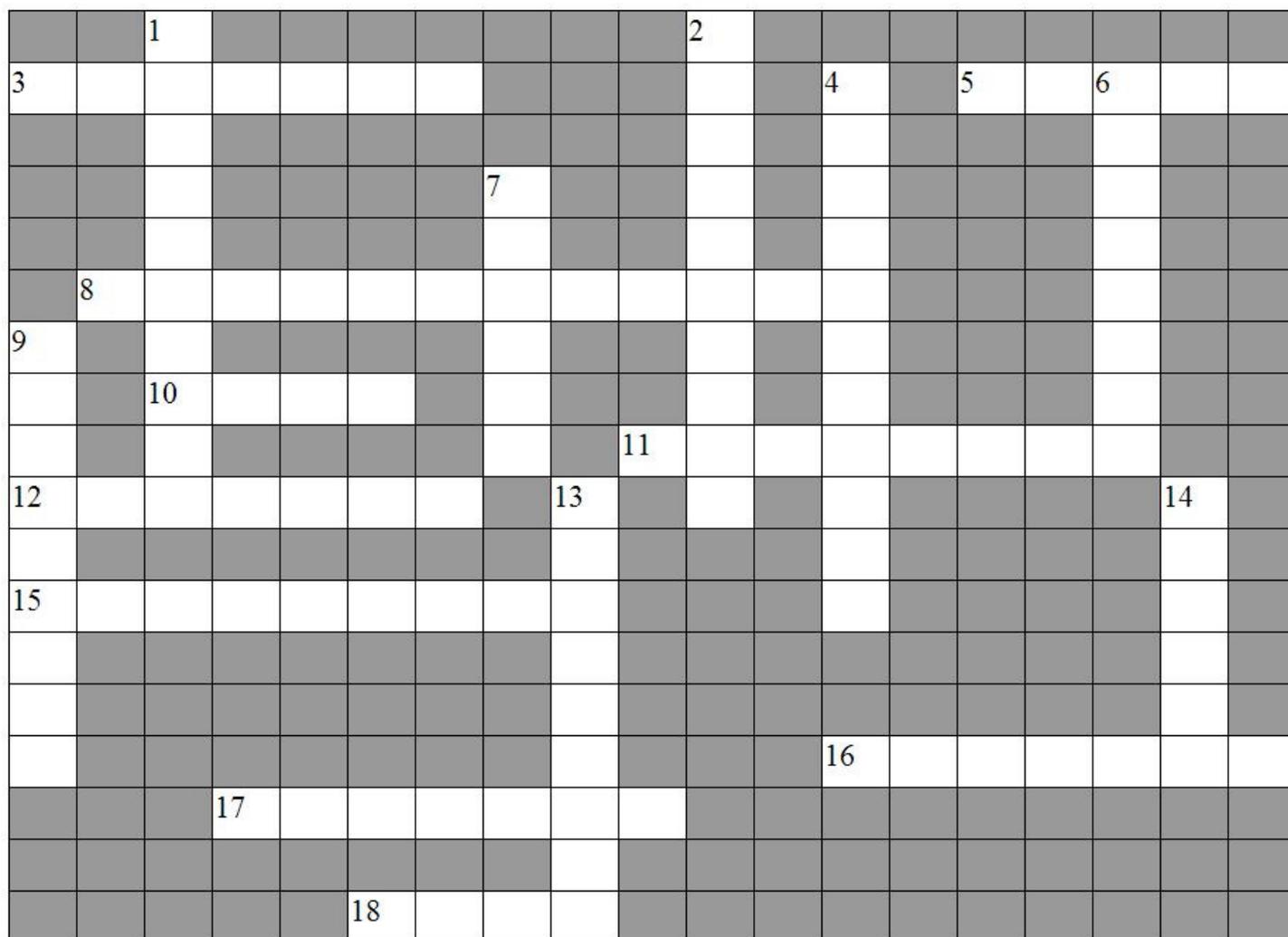
De La Salle Sports & Social Club, Wilton Road, Salford

Every Tuesday 10 am - 11 am

*Charge: £2.50 Activities: Cardiac exercise session with relaxation & refreshments*

## COMPETITION CORNER: *Try our July - Themed Crossword*

All correct entries received by **Friday 24<sup>th</sup> July** will be entered into a **prize draw** with the chance to **win a £5 gift voucher**. Please return your completed crossword to: **Salford Heart Care, c/o Patricroft URC, Franklin Street, Eccles M30 0QZ** (or hand it in). **Please include your name & address!**



### ACROSS

3. This famous Thomas was born July 1489, the first protestant Arch Bishop of Canterbury established the basic structures of the Church of England (7)
5. The first monarch to rule England, Scotland & Ireland, calling himself 'King of Great Britain' (5)
8. \_\_\_ day - American holiday in July (12)
10. This electric mode of London public transport ceased in July 1952 (4)
11. \_\_\_ Day - French national holiday celebrated on 14 July (8)
12. \_\_\_ Day - National Day of the Isle of Man on 5th July (7)
15. Surname of the first man to walk on the moon July 1969 (9)
16. North Yorkshire village with a white horse hill figure, known for its 7 mile foot race (7)
17. Harry Potter Author born July 1965 (7)
18. July birthstone (4)

### DOWN

1. Surname of the first President of the United States (10)
2. This palace is the official London residence of Britain's monarchy since July 1837 (11)
4. Location of the British F1 Grand Prix (11)
6. Henry VIII's "great ship" sank July 1545 (4,4)
7. Another term for "Swan Upping" which takes place every year in July along the River Thames (6)
9. Smallest continent in the world (9)
13. American rabbit cartoon character who appears in Looney Tunes, debuted July 1940 (4,5)
14. July zodiac sign (6)

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