



Working to become
**Dementia
Friendly**
2014-2015

Salford Heart Care

"THE PULSE" NEWSLETTER

July 2017

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



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

Salford Heart Care

Invites you to our.....

**Annual Evening Presentation
with Dr Fitchet**

Cardiologist & Patron of SHC

Wednesday 19th July 7pm

**Patricroft URC, Shakespeare
Crescent M30 0PE**

All welcome

Please confirm your attendance with
Serena: Tel: 0161 707 7402

Or email: admin@salfordheartcare.co.uk



Congratulations to Peter and Lynn Frier celebrating their 60th Wedding Anniversary this year with a letter from the Queen.

Thank you.....

Norman & Mavis Yarwood would like to thank Dot and Mavis and all those who helped Norman after his fall during the annual group holiday. Norman was bruised and sore afterwards but we're pleased to report that he's recovering well.



Maureen Chapman (left) with a photo of her late husband, George. Last month we held a cake celebration at Eccles to mark one year since George's passing.

Local Honey for Sale

Vincent & Joy Jackson (Eccles) are selling homemade local honey priced at £4.00 per jar (340g) with 50p being donated to Salford Heart Care. *If you would like to purchase a jar of honey please speak to Serena or Joy.*



Announcement: Shelley Valentine 18/08/1948 - 22/06/2017



It is with great sadness that we announce the death of our dear member, Shelley Valentine from Irlam. Shelley passed away in hospital on Thursday 22nd June, aged 68.

Shelley was a lively, fun and valued member and volunteer at Irlam and Cadishead Healthy Heart Club. She regularly helped on the door and attended the Queen's Award ceremony with us in 2014. She was very proud of the award. Shelley will be missed by all her friends at the club and our sincere sympathy goes to her family and friends. Shelley's funeral will be held on Tuesday 4th July at Peel Green Crematorium, 11am. Donations to Salford Heart Care (Irlam Club).



SOCIAL OCCASIONS

Trips from Eccles & Little Hulton:

Chester

Tuesday 25th July - £18 per person
Beaufort Park Hotel for tea/coffee & scone then onto Chester for the day

Viva Blackpool Cabaret Show 30th Anniversary Trip

Tuesday 22nd August
£21 per person (incl. non-members)
Calling at the garden centre in the morning, 2-course carvery meal & afternoon entertainment at Viva

Ullswater

Tuesday 19th September - £28 per person
2-course lunch at the hotel by the lake & 1-hour boat trip on Lake Ullswater

See Dot & Mavis for more details

Trips from Irlam & Cadishead

Chester Boat Trip

Thursday 27th July 2017 - waiting list

Viva Blackpool Cabaret Show 30th Anniversary Trip

Tuesday 22nd August
£21 per person (incl. non-members)
Calling at the garden centre in the morning, 2-course carvery meal & afternoon entertainment at Viva

Llandudno & The Queen's Hotel

Tuesday 19th September 2017
Full-waiting list only

Ryecroft Hall (The Bourne Poacher)

Thursday 19th October 2017
Full – waiting list only

Oswaldtwistle Mills & “Ace of Clubs” Cabaret Show

Thursday 9th November 2017
£21 per person (£24 non-members)
Coach, 3-course meal & afternoon entertainment

See Serena & Betty for more details

Raffle tickets now on sale for the 30th Anniversary Celebration £1 per strip. Draw will take place at Viva Blackpool with prizes distributed after the day out.

Recipe: Bruschetta with roast tomato, red onion & cannellini beans

Ingredients (Serves 2)

- ♥ 4 slices of ciabatta bread or baguette
- ♥ 1 small clove garlic, halved
- ♥ 1 small red onion, cut into thin wedges
- ♥ 2 tsp olive oil
- ♥ 6–8 cherry/baby plum tomatoes, halved
- ♥ 85g canned cannellini or butter beans
- ♥ 1–2 tbsp chopped fresh parsley

Method:

1. For roast tomato topping, preheat oven to 200°C/180°C fan/gas mark 6. Put onion wedges in a small, non-stick roasting tin. Drizzle over oil; toss to mix. Roast in oven for 10–15 minutes. Lightly stir in tomatoes & beans; roast for 10 minutes. Remove from oven. Squish tomatoes & lightly crush beans in tin; mix together lightly with onion. Stir in parsley; season with black pepper.
2. Preheat grill to medium-high. Lightly toast bread slices on both sides. While still hot, rub garlic halves over one side of each piece of toast.
3. Pile the topping mixture evenly on to the garlicky side of the toast slices. Serve immediately, allowing 2 slices per person.

HULMES FREE FERRY

Fancy a trip across the Manchester Ship Canal from Irlam to Davyhulme or Flixton? There's a free ferry and it takes approximately 2-3 minutes.

28th April to 11th September Friday, Saturday, Sunday, Monday. - 12 Noon to 17:30

15th September to 29th October Friday, Saturday, Sunday. - 12 Noon to 17:00

To reach the ferry from Irlam go towards Boysnope Golf Club. Just before the entrance to the Golf Club turn right off Liverpool Road into the industrial estate. Keep to the left - there is a gap in the hedge giving access to the footpath which takes you down to the jetty.

The Hulmes free Ferry was established in 1885 by an act of parliament making the Manchester Ship Canal owners responsible for providing a free ferry to replace a low lying bridge that had to be demolished to allow access for tall ships up the canal. It is still operating to this day.



OUR HEALTHY HEART CLUBS July - September 2017

0161 707 7402 admin@salfordheartcare.co.uk www.salfordheartcare.co.uk

Eccles Healthy Heart Club

Patricroft URC Hall Shakespeare Crescent Patricroft M30 0PE

Most Tuesdays 10 am - 12 noon

- Tuesday 4th, 11th & 18th July
- Tuesday 1st, 8th, 15th & 29th August
- Tuesday 5th, 12th & 26th September

→ **Closed: Tuesday 25th July, 22nd August, 19th September - trip days**

Charge: £1.50 entrance (includes raffle) 50p for refreshments **Activities:** Tai Chi, dancing, crafts, reiki (£1 charge), relaxation, blood pressure monitoring, games & bingo, weight management, books & bric a brac stall & regular social trips



Weaste & Claremont Healthy Heart Club

De La Salle Sports & Social Club Lancaster Road Salford M6 8AQ

Every Tuesday 10 am (except 5th & 12th September)

Charge: £2.00 (members) £2.50 (non-members)

Little Hulton Healthy Heart Club

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

Fortnightly Wednesdays 10:30am - 12:30pm

- Wednesday 5th & 19th July
- Wednesday 2nd & 16th August

→ **Closed: Wednesday 30th August (hall maintenance)**

- Wednesday 13th & 27th September

Charge: £2 includes refreshments & raffle **Activities:** Dancing, Reiki (£1 charge), Tai Chi, games, relaxation, blood pressure checks, crafts, regular social trips

Teresa Saunders (Irlam) won our June crossword competition!

Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Road Irlam M44 6AJ

Reminder: **Wednesdays & Fridays 9:30 am - 12 noon**

- Wednesday 12th July -help with energy switching (Salford Foundation)
- Wednesday 28th July, 25th August, 1st & 29th September - Relaxation

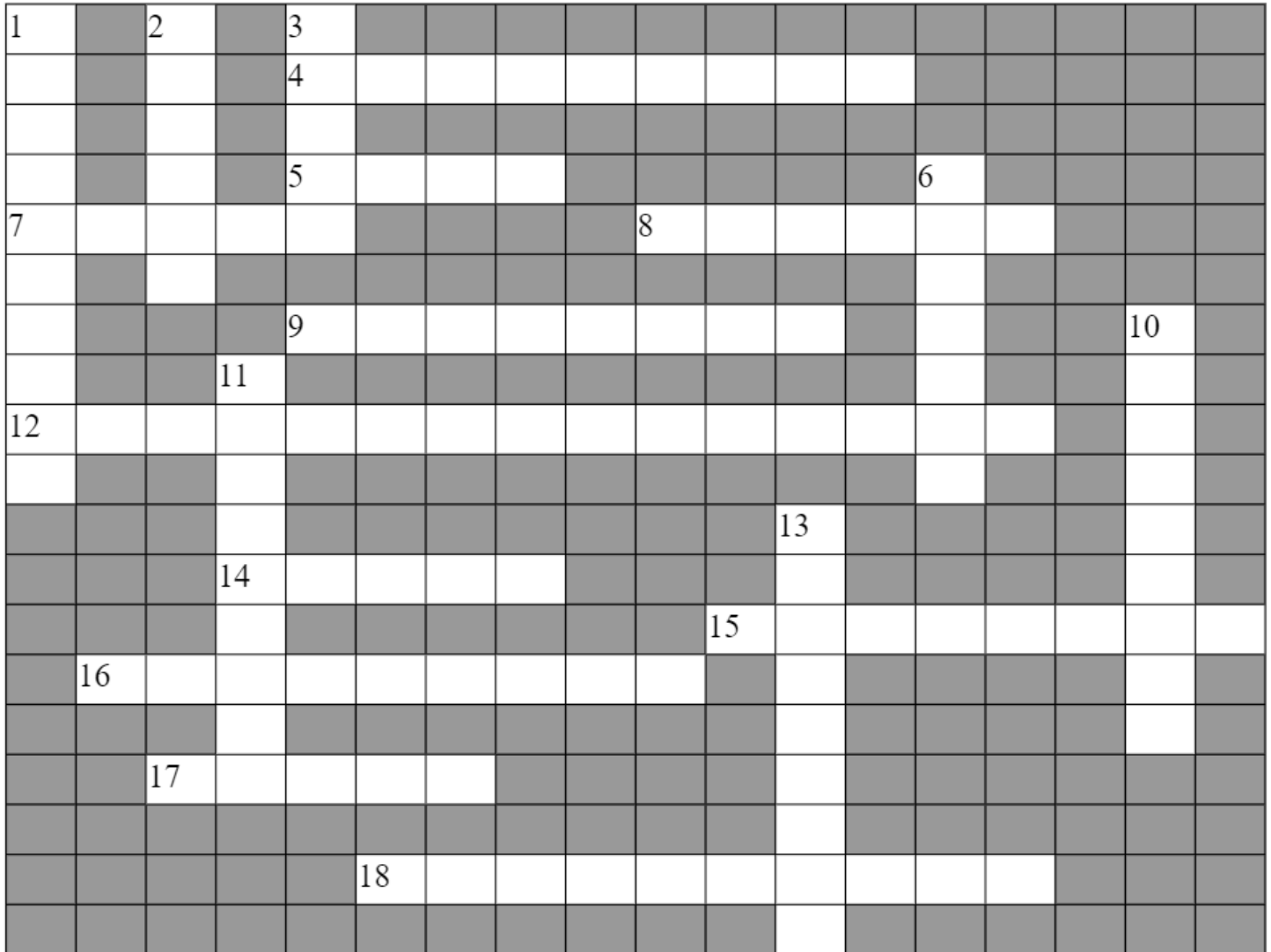
→ **Closed: Wednesday 30th August (holiday)**

Charge: £1 entrance, 50p for refreshments. **Activities:** Dancing, chair exercise, Tai Chi, reiki (fortnightly, £1 charge), relaxation, weight management, blood pressure checks, crafts, bingo, raffle, books & bric-a-brac-stall, regular day trips

JULY COMPETITION CORNER

All correct entries received by **Friday 21st 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 at the club). **Please include your name** (and address if you're not a member).



ACROSS

4. Tynwald Day is the National Day here (4,2,3)
5. July birthstone (4)
7. 10 years ago on 1st July 2007 public places & workplaces in England became free of this (5)
8. Correctional facility at 15 across (6)
9. July flower (8)
12. Federal US holiday on July 4 (12,3)
14. Lunar module used for the first moon landing (5)
15. "la Fête nationale" is better known as this Day? (8)
16. Austrian grand prix location (9)
17. Cricket venue in London (5)
18. Constellation with the brightest star (5,5)

DOWN

1. Canadian province (4,6)
2. Inventor of the pneumatic tyre (6)
3. Traditional bishop's head-dress (5)
6. Capital of 4 across (7)
10. Country and continent (9)
11. First atomic bomb was tested here in July 1945 (3,6)
13. Festival observed by Buddhists this month (6,3)

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

Salford Heart Care is a registered charity (number 1136710)

Donations welcome via: virginmoneygiving.com or post:

Salford Heart Care, c/o Patricroft URC, Franklin St, Eccles M30 0QZ

Email: admin@salfordheartcare.co.uk TEL: **0161 707 7402** Follow us on Twitter: @Salford_HeartC

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