



# Salford Heart Care

## THE "PULSE" NEWSLETTER

July 2018

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



### NEW! "Laughter Yoga" Workshops at Irlam



Robin Graham from "Feel Good Communities CIC" has secured funding from Salford CVS's Little Pot of Health and Wellbeing Fund. He will be facilitating a series of laughter yoga workshops at Irlam and Cadishead Healthy Heart Club (Annex Room) over the next few months.

#### Benefits:

Laughter Yoga is a natural anti-depressant. It's proven to:

- ✓ boost the immune system
- ✓ lower resting blood pressure
- ✓ reduce stress levels
- ✓ uplift participants

#### Laughter Workshops 11am – 12 noon

- ♥ Friday 20<sup>th</sup> July
- ♥ Friday 10<sup>th</sup> August
- ♥ Friday 31<sup>st</sup> August
- ♥ 5<sup>th</sup> October
- ♥ 26<sup>th</sup> October

### Peter Kershaw Trust Grant Award



We are delighted that The Peter Kershaw Trust has awarded a grant to support activities at Little Hulton Healthy Heart Club.

*We would like to thank the Trust for supporting our work once again.*



### New Bereavement Support Group



Salford Heart Care is proud to announce that a new Bereavement Support Group has launched in Irlam. The project has developed from an idea that came from Pauline Watson, Joan Jones, Christine Hudson & Lynda Waring, who are members of Irlam & Cadishead Healthy Heart Club. They have their own experiences of coping with bereavement, as well as loss through suicide. They are well aware of the lack of support available locally, and the impact this can have on mental health and wellbeing. Coordinator, Serena Rice fully supports the project, particular after the sudden death of her sister one year ago. *"You never get over the loss of a loved one. Some people think that after a few weeks you should be okay again but it doesn't work like that. Rather, you learn how to cope and live with loss as part of your life."* Lynda says *"There's no right or wrong way to grieve, but talking is sure to help. That's why we decided to set up the Bereavement Support Group."*

**The Bereavement Support Group meets fortnightly on Tuesdays, 10am –12 noon, at Cadishead Band Room (Irlam Community Centre), Locklands Lane, Irlam M44 6RB. Forthcoming meeting dates are:**

- ♥ Tuesday 3<sup>rd</sup>, 17<sup>th</sup> & 31<sup>st</sup> July
- ♥ Tuesday 14<sup>th</sup> & 28<sup>th</sup> August
- ♥ Tuesday 11<sup>th</sup> & 25<sup>th</sup> September

Contact Serena: 0161 707 7402  
[admin@salfordheartcare.co.uk](mailto:admin@salfordheartcare.co.uk)

## Dessert Recipe: Summer Berry Crush

### Ingredients (serves 2):

- ♥ 200g frozen mixed summer berries, defrosted
- ♥ 200g carton virtually fat-free fromage frais
- ♥ 1 tbsp caster sugar or intense sweetener to taste
- ♥ 25g amaretti biscuits, shortbread or ginger biscuits, lightly crushed



### Method:

Gently fold together all the ingredients and spoon into serving glasses.

### Fire Safety: "Safe & Well" Visits

Did you know you can book a free "Safe & Well" visit carried out by trained Fire Service staff? To find out more or book an appointment call free: 0800 555 815.

### Brockholes Nature Reserve

Brockholes in Preston has hosted over 500,000 visitors since opening in 2011. Based on the site of an old quarry, the Trust has used their expertise to create habitats for lots of different wildlife. You can explore the 250 acre reserve with its network of trails and hides, not to mention the fantastic views overlooking the River Ribble. You can also explore the woods or enjoy the lakes on site, which have been specially designed to attract all kinds of wildlife for you to see.

The spectacular floating Visitor Village is the first of its kind in the UK, bringing you as close to nature as possible. The Visitor Village hosts a Welcome Centre, an activity room, the lakeside Reed Bed Restaurant, *The Nest* gift shop and Coats, which is the perfect place to get a quick snack or one of the many flavours of ice cream!



## OUR DAY TRIPS....

**Trips from Eccles & Little Hulton:**  
**Brockholes Nature Reserve,  
Longlands & Scorton Barn**

Tuesday 10<sup>th</sup> July - £28 - full

**Millstones Summer Sizzler Party**

Tuesday 21<sup>st</sup> August - £28

**Settle & Wensleydale**

Tuesday 18<sup>th</sup> September - £14

*Inc. vintage bus ride – bring bus pass!*

**Ryecroft Hall – Young at Hearts**

Tuesday 16<sup>th</sup> October - £28

*3 course lunch & entertainment*

**Christmas at Briars Hall**

Tuesday 11<sup>th</sup> December - £28

*3 course lunch & entertainment*

**See Dot & Mavis for more details**

**Trips from Irlam & Cadishead**

**Coach Only Trips**

♥ Llandudno - Mon 2<sup>nd</sup> July - full

♥ Southport - Mon 6<sup>th</sup> August - full

♥ Windermere - Thurs 16<sup>th</sup> Aug - full

♥ York - Monday 17<sup>th</sup> September - full

**Chester & Mill Hotel Boat Trip**

Mon 30<sup>th</sup> July – full

**Brockholes Nature Reserve &  
Olympus Fish Restaurant**

Thursday 6<sup>th</sup> September - £18

Includes 2 course fish & chips meal

**Barley Farm Golden Years Party**

Wednesday 3<sup>rd</sup> October - £8

Entertainment & 3 course meal

**Christmas at Ryecroft Hall**

Mon 19<sup>th</sup> November – £25 (£30 non-members) 3 courses & entertainment

**Christmas at Barley Farm**

Wednesday 12<sup>th</sup> December - £8

Entertainment & 3 course meal

**Christmas at Briars Hall**

Mon 17<sup>th</sup> December - £23 members  
(£25 non-members) *3-course meal*

**See Serena & Betty for more details**



# WHERE WE MEET July - September 2018



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

## Eccles Healthy Heart Club

Patricroft URC Hall Shakespeare Crescent Patricroft M30 0PE

Most Tuesdays\* 10 am - 12 noon

→ Tuesday 3<sup>rd</sup> July - debt & welfare advice

→ Tuesday 4<sup>th</sup> September - Ceremonial Mayor visit

→ \*Tuesday 10<sup>th</sup> July, 21<sup>st</sup> August & 18<sup>th</sup> September - closed for day trips

Charge: £2 entrance, non-members £2.50 (includes raffle). 50p for refreshments

Activities: Tai Chi, dancing, reiki (£2 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 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 4<sup>th</sup> & 18<sup>th</sup> July

→ Wednesday 1<sup>st</sup> & 15<sup>th</sup> August

→ \*Wednesday 29<sup>th</sup> August - closed for hall maintenance

→ Wednesday 12<sup>th</sup> & 26<sup>th</sup> September

Charge: £2 includes refreshments & raffle (£2.50 non-members) Activities: Dancing, Reiki (£2 charge), Tai Chi, relaxation, blood pressure checks & social trips

## Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Road Irlam M44 6AJ

Reminders: Wednesdays & Fridays 9:30 am - 12 noon

→ Friday 20<sup>th</sup> July, 10<sup>th</sup> & 31<sup>st</sup> August - Laughter Workshop

→ \*Friday 6<sup>th</sup> July - closed (funeral) \*Wed 29<sup>th</sup> August - closed for holidays

Charge: £1 entrance (£1.50 non-members), 50p for refreshments. Activities: Dancing, chair exercise, reiki (£2 charge), relaxation, weight management, blood pressure checks, bingo, raffle, books & bric-a-brac-stall, regular day trips



## NEW: Bereavement Support Group (Irlam)

Irlam Community Centre, Locklands Lane Irlam M44 6RB

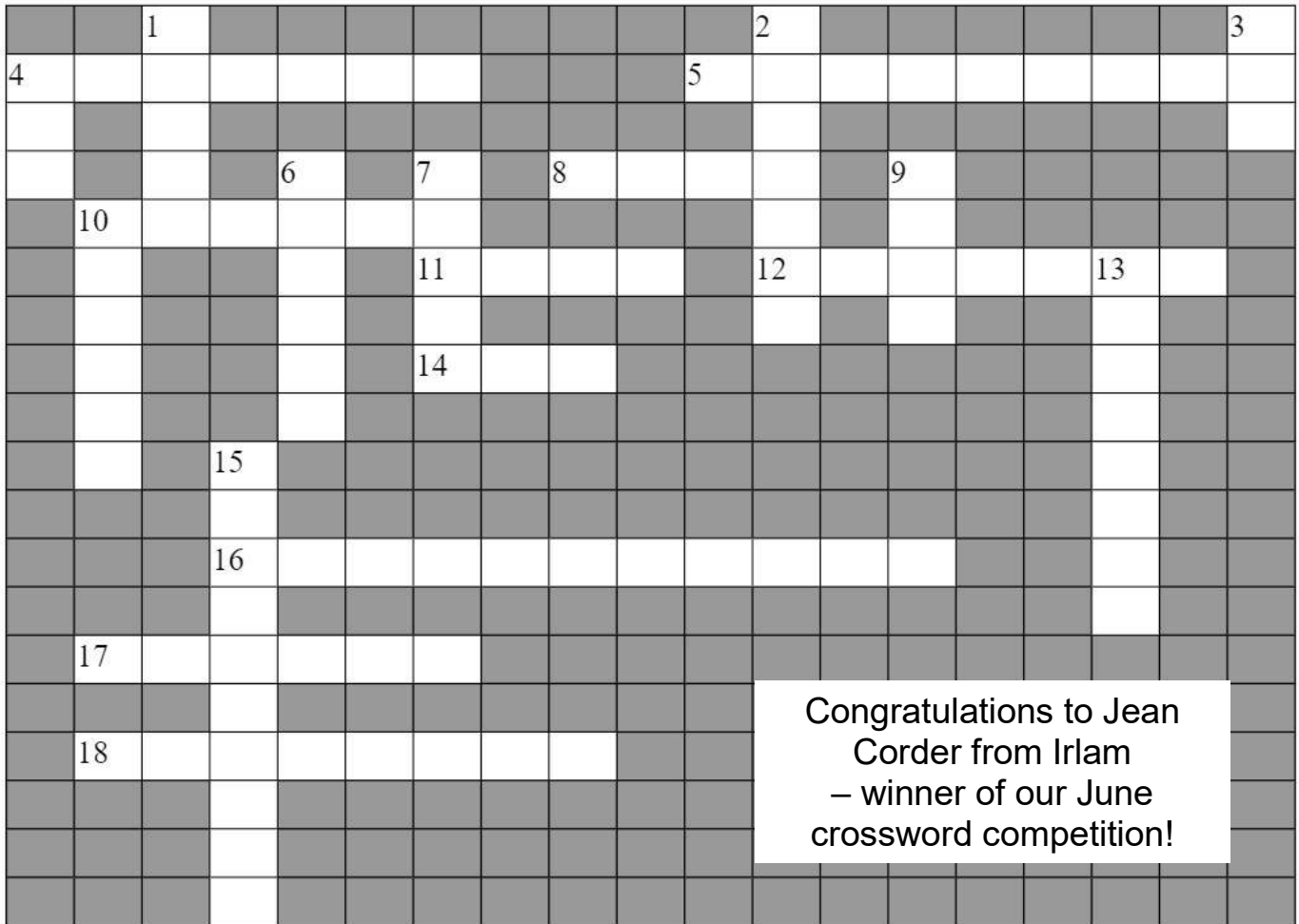
Fortnightly on Tuesdays 10 am - 12 noon

Tuesday 3<sup>rd</sup>, 17<sup>th</sup> & 31<sup>st</sup> July, 14<sup>th</sup> & 28<sup>th</sup> August, 11<sup>th</sup> & 25<sup>th</sup> September



## July Crossword Competition

All correct entries received by **Friday 27<sup>th</sup> July 2018** will be entered into the prize draw with the chance to **win a £5 gift voucher**. Please return your completed crossword to Serena or one of our volunteers at the club. ***Please remember to include your name.....Good luck!***



Congratulations to Jean  
Corder from Irlam  
– winner of our June  
crossword competition!

### ACROSS

- 4. Vividly descriptive (7)
- 5. Jump from an aircraft (9)
- 8. Frank or ajar (4)
- 10. Design made from glass or marble fragments (6)
- 11. July birthstone (4)
- 12. Pan scrubber (7)
- 14. Thing that doesn't work (3)
- 16. British Grand Prix track (11)
- 17. Tell tales (6)
- 18. Absolutely huge (8)

### DOWN

- 1. Guitar like instrument (5)
- 2. Horse controls (7)
- 3. July zodiac sign (3)
- 4. Weapon (3)
- 6. Clean the dishes (4-2)
- 7. Pungent (5)
- 9. Symbol for 3 down (4)
- 10. Russian capital (6)
- 13. Serial instalments (8)
- 15. First US President (10)

**June Answers - Across:** 7. skiver, 8. pursue, 10. whim, 11. Cancer, 13. seethe, 14. escort, 16. Eid al fitr, 17. Rose, 18. Arctic, 19. Normandy. **Down:** 1. Hop, 2. ashore, 3. discus, 4. Federer, 5. law, 6. fence, 9. stag do, 12. Russia, 15. Saturday



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

**Salford Heart Care is a registered charity (number 1136710)**

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)

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