



Salford Heart Care

THE "PULSE" NEWSLETTER

July 2020



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

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Welcome to the July edition of our newsletter.

Due to Covid-19, we have stopped all of our usual activities including our healthy heart clubs, the bereavement support group, day trips and events.

**** Our clubs are currently closed until further notice. We will keep you up to date with any changes ****

I am continuing to work from home. You are welcome to call/email if you have any questions or concerns, or need some support or would like to stay in touch. Please feel free to call me on:

**0161 707 7402 or email:
admin@salfordheartcare.co.uk**

**Best wishes and stay safe
Serena Rice, Coordinator**



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<https://smile.amazon.co.uk/ch/1136710-0>



Help BEAT Heart Disease

People who get involved in research tend to have better health outcomes, as they become better at managing their own condition and this is particularly true for those living with heart disease. Joining the research community means you're also actively helping to improve care and treatments for you and for other people.

Help BEAT Heart Disease is part of the Research for the Future programme, an initiative from the NHS encouraging people in Greater Manchester to get involved in health and care research. Joining means you will receive information about research taking place in your area, along with details of how to take part. There are lots of opportunities available from completing questionnaires to taking part in trials of new treatments. You can register easily using one of the following options:

- ✓ Visit the **Research for the Future** website:
www.researchforthefuture.org
- ✓ Call the office on 0161 206 3636
- ✓ Text 'RESEARCH' and 'YOUR NAME' to 81400

Heart Health: Oily Fish & Blood Pressure

The oily fish with blood pressure powers: Omega-3 is key

Researchers have found that oily fish, such as mackerel, salmon, sardines or mussels, could help protect our hearts and brains from disease.

They are found to be rich in an important type of polyunsaturated fat called omega-3, which has been shown to help lower blood pressure. Low blood pressure is something we should all strive for, as high blood pressure poses a serious threat to our health over time.

When blood pressure is consistently high, the blood flow through vessels is forceful, turbulent and causes stiffening, and sometimes damage, of the vessel walls. Over time this means the heart is having to work under strain, which dramatically increases the risk of conditions such as heart attack, stroke or heart failure.

Some scientists suggest that fish oils lead to the dilation — or relaxation — of blood vessels, which keeps pressure low.

We know oils in fish are good for us, but that doesn't mean we should forget the benefits of a balanced diet overall. Combining oily fish, as part of a traditional Mediterranean style diet, will give you the best chance of staving off disease.

Did you know?.....

- Herring is the highest in Omega 3s, whilst mackerel is a close second.
- All fish are good sources of protein, however fresh tuna is the highest protein fish, whilst tinned tuna is slightly lower and similar to sardines in terms of protein.
- Deep fried fish isn't the healthiest way to eat more fish but it's still fish and there's nothing wrong with it as an occasional treat. Stick to a small

portion and remove the batter if you want to reduce the fat content. Some fish & chip shops will offer grilled fish which is a healthier alternative.

5 ideas for getting fish into your diet:

Fish forms a valuable part of a healthy, balanced diet. We should all aim to eat at least two portions of fish per week, including one portion of oily fish. This is regardless of whether we've had a heart attack or not, due to a change in guidelines from NICE.

Here are some tips for eating more oily fish:

1. Sandwich filling

Tinned fish such as salmon, mackerel and sardines can be tasty sandwich fillings. Opt for those in spring water, unsaturated oil or tomato sauce rather than brine, which is salty.

2. Salad days

Fish is a good addition to a salad. Think grilled salmon, cooked prawns or tuna.

3. Meat substitute

Try swapping meat for fish occasionally. Fish is quick & easy to prepare and cook and, if you bake it or poach it with a lid on, it doesn't leave behind a lingering smell.

4. Fishy advice

Ask your local fishmonger to gut, de-head, scale and fillet your fish for you. They can also advise on cooking times.

5. Sustainable choices

Avoid the most over-fished species. The MSC website lists the fish that are being caught within sustainable levels. Look out for the MSC logo on packs, which demonstrates that the fish comes from a fishery that adheres to their guidelines. Your fishmonger can advise on alternative species that are similar to the ones you like.

Healthy Recipe: Zesty salmon with roasted beets & spinach

Ingredients:

4 small fresh beetroots, about 200g
1½ tablespoons rapeseed oil
1 tsp coriander seeds, lightly crushed
2 skinless salmon
2½ small oranges -zest of 1 & juice of half
3 tablespoons pumpkin seeds
1 garlic clove
1 red onion, finely chopped
4 handfuls baby spinach leaves
1 avocado, thickly sliced

Method:

1. Heat the oven to 180C, 160C fan, gas mark 4. Trim the stems of the beetroot & reserve any leaves that are suitable for eating in the salad. Cut the beetroots into quarters then toss with ½ tablespoon oil, coriander seeds, & some seasoning then pile into the centre of a large sheet of foil and wrap up like a parcel.
2. Bake for 45 minutes or until the beetroots are tender then top with the salmon, scatter over half the orange zest and return to the oven for 15 minutes. Toast the pumpkin seeds in the oven for 10 minutes.
3. Meanwhile cut the peel and pith from 2 oranges then cut out the segments with a sharp knife working over a bowl to catch the juices. Finely grate the garlic and leave for 10 minutes to allow the enzymes to activate. Stir the garlic into the orange juice and remaining oil with seasoning to make a dressing.
4. Remove the parcel from the oven and carefully lift off the fish. Tip the beetroot into a bowl with the red onion, remaining orange zest, pumpkin seeds and spinach leaves and toss well. Gently toss through the orange segments and avocado with any beet leaves then pile onto plates and top with the warm salmon. Drizzle over the dressing and serve while still warm.

Covid-19 Information

Government to relax shielding guidance from 6th July

People with serious heart and circulatory diseases who have been shielding from the coronavirus in England have been advised that they can spend more time outside their homes from Monday 6th July.

The Government announced that 2.2 million people in England classed as clinically extremely vulnerable will be able to spend time outdoors in a group of up to six people, including those outside of their household, while maintaining social distancing.

Those who are shielding and live alone, or are single parents with children, will also be able to create a “support bubble” with one other household of any size.

From Saturday, August 1, the guidance will be relaxed further in England so clinically extremely vulnerable people will no longer be advised to shield. People in this group will keep priority supermarket delivery slots, and the Government has said they will still be able to access help with food shopping and medication. However, food and medicine boxes will be stopped.

The Government has advised clinically extremely vulnerable people to continue following strict social distancing measures. However, from August 1, they will be able to visit shops and places of worship. The relaxing of guidance applies to England only.

Meanwhile, people in this group may be asked to return to work if they are not able to do so from home, as long as their workplace adheres to Government guidelines to protect them from Covid-19. While some will benefit mentally and physically from the end to shielding, it

may also cause concern for people with serious heart and circulatory diseases due to their increased risk of developing complications from the virus.

As lockdown gradually eases and people return to normal life, the Government must produce clear guidance for all clinically vulnerable people to ensure they can access support, continue to get food and medicines and stay safe. Meanwhile, those asked to return to work must be told how they, and their jobs, will be protected.

COVID-19 Testing

Anyone who has coronavirus symptoms is now eligible for a test. Click here to book online: <https://www.nhs.uk/ask-for-a-coronavirus-test>

Addition to COVID-19 Symptoms

The Chief Medical Officers for England, Scotland, Wales and Northern Ireland have issued updated advice on coronavirus symptoms.

You must self-isolate if you develop:

- ✓ a new continuous cough OR
- ✓ fever OR
- ✓ loss/change in your normal sense of smell or taste

Spirit of Salford Helpline

<https://www.salford.gov.uk/spiritofsalford>

The **Spirit of Salford Helpline** has been set up for you to get help, support and advice on lots of different issues that you might be facing at the moment. The helpline number is: **0800 952 1000** and is open Monday to Friday 8.30am to 6pm and Saturday 9am to 1pm.

NHS Volunteer Responders

If you're in an at-risk group and need support with shopping or medicine collection while you shield at home because of coronavirus, you can request help from the NHS Volunteer Responders. Call **0808 1963646** or visit: <http://nhsvolunteerresponders.org.uk>

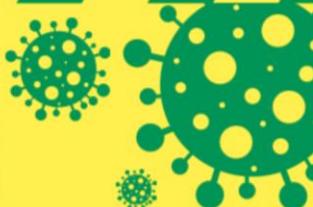
Scam Warning!

Fraudsters are exploiting people during a time of vulnerability.

NOTE: Real test and contact tracers will never ask for any form of payment or bank details, or for you to dial a premium rate number, or to access a website that does not belong to gov.uk.



CORONAVIRUS: TEST AND TRACE SCAM WARNING



Fraudsters are posing as people from the NHS Test and Trace service to trick victims into handing over personal details. Remember to be vigilant when talking to someone you don't know.

How to tell if you are genuinely being contacted by the NHS Test and Trace service:

- ✓ If you are contacted via phone, the number will be 0300 0135 000. The service will never use a withheld or a mobile number.
- ✓ If you are contacted via text, the message will come from NHS.
- ✓ The NHS test and trace website will be the only one you will be asked to visit. Check that any URLs contain gov.uk and has a padlock next to it.
- ✓ NHS Test and Trace teams will only ask for your name, date of birth and whether you are experiencing any symptoms.
- ✓ They may ask you to provide the name, telephone number and/or email address of anyone you have had close contact with in the two days prior to your symptoms starting and whether the person is under 18 or lives outside of England.

Contact tracers from NHS England will never:

- ✗ Ask you to dial a premium rate number (for example, those starting 09 or 087).
- ✗ Ask you to make any form of payment or purchase a product of any kind, including a coronavirus test kit.
- ✗ Ask for bank account details.
- ✗ Ask for your social media identities or login details, or those of your contacts.
- ✗ Ask you for any passwords or PINs, or ask you to set up any passwords or PINs over the phone.
- ✗ Ask you to download any software to your device or ask you to hand over control of your PC, smartphone or tablet.
- ✗ Ask you to access any website that does not belong to the Government or NHS.

If you feel unsure about any call you receive, you can ask for an email or a text message that will invite you to submit information via the Test and Trace website instead. All text messages and emails sent by NHS Test and Trace will ask you to sign into the website using a unique reference they will provide to you.

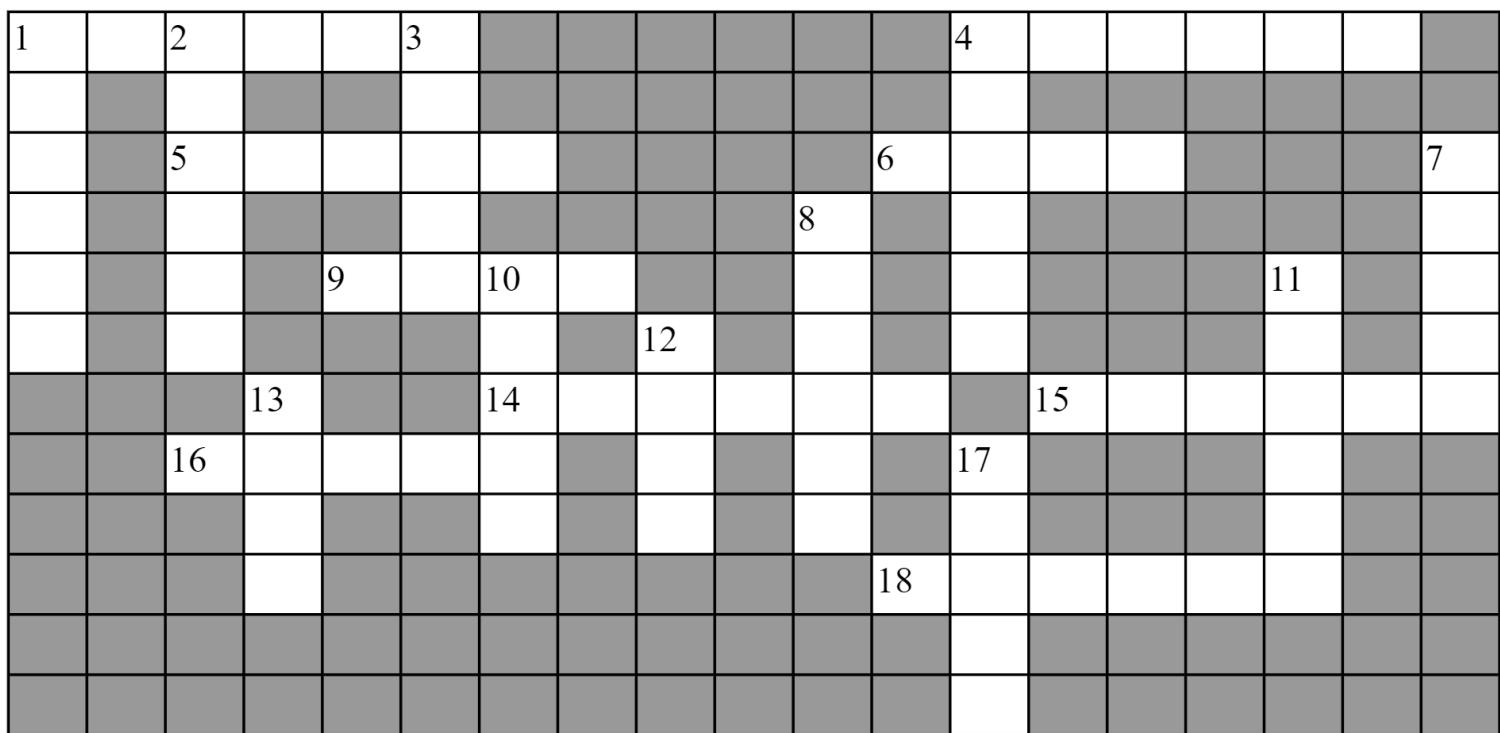
If you have been affected by this report it to Action Fraud by calling **0300 123 2040** or visiting www.actionfraud.police.uk

ActionFraud
Report Fraud & Internet Crime
actionfraud.police.uk

You can access many of our services online at gmp.police.uk. For emergencies only call **999**, or **101** if it's less urgent.

GREATER MANCHESTER POLICE

Brendan's July Crossword.... Just for fun ☺



ACROSS

- 1. Alleviation (6)
- 4. Short-sightedness (6)
- 5. Himalayan country (5)
- 6. Verbal (4)
- 9. Healthy (4)
- 14. African Antelope (6)
- 15. Awkward (6)
- 16. Long for (5)
- 18. Liquid measure (6)

DOWN

- 1. Recover (6)
- 2. Lacking friends (6)
- 3. Structure (5)
- 4. Looking glass (6)
- 7. Eerie (5)
- 8. Cardinal number (6)
- 10. Making up stories (5)
- 11. Jam fruit (6)
- 12. Practise boxing (4)
- 13. Relinquish (4)
- 17. Shatter (5)

Salford Heart Care would like to thank the following organisations for their support during the COVID-19 crisis:

- Forever Manchester
- Salford CVS & Salford CCG
- Charities Aid Foundation (CAF)
- Warburton's Families Matter
 - Sport England
 - Cadent Foundation
- Tesco Bags of Help Community Fund

"Happy Birthday"

Happy birthday to Marjorie Neill and Pearl Pickering who both celebrate special birthdays this month. Have a lovely birthday!

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Donations welcome via: virginmoneygiving.com or PayPal Email admin@salfordheartcare.co.uk
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