



Salford Heart Care

THE "PULSE" NEWSLETTER

July 2021



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

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Announcement

It is with great sadness that we announce the death of our dear friend and long standing volunteer, Hilda Anderson, aged 81 from Eccles.

Hilda supported our clubs at Eccles, Irlam and Little Hulton for many years and enjoyed helping us in the kitchen, serving refreshments to members. She had many friends at the clubs and was well-respected and very dedicated.

Sadly, Hilda was diagnosed with bowel cancer last year after feeling unwell for some time. Her husband Brian passed away a couple of months ago and she deteriorated quickly after this. Hilda passed away at home on Saturday morning, 5th June. She was a well-known and well-loved member at our clubs and she will be missed very much.

Hilda's funeral took place on Thursday 24th June at Peel Green Crematorium.

"We have lost a great friend and tireless worker who gave a great deal of her time to help others, despite her own problems. Hilda's passing will be a tremendous loss to her friends and members of Salford Heart Care. Our condolences to all her family on this sad occasion. Rest in peace Hilda." Jim Collins, Chairperson.



We send our deepest sympathy to Hilda's family & friends at this very sad time.

Thank You....

- We would like to acknowledge and thank Mavis Yarwood for her generous donation of £400 to Salford Heart Care in memory of her late husband Norman. Norman loved attending the club at Eccles and enjoyed playing dominoes and chatting with his friends. We are very grateful for Mavis's support.
- We would like to thank Heather Jewell for supporting Salford Heart Care with her Facebook Birthday Fundraising Campaign. Heather has raised over £185. Thank you Heather and we hope you enjoyed your birthday!
- We would like to thank Harry Morris for his donation of £80 on returning to Eccles Healthy Heart Club. Harry saved £2 for each session missed at the club during lockdown and kindly donated this back to the club when we reopened last month!
- Thank you to Ann & David Royle for their £40 donation to the club at Eccles.

We're Open!

Many of our clubs reopened last month, however due to ongoing Covid-19 restrictions we have had to place limits on numbers attending and there are restrictions on the types of activities we can offer. These restrictions will be reviewed regularly and we hope to reintroduce more activities over the next few weeks. It has been lovely to see so many members returning to the clubs! Thank you for your continued support and understanding during this usual time.

Where We Meet:

St. Luke's Community Hall

Swinton Park Road M6 7WR

Mondays 1.30 pm - 2.30 pm

NEW VENUE

Eccles Healthy Heart Club

Winton Bowling, Tennis & Social Club

Brookside/Grange Rd, off Worsley Road,
Winton M30 8JW

Tuesdays 10 am - 12 noon

NEW START TIME

Little Hulton Healthy Heart Club

St. Paul's Peel Community Hall

Manchester Road Little Hulton M38 9EG

Fortnightly Wednesdays

10 am – 12 pm on:

- ➔ Wednesday 7th & 21st July
- ➔ Wednesday 4th & 18th August
- ➔ Wednesday 1st, 15th & 29th September



Irlam & Cadishead Healthy Heart Club

Irlam Steel Club

Liverpool Rd M44 6AJ

Wednesdays & Fridays 10 am–12 pm

Bereavement Support Group

Cadishead Band Room

Locklands Lane Irlam M44 6RB

Fortnightly Tuesdays 10 am – 12 noon

➔ Reopening Tuesday 6th July

➔ Tuesday 20th July

➔ Tuesday 3rd, 17th & 31st August



Online Support

You can still take part in chair yoga classes and relaxation sessions online. Here's a full list of videos produced by Julia and Loretta. You can access these videos online in your own time as often as you wish:

Relaxation with Julia:

Video 2: <https://youtu.be/VcfZQUIkjvc>

Video 1:<https://youtu.be/FNFVqlwR9ao>

Chair Yoga with Loretta

Video 1: https://youtu.be/T4MSqCQkQ_s

2: https://youtu.be/Qj_016vPJ38

3: <https://youtu.be/3agwXJ1CUUsQ>4: <https://youtu.be/RV39Yz8Nx7k>5:<https://youtu.be/79zvPqj-YNs>6: https://youtu.be/17H_OtPLAN47: <https://youtu.be/aBfBdNkfqwQ>8: <https://youtu.be/AvS8I97zl1g>9: <https://youtu.be/wqVIRM6PA9s>10: <https://youtu.be/NIXb1cMjK9o>11:<https://youtu.be/HLuVieAVkX8>12:<https://youtu.be/6VPihaaGVd8>13: <https://youtu.be/wmKX8gx4m80>14:<https://youtu.be/-4po-9o5p8q>15:<https://youtu.be/LKItoVPygQ4>16:https://youtu.be/LDi17R_CidM17: <https://youtu.be/okX3FelcbxM>18: https://youtu.be/329OvL_5ipU

Newest Chair Yoga Video 19:
<https://youtu.be/0Q7OWzNLHCs>

Covid-19 Testing

We encourage members attending our clubs to take free Rapid Covid-19 lateral flow test regularly (these tests are for people without symptoms).

You can order free packs of rapid lateral flow tests to be sent to your home. A pack contains 7 tests. Alternatively you can request a free pack from your pharmacy or leisure centre. Order tests online here:

<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

Healthy Recipe: Summer Chicken

Ingredients (serves 4):

- 1 tablespoon olive oil
- 4 boneless skinless chicken breasts
- 200g pack cherry tomatoes
- 3 tablespoons pesto
- 3 tablespoons crème fraîche (half fat)
- fresh basil

Method:

1. Heat the oil in a frying pan. Add the chicken and fry without moving it until it takes on a bit of colour. Turn the chicken and cook on the other side. Continue cooking for 12-15 minutes until the chicken is cooked through. Season with a little salt and pepper.
2. Halve the tomatoes and throw them into the pan, stirring them around for a couple of minutes until they start to soften. Reduce the heat and stir in the pesto and crème fraîche until it makes a sauce. Scatter with a few basil leaves.
3. Serve with rice and salad or mash and broccoli.

RHS Garden Bridgewater is now open

**** Salford residents can
get free entry on Tuesdays ****

For a 12 month period, entrance to the garden is free for Salford residents every Tuesday. Pre-booking is currently required and proof of address for each resident must be shown on arrival.

Each Tuesday, more than 1000 free tickets are available for Salford residents, so over the first year there will be more than 50,000 Free Tuesday tickets available. Tickets are released each week so if there is currently no availability please try again next week. Visit:

<https://gardentickets.rhs.org.uk/rhsbw/sessions.aspx?tid=2>

Scams Update

Sign up for scam alerts with Which?

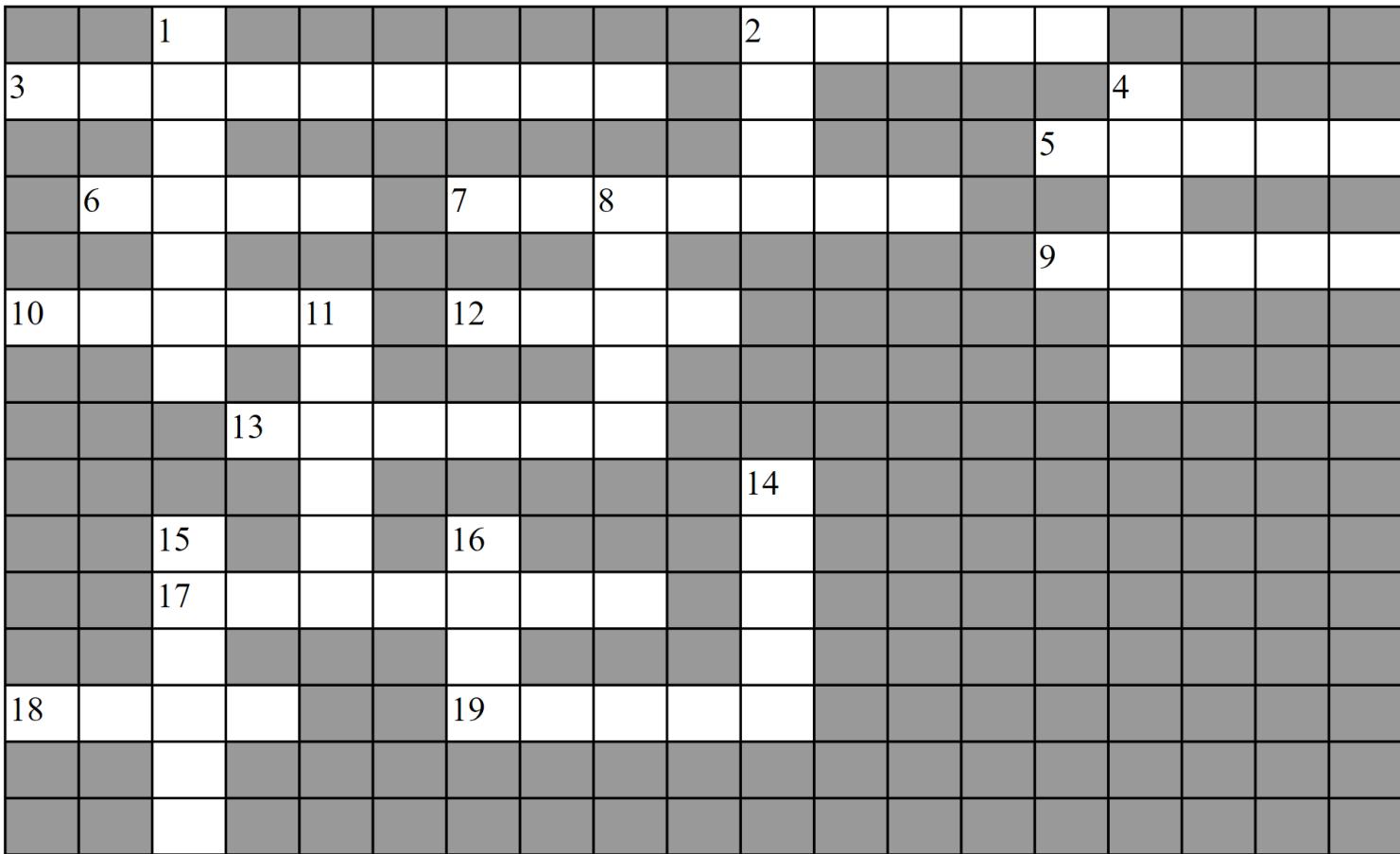
Fraudsters are bombarding the UK public with scams, ruthlessly exploiting events like the pandemic to catch us off guard. People are falling victim to scams by email, text, phone calls and social media. Scammers are stealing £billions. Free Which? Scam Alerts are regular email updates on the latest scams doing the rounds – and practical advice to keep you one step ahead of the scammers. Visit:

<https://campaigns.which.co.uk/scam-alert-service/>

Recent Scams.....

- If you've received a pre-recorded message or phone call claiming your "National Insurance number has been compromised", you can safely ignore it. It's a scam.
- Text message scammers ultimately want to get hold of your details, including who you bank with, so they can later call you pretending to be that bank. They usually warn victims that their account has been compromised, persuading them to send their money to a new 'safe account.' But this is all a lie.
- Scam texts claiming to be from delivery company Hermes have been circulating for a long time, but recently they have been trying to make their attempts to con you more convincing. The scams start out as a text message saying you have either missed a delivery or there is a fee to pay. They include a link that takes you through to enter details or make a small payment. But Hermes never asks for payments via text – it only sends links that let you view parcel tracking. Because customers have wised-up to this, scammers are now including other details in the message to mimic real Hermes texts by offering links to 'track' a parcel. Some now include an estimated time of delivery and the names of big retailers.

July Crossword.... Just for fun ☺



ACROSS

- 2. Jewelled headdress (5)
- 3. Pay back (9)
- 5. Pungent edible bulb (5)
- 6. Item of footwear (4)
- 7. Pudding (7)
- 9. Presents (5)
- 10. Perfume (5)
- 12. Wander (4)
- 13. Nursery (6)
- 17. Very old (7)
- 18. Slender (4)
- 19. Canal boat (5)

DOWN

- 1. Less heavy (7)
- 2. Occasion (4)
- 4. Messy (6)
- 8. Amount gambled (5)
- 11. Material for roads (6)
- 14. Thus (5)
- 15. Risky (6)
- 16. Culinary plant (4)

Great news!

We've just been awarded a grant of £1,000 from Sport England to support the reopening of our new club at "Winton Bowling, Tennis & Social Club". I'm sure you will agree that the venue is ideal for us. It also has beautiful peaceful gardens and lots of green space and wildlife!



Garden at Winton Bowling, Tennis & Social Club

"THE PULSE" IS PRINTED & PUBLISHED BY SALFORD HEART CARE

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