



Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

July 2023

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

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Irlam Live Fundraiser June 2023

We had a fantastic weekend at Irlam Live last month, fundraising for Irlam & Cadishead Healthy Heart Club. We would like to thank all of our volunteers, members and the wider community for supporting us, and the organisers of "Irlam Live": Phil Brookes and Darren Goulden, for allowing us to have a stand at the event. Everyone involved had a fantastic time and the weather couldn't have been any better!

Our tombola stall at Irlam Live raised £496 over 3 days!

Thank you to everyone who supported us!

Volunteer Celebration Event 2023

We had a lovely afternoon at The Club House last month, celebrating the ongoing commitment and support of our volunteers at Salford Heart Care. More than 90 members and volunteers joined us for a delicious 3-course meal, followed by live entertainment with Terry Kelly, bingo and a raffle (the raffle raised £169). We would like to thank our members for their support donating raffle prizes for the event. The event was also supported by Salford CVS as part of their Volunteer Week celebrations, Salford Heart Care and Irlam & Cadishead Healthy Hearts Social Club.



Barbara, Sheila, Jean & Pat volunteering on our tombola stall at Irlam Live

Salford Red Devils Community Draw



For more than 8 years we've been working in partnership with Salford Red Devils Lottery.

Many members take part in the weekly community draw for a chance to win up to £1,000. If you would like to take part, or for more information speak to Serena.

It costs as little as £1 per week to enter the draw. You can pay cash at the club or set up a direct debit online. The draw supports our work - for every £1 ticket sold by Salford Heart Care, we receive a donation of 40p. Over the past couple of years, Salford Red Devils have donated more than £7,000 to Salford Heart Care!

Where We Meet

Irlams o' th' Height & Claremont Healthy Heart Club

St. Luke's Community Hall
Swinton Park Road
Irlams o' th' Height M6 7WR

Mondays 1.30pm - 2.30pm
(Except Bank Holidays)

Chair yoga, bingo, raffle & day trips

Eccles Healthy Heart Club

Winton Bowling, Tennis & Social Club
off Grange Road, Winton M30 8JW

Tuesdays 10am - 12 noon
(closed for trip days: Tuesday 11th July,
15th August, 5th & 26th September
& 5th December)

Chair yoga, reiki, bingo, "Play Your Cards Right", weight management, blood pressure & pulse testing, books & bric a brac stall, refreshments, day trips

Bereavement Support Group

Cadishead Band Room
Locklands Lane,
Irlam M44 6RB



Fortnightly Tuesdays
10am – 12 noon

- Tuesday 11th & 25th July
- Tuesday 8th & 22nd August
- Tuesday 5th & 19th September
- Tuesday 3rd, 17th & 31st October

Group discussion with qualified counsellor, relaxation, & refreshments

Supported by Salford City Council & Cadishead Public Band

New members always welcome
First visit is FREE - turn up on the day or call **0161 707 7402** for more information. Everyone welcome - you do not need to have a heart condition to attend.

Little Hulton Healthy Heart Club

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

Fortnightly Wednesdays
10am – 12 noon

- Wednesday 5th & 19th July
- Wednesday 2nd, 16th & 30th August
- Wednesday 13th & 27th September
- Wednesday 11th & 25th October

Chair yoga, line dancing, reiki, bingo, "Play Your Cards Right", weight management, blood pressure & pulse testing, books & bric a brac stall, refreshments & day trips



Irlam & Cadishead Healthy Heart Club

Irlam Steel Club
Liverpool Road,
Irlam M44 6AJ

Wednesdays & Fridays
9:30am – 12 noon

Chair yoga, chair exercise, dancing, reiki, bingo, "Play Your Cards Right", weight management, blood pressure & pulse testing, books & bric a brac stall, refreshments, day trips & party days

Salford Heart Care Polo Shirts Available to Order



Due to popular demand we're taking orders for Salford Heart Care embroidered polo tops. **Prices start from £11.50**, with a range of colours and sizes available.

Speak to Serena or Pat at Irlam, or Sue at Winton and St. Luke's if you would like to order a t-shirt, or call 0161 707 7402.



EVENTS & DAY TRIPS

Day Trips Departing from Irlam, Cadishead & Hollins Green

Ye Old Red Lion, Hollins Green Lunch Party

Thursday 20th July, 12 noon
3-course meal, bingo & raffle £12

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#### Conwy & Llandudno (coach only)

Thursday 13<sup>th</sup> July £10 - full

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Frodsham & Chester (coach only)

Thursday 10th August £10 – full

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#### Lichfield Market Day (coach only)

Tuesday 5<sup>th</sup> September £10

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Ramsbottom & Bury Steam Train

Friday 27th October £50 – full

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#### Christmas @ The Auckland Hotel, Morecambe

Tuesday 5<sup>th</sup> December £30

3-course meal & entertainment, & short  
stop at Barton Grange Garden Centre

*\*All trips and events are subsidised  
using funds raised from raffles\**

### Trips Departing from Eccles (Monton) & Little Hulton

#### The Lakes: Ambleside & Bowness

Tuesday 11<sup>th</sup> July

£15 with boat trip Ambleside - Bowness  
£10 no boat-remain on coach to Bowness

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Trentham Gardens & lunch

Tuesday 15th August

£25, or £30 with gardens entrance - full

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#### Llandudno (coach Only)

Tuesday 5<sup>th</sup> September £10 – full

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Brockholes & Morecambe

Tuesday 26th September

Coffee stop at the nature reserve, then
onto the Auckland Hotel for 2-course
lunch & free time in Morecambe £20

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#### Christmas @ The Bedford Hotel

Tuesday 5<sup>th</sup> December

3-course meal & entertainment £35

*\*All trips subsidised using  
funds raised from raffles \**

## Health Articles

**Artificial sweeteners will not help you to lose weight and could increase the risk of Type 2 diabetes, according to the World Health Organisation (WHO).**

Guidance by the UN agency recommends against using non-sugar sweeteners (NSS) to control body weight or reduce the risk of certain diseases. Instead of switching to sweeteners, the public should consider other ways to reduce their sugar intake, such as consuming foods with naturally occurring sugars like fruit, the WHO said.

The recommendation is based on findings of a systematic review of evidence that

suggests that using artificial sweeteners does not result in any long-term benefit in reducing body fat for adults or children.

The review also suggested there may be “undesirable effects” from the long-term use of sweeteners, such as an increased risk of Type 2 diabetes, heart diseases, and death in adults. The recommendation comes after the introduction of the sugar tax on soft drinks in the UK, in which manufacturers are incentivised to reduce the sugar content of their beverages.

Under the Soft Drinks Industry Levy, sugar replacements such as stevia, aspartame and sucralose are not included, meaning

manufacturers can reformulate their drinks with these sweeteners to avoid the levy.

NSS are not essential dietary factors and have no nutritional value. People should reduce the sweetness of the diet altogether, starting early in life, to improve their health.

The recommendations apply to all people, except those with pre-existing diabetes. The WHO review says that further research is needed in the effects on children and pregnant women, with the latter possibly experiencing “unfavourable effects” after consuming sweeteners in relation to their baby’s birth weight.

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Last month, the British Cardiovascular Society conference took place in Manchester with 3 days of cutting-edge developments in heart and circulatory research. Here are some of the key points to emerge from the conference:

1. Heart attacks are more common on a Monday

A study of 10,528 patients who had the most serious type of heart attack across the island of Ireland found that rates were highest on Mondays.

Known as an ST-segment elevation myocardial infarction (STEMI), these types of heart attack occur when a major coronary artery is blocked. The researchers also found that these happen at higher rates than expected on a Sunday.

2. Daily beetroot juice could benefit angina patients

Researchers have found that a daily drink of beetroot juice in the six months after angina patients have a stent fitted can halve the narrowing of the stent. This could be a way to ensure many more stent procedures are successful long-term.

The team, based at St Bartholomew’s Hospital and Queen Mary University in London, found that 16 per cent of angina

patients had a serious heart or circulatory incident, like a heart attack or need for another procedure, in the two years after having a stent fitted. However, when patients had beetroot juice daily, this dropped to 7.5 per cent.

3. Defibrillators used in just 10% of out of hospital cardiac arrests

Public access defibrillators are being used in just one in ten cardiac arrests where the lifesaving devices are available, according to new research from the Essex Cardiothoracic Centre and Anglia Ruskin University.

The research drew upon data from the East of England Ambulance Service and The Circuit, the national defibrillator network developed by us. The researchers found that 1,649 cardiac arrests occurred in the East of England in the 6 month period.

Public access defibrillators were available (within 500m of the cardiac arrest) in 79% of cases, but only used in 10% of cases.

4. Using a virtual ward for atrial fibrillation patients could prevent thousands of hospital admissions per year

In a year-long study, some patients with a fast heart rate due to atrial fibrillation or atrial flutter were sent home with the heart rate-lowering medication they would usually get in hospital, and asked to submit daily information using a smartphone app.

The team found that 127 unplanned hospitalisations were prevented. This saved an estimated 444 days in hospital for patients. The findings also showed the average heart rate reduced from 124 bpm when patients were admitted to the virtual ward to 84 bpm when they were discharged.



British Heart Foundation

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Donations welcome via cash, cheque, bank transfer, or PayPal Email

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