



Salford Heart Care

"The Pulse" Newsletter

June 2015



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

Gold Level CardiacSmart Winners 2013



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



Thank you to everyone who has shown their support following our announcement in April that we are no longer receiving funding from Public Health Salford. We have now closed our branches in Langworthy & Walkden, as well as making cuts to the services we continue to provide in order to survive. However I must emphasise that we are working **very** hard to obtain alternative funding to keep our 4 remaining branches open at Eccles, Irlam, Little Hulton & Weaste.

We are pleased to announce that **The Oglesby Trust** have stepped in and offered their support once again and we are extremely grateful for this. Furthermore, we have recently submitted grant applications to the following organisations:

- ♥ **Aviva Community Fund** - for Irlam & Cadishead Healthy Heart Club – *subject to online community voting*
- ♥ **Coalfields Regeneration Trust** – for Little Hulton Healthy Heart Club - *awaiting decision*
- ♥ **Skelton Bounty Grants Programme** – for purchase of IT equipment & blood pressure monitoring equipment – *awaiting decision*
- ♥ **Albert Hunt Trust** – *awaiting decision*
- ♥ **Garfield Weston** – *awaiting decision*
- ♥ **Bulldog Trust** – *rejected*
- ♥ **Irlam & Cadishead Community Committee** – *meeting will take place in July*

FREE 6-Week Stress Management Course

Manchester Mind is working in partnership with Salford Heart Care to provide a FREE 6-week stress management course.

We can now confirm that the course will run for 2 hours each week on the following dates:

- **Tuesday 23rd June 10am** – start date
- **Tuesday 30th June 10am**
- **Tuesday 7th July 10am**
- **Tuesday 21st July 10am**
- **Tuesday 28th July 10am**
- **Tuesday 4th August 10am**

Venue: Patricroft URC, Franklin Street, Eccles M30 0QZ

We still have a few places available if you would like to sign up. The course is open to anyone (members and non-members) with diabetes or long-term heart conditions.

The course will help you to:

- ♥ improve your general wellbeing
- ♥ learn how to identify & handle stress
- ♥ boost your confidence
- ♥ identify the benefits of "me time"
- ♥ practice techniques to help challenge & manage difficult thoughts & emotions
- ♥ experience different relaxation exercises
- ♥ discuss and share experiences with others

*To register please speak to Serena Rice,
Telephone: 0161 707 7402 or email:
admin@salfordheartcare.co.uk*



Salford Heart Care Evening Cardiologist Presentation

with: Dr Alan Fitchet

Patron of SHC & Cardiologist, SRFT

Wednesday 15th July, 7pm
Patricroft URC, Franklin Street M30 0QZ
Light refreshments provided. All welcome.

Please confirm your attendance with Serena: Tel 0161 707 7402 Email: admin@salfordheartcare.co.uk

The winner of the May crossword competition was Anne Fletcher from Irlam. Take part in this month's crossword competition on page 5 - you could win a £5 gift voucher!



SOCIAL OCCASIONS 2015

Trips Departing from Eccles & Little Hulton:

**Ambleside & Hays Garden World
– coach only**

Tuesday 16th June

£13 per person

Skipton Market &

Keighley to Howarth Railway

Wednesday 8th July

£17 per person includes train fare

**SHC Anniversary Celebration Day:
The Lindum Hotel (2 course lunch)
& Blackpool Ice Show followed by
afternoon tea**

Tuesday 11th August

£28 per person (£10 deposit required)

See Dot or Mavis for more details
about any of the above trips or to book a place

Trips Departing from Irlam & Cadishead:

Chester Meal & Boat Cruise

Thursday 23rd July -full

Thursday 3rd September

£20 per person (members)*

£25 non-members

Includes coach & river cruise with 4-course meal

**Christmas at The Rivington Barn
with The Houghton Weavers**

Thursday 12th November

£23 per person (members)*

£25 non-members

Includes coach, 3 course meal & entertainment

**Christmas at The Lindum Hotel,
Lytham St. Anne's**

Monday 14th December

£17 per person (members)*

£20 non-members

*Includes coach, drink on arrival, 3 course meal,
coffee & mince pies & entertainment*

See Serena or Betty for more details
or to book a place

*Trips for Irlam & Cadishead are subsidised from
fundraising activities organised by volunteers.

Tax Free Savings Interest - Did you know?....

If you're a low earner, then from April 2015 you can earn interest on your savings without paying any tax on it.

For most people, it means that if you earn less than £15,600 a year in income & savings interest combined, you won't have to pay any tax on the interest paid on the savings.

If this applies to you, you're able to register with any bank or building society you have savings with to pay you interest without tax taken off. Please speak to your bank about this.

Healthy Recipe: "Seabass en Papillote" with Thai Flavours

A delicious and simple recipe that's low in saturated fat and high in protein!

Ingredients (serves 1):

- ♥ 1 small seabass, scaled & gutted
- ♥ 6 new potatoes, cleaned
- ♥ Small knob of salted butter
- ♥ Coriander leaves, to serve

For the stuffing:

- ♥ 1 lemon grass stalk
- ♥ 50g chunk fresh ginger
- ♥ 2 garlic cloves
- ♥ 1 red chili, finely chopped
- ♥ Zest & juice of ½ lime, plus other ½ to serve

Method:

1. Heat oven to 180C/160 fan/Gas Mark 4. To prepare the stuffing mixture, bash the lemongrass with the blunt side of your knife to bruise it, then slice it into thin rings. Finely slice the ginger (across the grain) – you can leave the peel on. Squash the unpeeled garlic cloves to release their aroma. Put all the stuffing ingredients into a bowl & mix together.
2. Take a piece of baking parchment about 50cm in length & place the seabass across its width. Fill the stomach cavities with ¾ of the stuffing mixture, scattering the rest over the fish, then season. Fold the sides of the parchment over the head & tail of the fish, then roll it into a parcel. This can now be stored in the fridge for a few hours (if you like). When ready to cook, place on a tray in the oven & bake for 20-25 minutes until the flesh flakes off the bone.
3. While the fish bakes, put the new potatoes in cold water & bring to the boil. Once cooked, drain well, slice in half & return to the pan with a knob of butter.
4. Arrange the new potatoes & seabass on the plate, still in the parcel, if you like, & sprinkled with the coriander leaves.

YOUR HEALTH

Research projects obesity increase in most European countries by 2030

Researchers from the World Health Organisation have presented trends which suggest that 36% of men and 33% of women in the UK could be obese by 2030. According to the researchers, this would represent an increase from levels of 26% for both men and women in 2010.

BHF Medical Director, Professor Peter Weissberg, said: "These projections suggest that, if current trends continue, obesity is set to become an even greater threat to public health in the UK and many parts of Europe in the future. The data cited serve as a warning of what may happen if governments fail to act by encouraging healthier eating habits and greater physical activity."

Being overweight or obese is a recognised risk factor for heart disease, diabetes and a range of other health conditions. *But spending as little as 10 minutes a day improving areas of your lifestyle such as diet and physical activity can help people start to manage their weight better.*

How safe is Digoxin?

You may have seen in the news that an established drug to treat heart failure and atrial fibrillation has been linked to an increased number of patient deaths. BHF Associate Medical Director and GP Mike Knapton explain the facts behind the story.

- Digoxin is a drug extracted from foxgloves (*Digitalis purpurea*), and has been used to treat heart problems for more than 200 years, following publication of William Withering's account of the therapeutic use of the foxglove in 1785. It was well known as a herbal remedy despite its toxicity but, like many drugs, if used incorrectly it can cause side effects.
- A study published in the *European Heart Journal* involving more than 300,000 people with either atrial fibrillation or congestive heart failure showed that people taking digoxin were at an increased risk of dying when compared to patients who were not taking digoxin. For people with atrial fibrillation, the risk was increased by 29%, and for those with congestive heart failure, the risk was increased by 14%.
- Digoxin is currently prescribed to around 4 million people in England and Wales. It

strengthens and slows the erratic heartbeat in atrial fibrillation (a major cause of stroke) and strengthens the weak heart muscle of those suffering with heart failure. Digoxin can be the only effective treatment for some people with these life threatening conditions and it is approved for use in Europe and the USA.

- We've known that digoxin can be problematic for a long time, particularly when mixed with some other medications - this is why digoxin is only prescribed after careful consideration. The dose of digoxin is also crucial as too little won't help but too much can cause nausea, vomiting and changes to the heart's electrical system. People taking digoxin should be getting regular blood tests to ensure that their blood levels of the drug are within carefully defined safety limits.
- There are alternative medicines and treatments to digoxin for treating both heart failure and atrial fibrillation but the risks and benefits of these also have to be weighed up by a doctor.

If you are on digoxin and worried about your health, speak to your doctor and make sure that you should be on digoxin, that the dose is correct and that you are being monitored adequately.

Researchers show quitting smoking at any age can cut risk of CVD

Quitting smoking even in later life can help stop your life being cut short by cardiovascular disease (CVD), according to new research.

Researchers from the German Cancer Research Center, analysed data from 25 different studies involving over half a million people aged 60 and older to see how smoking impacted their risk of dying prematurely from cardiovascular disease.

The results showed smokers were twice as likely to die from CVD than people who have never smoked, and on average died more than five years sooner than non-smokers. Their risk increased the more cigarettes they smoked.

However researchers found that people who quit, even after smoking past 60, saw their risk of developing cardiovascular disease decreased notably within the first five years of giving up. Their risk continued to decrease over time the longer they remained smoke-free.

If you'd like to quit smoking, speak to your GP or practice nurse who can offer you guidance and support in how to give up for good.



OUR HEALTHY HEART CLUBS June - August 2015

Tel: 0161 707 7402 Email: admin@salfordheartcare.co.uk website: www.salfordheartcare.co.uk

Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Road Irlam
Every Wednesday & Friday 10 am - 12 noon



Highlights....

- Friday 5th June - "Salt & Fibre" Healthy Eating Talk
- Friday 19th June, 17th July, 14th & 25th August - Relaxation Session

Charge: £1 entrance & 50p towards refreshments. Activities: Dancing, healthy hips & hearts chair exercise, Tai Chi for Health, reiki therapies (£1 charge), relaxation session, weight management support, bingo, raffle (£1 ticket), bric-a-brac-stalls, books, subsidised social activities & day trips.

Eccles Healthy Heart Club

Patricroft URC Hall Franklin Street Patricroft
Every Tuesday* 10 am - 12 noon

- Tuesday 23rd June - 4th August - Free Stress Management Course (except Tuesday 14th July, 6-week course)
- Tuesday 23rd June - "Salt & Fibre" Healthy Eating Talk
- Wednesday 15th July - 7pm Cardiologist Evening Presentation - All welcome
- Tuesday 11th August - branch closed for Anniversary Trip to Blackpool

Charge: £1.50 entrance (includes raffle) & 50p towards refreshments Activities: Tai Chi, dance exercise, craft sessions, reiki therapies (£1 charge), relaxation session, indoor games & bingo (50p), weight management support, books & bric a brac stall, & regular social trips

Little Hulton Healthy Heart Club

St. Paul's Peel Community Hall Manchester Road Little Hulton
Fortnightly on Wednesdays 11 am - 1 pm

- Wednesday 3rd June - Relaxation
- Wednesday 17th June - Tai Chi & "Sugar" Healthy Eating Presentation
- Wednesday 1st July - Tai Chi & Relaxation
- Wednesday 15th July - Tai Chi & "Fats" Healthy Eating Presentation
- Wednesday 29th July - Tai Chi & Relaxation
- Wednesday 12th August - Tai Chi & Relaxation
- Wednesday 26th August - branch closed for annual floor maintenance

Charge: £1.50 entrance includes raffle & 50p towards refreshments.

Activities: Line dancing, Tai Chi for Health, relaxation, indoor games, & social trips

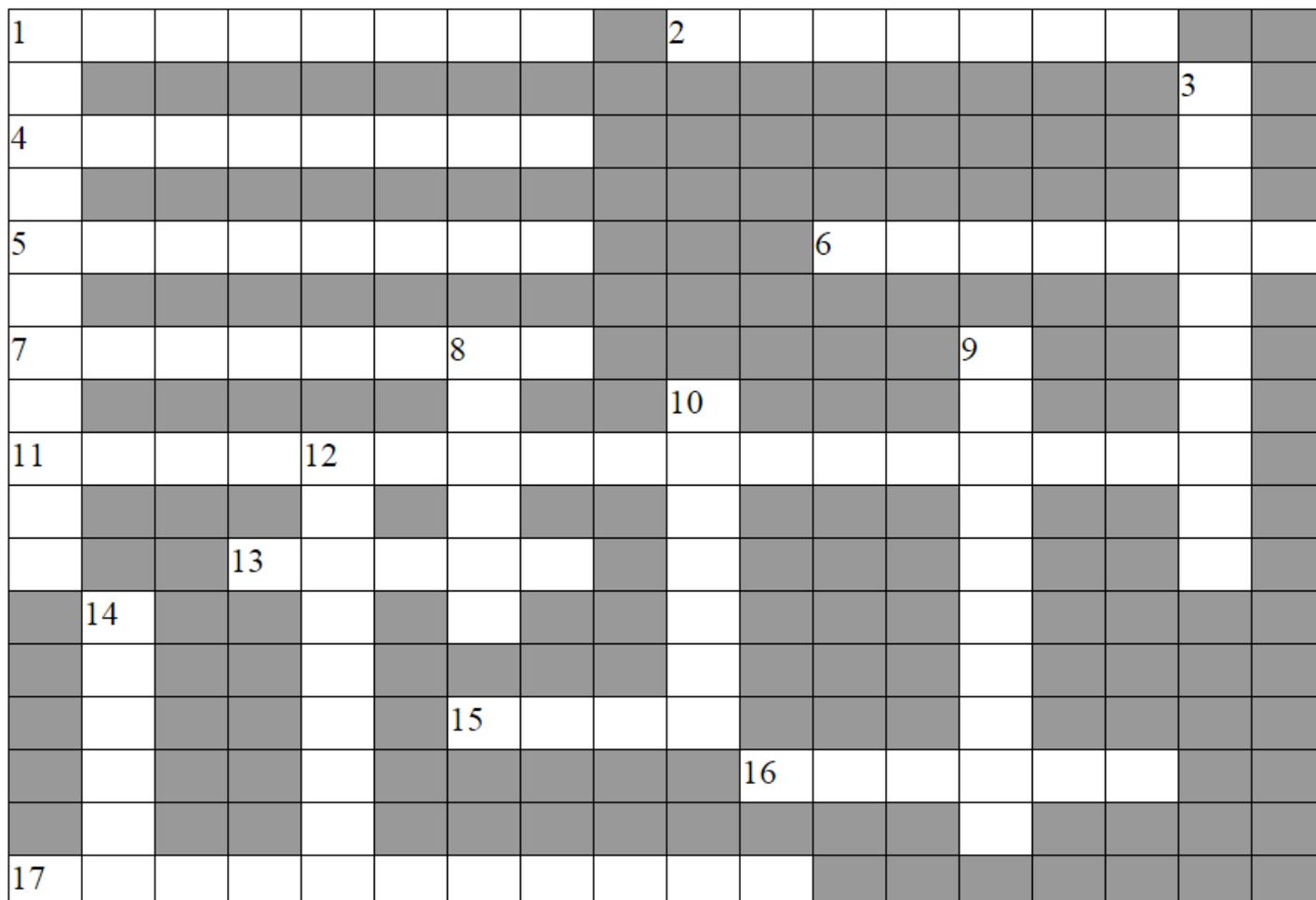
Weaste/Claremont Healthy Heart Club

De La Salle Sports & Social Club, Wilton Road, Salford
Every Tuesday 10 am - 11 am

Charge: £2.50 Activities: Cardiac exercise session with relaxation & refreshments

COMPETITION CORNER: *Try our June-Themed Crossword*

All correct entries received by **Friday 26th June** 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). **Please include your name & address!**



ACROSS

1. On 18 June 1815 Napoleon was defeated here (8)
2. 8th June is World Ocean Day. What's the largest ocean? (7)
4. Name given to the longest day on 21st June (8)
5. _____ North Pole - the location where the compass needle actually points to, discovered on 1st June 1831 (8).
6. Country of 13 across (7)
7. Location in France associated with the D-Day landings on 6th June 1944 (8)
11. Military Parade on 12th June to celebrate the Queen's official birthday (8,3,6)
13. Mount _____ - one of the most active volcanoes in the world, associated with the phrase "What the Heck?" (5)
15. June flower (4)
16. Oldest University in the English-speaking world (6)
17. On 30 June 1859 Jean Francois Gravelot "The Great Blondin" became the first person to tight-rope walk across the quarter of a mile gap of this waterfall (6,5)

DOWN

1. Abbey where the Queen's Coronation took place on 2nd June 1953 (11)
3. Name of the Charter protecting the rights of individuals against the power of the King or Queen (5,5)
8. This Walt Disney Duck, celebrates his birthday on 9 June (6)
9. Duke and prime minister who defeated Napoleon at 1 across (10)
10. Name given to the oldest metro system in the world (3,4)
12. According to the Brothers Grimm, he lured 130 children of Hamelin away on 26 June 1284 (4,5)
14. June zodiac sign (6)

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