



Salford Heart Care

"THE PULSE" NEWSLETTER

June 2017

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



Good News!

We are pleased to confirm that **The Oglesby Trust** have awarded our third year grant payment. The funds will continue to support general running costs and administration of Salford Heart Care.

We are delighted that £1,000 has been awarded from **The Little Pot of Health and Wellbeing Fund** (Salford CCG and Salford CVS) to support relaxation sessions at Eccles Healthy Heart Club.

This means that Jane Hamilton will be with us every session we are open at Eccles this year.

Salford Ceremonial Mayor's Fund

We are delighted that £600 has been awarded to Eccles/Little Hulton and Irlam/Cadishead Healthy Heart's Social Clubs from the Community Chest Fund set up by Salford's Ceremonial Mayor, Karen Garrido.

The funding will be shared between both social clubs and will be used to subsidise coach trips organised over the next few months.

Local Honey for Sale

Vincent & Joy Jackson (members at Eccles) are selling homemade local honey priced at £4.00 per jar (340g) with 50p being donated to Salford Heart Care.



If you would like to purchase a jar of honey please speak to Serena or Joy

Last month Salford Heart Care made a donation of £100 to support the funding campaign set up for The Christie Hospital following fire damage on 26th April.

Co-Op Local Community Fund

The co-operative



The Co-Op has chosen Salford Heart Care & Irlam and Cadishead Healthy Heart Club as one of the Local Community Fund causes. This means that until October, Co-Op Members can choose to donate 1% of what they spend on Co-Op branded products and services to us. If you don't choose a cause the funds are automatically shared between all local causes.

- ♥ We have already been allocated more than £1.3k raised from 5p carrier bag sales!
- ♥ You can select your cause online by signing into your Co-Op account at: www.coop.co.uk/membership
- ♥ To find out more, or if you're not a Co-Op member and would like to become one, you can sign up online and buy a £1 share: <https://membership.coop.co.uk/causes/6283>

National Carers' Week: Salford Carer's Event

Wednesday, 14th June
10:30am – 2:30pm

The Lighthouse, Centenary Park,
Coronet Way, Eccles, M50 1RE

A carer is anyone who cares (unpaid) for a friend or family member who, due to illness, disability, a mental health problem or an addiction, cannot cope without their support.

Come & celebrate the work done by carers across Salford & discuss how to improve support.

- ♥ Information stalls & advice
- ♥ Entertainment & quizzes
- ♥ Free refreshments & lunch
- ♥ Opportunity to meet services & other local carers

To find out more or reserve a place at the event call 0161 212 4953 or email caroline.allport@salford.gov.uk



SOCIAL OCCASIONS

Trips from Eccles & Little Hulton:

York - coach only

Tuesday 13th June - £13 per person

Chester

Tuesday 25th July - £18 per person
Beaufort Park Hotel for tea/coffee & scone then onto Chester for the day

Viva Blackpool Cabaret Show 30th Anniversary Trip

Tuesday 22nd August

£21 per person (incl. non-members)
Calling at the garden centre in the morning, 2-course carvery meal & afternoon entertainment at Viva

Ullswater

Tuesday 19th September - £28 per person
2-course lunch at the hotel by the lake & 1-hour boat trip on Lake Ullswater

See Dot & Mavis for more details

Trips from Irlam & Cadishead

Southport - coach only

Tuesday 13th June - £7 per person

Ironbridge, Shropshire - coach only

Thursday 29th June 2017 - waiting list

Chester Boat Trip

Thursday 27th July 2017 - waiting list

Viva Blackpool Cabaret Show 30th Anniversary Trip

Tuesday 22nd August

£21 per person (incl. non-members)
Calling at the garden centre in the morning, 2-course carvery meal & afternoon entertainment at Viva

Llandudno & The Queen's Hotel

Tuesday 19th September 2017

£22 (members) £25 (non-members)
Includes transport, 3-course meal with tea/coffee & afternoon entertainment

Ryecroft Hall (The Bourne Poacher)

Thursday 19th October 2017

£22 (members) £25 (non-members)
Includes 3 course meal & entertainment

See Serena & Betty for more details

Salford Royal's "Meet & Greet Wheelchair & Scooter Scheme"

Do you need assistance getting to and from your appointment?

Salford Royal has launched a new scheme to allow patients and visitors to:

- ♥ Book a volunteer to meet you & take you to your appointment
- ♥ Book the use of a wheelchair/electric scooter with a volunteer to accompany you to & from your appointment

To book a visit please contact

Tel: 0161 206 8942

Email: volunteer@srft.nhs.uk

Website: www.srft.nhs.uk/meetgreet

Recipe: Fresh Strawberry Scones

Ingredients (Serves 4)

- ♥ 115g self-raising wholemeal flour
- ♥ 1/2 teaspoon baking powder
- ♥ 1/2 teaspoon ground cinnamon
- ♥ 25g sunflower spread
- ♥ 15g caster sugar
- ♥ 70g hulled fresh strawberries, chopped
- ♥ About 4 tablespoons skimmed milk, plus a little extra for glazing



Method:

1. Preheat oven to 220°C/fan 200°C/gas mark 7. Lightly flour a non-stick baking sheet; set aside. Combine flour, baking powder and cinnamon in a bowl; rub in sunflower spread until mixture resembles breadcrumbs.
2. Stir in sugar, strawberries and enough milk to form a soft dough. Lightly knead dough on lightly floured surface. Divide into 4 equal portions; shape each one into a roughly 6cm (2 1/2 in) in diameter. Place on baking sheet; brush tops with milk to glaze.
3. Bake for 10-12 minutes. Transfer to a wire rack to cool. Serve scones warm or cold, split and spread with a little strawberry jam and top with fresh strawberry slices.



OUR HEALTHY HEART CLUBS June - August 2017

0161 707 7402 admin@salfordheartcare.co.uk www.salfordheartcare.co.uk

Eccles Healthy Heart Club

Patricroft URC Hall Shakespeare Crescent Patricroft M30 0PE

Most Tuesdays 10 am - 12 noon

- Tuesday 6th, 20th & 27th June
- Tuesday 4th, 11th & 18th July
- Tuesday 1st, 8th, 15th & 29th August
- Tuesday 20th June - Social Habits Research - Feedback session
- **Closed: Tuesday 13th June, 25th July, 22nd August - trip days**



Charge: £1.50 entrance (includes raffle) 50p for refreshments Activities: Tai Chi, dancing, crafts, reiki (£1 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 (13th June, 5th & 12th September)

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 7th & 21st June
- Wednesday 5th & 19th July
- Wednesday 2nd & 16th August

Pat Massey (Irlam) won our May crossword competition!

- **Closed: Wednesday 30th August (hall maintenance)**

Charge: £2 includes refreshments & raffle Activities: Dancing, Reiki (£1 charge), Tai Chi, games, relaxation, blood pressure checks, crafts, regular social trips

Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Road Irlam M44 6AJ

Reminder:

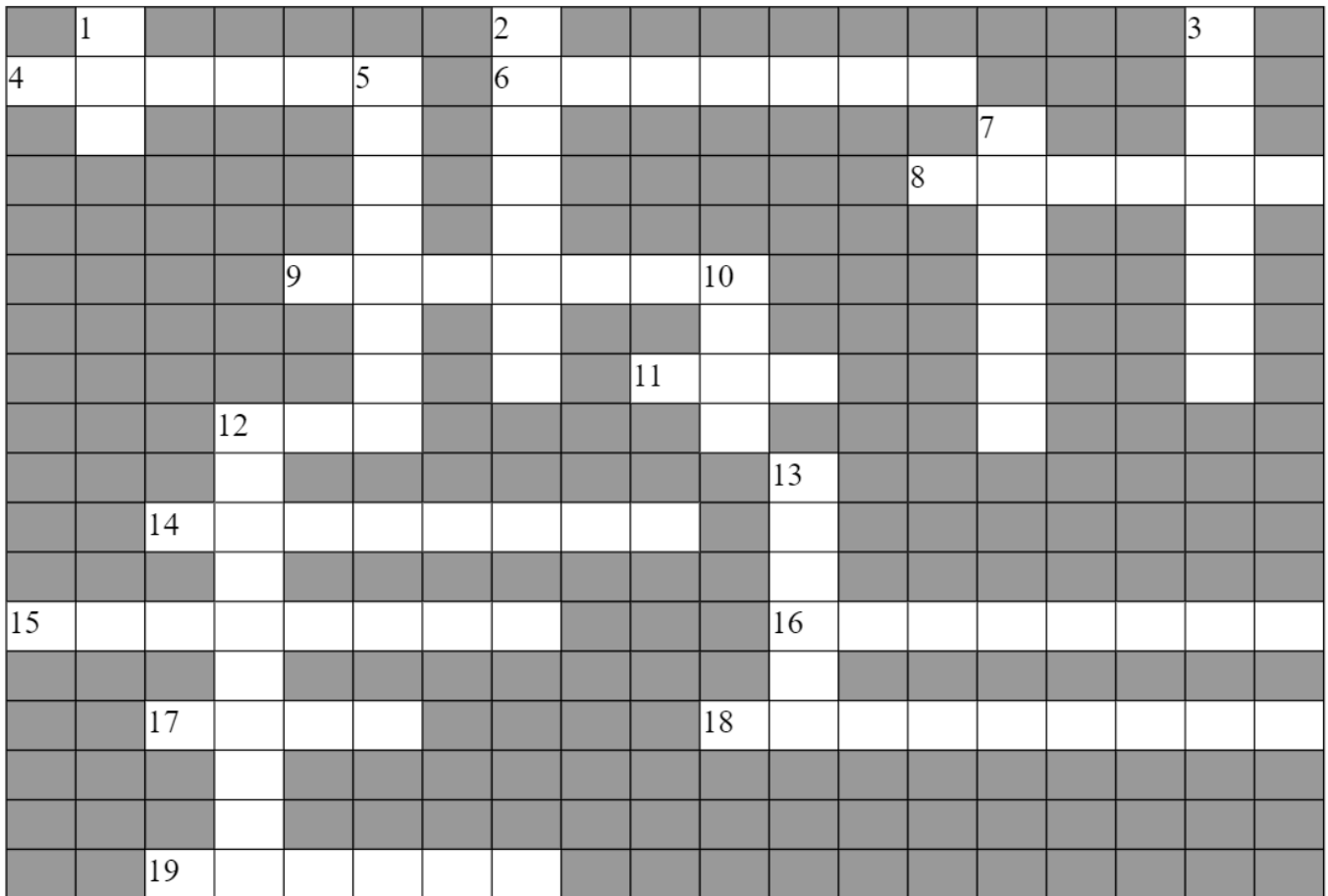
Wednesdays & Fridays 9:30 am - 12 noon

- Friday 9th June - Wear **RED** Day
- Friday 23rd June - Social Habits Research - Feedback session
- **Closed: Wednesday 30th August (holiday)**

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

JUNE COMPETITION CORNER

All correct entries received by **Friday 23rd 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 at the club). **Please include your name** (and address if you're not a member).



ACROSS

4. Ocean of the North Pole (6)
6. Chilly, volcanic European country proclaimed a republic in June 1944 (7)
8. June zodiac sign (6)
9. World's largest ocean (7)
11. Animal with Ben Volpeliere-Pierrot (3)
12. Morse Code distress call (3)
14. Canadian Grand Prix location (8)
15. Tube line depicted using a brown line (8)
16. D-Day Battle (8)
17. Country at source of Amazon River (4)
18. Capital of 6 across (9)
19. *"Be of good cheer. Do not think of today's failures, but of the success that may come tomorrow. You have set yourself a difficult task, but you will succeed if you persevere; and you will find a joy in overcoming obstacles."* Surname of person who wrote this (6)

DOWN

1. Piece of coronation regalia (3)
2. The ___ Papers - first Dicken's novel (8)
3. Belgium battle and Abba song (8)
5. Term given to religious wars in the medieval period, especially campaigns aimed at recovering the Holy Land from Islamic rule (8)
7. Noisy Reggae band associated with Bob Marley (7)
10. Symbol of 8 across (4)
12. Prehistoric monument in Wiltshire consists of a ring of standing stones (10)
13. Country of 16 across (6)

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

Salford Heart Care is a registered charity (number 1136710)

Donations welcome via: virginmoneygiving.com or post:

Salford Heart Care, c/o Patricroft URC, Franklin St, Eccles M30 0QZ

Email: admin@salfordheartcare.co.uk TEL: **0161 707 7402** Follow us on Twitter: @Salford_HeartC

Copies of the newsletter can be downloaded from our website: www.salfordheartcare.co.uk

