



# Salford Heart Care

## THE "PULSE" NEWSLETTER

June 2018

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



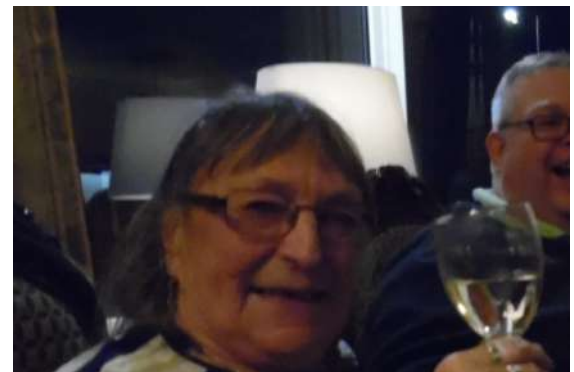
The Queen's Award  
for Voluntary Service

### Our Holiday to Kingussie, Scotland

"I've been to many parts of Scotland, but mostly around the big cities and have always enjoyed them....but this time it was different - up to the Highlands! We started out from Eccles in heavy rain and by the time we reached Bolton it had cleared. 35 of us in total, all of us very quiet at first, with a very nice coach and driver - Les and his Wife Lynne - to see to our needs. We enjoyed a nice drive up to our hotel - "The Duke of Gordon" in Kingussie, a small village, nice and pleasant. The hotel was of a good standard with everything to hand. Our greeting was made by the Manager who addressed us on the coach about the hotel and meals. Evening meals were 4 courses (I put on a few pounds!) with tea or coffee in the ballroom, and entertainment every night which was most enjoyable. The day trips out were very enjoyable like dolphin spotting and a visit to Loch Ness - we didn't see the monster, but I saw myself in the windows of the shops! There was a train ride to the bridge that's featured in Harry Potter films, whisky tasting, up to the ski slopes at Aviemore, and shopping trips. I think I now have shares in the woolen mills - we purchased a small suitcase to bring back what the wife had bought!



We all had a fabulous time....there was only one think wrong - it was not long enough! I would have stayed for a month as there was so much to see and so many places to visit. I would like to thank Dot and Mavis for the hard work they put in making sure that all of us received the best holiday possible! Thank you. Looking forward to the next one!"



**Brendan Towey, Cadishead**

## Fire Safety: "Safe & Well" Visits

Did you know you can book a free "Safe & Well" visit carried out by trained Fire Service staff? To find out more or book an appointment call free: 0800 555 815.

### Psychic Afternoon

Friday 15<sup>th</sup> June, 12-3pm at Irlam Steel Club - "Psychic entertainment afternoon". Tickets £5 each (booking essential). Includes hot meal, entertainment with medium and singer.

## TESCO Bags of Help

### One month left to vote for "Little Hulton Healthy Heart Club"

Our project is currently facing the customer **vote in Tesco stores**.

The project with the highest number of votes across the region will receive £4,000, the 2<sup>nd</sup> placed project £2,000, and the 3<sup>rd</sup> placed project £1,000. Please support us by voting for "Little Hulton Healthy Heart Club". To vote, you need to make a purchase in store. You will receive one token per transaction which you can use to select your chosen cause.

### Tuna Burgers – Healthy Recipe

#### Ingredients (serves 8):

- ♥ 200g (7oz) can tuna in oil
- ♥ 2 potatoes, peeled, boiled & mashed
- ♥ 1 onion, finely chopped
- ♥ 1 stick celery, finely chopped
- ♥ 1 tablespoon Worcestershire sauce
- ♥ 1 teaspoon finely grated lemon zest
- ♥ 1 tablespoon chopped fresh parsley
- ♥ Freshly ground black pepper, to taste
- ♥ Plain flour, for dusting
- ♥ Sunflower oil, for brushing

#### Method:

1. Mash the tuna with its oil in a bowl. Add the mashed potatoes, onion, celery, W'shire sauce, lemon zest, parsley & black pepper. Mix well. Preheat the grill to high.
2. Shape mixture into 8 flat, round burgers. Dust lightly with flour & brush with oil.
3. Grill for 6 minutes on each side until golden brown, turning once.



## OUR DAY TRIPS....

### Trips from Eccles & Little Hulton: Carnforth Station & Bowness

Tuesday 12<sup>th</sup> June - £18

Includes tea/coffee & scone at station

### Brockholes, Longlands (lunch) & Scorton Barn

Tuesday 10<sup>th</sup> July - £28

Includes coffee stop & 2 course lunch

### Millstones Summer Sizzler Party

Tuesday 21<sup>st</sup> August - £28

### Settle & Wensleydale (coach only)

Tuesday 18<sup>th</sup> September - £14

*Incl. vintage bus ride – bring bus pass!*

**See Dot & Mavis for more details**

### Trips from Irlam & Cadishead

### Lytham (Market) & Lindum Hotel

Thursday 21<sup>st</sup> June - full

#### Coach Only Trips

- ♥ Llandudno - Mon 2<sup>nd</sup> July - full
- ♥ Southport - Mon 6<sup>th</sup> August - full
- ♥ Windermere - Thurs 16<sup>th</sup> Aug - full
- ♥ York - Monday 17<sup>th</sup> September - full

### Chester & Mill Hotel Boat Trip

Mon 30<sup>th</sup> July – full

### Brockholes & Olympus Restaurant

Thursday 6<sup>th</sup> September - £18

Includes 2 course meal

fish & chips, peas, bread & dessert

### Barley Farm Golden Afternoon

Wednesday 3<sup>rd</sup> October - £8

Incl. entertainment & 3 course meal

### Christmas at Ryecroft Hall

Mon 19<sup>th</sup> November – £25

(£30 non-members)

### Christmas at Barley Farm

Wednesday 12<sup>th</sup> December - £8

Incl. entertainment & 3 course meal

### Christmas at Briars Hall, Ormskirk

Mon 17<sup>th</sup> December - £23 members

(£25 non-members) *3-course meal*

**See Serena & Betty for more details**



# OUR HEALTHY HEART CLUBS June - August 2018

0161 707 7402 [admin@salfordheartcare.co.uk](mailto:admin@salfordheartcare.co.uk) [www.salfordheartcare.co.uk](http://www.salfordheartcare.co.uk)

## Eccles Healthy Heart Club

Patricroft URC Hall Shakespeare Crescent Patricroft M30 0PE

Most Tuesdays\* 10 am - 12 noon

→ Tue 5<sup>th</sup> June - Weigh Ahead Sessions

→ \*Tuesday 12<sup>th</sup> June, 10<sup>th</sup> July & 21<sup>st</sup> August - closed for trip days

Charge: £2 entrance, non-members £2.50 (includes raffle). 50p for refreshments

Activities: Tai Chi, dancing, reiki (£2 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 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 6<sup>th</sup> June

→ Wednesday 20<sup>th</sup> June - Fire Safety Talk

→ Wednesday 4<sup>th</sup> & 18<sup>th</sup> July

→ Wednesday 1<sup>st</sup> & 15<sup>th</sup> August

→ \*Wednesday 29<sup>th</sup> August - closed for hall maintenance

Charge: £2 includes refreshments & raffle (£2.50 non-members) Activities: Dancing, Reiki (£2 charge), Tai Chi, relaxation, blood pressure checks & social trips

We're delighted to receive a grant of £750 for Little Hulton from "The Big Local" (Summer Grant Round)

## Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Road Irlam M44 6AJ

Reminders: Wednesdays & Fridays 9:30 am - 12 noon

→ Friday 8<sup>th</sup> June - Laughter Workshop

→ Friday 15<sup>th</sup> June - Psychic Afternoon (12-3pm) - ticket only event £5

→ \*Wednesday 29<sup>th</sup> August - closed for holidays

Charge: £1 entrance (£1.50 non-members), 50p for refreshments. Activities: Dancing, chair exercise, reiki (£2 charge), relaxation, weight management, blood pressure checks, bingo, raffle, books & bric-a-brac-stall, regular day trips

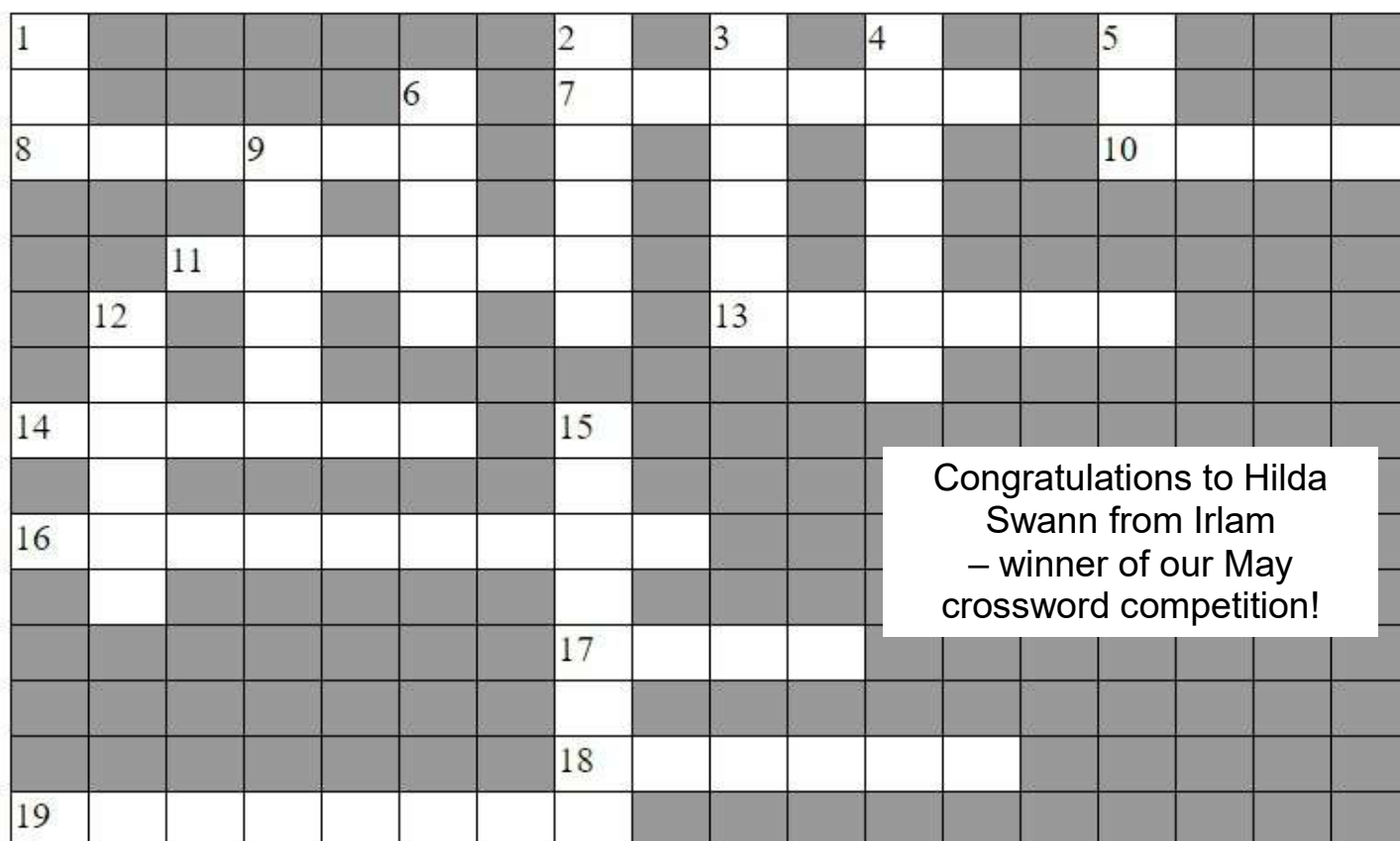


### IMPORTANT NOTICE: Tech & Tea Drop In - CANCELLED

The monthly drop-in at Irlam Steel Club has been cancelled with immediate effect. Apologies for any inconvenience caused. For more information contact Matt Bell at Inspiring Communities Together: 0161 743 3625

## June Crossword Competition

All correct entries received by **Friday 22<sup>nd</sup> June 2018** will be entered into the prize draw with the chance to **win a £5 gift voucher**. Please return your completed crossword to Serena or one of our volunteers at the club. ***Please remember to include your name.....Good luck!***



### ACROSS

- 7. Person who avoids work (6)
- 8. Chase (6)
- 10. Fanciful idea (4)
- 11. June zodiac sign (6)
- 13. Boil with anger (6)
- 14. Attendent (6)
- 16. End of Ramadan (3-2-4)
- 17. June flower, girl's name, colour (4)
- 18. World's smallest ocean (6)
- 19. Battle associated with D-day (8)

### DOWN

- 1. Jump on one foot (3)
- 2. On dry land (6)
- 3. Flat round object thrown in sport (6)
- 4. 2018 Swiss tennis favourite (7)
- 5. Legal code (3)
- 6. Garden partition (5)
- 9. All-male shindig before the wedding (4-2)
- 12. Hosts of the 2018 World Cup (6)
- 15. Day of the Queen's official birthday (8)

**May Answers Across:** 1 prompter, 5 race, 6 concave, 9 hook, 10 sprite, 12 nosebags, 13 idol, 14 upheaval, 18 berry, 19 exhibit **Down:** 2 psalm, 3 designed, 4 laser, 6 complex, 7 exhausted, 8 crisis, 11 error, 15 pier, 16 vote, 17 sprig

**“THE PULSE” NEWSLETTER IS PRINTED & PUBLISHED BY SALFORD HEART CARE**

**Salford Heart Care is a registered charity (number 1136710)**

Donations welcome via: [virginmoneygiving.com](http://virginmoneygiving.com) or post:

Salford Heart Care, c/o The Egan Project, 19 Green Lane, Eccles M30 0RP

Email: [admin@salfordheartcare.co.uk](mailto:admin@salfordheartcare.co.uk) TEL: **0161 707 7402** Follow us on Twitter: [@Salford\\_HeartC](https://twitter.com/Salford_HeartC)

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