



Salford Heart Care

THE "PULSE" NEWSLETTER

June 2021

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

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Update on Reopening.....

We are really hoping to welcome you back to our clubs later this month, however, we await further guidance from the government in relation to the next steps in the roadmap out of lockdown.

An announcement is due to be made by the Prime Minister on Monday 14th June in anticipation of reopening from Monday 21st June, with all Covid-19 restrictions lifted. As you can appreciate there is much uncertainty as to whether all restrictions will be removed but we hope this will become clearer in the next few weeks. We will try to contact as many members as possible and keep you informed of our plans.

In the meantime please give us a call or email if you have any questions. Telephone Serena: **0161 707 7402**, or email: admin@salfordheartcare.co.uk

Thank You....

We would like to acknowledge and thank those of you who continue to support Salford Heart Care with Facebook Birthday Fundraising Campaigns:

- Nancy Towey raised £209 last month.
- Back in March, Jim Collins's Birthday Fundraiser raised £150 for Salford Heart Care.
- In January, Alan Davies raised £126.

Announcement

It is with great sadness that we announce the death of our dear friend and member, Norman Yarwood, aged 83 from Eccles. Norman was one of our most long-standing members at Eccles, along with his wife Mavis.



Norman passed away peacefully on Wednesday 19th May in Salford Royal Hospital. Norman was such a character at our club and he will be missed by us all. Everyone knew Norman as he was a tall, friendly, chatty person who attended Eccles Healthy Heart Club every week.

Norman's funeral takes place on Friday 4th June, 9:40am at Peel Green Crematorium.

"Sad news that Norman has passed away. He had a great input at Eccles and will be sadly missed by all the members. Our condolences to all his family from everyone at Salford Heart Care. Rest in peace Norman." Jim Collins, Chairman.

We send our deepest sympathy to Mavis and her daughter Carol, and all of their family and friends at this very sad time.

Mavis Yarwood would like to thank everyone for their condolence cards and lovely comments following the death of her husband, Norman.

Online Support

We have paused our Zoom meetings this month. However, here's a full list of our relaxation and chair yoga videos for you to access online in your own time:

Relaxation with Julia:

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

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_OtPLAN4

7: <https://youtu.be/aBfBdNkfqwQ>

8: <https://youtu.be/AvS8l97zl1g>

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-9o5p8g>

15: <https://youtu.be/LKltoVPygQ4>

16: https://youtu.be/LDi17R_CidM

17: <https://youtu.be/okX3FelcbxM>

18: https://youtu.be/329OvL_5ipU

Newest Video 19:

<https://youtu.be/0Q7OWzNLHCs>

Covid-19 Testing

Free Rapid Covid-19 Tests are now available for people without symptoms.

You can get free rapid lateral flow tests without having symptoms. Visit your local pharmacist or find out more here:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing/regular-rapid-coronavirus-tests-if-you-do-not-have-symptoms/>

Order free rapid lateral flow tests here:

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

Download the NHS App for your Vaccine Passport

England's NHS app is now available to use as a vaccine passport.

A paper version will also be available by calling 119 (not through a GP).

The NHS app is separate to the NHS Covid-19 app (which is used for contact tracing).

You can also use the NHS app to:

- request repeat prescriptions
- arrange appointments to see your doctor
- view medical records (if enabled by GP)

The app contains a separate feature to display coronavirus vaccine records.

People are advised to register to use the app at least two weeks before travelling. A paper letter can be requested only at least five days after a second vaccine dose and can take five days to arrive.

Support Salford Heart Care by shopping with AmazonSmile

Want to help make a difference while you shop in the Amazon app, at no extra cost to you?

Follow these instructions to select Salford Heart Care as your charity and activate AmazonSmile in the app. Amazon will donate a portion of your eligible mobile app purchases to us!

1. Open the Amazon app on your phone
2. Select the main menu (=) & tap on "AmazonSmile" within Programmes & Features
3. Select Salford Heart Care as your charity
4. Follow the on-screen instructions to activate AmazonSmile in the app

Health News

Daily 30-minute workout 'may not benefit everyone' The decades-old advice of exercising for 30 minutes a day may not benefit everyone, scientists have claimed.....

A study has shown that alternatively, three minutes of exercise for every hour spent seated could extend a life by 30%. Research led by Glasgow Caledonian University found that sitting too long could even "undo" benefits of exercise.

The four-year study, published in the British Journal of Sports Medicine, analysed data from six previous studies including more than 130,000 adults in the UK, US and Sweden. It looked at how different combinations of activities - from running and brisk walking to housework and sitting - affect mortality.

- *Researchers found the current recommendation of 30 minutes of exercise per day reduced the odds of early death by up to 80% for those who sat for less than seven hours.*
- *However it did not reduce mortality risk for individuals who sat for more than 11 to 12 hours per day.*
- *The best combination of activities to reduce the odds of early death by 30% was to do three minutes of moderate to vigorous exercise, or 12 minutes of light physical activity, for each hour of the day spent sitting.*
- *The leftover hours should be spent generally moving around as much as you can and getting a good night's sleep.*

For decades, we've been telling people that the way to stay healthy is to get at least 30 minutes of exercise 5 days a week. But even if you're one of the few adults who can stick to this advice, 30 minutes represents just 2% of your entire day.

Moving around and not remaining sedentary all day also matters. The study shows that there is no one-size-fits-all approach to physical activity.

Healthy Recipe: One Pot Mexican Beef Stew

A quick & easy take on a traditional Mexican beef stew, this fiery one-pot can be prepared in just 20 minutes. Paprika and chipotle sauce gives this dish a lovely smoky flavour, while the butter beans add a rich creaminess. Just 229 calories per serving!

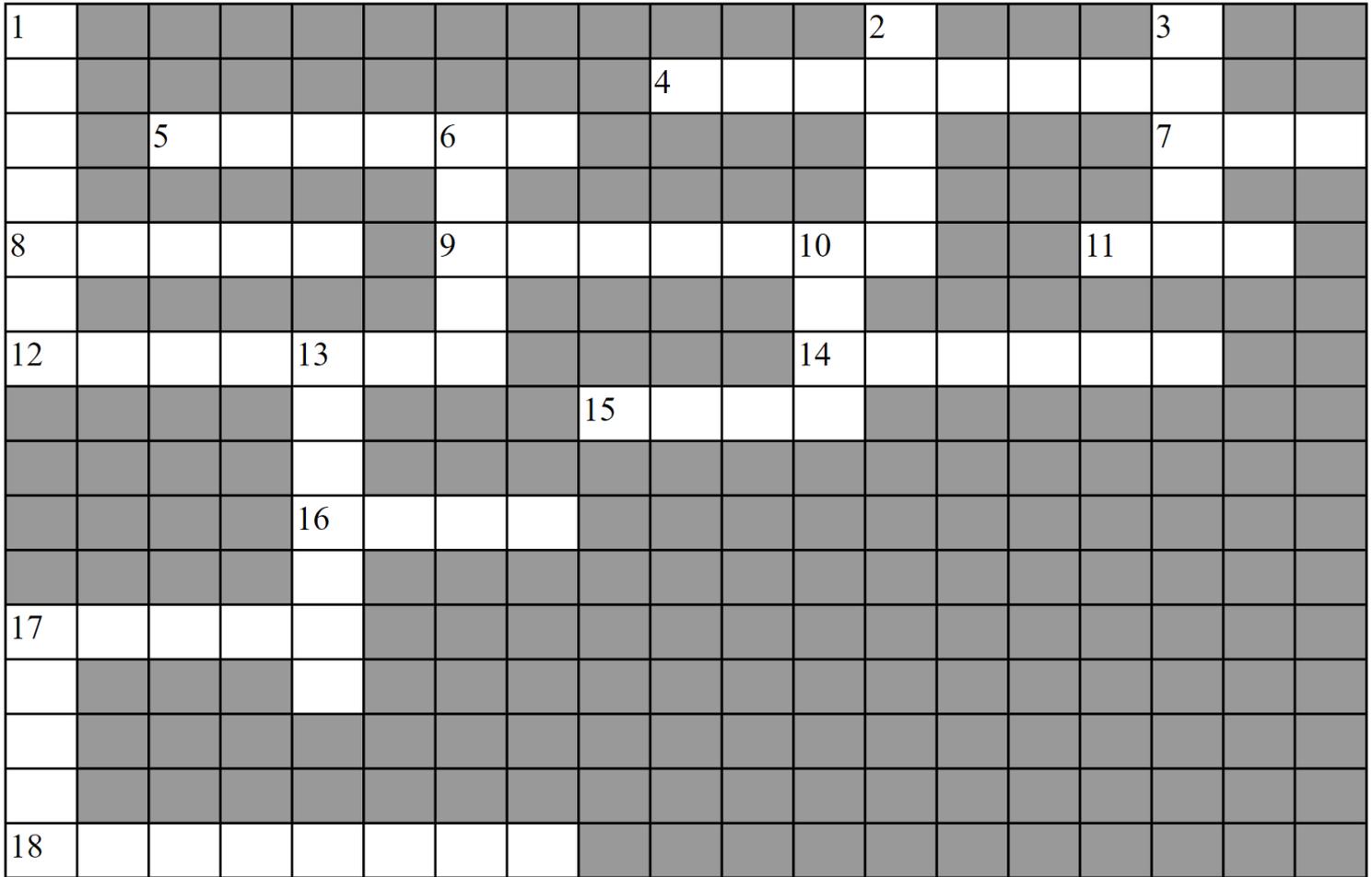
Ingredients (serves 4):

- 1 tablespoon of oil
- 350g beef stir-fry strips
- 1 red onion, cut into wedges
- 31g pack coriander, leaves and stalks separated
- 95g jar chipotle chilli and smoked paprika paste
- 400g tin butter beans, drained

Method:

1. Heat the oil in a large frying pan, when hot add the beef and onion wedges and stir fry for 5 minutes, until the beef is brown and the onion beginning to colour.
2. Finely chop the coriander stalks and add to the pan, along with the paprika and chilli chipotle sauce. Fill the sauce jar with freshly boiled water and add to the pan with a further 2 jars of water. Bring to a simmer.
3. Stir the butter beans into the stew, season with plenty of salt and pepper, warm through for 2 minutes, or until the beans are hot. Remove from the heat, stir through the coriander and serve.

June Crossword.... Just for fun 😊



ACROSS

- 4. Daydream (4-4)
- 5. Collision (6)
- 7. Limb (3)
- 8. Airport exits (5)
- 9. Scrutinise (7)
- 11. Flushed (3)
- 12. Notion (7)
- 14. Flee (6)
- 15. Matured (4)
- 16. Memo (4)
- 17. Trap (5)
- 18. Civic building (4,4)

DOWN

- 1. Joy (7)
- 2. Occupation (5)
- 3. Stop (5)
- 6. Hoodwink (5)
- 10. Necessity (4)
- 13. Smiled (7)
- 17. Brief (5)

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