



Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

June 2023

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

Tel: 0161 707 7402

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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

Little Hulton Healthy Heart Club

St. Paul's Peel Community Hall,

Manchester Road

Little Hulton M38 9EG

Fortnightly

Wednesdays 10am – 12 noon

→ Wednesday 7th & 21st June

→ Wednesday 5th & 19th July

→ Wednesday 2nd, 16th & 30th August

Chair yoga, line dancing, reiki, bingo, "Play Your Cards Right", weight management, blood pressure & pulse testing, books & bric a brac stall, refreshments & 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 13th June, 11th July, 15th August, 5th September)

Chair yoga, 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

Bereavement Support Group

Cadishead Band Room

Locklands Lane, Irlam M44 6RB

Fortnightly Tuesdays

10am – 12 noon

→ Tuesday 13th & 27th June

→ Tuesday 11th & 25th July

→ Tuesday 8th & 22nd August



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.



EVENTS & DAY TRIPS

Events & Day Trips Departing from Irlam, Cadishead & Hollins Green

Ye Old Red Lion,

Hollins Green Lunch

Thursday 8th June, 12 noon

3-course meal, bingo & raffle £13 - full

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**Bakewell Market (coach only)**

Monday 19<sup>th</sup> June £10 - full

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Conwy & Llandudno (coach only)

Thursday 13th July £10 - full

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**Frodsham & Chester (coach only)**

Thursday 10<sup>th</sup> August £10 - full

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Ramsbottom & Bury Steam Train

Friday 27th October £50 – full

Trips subsidised using funds from raffles

Trips Departing from Eccles (Monton) & Little Hulton

British Iron Works/Sculpture Park,
Aston (near Oswestry) & Lunch

Tuesday 13th June £25

non-members welcome to join us

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**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

*\*Trips subsidised using raffle income from  
Eccles Healthy Heart Club\**

## Salford Heart Care's Volunteer Celebration Party



Thursday 22<sup>nd</sup> June  
12 noon – 4pm



at **The Club House**  
**Liverpool Road, Barton**

3-course lunch followed by live  
entertainment with Terry Kelly,  
bingo & raffle

*Our volunteers will be attending free  
of charge as a thank you for  
supporting us!*

*\*\*Very limited number of spaces for  
non-volunteers to join us £14\*\**

*Supported by Salford CVS Volunteer  
Fund, Salford Heart Care & Irlam &  
Cadishead HH Social Club*



## Healthy Hubs in Irlam & Cadishead

The Health Improvement Team are  
running "Healthy Hubs" with free health  
and wellbeing activities for all.

- ♥ **Irlam Healthy Hub:** Mondays  
10:30 am – 12:30 pm (except bank  
holidays), at Lady James' Hall,  
Prince's Park
- ♥ **Cadishead Healthy Hub:**  
Thursdays 9:30 am – 11:30 am at  
Cadishead Rhinos, Lord Street

*Refreshments, healthy cooking classes,  
arts and craft, exercise classes, weight  
management support and blood pressure  
checks, indoor and outdoor activities.*

Everyone welcome. For more information  
contact the Health Improvement Team on  
0800 952 1000 (option 2) or just turn up.

## Health Articles

### Are heart attack symptoms different for men and women?



British Heart Foundation

The idea that men and women have different heart attack symptoms has been around a long time. It's a myth that women and men have different heart attack symptoms. Symptoms can vary from person to person, but there are no symptoms that are more common in women than in men.

Misconceptions around symptoms may make women less likely to seek and receive treatment. These misconceptions may also delay diagnosis, making poor outcomes more likely. Coronary heart disease kills more than twice as many women than breast cancer in the UK every year. But despite this, it's often considered a man's disease.

#### Most common signs of a heart attack:

- ♥ sudden and persisting pain or discomfort in the chest that feels like pressure, tightness or squeezing
- ♥ the pain may spread to either arm, the neck, jaw, back or stomach
- ♥ you may also feel sick, sweaty, light-headed or short of breath.

If someone is having a heart attack, treatments to restore blood flow to the affected part of the heart muscle must be given as soon as possible to help limit the extent of damage to the heart.

***If you think you're having a heart attack, call 999 immediately.***

If you'd like to know your risk of heart disease and you're aged 40–74, living in England, you can ask for an NHS health check.

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

Donations welcome via cash, cheque, bank transfer, or PayPal Email [admin@salfordheartcare.co.uk](mailto:admin@salfordheartcare.co.uk)

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### An apple a day keeps the doctor away Compound found in fruit reduces the odds of frailty in older adults by 20%

Eating a medium-sized apple each day in your 60s can help protect against the frailty that comes with old age, scientists have found. The fruit contains a particularly beneficial flavanol called quercetin, and just 10mg reduces the odds of infirmity by 20%, according to a study.

Current dietary recommendations for frailty prevention primarily focus on protein intake, but experts said it was becoming clear that certain fruits were also helpful.

Flavanols are found in foods including leafy vegetables, blackcurrants, onions, berries, cherries, peaches, soybeans, citrus foods, tea, chocolate, lettuce, peppers, grapes and even wine. Higher flavonols intake was associated with lower odds of developing frailty.

Specifically, higher quercetin intake was the flavonoid that had the strongest association with frailty prevention.

- ♥ A total of 1,701 over-65s took part in the study which resulted in 13.2% of participants becoming frail by the end of the 12-year project. Those who had the highest intake of flavanols – particularly quercetin – were found to be the least likely to become frail.
- ♥ There's mounting evidence that flavanols may also be useful in fighting Alzheimer's disease, cancer, cardiovascular disease, arthritis, high blood pressure and Type 2 diabetes.
- ♥ Research by Wageningen University in the Netherlands found that eating an average sized apple would reduce the risk of stroke by between 36-45%, because of its quercetin content.
- ♥ A study by the University of Reading found that eating 2 apples per day lowered levels of "bad" cholesterol in the body by almost 4%

**Study published in the *American Journal of Clinical Nutrition***

## What does 100 calories look like?

Tracking the calories you eat is a common way of keeping an eye on your intake. This is what 100 calories looks like in popular foods:

**1 Apple** = 100 calories.

**1 & ½ Bananas** - will help you towards your 5 a day, as well as giving you energy.

**160g Blueberries** - a great source of Vitamin C, and make a delicious snack or a tasty topping for cereal or porridge. counts as two of your five-a-day.

**Broccoli** - You'd have to eat a lot to consume 100 calories, so you can enjoy plenty of it while staying healthy. Like all other leafy green veg, it's packed with other nutrients too.

**Brownie** -The high levels of saturated fat and sugar in a chocolate brownie means 100 calories is little more than a **mouthful**.

**Carrot cake** - Cakes with a cream filling or icing contain lots of sugar & saturated fat, so just a **tiny slice** contains 100 calories.

**Cheddar cheese** - high in salt and fat, so you only get a small amount for 100 calories. The reduced salt and fat versions are better for you, although they should still be eaten in moderation.

**3 & ½ squares of milk chocolate** =100 calories, and it comes with high levels of saturated fat and sugar.

**Chocolate muffin** - 100 calories of a chocolate muffin isn't very much, and won't fill you up for long. If you're low on energy, choose snacks with less sugar and fat and more fibre.

**Crisps** - high in calories, fat and salt. It can be hard to resist going back for more once you open a bag, so you could be consuming a large amounts of calories in one go.

**Hummus** - made with olive oil, which is a healthier type of fat, but it contains high amounts of it so it's high in calories. If

you're in the supermarket choose the reduced-fat option, or alternatively make your own at home.

**Oatcakes** - contain fibre, but they also contain more saturated fat than you might think. Try to limit yourself to 1-2 if you're having them alongside pate or cheese.

**Olives** - may seem like a healthy snack, but often prepared with salt or brine which means they come with high levels of salt.

**2 & ½ Oranges** - an ideal snack, cereal topping or an alternative addition to a salad. Be wary of orange juice as it can contain lots of hidden sugar and calories.

**Small handful of peanuts** - high in protein, but also contain high levels of fat and calories. Be wary of dry or honey-roasted varieties as they come with added fat and sugar. Avoid salted nuts.

**Peppers** - Brightly coloured peppers are very low in calories, so you can pack plenty into a heart-healthy meal.

**¼ of a small pork pie** - Pastry & fatty meat are two of the top sources of saturated fat in the UK diet, so unsurprisingly pork pies are high in calories.

**Sausage roll** - high fat content means even a small amount can add calories.

**¼ Scotch egg** – the egg does give you protein, but the meat and fried coating means a high level of saturated fat, so not a healthy snack choice.

**Strawberries** - sweet, satisfying and you can have lots for 100 calories. Avoid adding unnecessary fat by teaming them with natural yoghurt rather than cream.

**Tomatoes** - Cherry tomatoes are a great snack choice if you want sweetness without the sugar. Great in a salad, or roasted to bring out their intense flavour.

**Full-fat natural yoghurt** – has high levels of fat. Check the nutrition information and go for a low-fat (and low sugar) option, as then you'll get more for your calories.