



Salford Heart Care

"The Pulse" Newsletter

May 2016



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



The Queen's Award
for Voluntary Service

Welcome to the May edition of our Newsletter....

Last month, some of our Eccles & Little Hulton members enjoyed the annual group holiday to the Isle of White, staying in The Shanklin Beach Hotel for 7 days. The holiday was organised by our volunteers, Dot and Mavis, who support our branches at Eccles and Little Hulton. The group enjoyed some fantastic day trips with lovely sunny weather most of the time.

On behalf of the members we would like to thank Dot and Mavis for all their help and commitment to organising the trips & holiday.

Please note that several branches will have one day closures this month so please make a note of this in your diaries:

- ♥ **Eccles Healthy Heart Club:**
Tuesday 31st May – branch closed (annual dance competition in the church hall)
- ♥ **Weaste Healthy Heart Club:**
Tuesday 31st May – branched closed due to holidays
- ♥ **Irlam & Cadishead Healthy Heart Club:**
Wednesday 1st June – branched closed due to holidays

Save the Date!

Defibrillator (AED) & First Aid Training

at

Little Hulton Healthy Heart Club

St. Paul's Peel Hall

Wednesday 15th June

11:30 am - 12:30 pm

(tai chi & dancing as usual at 10:30 am)

Congratulations to our April Crossword Competition winner: Teresa Saunders from Irlam. You could win £5 voucher by completing this month's crossword on page 6.

Good News!...

We have recently received a grant of £1,000 to support relaxation sessions at Eccles and Irlam. We would like to thank Forever Manchester & Sport Relief Community Cash 2016 for supporting us again this year!

SANDRA'S FUNDRAISING NIGHT

in aid of:

genesis
preventing breast cancer

Friday 20th May

Irlam Catholic Club

♥ Raffle, DJ & live band

♥ Tickets on sale: £5 each

see Serena or Sandra Dickinson for tickets

Help people in Salford stay healthy and well

5 Ways to Wellbeing
Connect Be Active Take Notice Keep Learning Give

We need volunteers to talk to people in GP surgeries about their wellbeing

The role includes helping people to understand Wellbeing Plans and to access local activities

Training, expenses, and support provided

Please call Salina if you are interested:
0161 787 7795
salina.dutton@salfordcvs.co.uk



Ableworld Salford
www.ableworld.co.uk



SOCIAL OCCASIONS

Wheelchairs, power chairs, scooters, telecare, back supports, bathing accessories, riser recliner chairs, continence care, walking aids, arthritic supports, slippers, stair lifts.

Visit: Burrows House, 10 Priestley Road,
 Wardley Industrial Estate, Worsley M28 2LY

Email: info@ableworldsalford.co.uk

Tel: 0161 728 1880

Ableworld are offering Salford Heart Care members **5% discount** on goods purchased (excluding items on promotion or special offer).

Hanging Basket Materclass

in aid of

Salford Imagination Library One

Create your own basket with help from our experts!

Thursday 9th June, 7-9pm
 at Linnyslaw Garden Centre
 (Moss Lane, Walkden)

Tickets £12.00 per person

Includes cost of materials & refreshments.

Additional plants available to purchase on the night.

Contact Linnyslaw Garden Centre: 0161 799 2050

email: linnyshawgarden@btconnect.com



Linnyslaw Garden Centre

Moss Lane, Walkden

*Perennials, shrubs,
 bedding plants, compost, benches,
 sheds, garden tools, bird tables,
 pottery, stoneware & aggregates*

Established in 1985 - local family-run business of Albert,
 Marge, Nicholas & Lisa Redshaw

Open Monday - Saturday 9am – 5pm
Sundays 10am – 4pm Tel: 0161 799 2050

www.linnyshawgc.co.uk

email: linnyshawgarden@btconnect.com

Proud sponsors of Salford Heart Care

Jane E. Hamilton

Consultant Psychotherapist / Hypnotherapist
 BACP Member: 514718

*- Hypnotherapy - Psychotherapy - Cardiac
 Therapist – Stress Management – Relaxation*

*Corporate – Community
 Groups – One to one*

27 Years' Experience

Enquiries: 0776 203 2077

Trips departing from Eccles & Little Hulton:

Buxton & Bakewell - full

Tuesday 17th May - £16 per person

Includes coach, morning coffee & scone at Buxton Pavilion, then onto Bakewell in the afternoon

Lancaster Canal Cruise & Lunch - full

Tuesday 14th June - £28 per person

1 & ½ hour cruise with tea & coffee, followed by a 2-course lunch. Visiting Barton Grange Garden Centre on the way home.

Llandudno – coach only

Tuesday 12th July - £13 per person

29th Anniversary Trip: The Millstones

Tuesday 9th August - £27 per person

Includes morning tea/coffee & biscuits, 3 course lunch & afternoon entertainment

**This trip is subsidised because it's our Anniversary*

See Dot or Mavis for more details

Trips Departing from Irlam & Cadishead

Chester Meal & Boat Cruise

Thursday 8th September

£20 per person (£25 non-members)

Includes coach & canal cruise with 4-course meal. Short stop at the garden centre in the morning, and Chester in the afternoon

Llangollen & The Bryn Howel Hotel

Thursday 11th August 2016 - full

£20 per person (£25 non-members)*

Includes return coach to Llangollen with time to browse the shops or stroll along the riverside, then onto the Hotel for a 2-course carvery lunch

See Serena or Betty - payment in full

Coming up later in the year (departing Irlam):

♥ Thur 17th Nov 2016 – Houghton Weavers Christmas Party at Rivington Hall Barn

♥ Thur 15th Dec 2016 – Christmas Party at The Millstones, Harrogate

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

Ground Floor Retirement Apartment to Rent at Swithun Wells Court

Old Wells Close, Little Hulton M38 9PQ

♥ Rent from £115 per week (includes heating, hot water, support & service charge)

Contact **Jane Wilding**: 0161 772 2120
 for more details.



Party Day at Irlam

Irlam & Cadishead Healthy Heart Club held a fancy dress party on Friday 22nd April for a double celebration: St. George's Day and the Queen's 90th birthday. The members had a fun afternoon with a buffet lunch and live entertainment from Terry Kelly and Budgie. Everyone sang along to the National Anthem and danced to "Land of Hope and Glory". The Queen even called in for photographs!

- ♥ Member Dominique Hawes was busy crocheting red and white roses to raise money for the club and raised £9. Thank you Dominique!
- ♥ Jean Corder, Joan Davies & Joan Givens (below) won our fancy dress competition.
- ♥ Thank you to Diane & Graeme at The **Glenheath Hotel (73 Lord Street, Blackpool)** for donating a 2 night hotel break for our raffle. The raffle was won by Alan Davies & raised £75 towards club funds.

If you are interested in staying at the Hotel visit www.glenheathhotel.com or call 01253 314 615. Prices from £25.00 per person, per night.



Healthy Recipe: Potato & Pea Fishcakes

All you need for this simple fishcake recipe is a few basic ingredients including frozen peas, to make a tasty meal.

Serves 4

Ingredients

- ♥ 600g floury potatoes (King Edward or Maris Piper)
- ♥ Generous knob of butter
- ♥ 500g smoked haddock fillets
- ♥ Milk for poaching
- ♥ 125g frozen peas
- ♥ Plain flour for dusting
- ♥ Olive oil for shallow frying

Method

1. Peel & cut the potatoes into chunks. Cook in boiling water for 15-20 minutes until tender. Drain thoroughly, tip into a bowl, then mash with the butter until mostly smooth.
2. Meanwhile, put the haddock in a pan, cover with milk, then heat until gently steaming and cook for 6-8 minutes. Drain, cool, then break into flakes using a fork (discard the skin).
3. Tip the peas into a heatproof bowl, pour over freshly boiled water from a kettle and leave for 2 minutes, then drain.
4. Stir the haddock and peas into the potato with some black pepper. When cooled, shape into 8 fishcakes.
5. Put the flour on a plate and lightly dust the fishcakes in it. Heat the oil in a large frying pan over a medium-high heat, then fry the fishcakes for 3-4 minutes on each side until golden. Do this in batches, then keep warm in a low oven.

Tip: Serve with tartare sauce & salad leaves.

Around half of heart attack patients delay seeking medical help

The BHF are urging people to be aware of the signs and symptoms of a heart attack and call 999 immediately, even if they're in doubt.

A BHF survey of heart attack survivors showed that around 50% of people who suffered a heart attack delayed seeking medical help for more than an hour, putting their life & future recovery in danger.

Doubt Kills

Eight in ten people initially failed to realise that they may be having a heart attack, with more than a third mistaking their symptoms for indigestion. Worryingly, 59% of those polled still didn't realise that they might be having a heart attack at the point they finally sought medical help for their symptoms.

Don't delay

As a nation we're underestimating the life-threatening consequences of a heart attack, despite coronary heart disease – the main cause of heart attacks – remaining the UK's single biggest killer. Despite common perceptions, more than 90% of those surveyed remained conscious throughout their heart attack.

Every second counts when someone has a heart attack. The sooner people recognise their symptoms & call 999, the better their chance of recovery.

Research advances mean 7 in 10 people now survive a heart attack. But most heart attacks occur without warning and we have no way of predicting when they will strike.

Fighting back

Prof. Mike Marber & the team at Kings are studying a protein that leaks from the heart after damage called cardiac myosin binding protein C (MyC). The team is now investigating if measuring MyC is a quicker and more effective way of diagnosing a heart attack, compared to current tests. Prof. Marber said: "It is essential to know whether someone with chest pain has suffered damage to their heart. Our research could lead to a better blood test for heart attack so people can receive the right treatment, more quickly, improving their chances of recovery."

Heart attack symptoms vary from one person to another. The most common signs are:

- ♥ **chest pain: tightness, heaviness, pain or a burning feeling in your chest**
- ♥ **pain in arms, neck, jaw, back or stomach: for some people, the pain or tightness is severe, while other people just feel uncomfortable**
- ♥ **sweating**
- ♥ **feeling light-headed**
- ♥ **become short of breath**
- ♥ **feeling nauseous or vomiting**



Vitamin D improves heart function in people with chronic heart failure

A 5 year study at the University of Leeds suggests a daily dose of vitamin D improves heart function in people with chronic heart failure.

The study, which was funded by the Medical Research Council and involved several BHF-funded researchers found that in the 80 patients who took Vitamin D, the heart's pumping function improved from 26% to 34%. In the others, who took placebo, there was no change in cardiac function.

Professor Peter Weissberg, BHF Medical Director, comments: "Ideally, any new treatment for heart failure should make patients feel better and live longer. This research found that giving 12 months vitamin D supplementation to heart failure patients with subnormal vitamin D levels was safe and measurements of heart function showed some improvement. However, there was no significant improvement in the patients' ability to exercise. A much bigger study over a longer period of time is now needed to determine whether these changes in cardiac function can translate into fewer symptoms and longer lives for heart failure patients."

Death of a partner linked to increased risk of irregular heartbeat

A study of over 80,000 people diagnosed with atrial fibrillation, one of the most common forms of abnormal heart rhythm, has suggested that the death of a partner is linked to an increased risk of developing the disease.

The study, which was conducted by researchers at Aarhus University in Denmark, suggested that the risk of developing an irregular heartbeat for the first time was 41% higher among those who had been bereaved than it was among those who had not experienced such a loss.

Maureen Talbot, a BHF Senior Cardiac Nurse, said "The bereavement of a partner is a devastating event in anyone's life but the effect can be even worse when a death is sudden or premature. Our research has shown how emotional stress can have an adverse effect on the heart but this study also highlights a significant physical effect – a greater risk of developing atrial fibrillation when recently bereaved. This risk appears even greater the more sudden the death or younger that person is.

Atrial fibrillation

Normally, the heart's natural pacemaker sends out a regular electrical impulse that travels through the heart. But when someone has atrial fibrillation (AF), impulses fire off from different places in the atria (the top heart chambers), causing chaotic electrical activity, which makes them have an irregular, and sometimes fast, pulse. AF affects about one million people in the UK – or 1.7 per cent of the population – but many more are undiagnosed and don't know they have it.



OUR HEALTHY HEART CLUBS May-July 2016

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

Irlam & Cadishead Healthy Heart Club, Irlam Steel Club Liverpool Rd. Irlam Every Wednesday & Friday 10 am - 12 noon

Highlights.....

- Wednesday 11th May - Relaxation session
- Friday 20th May, 3rd & 24th June, 1st July - Relaxation sessions
- **No group on Wednesday 1st June (holidays)**

Charge: £1 entrance, 50p towards refreshments. Activities: Dancing, chair exercise, Tai Chi for Health, reiki therapies (fortnightly, £1 charge), relaxation, weight management support, blood pressure checks, arts & crafts, bingo, raffle (£1 strip), bric-a-brac-stalls, books, subsidised social activities & day trips

Eccles Healthy Heart Club Patricroft URC Hall Franklin St. Patricroft Every Tuesday 10 am - 12 noon

Highlights.....

- Tuesday 3rd & 17th May, 14th & 28th June, 12th & 26th July - Tai Chi sessions
- Tuesday 3rd & 24th May, 7th & 28th June, 5th & 26th July - Relaxation
- Tuesday 10th & 24th May, 7th & 21st June, 5th & 19th July
- Cardiac exercise with Maureen

No group on Tuesday 31st May (hall out of use for dance week)

Charge: £1.50 entrance (includes raffle ticket). Suggested donation of 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 10:30 am - 12.30 pm

- Wednesday 4th May → Wednesday 18th May - Autism Talk (TBC)
- Wednesday 1st June
- **Wednesday 15th June - Defibrillator & CPR (first aid) training**
- Wednesday 29th June
- Wednesday 13th & 27th July

Charge: £1.50 entrance (includes raffle ticket). Suggested donation of 50p towards refreshments.

Activities: Line dancing, Reiki therapies (£1 charge), Tai Chi for Health, relaxation, indoor games, & social trips

Currently
Supported by:



the coalfields
regeneration trust

Weaste/Claremont Healthy Heart Club

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

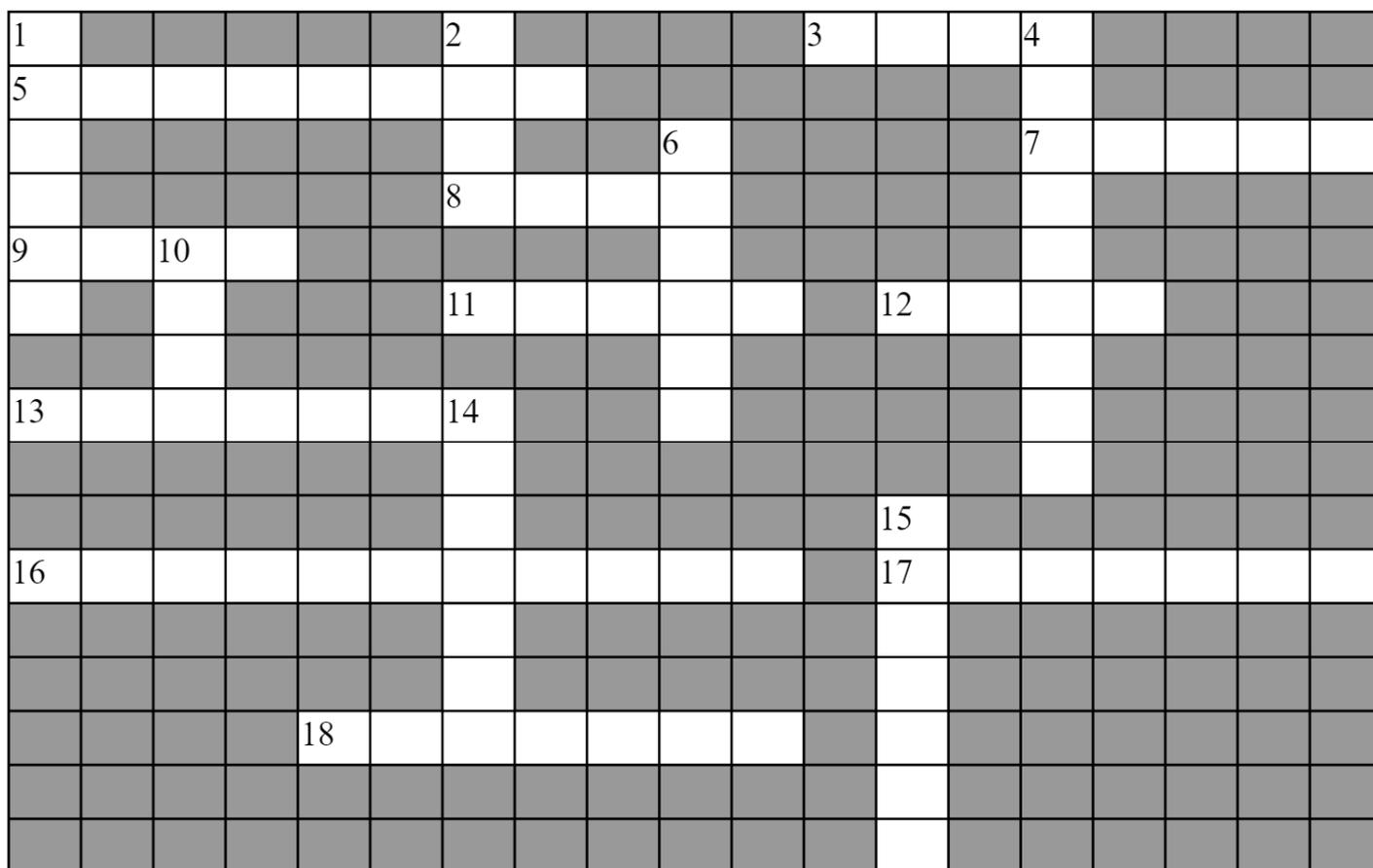
No group on Tuesday 31st May (holidays)

Charge: £2.00 (members) £2.50 (non-members). Annual membership is £10

Activities: Cardiac exercise session with relaxation & refreshments

COMPETITION CORNER: *Try our May - Themed Crossword*

All correct entries received by **Friday 27th May** 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

3. Symbol for 6 down (4)
5. High-speed railway service connecting London with France (8)
7. Country associated with 17 across (5)
8. The Greek goddess of fertility meaning "Midwife" (4)
9. Surname of the poet who invented Limericks (4)
11. King associated with 10 down (5)
12. Another name for a Limerick (4)
13. May gemstone (7)
16. This famous Russian Composer was born May 1840. He played the piano from the age of 5 & by the age of six he could read French & German (11)
17. The world's tallest mountain was conquered in May 1953 (7)
18. This Palace faces Manchester United on 21st May (7)

DOWN

1. HMS _____ - The Ship famous for Charles Darwin's around the world voyage (6)
2. Surname of the author of 'The Wonderful Wizard of Oz', born May 1856 (4)
4. He flew the first non-stop flight from New York to Paris in a custom-built single engine, single seat monoplane in May 1927 (9)
6. May zodiac sign (6)
10. This Queen was beheaded in May 1536 (4)
14. Young girl associated with 2 down (7)
15. The FA Cup Final will be held here on 21st May (7)

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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**
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