



Salford Heart Care

THE "PULSE" NEWSLETTER

March 2021

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

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Welcome to the March edition of our newsletter. We hope you are all keeping safe and well at home.

Please give us a call or send an email if you have any questions or need some support. Telephone Serena: 0161 707 7402, or email:

admin@salfordheartcare.co.uk



Spring is coming...

Remember to
Spring Forward!

Daylight saving time begins on **Sunday 28th March** so remember to change your clocks and adjust the time **1 hour FORWARDS**.

Announcement



It is with deepest sympathy that we announce the passing of our dear member, **Marjorie Neill**. Marjorie, from Cadishead, passed away at home on Tuesday 2nd February. She was diagnosed with bowel cancer late last summer, shortly after celebrating her 90th birthday. Prior to becoming ill, Marjorie was full of life and enthusiasm. She looked fabulous for her age with barely a wrinkle and always looked elegantly dressed. She loved to dance and always took part in our fancy dress competitions at the club. She joined us on every day trip and looked forward to meeting her friends at the club each Friday morning. She was very caring and took on the role of

"Mother" looking after others. As many of you will be able to relate to, Marjorie really missed her friends after the country went into lockdown last March. She missed having the freedom to be able to jump on a bus and head off into town or go to The Trafford Centre for lunch. Sadly, she feared that she would never get the opportunity to experience those days out again. Marjorie is an inspiration to us all and will very much be missed. We send our deepest sympathy to her family and friends.

Marjorie's funeral took place on Friday 19th February at Peel Green Crematorium. Salford Heart Care would like to acknowledge and thank those who have donated in memory of Marjorie. The total raised to date is £173.75.

Online Zoom Meetings

Our Zoom sessions are still taking place on a regular basis. Please join us:

Tuesdays at 11am (quiz & bingo)

Join the Zoom Meeting using this link:

<https://zoom.us/j/93620607098?pwd=aEJmRCtXaWQ1VzhlaU5vZ1IPMVc2QT09>

Meeting ID: 936 2060 7098

Passcode: 0i5c1H

Wednesdays at 11am: Relaxation

Join the Zoom Meeting using this link:

<https://us02web.zoom.us/j/84254378473?pwd=Szg0VVphTm50ckJyRmlkUkJWdFY5UT09>

Meeting ID: 842 5437 8473

Passcode: 871490

Fridays at 11am (quiz & bingo)

Join the Zoom Meeting using this link:

<https://zoom.us/j/98605399683?pwd=S05USnNUV0h5Vm1manlkV21yY3Axdz09>

Meeting ID: 986 0539 9683

Passcode: sgE3ve

Relaxation & Chair Yoga Videos

Julia and Loretta have put together a series relaxation and chair yoga videos for you to use at your leisure. Join in online in your own time and view the videos as often as you wish.

Relaxation with Julia:

<https://youtu.be/FNFVqlwR9ao>

Chair Yoga with Loretta

Video 1 https://youtu.be/T4MSqCQkQ_s

Video 2: https://youtu.be/Qj_016vPJ38

Video 3: <https://youtu.be/3agwXJ1CUUsQ>

Video 4: <https://youtu.be/RV39Yz8Nx7k>

Video 5: <https://youtu.be/79zvPqj-YNs>

Video 6: https://youtu.be/17H_OtPLAN4

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

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

Video 9: <https://youtu.be/wqVIRM6PA9s>

Please Help!

We Need a New Venue for Eccles Healthy Heart Club

It is with great sadness that Patricroft URC has informed us that the church is closing permanently. I'm sure you will all agree that we have enjoyed many happy years as a club at the hall. We have now removed all of our equipment from the church and our next task is to find a new venue for Eccles Healthy Heart Club.

Can you help us to find a new venue?

- Ideally located in the Eccles area
- capacity to accommodate 50-70 people
- meeting on Tuesday mornings
- suitable for gentle exercise/ dancing and indoor games
- kitchen facilities required

Please contact Serena if you know of anywhere suitable Tel: 0161 707

7402, admin@salfordheartcare.co.uk

Important Notice For Members from Dot & Mavis

Group Holiday:

The group holiday that was rescheduled and due to take place in May this year has now been cancelled due to Covid-19 restrictions.

Dot and Mavis will be in touch with members to arrange for a full refund in due course. Please be patient as this may take some time.

Day trips:

Refunds for day trips scheduled to take place last year will be returned in due course.

Pension Credit Information

Many of the UK's poorest households fail to claim pension credit, even though it's worth an average of £60 per week. Claiming also makes you eligible for other discounts on bills. Plus, it entitles you to heating help when it's very cold.

Pension credit is not automatic and there are approximately 1 million people who are eligible but haven't claimed.

Pension credit can be worth £3,000 per year on average. If you're over state pension age, live in the UK, and earn less than £173.75 per week as a single person or £265.20 week as a couple (including pensions, savings income and work), then the main element of pension credit tops up your income to those amounts. If you've additional income or you've saved for retirement you could get more via the 'savings credit' element. Most of these extras are for those who get the main element of pension credit:

- **Free TV licence for over 75's**
- **Council tax reduction**
- **Cold weather payments worth £25 per week when it's really cold**
- **Warm home discount worth £140 per year**
- **Free dental care**
- **Voucher for glasses/contact lenses**
- **Housing benefit**

Pension credit is not automatic so you **MUST** claim. If you have already claimed your state pension you can apply via:

<https://www.gov.uk/pension-credit/how-to-claim>

Alternatively, you need to phone the **Pension Service on 0800 99 1234**. They will complete the form for you or post it to you. You can also backdate your claim for the last 3 months, so if you think you're eligible, the quicker you check, the quicker you'll benefit.

Covid-19: Vaccinations

At the time of writing, in Salford, the following people are eligible to book an appointment for the Covid-19 vaccine:

- people aged 50 and over
- people who are at high risk ("clinically extremely vulnerable")
- people aged 16-50 years in an at-risk group
- people who live/work in care homes
- health and social care workers

If you or a family member fall into one of these groups, but have not received an invitation, please call **0800 953 0116** or visit www.salford.nhsvaccinations.co.uk

Please do not contact your GP.

Home visits to vaccinate people who are house bound are also taking place.

Information for those considered "Clinically Extremely Vulnerable"

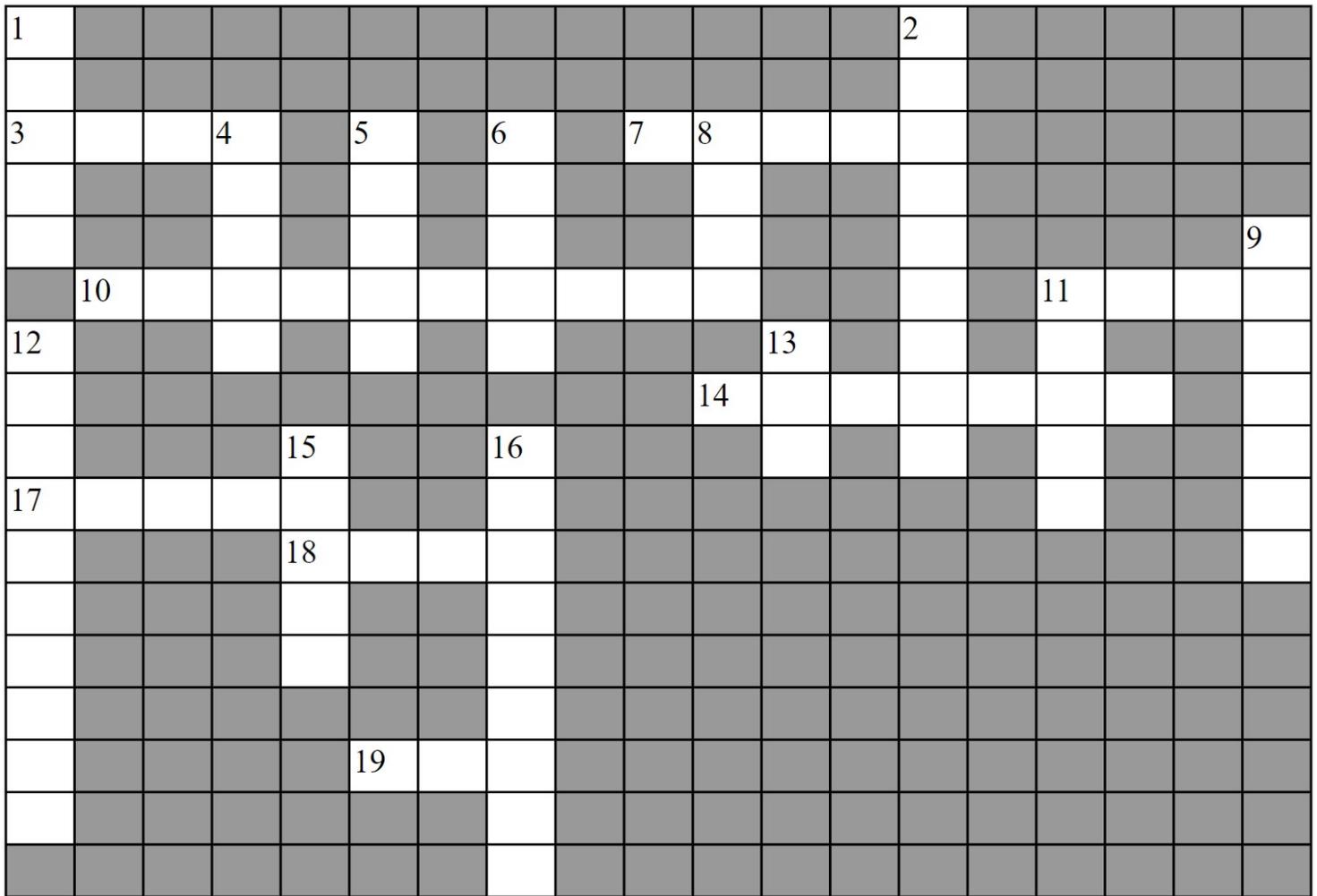
Last month, an extra 1.7m people were expected to be added to the 2.3 million already on the shielding list in England.

Many of the group had not been vaccinated so would now be prioritised urgently by their GP. It comes after a new model was developed that takes additional factors into account.

The calculation includes factors such as ethnicity, deprivation (by postcode) and weight, to work out a person's risk of becoming seriously ill if they were to catch Covid. It also looks at age, underlying health issues and prescribed medications. Until now, only those with specific conditions or undergoing certain types of treatment have been advised to shield until 31 March.

Medical records have been searched to identify high-risk patients, based on their combined risk factors. They are now being sent letters by the NHS informing of them of their new status,

Brendan's March Crossword.... Just for fun 😊



ACROSS

- 3. Taunt (4)
- 7. Prise (5)
- 10. Treachery (10)
- 11. In a lazy manner (4)
- 14. Cricketer (8)
- 17. Ancient Italian (5)
- 18. Match (4)
- 19. Turkish Lord (3)

DOWN

- 1. Power (5)
- 2. Fill with fear (9)
- 4. Delete (5)
- 5. Vietnam's capital (5)
- 6. Desert wanderer (5)
- 8. Resent (4)
- 9. Past happenings (8)
- 11. US state (5)
- 12. Astounding (10)
- 13. Grandma (3)
- 15. Rage (5)
- 16. In the red (9)

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