



Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

March 2024

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

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Announcements

It is with great sadness we announce the deaths of **Rosemary Waning ("Rose")** and **Elizabeth Ann Robinson ("Ann")**.

Rosemary Waning, aged 75, from Cadishead, passed away peacefully in Salford Royal Hospital on the evening of Saturday 17th February 2024. She had very recently been diagnosed with cancer.

Rose and her husband, John, were amongst the very first members to join Irlam & Cadishead Healthy Heart Club in 2010, shortly after the club was officially opened.

Ann Robinson, aged 77, from Worsley, passed away in hospital on Saturday 6th January 2024, following a short illness.

Ann joined our club at Little Hulton in 2016, and then joined our Eccles/Winton Club and attended until December 2023. She joined us on many day trips and enjoyed meeting up with friends at the club.

Ann's funeral took place on Monday 22nd January at Worsley Road North Methodist Church and Overdale Crematorium.

We send our deepest sympathy to Ann's family & friends.



Thank you.....We would like to thank **David Royle** who has kindly donated £62 to Salford Heart Care using money raised from his handmade Christmas candle sales at Winton, Little Hulton and Irlam.



Spring is Coming - Remember to Spring Forwards

This year, daylight saving time begins on **Easter Sunday 31st March** - remember to change your clocks and adjust the time **1 hour FORWARDS**.



Rosemary Waning

Rose played a key role at the club when she became a volunteer and social club Treasurer. She helped to organise our very first day trips and social events and supported many fundraising initiatives. We will always be very grateful of Rose's help and support in the early days and her legacy lives on. Rose's funeral will take place on Thursday 7th March at 10:20am at Peel Crematorium.

We send our deepest sympathy to John Waning, and the family and friends of Rose at this very sad time.



Ann Robinson

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 - 2.45pm
(Except Bank Holidays)

*Chair yoga, bingo, raffle,
refreshments & day trips*

Now only £2 per session

Little Hulton Healthy Heart Club

St. Paul's Peel Community Hall,
Manchester Road
Little Hulton
M38 9EG

Fortnightly Wednesdays
10am – 12 noon

- Wednesday 6th & 20th March
- Wednesday 3rd & 17th April
- Wednesday 1st, 15th & 29th May
- Wednesday 2nd & 26th June

*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

Brookside, off Grange Road
Winton M30 8JW

Tuesdays 10am - 12 noon

Closed for trips: Tuesday 26th March,
7th May & 4th June

*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

Closed Good Friday: Friday 29th March
Closed for trip: Wednesday 17th April

*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 5th & 19th March
- Tuesday 2nd, 16th & 30th April
- Tuesday 14th & 28th May
- Tuesday 11th & 25th June

*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.
Everyone welcome - you do not need to
have a heart condition to attend.



EVENTS & DAY TRIPS

Coach Trips Departing from Irlam, Cadishead & Hollins Green

Tiffany's Blackpool

Thursday 14th March - £15 – one place
*Includes 3-course set meal &
entertainment*

Skipton Market & The Calf's Head

Wednesday 17th April - £30
*Includes 2-course carvery lunch with
dessert table, plus tea/coffee*

Llandudno

Thursday 16th May - £10
Coach only

Southport

Thursday 13th June - £10
Coach only

Keswick

Thursday 25th July - £10
Coach only

Opening soon....

Lytham

Thursday 15th August - £10
Coach only

Hebden Bridge & Olympus Fish Restaurant

Thursday 5th September - £25
Market day in Hebden Bridge. Includes 2
course late-lunch fish & chips, dessert,
tea/coffee.

See Pat or Serena to book

**Important Notice:*

*Priority given to Irlam & Cadishead
Healthy Heart Club members attending
the club in person regularly - all trips are
heavily subsidised using funds raised
from club raffles**

Coach Trips Departing from Eccles (Monton) & Little Hulton

Tiffany's Blackpool

Tuesday 26th March - £20 - full
Includes 3-course meal & entertainment

Chester & Cheshire Oaks

Tuesday 7th May - £12
Coach only

Llandudno & The Tweed Mill

Tuesday 4th June - £12
Coach only

See Dot or Mavis to book

**All trips and events are subsidised
using funds raised from raffles**

Pensioners' Party Afternoon at The Boat House

Ferry Road, Irlam M44 6DN

Monday 11th March 2024

12 noon – 3 pm

£10 per person

*** 3-course lunch:**

Starter: Soup, pate or prawn cocktail

Main: Lasagne, scampi & chips, or
ham, egg & chips

Dessert: Raspberry & white chocolate
roulade, vanilla ice cream,
or chocolate fudge cake

*** Live entertainment**

*** bingo & raffle included**

Ye Olde Red Lion Lunch Afternoon, Hollins Green

Thursday 7th March 2024

12 noon – 3 pm

£15 per person (£2 sup. for steak)

*** 3-course lunch**

*** bingo & raffle included**

See Pat or Serena to book

10 Healthy Food Swaps

By making small swaps to the foods you eat, you can create new habits that add up to big changes to your health.

1. Tweak your sweet treats

Dark chocolate is a great swap. It's packed with polyphenols, which are good for our heart health.

2. Choose a healthier dessert

Greek yogurt is fantastic. It's high in protein and contains healthy bacteria, which are great for your gut. And the berries and dark chocolate both contain polyphenols.

3. Swap juice for whole fruit

Many of the beneficial parts of the fruit, like fibre, are removed in fruit juice. Juicing fruit also destroys the food's structure. We know that if you have juice rather than the whole fruit, you have a more exaggerated blood sugar response. This is because the fibre in whole fruit means it stays in your stomach longer, so blood sugar levels don't rise as fast.

4. Switch up your grain routine

While store-bought muesli does have a variety of ingredients, changing this for grains and seeds will produce a smaller blood sugar response.

5. Swap oatmeal for yogurt & berries

It's so important to listen to your own hunger signals. For some people, oatmeal and muesli can help them stay full for a long time. But if this isn't you, you want to find things that *will* keep you full and make you feel energised. Greek yogurt is high in protein, dairy fat and gut-loving bacteria. Berries are packed with polyphenols, and granola with seeds and nuts contains a fantastic mix of fibre, polyphenols and healthy oils.

6. Make small changes to your snacks

Nuts as a replacement for biscuits are a fantastic choice. Biscuits tend to be high in sugar, which we know increases your blood sugar levels. They may also cause

blood sugar dips for some, which can make you feel hungry sooner. Biscuits are also high in saturated fat, and we know a diet high in saturated fat can increase the risk of heart disease in the long run. Nuts are a nutritional powerhouse and they help make us feel fuller for longer, reduce blood cholesterol, and improve our overall heart health.

7. Swap pasta for ... pasta

Many of us regularly enjoy pasta, but not all pasta is equal. The fibre content of pasta can vary hugely, so it's worth checking the packet and choosing one with a higher fibre content. Fiber feeds your gut microbiome. So, by simply changing your pasta, you can make a meal that supports your gut health and still tastes great. Whole wheat varieties, whether that's pasta or rice, can really help increase the fibre content and healthiness of the meal.

8. Try different flours

If Different types of flour are affordable, accessible, and enjoyable for you, they can make some foods even healthier.

9. Whole-fat rather than "diet"

This is a great swap. Fat has a really important role in creating the texture of food, and it also carries the taste of food. So, when manufacturers remove fat from a product, they tend to compensate for the loss of flavour by using additives. As it stands, we don't know the health effects of these additives. But we do know that full-fat Greek yogurt has plenty of protein, doesn't have artificial ingredients, and contains gut-loving bacteria, which are all good for your health.

10. Swap half your pasta for beans

This is a great swap if you enjoy the taste. Chickpeas and beans are packed with fibre. They're fantastic for our gut. A study also showed that adding chickpea powder to bread reduces your blood sugar response and stimulates the release of gut hormones, keeping you fuller for longer.