Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

March 2026

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

Tel: 0161 707 7402

email: admin@salfordheartcare.co.uk www.salfordheartcare.co.uk



Thank you…..

A big thank you to our talented volunteer, **Jean Denton** who knitted lots of colourful Easter chicks for us to sell at Winton Healthy Heart Club - raising £35!

Free Concessionary Bus Travel all day, every day

From 1 March 2026, older and disabled residents in Greater Manchester **with a valid concessionary bus pass** can travel for free on local buses at any time of day, including before 9:30am. This removes the previous 9:30am to 11:00pm restriction, allowing 24/7 travel.

- **Validity:** Valid on all local buses within Greater Manchester
- **Time:** No restrictions – valid all day
- **Eligibility:** People who have reached the state pension age & live in Greater Manchester.
- **Other Transport:** The pass may not cover Metrolink or train services outside of the 9:30am (or current) restrictions, specifically regarding travel outside Greater Manchester.

The change to all-day travel is a permanent removal of restrictions on the Bee Network.

Social Events & Day Trips

Coach trips departing from Eccles (Monton) & Little Hulton:

Oswaldtwistle Mill, Pendle Witch Tour & The Calf's Head

Tuesday 10th March £40

Includes 2-course carvery lunch

The Sheraton Hotel, Blackpool

Tuesday 21st April £35

Includes 2-course lunch & entertainment

See Dot or Mavis to book (£5 deposit)

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Coach trips departing from Irlam, Cadishead & Hollins Green:

Tiffany's, Blackpool

Monday 16th March £20

Includes 3-course meal & entertainment

Boundary Mill & The Olympus Fish Restaurant, Bolton

Thursday 30th April £25

Free time at Boundary Mill followed by 2-course late-lunch in Bolton

Llandudno (coach only)

Thursday 21st May £10 (full - waiting list)

See Pat or Serena to book

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Lunch party (transport not provided):

The Red Lion, Hollins Green

Thursday 16th April £13

3-course lunch & raffle

Age UK Hospital Aftercare Service- Salford

The Hospital Aftercare (HAC) Service supports people aged 55+ living in the Salford area who have recently been unwell, experienced an injury, or are finding it harder to manage at home. The service is designed for individuals who do not have formal care packages or strong support networks in place.

What They Offer

They provide short-term support for up to 6 weeks, helping individuals regain confidence and independence at home. Support may include:

- Assistance with shopping
- Basic meal support
- Emotional wellbeing visits
- Home safety assessments to ensure the property is safe & well maintained
- Referrals for essential aids & adaptations

Hospital Discharge Support

They can support patients who are being discharged home alone by:

- Ensuring they are safely settled at home
- Making sure the home is warm
- Providing food & essential supplies

Emergency shopping bags containing essential items can be delivered either directly to the ward prior to discharge or to the patient's home on the same day.

Diet, Nutrition & Welfare Support

They help identify concerns relating to diet and nutrition and provide appropriate support, including:

- Information and advice
- GP referrals
- Escorts to local luncheon clubs

Through Winter Pressure funding, they can provide free, freshly cooked hot meals, alongside a welfare check.

Emotional & Social Support

They offer support with confidence building, emotional wellbeing, and reducing social isolation.

How to Refer

If you would like to refer a patient to the Age UK Hospital Aftercare Service (please ensure patient consent has been obtained), you can telephone **0161 206 4607** and leave:

- The patient's hospital/NHS number
- Your contact details
- The ward or service referring

They operate a 24-hour answer machine. Office hours are **9:00am – 5:00pm, Monday to Friday (excluding bank holidays)**.

Referrals can be emailed to:

Salford.aftercare@srft.nhs.uk

Tombola Prizes Wanted

Irlam Live Music Festival

Fri 29th May – Sun 31st May

We're collecting donations for our tombola stall, to be held over 3 days at Irlam Live Music Festival at the end of May. Last year was our best ever so we want this year to be just as successful!

We can accept many items: new/unused gift sets, new toys, toiletries, stationery items, jewellery, chocolates & household items. Speak to Serena for more details.

For more information about Irlam Live or to purchase tickets visit:
https://irlamlive.co.uk/

"Happy Birthday"

This month we would like to wish a very special "Happy Birthday" to the following members:

Victor Bailey (Salford) &
Pauline Barry (Cadishead)

Eating To Reduce Inflammation & Protect Your Heart

Inflammation is part of the body's natural defence system, helping us heal from cuts, burns and infections. This short-term response is helpful. But when inflammation stays switched on for months or years, it can begin to damage healthy cells and contribute to long-term conditions such as heart disease and type 2 diabetes.

How Inflammation Affects The Heart

Chronic inflammation plays a major role in the build-up of fatty plaque inside blood vessels. Over time, this plaque can become unstable and form a clot. If a clot blocks blood flow to the heart, it can cause a heart attack; if it blocks blood flow to the brain, it can lead to a stroke.

How Food Can Help

Research shows that whole eating patterns, rather than single "superfoods", have the biggest impact on inflammation. Diets rich in fruits, vegetables, wholegrains, beans, nuts, fish and healthy oils help calm inflammation and support heart health. In contrast, diets high in processed meats, sugary drinks, sweets and refined grains tend to increase inflammation.

Foods That Reduce Inflammation:

- **Fruit & vegetables**: Packed with antioxidants that protect cells. Aim for at least 5 portions a day in a variety of colours.
- **Wholegrains, beans, lentils, nuts, seeds:** High in fibre, which supports gut health and helps lower cholesterol.
- **Oily fish:** Salmon, mackerel and sardines provide omega-3 fats that help reduce inflammation. One portion a week is a good target.
- **Fermented foods:** Yogurt, kefir, kombucha, sauerkraut and kimchi support healthy gut bacteria, which play a role in immune health.

Foods That Increase Inflammation:

- **Processed meats:** Bacon, sausages, salami are high in saturated fat & salt.
- **Sugary & fatty foods:** Cakes, biscuits, and sugary drinks can lead to weight gain, raised cholesterol & triglycerides.

The Best Anti-Inflammatory Eating Patterns

The **Mediterranean** and **DASH** diets are two of the most researched and effective approaches. They focus on whole, unprocessed foods and limit foods that can raise inflammation. Both are linked with a lower risk of heart disease.

Herbs & Spices

Ginger, turmeric, garlic, and black pepper may have anti-inflammatory properties. While research is ongoing, adding these to meals is a simple way to boost flavour and reduce the need for salt.

Beyond Food

Healthy habits such as staying active, not smoking, and maintaining a healthy weight also help keep inflammation under control and support overall heart health.

Reminder:
Adjust Your Clocks

This year, daylight saving time begins on **Sunday 30th March** - remember to change your clocks and adjust the time **1 hour FORWARDS**.

"THE PULSE" IS PUBLISHED BY SALFORD HEART CARE

We're an independent local charity established in 1987

Registered charity number: 1136710

Visit: www.salfordheartcare.co.uk

email: admin@salfordheartcare.co.uk

Telephone**: 0161 707 7402**

Follow us on Facebook:

https://www.facebook.com/SalfordHeartCare

and X **@Salford_HeartC**

Donations welcome

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

Closed: Bank Holidays Mon 6th April, 4th & 25th May, 31st August

Chair yoga, bingo, raffle, refreshments & day trips

Winton (Eccles) Healthy Heart Club

Winton Bowling, Tennis & Social Club
Brookside (off Grange Road)
Winton M30 8JW

Tuesdays 10am - 12 noon

Closed: Tue 10th March for trip day

Chair yoga, bingo, "Play Your Cards Right", weight management, blood pressure & pulse testing, books & bric a brac stall, refreshments, day trips

Bereavement Support Group

Cadishead Band Room
Locklands Lane
Irlam M44 6RB



Fortnightly Tuesdays
10am – 12 noon

➔ Tuesday 3rd, 17th & 31st March
➔ Tuesday 14th & 28th April
➔ Tuesday 12th & 26th May
➔ Tuesday 9th & 23rd June

Group discussion with qualified counsellors, relaxation & refreshments

** Kindly supported by Cadishead Band Room providing the venue **

Little Hulton Healthy Heart Club

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

Fortnightly Wednesdays
10am – 12 noon

➔ Wednesday 4th & 18th March
➔ Wednesday 1st, 15th & 29th April
➔ Wednesday 13th & 27th May
➔ Wednesday 10th & 24th June

Chair yoga, line dancing, 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, 3rd April

Chair yoga, chair exercise, dancing, bingo, "Play Your Cards Right", weight management, blood pressure & pulse testing, books & bric a brac stall, refreshments, day trips & party days

♥ **New members always welcome**
♥ **No referral needed**
♥ **First visit is FREE**
♥ **You do not need to have a heart condition to attend**

Just turn up on the day or call Serena on **0161 707 7402** for more information.