



Salford Heart Care

"THE PULSE" NEWSLETTER

May 2017

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



The Queen's Award
for Voluntary Service



Choose us as your
Co-op local cause

Go online coop.co.uk/membership



Co-Op Local Community Fund

We're pleased to announce that the Co-Op has chosen Salford Heart Care & Irlam and Cadishead Healthy Heart Club as one of the Local Community Fund causes. This means that for the next 6 months, Co-Op Members can choose to donate 1% of what they spend on Co-Op branded products and services to us. If you don't choose a cause the funds are automatically shared between all local causes. We have already been allocated more than £1.3k raised from 5 pence carrier bag sales.

- ♥ You can select your cause online by signing into your Co-Op account at: www.coop.co.uk/membership
- ♥ To find out more, or if you're not a Co-Op member and would like to become one, you can sign up online and buy a £1 share: <https://membership.coop.co.uk/causes/6283>

Golden Celebration

We would like to congratulate **Gordon and Pauline McKay** (Eccles) who celebrated their Golden wedding Anniversary last month. We also acknowledge receipt of £530 and thank Gordon, Pauline and their family and friends for donating to Salford Heart Care. The funds will be used to purchase a new electronic bingo machine and pool table for Eccles.



- ♥ **Thank you Pat Massey**, - your Easter Cake (left) raised £53 at Irlam!
- ♥ Thank you to Norman & Mavis Yarwood who donated £20 to Salford Heart Care in memory of Norman's late cousin, Elsie Anderton.



Easter Fun at Irlam & Cadishead Healthy Heart Club

"Sourced In Salford"

Enjoy Dinner for £2 Fridays 5pm-6:45pm
at The Naz Community Hall, Great Clowes
Street Broughton M7 1ZQ

Come along & enjoy a tasty, nutritious 2-course meal for £2. A vegetarian meal option will always be available.

For more information call: 07842 589 267

email: SourcedinSalford@bigfoot.com

CCP UK Annual Conference

The Cardiovascular Care Partnership (CCP) UK annual conference takes place on **Wednesday 7th June 2017**

at Manchester Central. The theme of this year's conference is "Strengthening the Patient & Carer Voice". They would like local patient representatives to attend. For more information visit: <http://www.bcs.com/registration/>. They can also assist with reasonable travel expenses (speak to Serena for more details).



Cardiovascular Care Partnership
(UK)

Announcement: Ada McCallum

It is with sadness that we inform you of the passing of **Ada McCallum**. Ada from Peel Green, Eccles was a member of Salford Heart Care's Eccles branch several years ago but has not attended due to poor health in recent years. Ada introduced our volunteer Hilda Anderson to the club many years ago.

Important Reminder! The old paper £5 note is being withdrawn on Friday 5 May 2017 and will no longer be legal tender. Check you change!



SOCIAL OCCASIONS

Trips from Eccles & Little Hulton:

Llangollen & The Bryn Howel Hotel

Tuesday 16th May - £25 per person

Coffee stop, 2-course lunch & free time in Llangollen

York - coach only

Tuesday 13th June - £13 per person

Chester

Tuesday 25th July - £18 per person

Beaufort Park Hotel for tea/coffee & scone then onto Chester for the day

Ullswater

Tuesday 19th September - £28 per person

2-course lunch at the hotel by the lake & 1-hour boat trip on Lake Ullswater

See Dot & Mavis for more details

Trips from Irlam & Cadishead

Boundary Mill & Olympus Fish & Chips

Thursday 11th May 2017 – waiting list

Southport - coach only

Tuesday 13th June 2017

£7 (members) £10 (non-members)

Ironbridge, Shropshire - coach only

Thursday 29th June 2017 - waiting list

Chester Boat Trip

Thursday 27th July 2017 - waiting list

See Serena & Betty for more details

Salford Heart Care's "30th Anniversary" Trip



Departures from Eccles,

Little Hulton, Irlam & Cadishead

"Viva Blackpool"

Cabaret Show & Lunch

Tuesday 22nd August 2017 - £21

Calling at the garden centre, then onto Viva Blackpool (2-course carvery & entertainment)

Dying Matters Awareness Week 2017

Afternoon tea

Wednesday 10th May 2pm – 4pm

Eccles Town Hall, Church Street, Eccles

Everyone welcome

Free light lunch provided

Entertainment & dancing with Mature Movers, raffle & grand prize draw, information stalls & talks

Tel. Health Improvement Team: 0161 603 4277

Beetroot Hummus Recipe

Ingredients (Serves 2)

- ♥ 85g canned chickpeas in water (drained weight), rinsed and drained
- ♥ 1 small cooked (peeled) fresh beetroot (55g), chopped
- ♥ 1 small clove garlic, crushed (optional)
- ♥ 2 tsp extra-virgin olive oil
- ♥ ½ tsp ground cumin, or to taste
- ♥ ½ tsp ground coriander, or to taste
- ♥ 4–5 tsp freshly squeezed lemon juice
- ♥ Freshly ground black pepper, to taste

Method:

1. Put chickpeas, beetroot, garlic (if using), olive oil, ground spices, lemon juice and black pepper into a small food processor; blend together until a coarse paste is formed.
2. Spoon hummus into a small bowl or onto a serving plate; serve with toasted wholemeal pitta bread or fresh chopped vegetables.

Impact of physical inactivity on UK heart health and economy



More than 20 million adults in the UK are failing to meet Government guidelines for physical activity, and women are 36% more likely to be considered physically inactive than men.

- Statistics show the regions in England where people are most physically inactive, with the **North West coming out worst** as almost half of the adult population (2.7 million adults) are insufficiently active.
- Evidence is growing that shows a sedentary lifestyle, regardless of how physically active you are, is associated with poor health. Estimates show that the average man in the UK spends a fifth of their lifetime sitting - the equivalent of 78 days a year. For women this is around 74 days a year.
- More than 5 million deaths worldwide are attributed to physical inactivity. In the UK it causes 1 in 10 premature deaths from coronary heart disease, & 1 in 6 deaths overall.
- Evidence shows keeping physically active can reduce the risk of heart and circulatory disease by as much as 35% and risk of early death by as much as 30%.
- A further study suggests that moderate exercise several times a week is a good way to keep the mind sharp and boost brain power in people aged 50+.



OUR HEALTHY HEART CLUBS May - July 2017

0161 707 7402 admin@salfordheartcare.co.uk www.salfordheartcare.co.uk

Eccles Healthy Heart Club

Patricroft URC Hall Shakespeare Crescent Patricroft M30 0PE

Most Tuesdays 10 am - 12 noon

- Tuesday 2nd, 9th & 23rd May
- Tuesday 6th, 20th & 27th June
- Tuesday 4th, 11th & 18th July
- Tuesday 20th June - Social Habits Research - Feedback session
- **Closed: Tuesday 16th May & 13th June, 25th July - trip days**
- **Closed: Tuesday 30th May - hall closed for dance week**



Charge: £1.50 entrance (includes raffle) 50p for refreshments Activities: Tai Chi, dancing, crafts, reiki (£1 charge), relaxation, blood pressure monitoring, games & bingo, weight management, books & bric a brac stall & regular social trips

Weaste & Claremont Healthy Heart Club

De La Salle Sports & Social Club Lancaster Road Salford M6 8AQ

Every Tuesday 10 am (except 16th May, 13th June, 5th & 12th September)

- Tuesday 2nd May - Energy advice & help switching suppliers
- Charge: £2.00 (members) £2.50 (non-members)*

Little Hulton Healthy Heart Club

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

Fortnightly Wednesdays 10:30am - 12:30pm

- Wednesday 10th May - Energy advice & help switching suppliers
- Wednesday 24th May
- Wednesday 7th & 21st June
- Wednesday 5th & 19th July

Charge: £2 includes refreshments & raffle Activities: Dancing, Reiki (£1 charge), Tai Chi, games, relaxation, blood pressure checks, crafts, regular social trips

Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Road Irlam M44 6AJ

Reminder: **Wednesdays & Fridays 9:30 am - 12 noon**

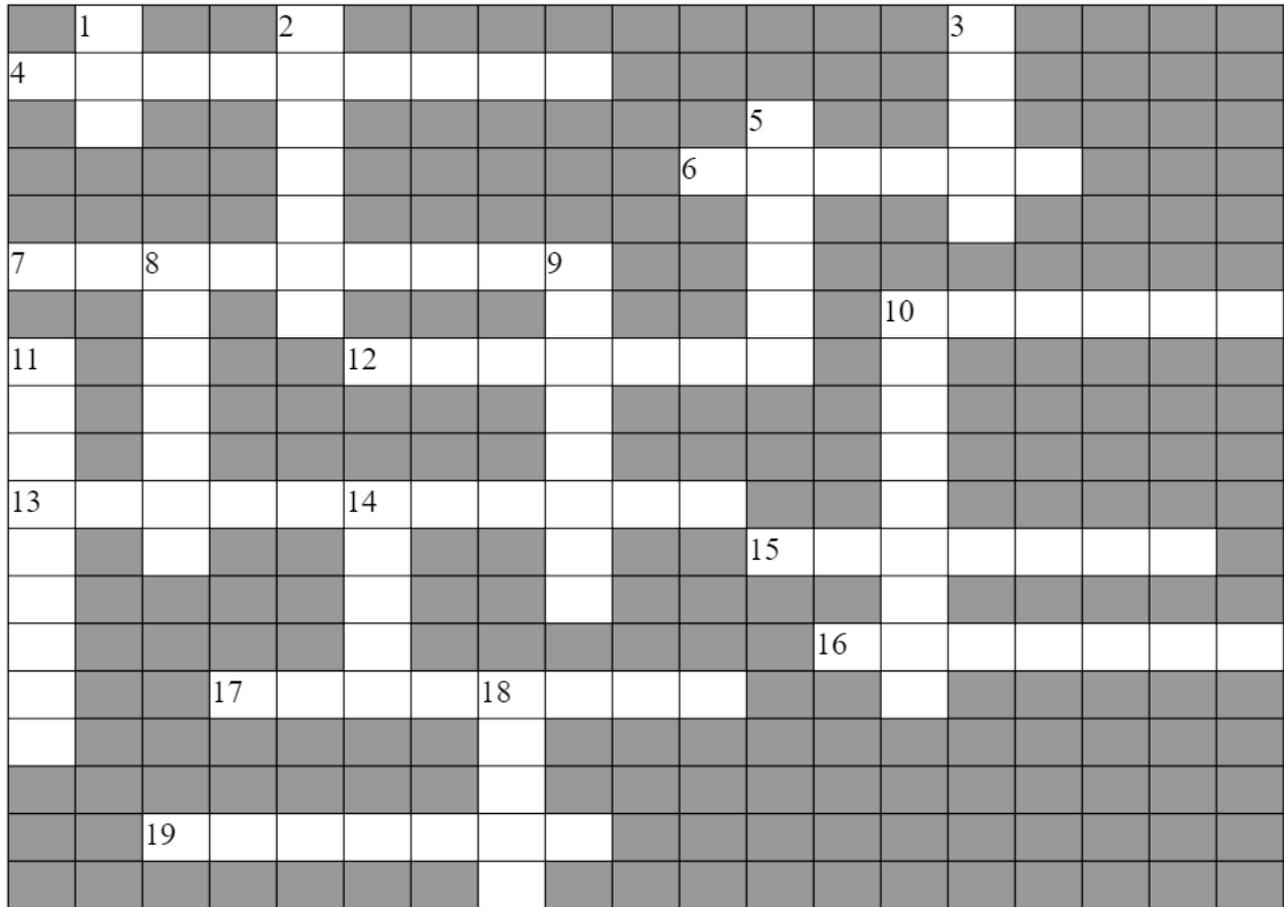
- Friday 9th June - Wear **RED** Day
- Friday 23rd June - Social Habits Research - Feedback session
- **Closed: Wednesday 31st May**

Charge: £1 entrance, 50p for refreshments. Activities: Dancing, chair exercise, Tai Chi, reiki (fortnightly, £1 charge), relaxation, weight management, blood pressure checks, crafts, bingo, raffle, books & bric-a-brac-stall, regular day trips

MAY COMPETITION CORNER

All correct entries received by **Friday 26th 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 at the club). **Please include your name** (and address if you're not a member).



ACROSS

4. Surname of the first 4-minute mile runner (9)
6. May zodiac sign (6)
7. Edward Lear invented these (9)
10. Surname of the Peter Pan creator (6)
12. A month of dusk to dawn fasting for Muslims (7)
13. The art and science of making maps (11)
15. Festival marking the time when the Jews received the Torah (7)
16. Seasonal plant with large poisonous leaves and long fleshy edible stalks (7)
17. Serena's holiday destination in May (3,5)
19. May gemstone (7)

DOWN

1. Vegetable found in May? (3)
2. 8th May is _____ in Europe Day (7)
3. Symbol for 6 across (5)
5. Former name of 17 across (6)
8. Roman god - messenger & son of Zeus who could travel with the speed of thought (7)
9. Edward Jenner invented the vaccination for this killer disease (8)
10. An account of a person's life written, composed, or produced by another (9)
11. Spanish F1 Grand Prix location (9)
14. Famous architect associated with 11 down (5)
18. Award winning "Skyfall" singer (5)

Sue Collins (Salford) won our April crossword competition!

“THE PULSE” NEWSLETTER IS PRINTED & PUBLISHED BY SALFORD HEART CARE

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

Email: admin@salfordheartcare.co.uk TEL: **0161 707 7402** Follow us on Twitter: @Salford_HeartC

Copies of the newsletter can be downloaded from our website: www.salfordheartcare.co.uk

