



# Salford Heart Care

## THE "PULSE" NEWSLETTER

May 2019



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

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### Announcement: Doreen Hamnett



It is with great sympathy that we announce the death of our member, **Doreen Hamnett.**

Doreen passed away peacefully in hospital on 18<sup>th</sup> March aged 85. Her funeral took place on Monday 8<sup>th</sup> April.

Doreen regularly attended our club at Eccles for many years and enjoyed our day trips. She will be missed by all her friends at the club.

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

### Fundraiser Yorkshire Three Peaks Challenge

On Saturday 6<sup>th</sup> July, Serena Rice along with 7 family members & friends will be taking part in the Yorkshire Three Peaks Challenge.

**Hiking 24 miles & climbing over 5,000 feet**, tackling Pen Y Ghent, Whernside and Ingleborough! They are raising money for Salford Heart Care.

Please show your support by sponsoring them. You can do this at the clubs using our sponsor form, or via: <https://uk.virginmoneygiving.com/fundraiser->

[display/showROFundraiserPage?userUrl=salfordheartcare&pageUrl=4](https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=salfordheartcare&pageUrl=4)

*We really appreciate all your support & thank you for any donations.*

### Where We Meet

#### **NEW CLUB in Salford**

**St. Luke's Community Hall**  
Swinton Park Road M6 7WR

**Every Monday 1.30pm-2.30pm**  
**Chair Yoga, Bingo & Raffle**  
**(except Bank Holidays)**

#### **Eccles Healthy Heart Club**

**Patricroft URC Hall**

Shakespeare Crescent M30 0PE

**Tuesdays 10 am - 12 noon**

- ➔ Closed Tue 28<sup>th</sup> May (Hall closed)
- ➔ Closed Tue 11<sup>th</sup> June (trip day)
- ➔ Closed Tue 9<sup>th</sup> July (trip day)

**New! Craft Sessions & Chair Yoga**

#### **Little Hulton Healthy Heart Club**

**St. Paul's Peel Community Hall**

Manchester Road Little Hulton M38 9EG

**Fortnightly Wednesdays**

**10:30am – 12:30pm**

- ➔ Wednesday 8<sup>th</sup> & 22<sup>nd</sup> May
- ➔ Wednesday 5<sup>th</sup> & 19<sup>th</sup> June
- ➔ Wednesday 3<sup>rd</sup>, 17<sup>th</sup> & 31<sup>st</sup> July



#### **Irlam & Cadishead Healthy Heart Club**

**Irlam Steel Club** Liverpool Rd M44 6AJ

**Wednesdays & Fridays 9:30am – 12pm**

#### **Bereavement Support Group**

**Cadishead Band Room**

Locklands Lane Irlam M44 6RB

**Fortnightly Tuesdays 10 am–12 noon**

- ➔ 14<sup>th</sup> & 28<sup>th</sup> May
- ➔ 11<sup>th</sup> & 25<sup>th</sup> June
- ➔ 9<sup>th</sup> & 23<sup>rd</sup> July





## OUR DAY TRIPS & EVENTS

**Departing from  
Eccles & Little Hulton:**

**Buxton & Bakewell**

Tuesday 11<sup>th</sup> June - £18

*morning coffee & scone at Buxton Pavilion, then onto Bakewell*

**Liverpool & Mersey Boat Trip**

Tuesday 9<sup>th</sup> July - £22

*Includes boat trip with coffee & biscuit*

**Blackpool Anniversary Special!**

**Tiffany's & Blackpool Ice Show**

Tuesday 6<sup>th</sup> August - £30

*Includes lunch at Tiffany's then, the Ice Show followed by afternoon tea*

**Trentham Gardens &  
Shopping Village**

Tuesday 3<sup>rd</sup> September - £24

*Includes 2 course lunch at shopping village \* Note: price does not include entrance to gardens*

**The Talbot Hotel Southport**

Tuesday 1<sup>st</sup> October - £24

*3 course lunch & entertainment*

See Dot & Mavis for more details

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### Easter Fun at Irlam!

Thank you once again **Pat Massey** for making these two beautiful Easter cakes for our raffle at Irlam last month - raising £61 to support social occasions.



Well done to the winners of our Easter Competition  
....Moreen Kenley,  
Marjorie

Neill and Gaynor Heaton (pictured - right).

**Day Trips & Events in  
Irlam & Cadishead:**

**Llandudno – Coach Only - full**  
Thursday 23<sup>rd</sup> May £8 (members)

**York Market Day – full**  
Monday 10<sup>th</sup> June £8 (members)

**Chester – Coach Only**  
Thursday 20<sup>th</sup> June £8 (members)

**Southport – Coach Only**  
Thursday 11<sup>th</sup> July £8 (members)

**Bakewell (Market Day) Coach Only**  
Monday 22<sup>nd</sup> July £8 (members)

**Last chance to book:  
“The Great Get Together”  
Party Day with “Sheila Diamond”  
Irlam Steel Club  
Friday 21<sup>st</sup> June 12 noon - 3pm  
Tickets £5 non members welcome  
Entertainment & buffet lunch**

See Serena & Betty for more details

**\*Please remember booking cards\***



## **New Diabetes Patient Diagnosed Every 3 Minutes**

**New analysis has shown that one person is diagnosed with type 2 diabetes every 3 minutes in England & Wales.**

Figures from Diabetes UK have revealed that more than 200,000 people discovered that they were living with the condition in 2017.

The news comes as the NHS increases its efforts to prevent diabetes by doubling the size of the Diabetes Prevention Programme.

There are around 3.4 million people in the UK who have been diagnosed with type 2 diabetes, while as many as 900,000 more are thought to be undiagnosed.

Diabetes can damage the heart in several ways. For example, high glucose levels in the blood can affect the walls of the arteries, making them more likely to develop atheroma – the build-up of fatty material inside your arteries. This can lead to a heart attack or stroke.

People with diabetes also have an increased chance of having high blood pressure, and diabetes can cause the heart muscle to pump less efficiently.

Around 9 out of 10 people that have diabetes have type 2, which is largely linked to lifestyle choices such as an unhealthy diet, being overweight and not exercising enough.

Those with diabetes are up to three times more likely to have a heart attack or stroke, and may go on to develop other circulatory problems such as vascular dementia. Combined, these conditions cost the NHS a staggering £1.5 million every hour.

More action needs to be taken to tackle obesity, poor diet and physical inactivity, and increase the diagnosis and treatment of those living with the condition.

## **Healthy Recipe: Quinoa Cakes**

### **Ingredients:**

- 2 cups water
- 1 cup quinoa
- 4 large eggs, lightly beaten
- 1 cup canned black beans, rinsed
- $\frac{3}{4}$  cup reduced-fat cottage cheese
- $\frac{1}{4}$  cup sliced spring onions
- 2 tablespoons all-purpose flour
- 1 teaspoon baking powder
- 1 cup grated cheddar cheese
- 1 14-ounce can chopped tomatoes
- 1 clove garlic
- $\frac{1}{4}$  cup chopped fresh coriander
- 1 avocado, chopped

### **Method:**

1. Preheat oven to 190°C, 375°F, gas mark 5. Coat a 12-cup non-stick muffin tin with cooking spray.
2. Bring water to a boil in a medium saucepan. Stir in quinoa. Reduce to a simmer, cover and cook until the grains are tender (about 15 minutes). Transfer to a large bowl and let cool for about 10 minutes.
3. Add eggs, beans, cottage cheese, spring onions, flour and baking powder to the quinoa and stir until well combined. Divide the mixture among the muffin cups (about  $\frac{1}{4}$  cup each). Top each quinoa cake with about 1 tablespoon of grated cheese.
4. Bake the cakes until puffed and a little brown on top (about 20 minutes). Let cool in the pan for 5 minutes. Gently loosen and remove with a paring knife.
5. Meanwhile, place tomatoes & garlic in a blender & puree until smooth. Transfer to a small bowl & stir in coriander. Serve cakes with the salsa.

#### **Salford Heart Care Committee:**

J. Collins – Chair, A. Rowe – Treasurer,  
V. Bailey – Director, V. Clifford – Director,  
B. Walker – Director, J. Clough – Director,  
J. Chubb – Director, S. Rice – Coordinator.

*Registered charity no: 1136710*

*Registered company no: 7204528*

## Brendan's May Crossword Competition

All correct entries received by **Friday 24<sup>th</sup> May** will be entered into the prize draw with the chance to **win a £5 gift voucher**. Return completed crosswords to Serena or one of our volunteers at the club. ***Please remember to include your name.***

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**Congratulations to  
 Pauline Davies from  
 Cadishead – winner of  
 our April crossword  
 competition!**

### ACROSS

- 2. Tropical talkative Bird (6)
- 4. Put up with (6)
- 7. Rinse, wash out (5)
- 9. Feels jubilant (8)
- 10. TV stations (8)
- 11. Plain, obvious (8)
- 14. Stressful experience (6)
- 15. Wooden fortress (8)
- 17. Last line of an address (8)
- 19. Fame, prominence (6)
- 20. Admits defeat (8)

### DOWN

- 1. Clothes hook (6)
- 3. White after-bath powder (4)
- 5. Very dry region (6)
- 6. Hula ring (4)
- 8. Passed away (4)
- 12. Or ----, otherwise (4)
- 13. Group of three players (4)
- 16. Moored to the seabed (8)
- 18. Average (2-2)

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

Donations welcome via: [virginmoneygiving.com](http://virginmoneygiving.com) or post: Salford Heart Care, c/o The Egan Project,  
 19 Green Lane, Eccles M30 0RP, or PayPal Email [admin@salfordheartcare.co.uk](mailto:admin@salfordheartcare.co.uk)  
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