



Salford Heart Care

THE "PULSE" NEWSLETTER

May 2020



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

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Welcome to the May edition of our newsletter

I do hope you are all keeping well and staying safe at home. Similar to last month, this newsletter is slightly different because the COVID-19 crisis has meant that we have had to stop all of our usual activities including our healthy heart clubs, the bereavement support group, day trips, group holiday and events.

**** Our clubs are currently closed until further notice ****

I am currently working from home and you are welcome to call or email me if you have any questions or concerns, or need some support or would like to have a chat and stay in touch.

Your wellbeing is very important to us, so please feel free to call me on:

0161 707 7402

or email:

admin@salfordheartcare.co.uk

**Best wishes and stay safe
Serena Rice, Coordinator**



Announcements

It is with great sadness that we announce the death of **Maureen Crumlish, aged 79 from Salford.**

Maureen attended St Luke's yoga classes and joined Eccles on many day trips. She passed away last month after a short illness in hospital (her death was non-COVID-19 related).

We send our deepest sympathy to Maureen's family and friends.

We have been made aware of the passing of **Albert Beckett, aged 92 from Eccles.** Albert spent the last 6 months of his life at Kenyon Lodge Care Home before passing away on Friday 3rd April with COVID-19. Albert attended our club at Eccles and enjoyed going on trips & group holidays.



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

Angie Wilson would like to thank everyone for their kind words and good wishes following the passing of her husband, Peter Wilson, in March. Peter's funeral took place on Wednesday 15th April at Peel Green Crematorium. Due to current restrictions, only a very small group of close family and friends were able to attend. Angie hopes to celebrate Peter's life later this year when restrictions are relaxed.



VE Day 75

On Friday 8 May 2020 Britain will be commemorating the 75th anniversary of VE Day when the guns fell silent at the end of war in Europe.

Due to the coronavirus restrictions, most VE Day 75 events and street parties have had to be cancelled or postponed but we still want you to be able to mark the occasion, share your pride in our country and honour the men and women of WW2.

Solo pipers and town criers are still encouraged to mark the occasion from a safe & suitable location.

You are encouraged to take part in the **'Nation's Toast to the Heroes of WW2'** at **3pm on Friday 8th May**, from the safety of your own home. We ask you to stand up and raise a glass of refreshment of your choice and undertake the following 'Toast' – ***"To those who gave so much, we thank you."*** Use this unique opportunity to pay tribute to the many millions at home and abroad that gave so much to ensure we all enjoy and share the freedom we have today.

You can also take part in celebrations (safely from home) by making your own VE Day Great British Bunting. You can download everything you need by visiting: <https://www.bbc.co.uk/programmes/article/s/4TrqYDyf4PMdLypxzyTwGDg/great-british-bunting>



Salford Reds Lottery

Salford Reds Lottery have now re-started their draw. However it is not part of a wider group so the prize fund has been cut until Goldline can get restarted.

We are not taking cash payments for the lottery, however if any members would like to sign up to a Direct Debit please contact Serena.

Online Chair-Based Exercise & Dance Videos

Serena has put together a series of short home videos of various chair-based exercises and dance routines that many of you will be used to taking part in at our clubs.



If you have Facebook, there is a dedicated private group where you can access the videos. If you are not on Facebook the videos can be accessed via You Tube but you will need the links as the videos are private. The links can be sent to you via WhatsApp, email, Messenger or text message.

Please contact Serena if you would like to view the videos.

Call 0161 707 7402 or email

admin@salfordheartcare.co.uk

Salford Heart Care would like to thank the following organisations for their funding support during the COVID-19 crisis:

- Forever Manchester
- Salford CVS & Salford CCG
- Charities Aid Foundation (CAF)
- Warburton's Families Matter
 - Sport England
- Tesco Bags of Help Community Fund

Useful Information

Spirit of Salford Helpline

<https://www.salford.gov.uk/spiritofsalford>

The **Spirit of Salford Helpline** has been set up for you to get help, support and advice on lots of different issues that you might be facing at the moment.

The helpline number is:

0800 952 1000

and is open Monday to Friday 8.30am to 6pm and Saturday 9am to 1pm.

They can help you with:

- **Benefits** – finding out what you're entitled to and help to apply.
- **Council tax** – if your income has reduced they can check if you're eligible for discounts.
- **Debt advice** – managing your debts, especially if your income has reduced.
- **Digital help** – improving your digital skills so you can do more online.
- **Getting emergency supplies if you're in a crisis situation** – for example nappies, baby milk, gas & electricity.
- **Getting food** – if you're self-isolating & have no support from family/friends, they can arrange a food box delivery.
- **Housing advice or help if you become homeless.**
- **Pet support** – they can arrange things like dog walking if you are self-isolating & have no family/friends to support you.
- **Regular phone calls** – if you're feeling lonely they can arrange regular phone calls.
- **Salford Citizen's Advice** – advice on everything from employment & housing rights to support for disabled children and much more.

They can also help if you're a carer and want any advice, or if you just have questions about self-isolation or the current situation.

Beyond – Mental Health Support

A new mental health support service has just been launched in Salford called **Beyond**.

This service will offer support to those who are struggling with their mental health due to COVID-19, but are not known to Salford's mental health services. Beyond can put you in touch with:

- Online self-help & wellbeing support
- 1:1 support
- Help to adapt or develop a new routine when self-isolating/social distancing
- Talking therapies support

Referrals to the service are through the Spirit of Salford helpline, organised by Salford City Council on **0800 952 1000**, Monday to Friday, 8.30am to 6pm, Saturday, 9am to 1pm, or visit:

www.salford.gov.uk/spiritofsalford

NHS Volunteer Responders

If you're in an at-risk group and need support with shopping or medicine collection while you shield at home because of coronavirus, you can request help from the NHS Volunteer Responders. Call **0808 1963646** to self-refer or visit:

<http://nhsvolunteerresponders.org.uk>

Salford Council Tax Support

If you are struggling to pay your council tax, there is support available. Salford Council may be able to change or extend your payment plan, check if you're entitled to benefits, Council Tax Reduction or other discounts or exemptions. For more information please visit:

<https://www.salford.gov.uk/council-tax/coronavirus-update/>

Salford Council Tax – Ways to Pay

If you are used to paying your council tax bill at the post office it may be easier to set up a direct debit, pay online or over the phone. For more information please visit: <https://www.salford.gov.uk/council-tax/make-a-payment/>

Online Health & Prescription Services

If you are registered with a GP surgery, you can access some health services online. You may be able to:

- contact your GP for advice & support
- order repeat prescriptions
- see parts of your health record, including information about medicines, vaccinations & test results
- see communications between your GP surgery and other services, such as hospitals
- book, check or cancel appointments with a GP, nurse or other healthcare professional. **NOTE:** You may not be able to book appointments online at the moment because of coronavirus (COVID-19). If you can book an appointment, it is likely to be a phone or video appointment.

For more information please visit: <https://www.nhs.uk/using-the-nhs/nhs-services/gps/gp-online-services/> or check your GP surgery's website.

Daily Updated Information

The information provided by the government is updated daily: <https://www.gov.uk/coronavirus>

Citizens Advice Salford

All face to face services are now closed to the public. They have allocated more staff to provide email and telephone advice. Their telephone service: **0300 3309 074** is open Monday to Friday 9am to 4pm. Their email advice service can be contacted 24 hours a day, 7 days a week. Visit: <https://salfordcab.org.uk/email-advice/>

These services provide the same level of support as their usual face to face services.

GOV.UK: Get Coronavirus Support as a Clinically Extremely Vulnerable Person

If you have a medical condition which makes you extremely vulnerable to coronavirus (COVID-19), register and tell them whether or not you need support.

You may have received a letter from the NHS telling you that you're clinically extremely vulnerable, or been contacted by your GP or hospital clinician. If this has not happened, contact your GP or clinician after you register with this service.

It may take time for any support offered through this service to arrive. Wherever possible you should continue to rely on friends, family and wider support to help you meet your needs.

You can register yourself, or on behalf of someone else:

<https://www.gov.uk/coronavirus-extremely-vulnerable>

Free Tai Chi Lessons

Dr Paul Lam, Director of The Tai Chi for Health Institute is offering access to free tai chi lessons online to improve immunity and reduce stress. Please visit:

<https://www.youtube.com/playlist?list=PLMy pbNPFKGgSxHqI65G6UrDI1blf493ih>

NEWS UPDATE

NHS urges public to get care when they need it

The NHS has launched a major new drive to persuade the public to seek the urgent care and treatment they need. NHS chief executive Sir Simon Stevens warned that delays in getting treatment due to coronavirus fears pose a long term risk to people's health.

Sir Simon stressed that the NHS is still there for patients without coronavirus who need urgent and emergency services for stroke, heart attack, and other killer conditions.

While NHS staff have worked hard to put in place measures allowing people to access care safely – such as splitting services into Covid and non-Covid – attendances at A&E departments are so far on course to be one million lower in the month of April 2020, than last year.

Some leading clinicians have expressed concerns that people are risking their long-term health, and their lives, by delaying getting the help they need.

Your Health Matters

A new public information campaign is being rolled out to persuade people to contact their GP or the 111 service if they have urgent care needs – or 999 in emergencies - and to attend hospital if they are told they should.

As well as encouraging people to seek help for urgent health needs, over the coming weeks the NHS will take steps to encourage people to use other vital services - such as cancer screening and care, maternity appointments and mental health support – as they usually would, by demonstrating how frontline teams are delivering them safely.

Rapid Response

As part of the NHS' rapid response to the greatest public health challenge in its

history, hospitals have freed up more than 33,000 beds, the equivalent of 50 new hospitals, over the last few weeks.

An unprecedented deal with the independent sector has put their 8,000 beds and 20,000 staff at the NHS' disposal, and 7 Nightingale hospitals have been rapidly set up around the country, providing over 3,500 more beds to help local hospitals ensure all those who need care can get it.

This significant increase in capacity, combined with effective social distancing by the public slowing the spread of the virus, has meant that the NHS has so far successfully been able to meet everyone's need, with capacity to spare.

The NHS is Ready

In April 2019 there were over 2.1 million attendances at A&E departments in England. Data published by Public Health England suggests that attendances over April 2020 are around 50% lower.

The British Heart Foundation (BHF) also reported a fall of 50% in the number of people attending with heart attacks, raising concerns that people are not getting the potentially life-saving care that is still available.

Heart attacks kill. If people put off seeking urgent medical help when they are having heart attack symptoms they put their life at risk.

Also vitally important are the many thousands of people in the UK living with existing heart conditions, like heart failure, who will also need to be able to access care immediately if their condition worsens.

The message is clear: do not delay seeking help. If you are experiencing symptoms of a heart attack call 999 immediately. If you have a heart condition which is getting worse don't delay in seeking medical advice and help. You are not a burden, the NHS remains ready to treat you.

Heart Health

The British Heart Foundation has produced a range of accurate and relevant resources in response to the Covid-19 crisis. Whether you need answers about being classified as at increased risk from coronavirus, want to seek tips for keeping active, or want to access online cardiac rehabilitation resources, they've done their very best to cover all bases with a comprehensive online offering. They've developed an enhanced coronavirus information & support hub, open to all. Visit the site:

<https://www.bhf.org.uk/information-support/bhf-coronavirus-hub>

If you live with a heart or circulatory condition and would like to speak with a cardiac nurse, you can call **British Heart Foundation Heart Helpline** on **0300 330 3300**, Monday to Friday 9am-5pm, or email: hearthepline@bhf.org.uk

Healthy Recipes You Can Cook in 5 Minutes or Less

Tuna & sweetcorn pasta

Boil some quick-cook dried **pasta** according to packet instructions. Drain when cooked, reserving a little pasta water. Over a low heat mix the pasta with **low-fat soft cheese**, **tinned tuna** in spring water, **tinned sweetcorn**, & freshly ground **black pepper**. Add a little of the pasta water if needed. Serve as soon as it is heated through, with a **green salad**.

Special stir fried rice

Heat a teaspoon of oil in a frying pan. Using a high heat, fry thinly sliced **peppers**, **mushrooms**, **frozen peas**, **beansprouts**, & sliced **spring onions** for 2-3 minutes. Stir in some leftover or **ready-cooked rice** & stir fry for a couple of minutes longer or until the rice is piping hot. Add **sesame seeds** & **hot chilli sauce**, if you want to liven it up a bit.

Help researchers learn about impact of coronavirus with app

People with heart and circulatory diseases who may be more at risk during the pandemic can contribute to the fight against the coronavirus (Covid-19) by sharing how they feel on an app.

Developed by researchers at King's College London and healthcare science company ZOE, the free [Covid Symptom Tracker app](#) is already being used by 2.3 million members of the public across the UK and US and is accelerating scientific understanding of the disease.

In addition to advancing research and our understanding of the disease on a daily basis, the app is also being used by the Government and the NHS to help guide them in planning resources, such as ventilators. The data also helps to provide a better understanding of how the lockdown is impacting the curve of disease cases.

The COVID Symptom Tracker app is free to download, and asks people to spend one minute every day to report how they are feeling. It first asks users for some information about themselves. This includes questions on existing medical conditions, such as heart disease and stroke, risk factors such as high blood pressure and diabetes, and if they take any prescribed drugs.

With the discovery that those who have pre-existing health conditions may be more at risk, the app's researchers now want to reach even more people with existing medical conditions, including heart and circulatory diseases, to determine the impact of the virus on people with these conditions. The app has been endorsed by many regions including NHS Wales and NHS Scotland.

The "Covid Symptom Tracker" app is available to download from the Apple App Store and Google Play.

Participants Needed for Telephone Interview!

***Are you aged 55-80?**

***Are you a current smoker or have you quit
in the last 3 months?**

**If you answered yes to both questions, we want
to hear from you!**

We would like to hear what **you** think about services to help people stop smoking in healthcare. We will tell you more about it before we start. We will **not** be asking you to quit smoking – we just want to know what you think.

How long: Around 1 hour

When: We are flexible around time of calls

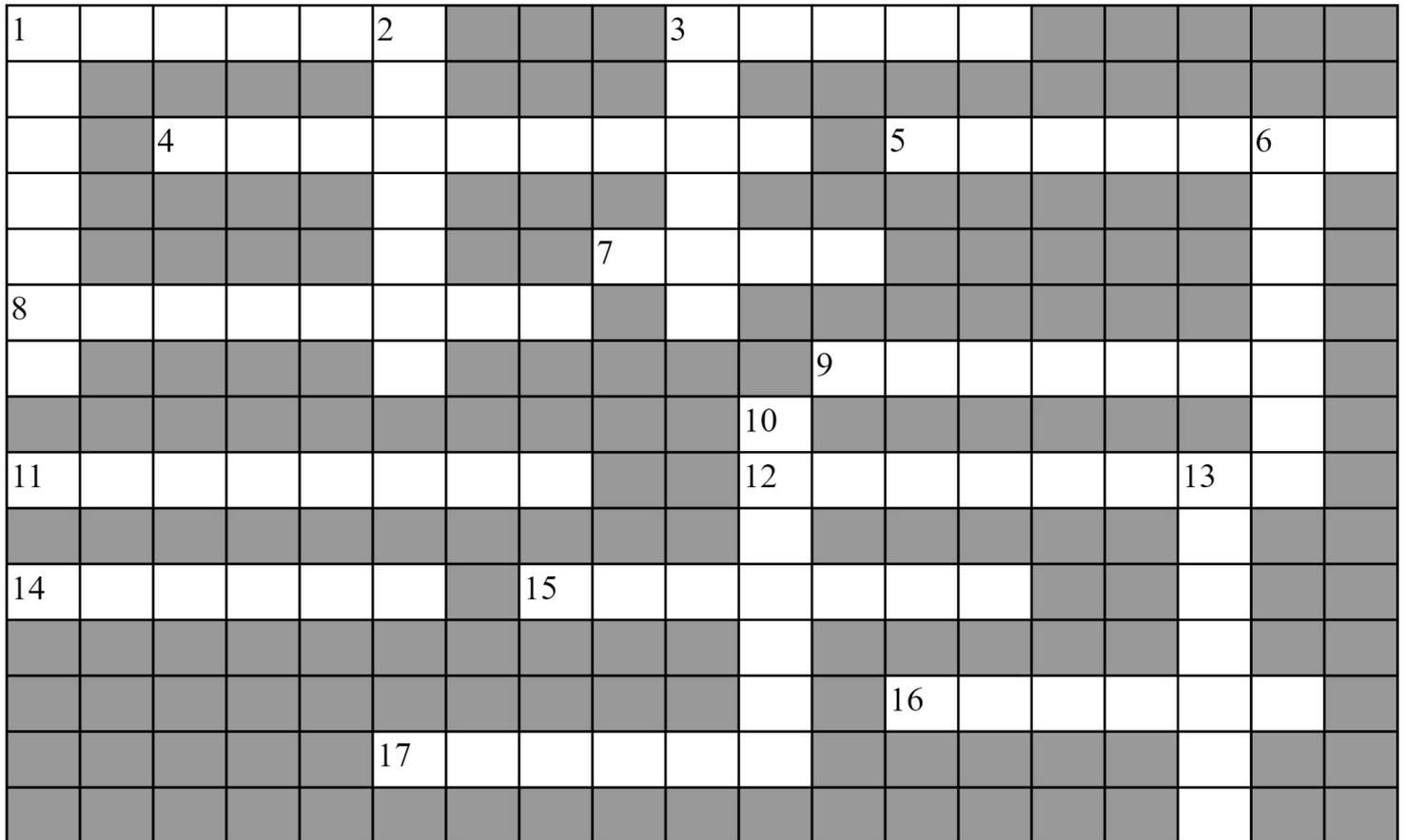
Thank you: As a thank you for taking part, we will give you a shopping voucher*



**If you know somebody who meets the criteria please share
this advert with them!**

**If you are interested in joining our study or would like to
find out more information, please contact:
Samantha Groves on 0161 275 1972 or
samantha.groves@manchester.ac.uk**

May Crossword.... Just for fun 😊



ACROSS

1. Traditional dancing in May (6)
3. Ritual in which a drink is taken as an expression of honour or goodwill (5)
4. Young shoots of a cultivated lily plant (9)
5. ___ in Europe Day - being marked from 8th until 10th May (7)
7. Animal associated with 3 down (4)
8. Bugle or trumpet call often used at ceremonies to commemorate those killed during the war (4,4)
9. May birthstone (7)
11. Empty tomb or monument in honour of a person or group of people whose remains are elsewhere (8)
12. May birth flower (8)
14. Crunchy root salad vegetable with sharp flavour (6)
15. Flags and other colourful festive decorations (7)
16. Emergency procedure word used as a distress signal in voice-procedure radio communications (6)
17. Anne _____ - charged with adultery, incest & treason & executed at the Tower of London (6)

DOWN

1. Tall wooden post erected as a part of May folk festivals (7)
2. Major Jewish festival (7)
3. May zodiac sign (6)
6. Time of spiritual reflection, self-improvement & worship for Muslims (7)
10. Christian festival of Pentecost (7)
13. Plant with fleshy, edible stalks and large triangular leaves (7)

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