



Salford Heart Care

THE "PULSE" NEWSLETTER

May 2021

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

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Update on reopening....

We're aiming to commence reopening our clubs from 21st June. This is in line with the government's roadmap in relation to the relaxation of most Covid-19 restrictions. We await further guidance to help inform our decisions so please keep watching this space! In the meantime give us a call or email if you have any questions or need support. Telephone Serena: **0161 707 7402**, or email:

admin@salfordheartcare.co.uk

Online Zoom Meetings

Our online Zoom sessions continue so please join us:

Tuesdays at 11am (quiz & bingo)

Join the Zoom Meeting using this link:
<https://zoom.us/j/93620607098?pwd=aEJmRcTxaWQ1VzhlaU5vZ1IPMVC2QT09>

Meeting ID: 936 2060 7098

Passcode: 0i5c1H

Wednesdays at 11m: Relaxation

Join the Zoom Meeting using this link:
<https://us02web.zoom.us/j/84254378473?pwd=Szg0VVphTm50ckJyRmlkUkJWdFY5UT09>

Meeting ID: 842 5437 8473

Passcode: 871490

Fridays at 11am (quiz & bingo)

Join the Zoom Meeting using this link:
<https://zoom.us/j/98605399683?pwd=S05USnNUV0h5Vm1manIkV21yY3Axdz09>

Meeting ID: 986 0539 9683

Passcode: sgE3ve

Relaxation & Chair Yoga Videos

Julia and Loretta have put together a series relaxation and chair yoga videos for you to use at your leisure. Join in online in your own time and view the videos as often as you wish.

Relaxation with Julia:

Video 2: <https://youtu.be/VcfZQUIkjvc>

Video 1: <https://youtu.be/FNFVqlwR9ao>

Chair Yoga with Loretta

1: https://youtu.be/T4MSqCQkQ_s

2: https://youtu.be/Qj_016vPJ38

3: <https://youtu.be/3agwXJ1CUsQ>

4: <https://youtu.be/RV39Yz8Nx7k>

5: <https://youtu.be/79zvPqj-YNs>

6: https://youtu.be/17H_OtPLAN4

7: <https://youtu.be/aBfBdNkfqwQ>

8: <https://youtu.be/AvS8l97z11g>

9: <https://youtu.be/wqVIRM6PA9s>

10: <https://youtu.be/NlXb1cMjK9o>

11: <https://youtu.be/HLuVieAVkX8>

12: <https://youtu.be/6VPihaaGVd8>

13: <https://youtu.be/wmKX8gx4m80>

14: <https://youtu.be/-4po-9o5p8g>

15: <https://youtu.be/LKltoVPygQ4>

16: https://youtu.be/LDi17R_CidM

NEW Video 17:

<https://youtu.be/oKX3FelcbxM>



Update: Roadmap Out of Lockdown

Next Steps: Not Before 17th May

Social Contact

As part of Step 3 (no earlier than 17 May), the government will look to continue easing limits on seeing friends and family wherever possible, allowing people to decide on the appropriate level of risk for their circumstances.

This means that most legal restrictions on meeting others outdoors will be lifted - although gatherings of over 30 people will remain illegal. Indoors, the Rule of 6 or 2 households will apply.

As soon as possible and by no later than Step 3, advice on social distancing between friends and family, including hugging, will be updated. But until this point, people should continue to keep their distance from anyone not in their household or support bubble.

Business and Activities

Most businesses in all but the highest risk sectors will be able to reopen. In all sectors, COVID-Secure guidance will remain in place and businesses may not cater for groups bigger than the legal limits. Indoor hospitality will reopen - and as in Step 2, venues will not have to serve a substantial meal with alcoholic drinks; nor will there be a curfew. Customers will have to order, eat and drink while seated.

Other indoor locations to open up include indoor entertainment venues such as cinemas and children's play areas; the rest of the accommodation sector, including hotels, hostels and B&Bs; and indoor adult group sports and exercise classes. The government will also allow some larger performances and sporting events in indoor venues with a capacity of 1,000 people or half-full (whichever is a lower number), and in outdoor venues with a capacity of 4,000 people or half-full

(whichever is a lower number). In the largest outdoor seated venues, where crowds can be spread out, up to 10,000 people will be able to attend (or a quarter-full, whichever is lower).

Events

Up to 30 people will be able to attend weddings & receptions. This limit will also apply to other types of significant life events including bar mitzvahs & christenings. It is expected that there will be no upper limit on attendance numbers at funerals.

Review of Social Distancing

Finally, before Step 4 begins, the government will complete a review of social distancing and other long-term measures that have been put in place to cut transmission. This will inform decisions on the timing and circumstances under which the rules on 1 metre plus, the wearing of face coverings and other measures may be lifted.

Covid-19 Testing

Free Rapid Covid-19 Tests are now available for people without symptoms

Anyone in England can now get regular rapid lateral flow tests without having symptoms. About 1 in 3 people with coronavirus do not have symptoms but can still infect others. Getting regular tests is the only way to know if you have the virus. If people test positive and self-isolate, it helps stop the virus spreading. Find out how to get tested here:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing/regular-rapid-coronavirus-tests-if-you-do-not-have-symptoms/>

Order free packs of rapid lateral flow tests to be sent to your home in England. A pack contains 7 tests. You can order one pack per household each day.

Order tests: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

Bowel Cancer Screening Programme

Cancer screening is a test for the healthy population. The test looks for early signs of cancer in people without symptoms. Taking part in cancer screening can help spot cancers at an early stage, when treatment is more likely to be successful. There are 3 cancer screening programmes available in England: cervical, breast & bowel cancer screening.

Greater Manchester's Answer Cancer screening engagement programme is encouraging everyone aged 60 and over to take part in the Bowel Cancer Screening programme. Everyone aged 60-74 who is registered with a GP and lives in England is automatically sent a bowel cancer screening kit every 2 years. This kit is called a FIT kit and you use it to collect a small sample of poo and send it to a lab. This is checked for tiny amounts of blood. Blood can be a sign of polyps or bowel cancer. Polyps are growths in the bowel. They are not cancer but may turn into cancer over time. If you have an abnormal result (sometimes referred to as positive result) you might be asked to have further tests to confirm or rule out cancer.

If you're 75 or over and want to continue to receive the FIT kit, you can call the free bowel cancer screening helpline: 0800 707 60 60.

If you have any questions about the FIT kit, please speak to your GP or contact the helpline number above.

For more information about Bowel Cancer Screening visit:

<https://www.nhs.uk/conditions/bowel-cancer-screening/>

To learn more about the Answer Cancer Programme, or becoming an Answer Cancer Champion visit:

<https://www.cancerchampionsgm.org.uk/>

Healthy Recipe: Low Fat Spiced Turkey Burgers

Ingredients (serves 4):

- 500g turkey mince
- ½ red onion, grated
- 1 garlic clove, crushed
- 2 teaspoons Madras curry powder
- handful chopped coriander
- 1 egg yolk
- 1 tablespoon sunflower oil
- 4 burger buns
- salad and mango chutney or lime pickle, to serve

Method:

1. In a large bowl, mix together the turkey mince, onion, garlic, curry powder, coriander and egg yolk with a little salt and pepper. Combine well with your hands, then shape into 4 flat burger patties.
2. Heat the oil in a frying pan over a high heat, then cook the burgers for 5 minutes each side, or until cooked through.
3. Toast the cut sides of the burger buns. Place the salad on the bottom halves of the warm buns, then top with the burgers and chutney or lime pickle.

Tip: If you prefer, you can make up your own Madras curry powder using 1 teaspoon each of ground coriander, cumin, garam masala, & ½ teaspoon chilli powder.

Have you had your Coronavirus vaccine in Salford?

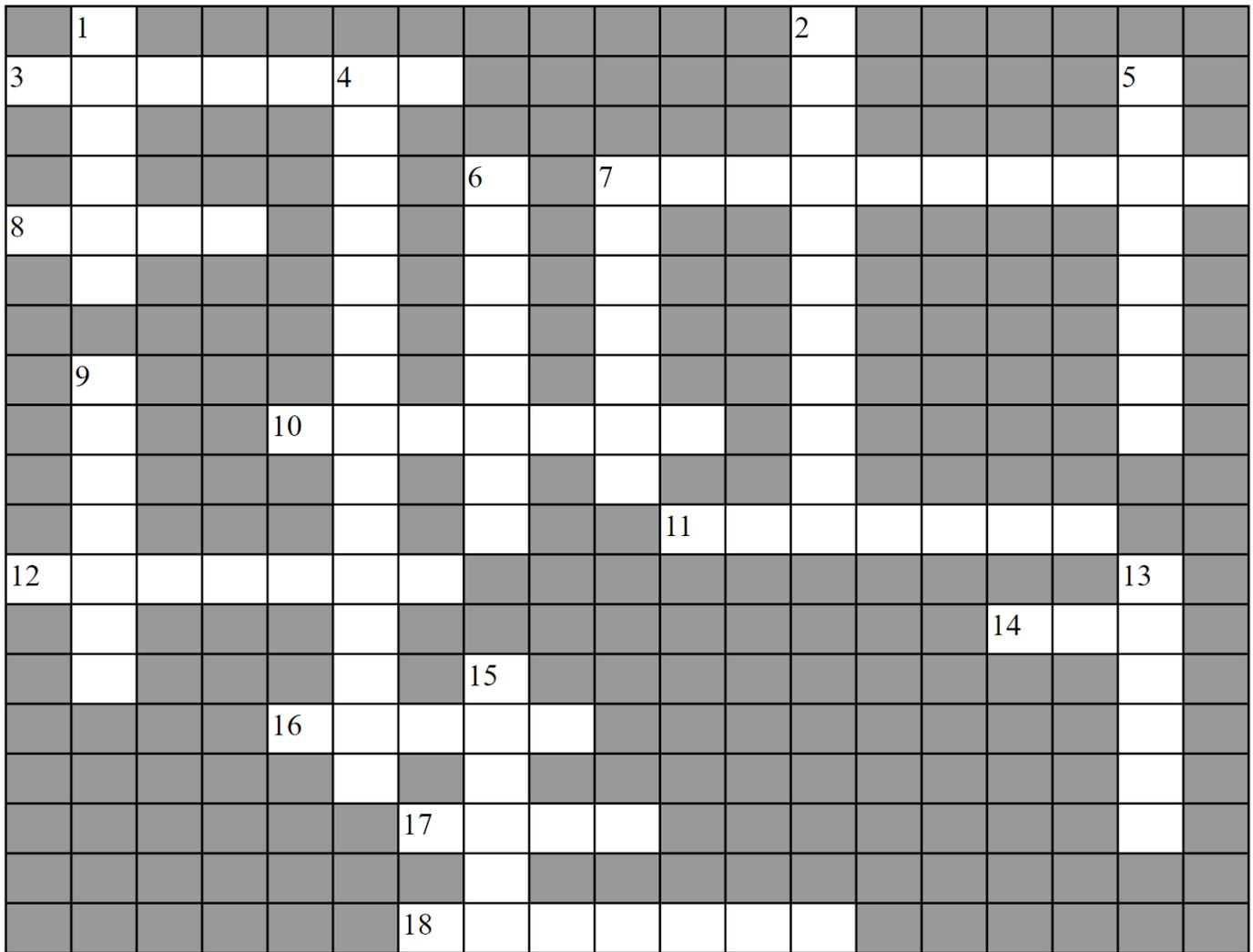
Tell NHS Salford's Clinical Commissioning Group (CCG) about your Covid-19 vaccination experience to be in with a chance of winning £50 of shopping vouchers.

By sharing your experience you can help to shape future services. For further information and to complete the survey visit:

<https://www.smartsurvey.co.uk/s/Salfordvaccinationsurvey/>

The deadline for the survey is 30th May.

May Crossword.... Just for fun 😊



ACROSS

3. Tall pole for dancing at folk festivals (7)
7. Largest natural lake in England (10)
8. Symbol for 1 down (4)
10. Major Jewish festival "Feast of Weeks" (7)
11. North Western city with extensive roman walls and an amphitheatre (7)
12. Observed by Muslims worldwide as a month of fasting, prayer, reflection and community (7)
14. River bordering Wales and England with a valley known for outstanding beauty (3)
16. Buddhist holiday also known as Buddha Day (5)
17. Latvia's capital (4)
18. Plant with fleshy edible pink stalks and large inedible green leaves (7)

DOWN

1. May star sign (6)
2. Northumberland causeway (11)
4. May flower (4-2-3-6)
5. South Western county with picturesque harbour villages and seaside resorts (8)
6. Scottish mountain (3-5)
7. Royal castle in Berkshire (7)
9. May birthstone (7)
13. Large park in Manchester (6)
15. Edible root vegetable usually eaten raw as a crunchy salad vegetable, pungent flavour (7)

"THE PULSE" IS PRINTED & PUBLISHED BY SALFORD HEART CARE

Donations welcome via: virginmoneygiving.com or PayPal Email admin@salfordheartcare.co.uk

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