



Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

May 2023

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

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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 - 2.30pm

Except Monday 1st, 8th & 22nd May

Open on 29th May (Bank Holiday)

Chair yoga, bingo, raffle & day trips

Little Hulton Healthy Heart Club

St. Paul's Peel Community Hall,

Manchester Road

Little Hulton M38 9EG

Fortnightly

Wednesdays 10am – 12 noon

→ Wednesday 10th & 24th May

→ Wednesday 7th & 21st June

→ Wednesday 5th & 19th July

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

Eccles Healthy Heart Club

Winton Bowling, Tennis & Social Club

off Grange Road, Winton M30 8JW

Tuesdays 10am - 12 noon

(closed for trip days: Tuesday 13th June,

11th July, 15th August, 5th September)

Chair yoga, reiki, 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

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

Bereavement Support Group

Cadishead Band Room

Locklands Lane, Irlam M44 6RB

Fortnightly Tuesdays

10am – 12 noon

→ Tuesday 2nd, 16th & 30th May

→ Tuesday 13th & 27th June

→ Tuesday 11th & 25th July

Group discussion with qualified counsellor, relaxation, & refreshments

Supported by Salford City Council & Cadishead Public Band





EVENTS & DAY TRIPS

**Trips Departing from Irlam,
Cadishead & Hollins Green**

**Piece Hall, Hebden Bridge &
Olympus Fish Restaurant**

Thursday 18th May £20 – full

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**Bakewell Market (coach only)**

Monday 19<sup>th</sup> June £10 (1 space)

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Conwy & Llandudno (coach only)

Thursday 13th July £10 - full

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**Frodsham & Chester (coach only)**

Thursday 10<sup>th</sup> August £10 (1 space)

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Ramsbottom & Bury Steam Train

Friday 27th October £50 - full

Trips subsidised using funds from raffles

**Trips Departing from Eccles
(Monton) & Little Hulton**

Bakewell Market (coach only)

Monday 22nd May £12 - full

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**British Iron Works/Sculpture Park,  
Aston (near Oswestry) & Lunch**

Tuesday 13<sup>th</sup> June £25

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The Lakes: Ambleside & Bowness

Tuesday 11th July

£15 with boat trip Ambleside - Bowness
£10 no boat-remain on coach to Bowness

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**Trentham Gardens & lunch**

Tuesday 15<sup>th</sup> August

£25, or £30 with gardens entrance - full

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Llandudno (coach Only)

Tuesday 5th September £10 - full

**Trips subsidised using raffle income from
Eccles Healthy Heart Club**

King's Coronation Party

Thursday 4th May, 12 noon

**The Club House
Liverpool Road, Barton**

Tickets – sold out

Entertainment with Terry Kelly

St George's Day Party Fundraiser

Thank you to Sue, Jim & everyone who supported the St George's Day Party at De La Salle Sports & Social Club last month. The event raised £400, with £200 donated to Salford Heart Care.

Final Request for Tombola Prizes

Final call for prizes for our tombola stall at Irlam Live Music Festival (Fri 2nd - Sun 4th June). Please see Serena. For more information or to buy tickets visit: <https://irlamlive.co.uk/>

Eccles Healthy Heart Club

King's Coronation Lunch

**Tuesday 9th May, 12 noon
(after club meeting at Winton)**

£2 (booking essential) - see Marion
Subsidised by Eccles HH Social Club

Handy Tips.....

from Rebecca Wilkinson (Irlam)

"Use pure essential oils to keep your laundry fresh and fragrant. Save old tumble dryer sheets or old face cloths, sprinkle your favourite essential oil on to the cloth and put this in with the laundry to wash. Always dry your clothes outside where & whenever possible."



Announcement

It is with great sadness that we announce the death of three of our friends and members: **Ronnie Chaplin, Carole Siddons & Doreen Cosgrove.**

Ronnie Chaplin, Irlam, aged 82

Ronnie passed away peacefully at home on Wednesday 29th March. He attended Irlam & Cadishead Healthy Heart Club together with his dearly beloved wife, Ann Chaplin, since 2013. He joined us on many day trips and loved dancing at our parties. He was fun loving, always smiling and loved to go fishing. Sadly, Ronnie's health deteriorated during the pandemic and he was unable to return to the club when we reopened. Ronnie's funeral took place on Monday 24th April at Peel Green Crematorium.



Ronnie Chaplin

Carole Siddons, Swinton, aged 78

Carole passed away on Saturday 15th April after recently being diagnosed with oesophagus cancer. Carole was a long standing member of Salford Heart Care and attended our healthy heart club at Eccles and then Winton.



Carole Siddons

Doreen Cosgrove, Winton, aged 88

Doreen passed away on Tuesday 18th April in hospital. Doreen was a long standing member of Salford Heart Care, and attended Eccles Healthy Heart Club from 2009 until becoming unwell in 2020. Doreen's funeral takes place on Friday 19th May, 2:15pm at Peel Green Crematorium.



Doreen Cosgrove

Ronnie, Carole & Doreen will be missed by all their friends at our clubs. We send our deepest sympathy to their family & friends at this sad time.

Donations In Memory of Lynda Waring

Lynda Waring's funeral took place on Friday 24th March at St John's Church and Peel Green Crematorium.

- ♥ We wish to acknowledge receipt of **£1,100** in donations in Lynda's memory - which just goes to show how loved Lynda was.
- ♥ The donations will support Salford Heart Care's Bereavement Group (**£700**) & Irlam & Cadishead Healthy Heart Club (**£400**).
- ♥ In addition, a further **£234** was donated to St Ann's Hospice.

We would like to thank all those who have donated to us in Lynda's memory. Lynda's daughter Jill wrote to us saying:



"To all at Irlam & Cadishead Healthy Hearts and The Bereavement Group. Please accept these donations on behalf of our late beloved mum, Lynda Waring ♥ We as a family know she will be extremely happy with this. We are totally blown away by people's generosity and this was one of mum's many beautiful traits. Thank you again to all those who donated, and we know this will go back into our community, which is so valued and loved, just like our mum. All our love, Jill, Les, Paul, Philip, Darcy (woof) & family. xxx"

Good News – Funding Award

Zuto Make A Difference Fund

Forever Manchester has awarded Winton (Eccles) Healthy Heart Club with a grant from Zuto's "Make a Difference Fund" of £1,000 to support room hire for the next 6 months. This is fantastic news for the club and means that we can continue to provide a wide range of activities for our members, such as chair yoga, reiki and bingo. We would like to thank Forever Manchester and Zuto for their support.

*Zuto is a market leading car finance company that has been involved with Forever Manchester for a number of years. The creation of the **Zuto Make A Difference Fund** enables a direct route to support a wide range of grassroots community projects across Greater Manchester.*

British Heart Foundation Article: 7 Cholesterol-Lowering Alternatives to Statins



Many other medicines & natural alternatives are claimed to lower cholesterol, but none of these work as well as statins. Here's the main ones you might come across:

1. Fibrates

Mostly used for lowering triglyceride levels in patients whose levels are very high and could cause pancreatitis. While they have a modest effect on lowering LDL cholesterol (15-20%), they have not been shown to reduce the risk of heart attack or stroke. They're not recommended as a statin alternative.

2. Plant stanols and sterols

There's some evidence that foods containing these stanols & sterols (such as specially fortified sunflower spreads or yogurt drinks) can lower cholesterol by a modest amount (8-12%). However, there's no evidence they reduce the risk of heart attack or stroke. They're not recommended for prescription in the UK.

3. Cholestyramine and other bile acid-binding resins

These are relatively old drugs that were used before statins. They are still used occasionally but are no longer recommended for reducing the risk of future heart attacks or strokes. They may cause gastrointestinal side effects and can lead to vitamin deficiencies if used long term.

4. Niacin

There is some evidence to show niacin (vitamin B3 or nicotinic acid) can lower 'bad' LDL cholesterol and raise 'good' high-density lipoprotein (HDL) cholesterol, but little evidence that it reduces the risk of heart attack or stroke. It commonly causes intense skin flushing and is not recommended as an alternative to statins.

5. Policosanol

Extracted from sugarcane wax, policosanol has been reported to lower cholesterol and improve various medical conditions. However, there is little reliable evidence that it works.

6. Red yeast rice extract (RYRE)

This comes from fermentation of a type of yeast found in rice and is sold as a supplement. It appears to lower LDL cholesterol (12-25%) by working in a similar way to a low dose of a statin. Unlike statins, there is a lack of research into its long-term safety, uncertainty about the best dose and the amount of the active ingredient can vary widely.

7. Natural products

There are many products that claim to have a cholesterol-lowering effect, but most are lacking in solid evidence and they are not an alternative to statins. Oats contain a fibre called beta-glucan, which can help lower your cholesterol level if you have 3g or more of it daily, as part of a healthy diet (a 40g serving of porridge oats contains 2g of beta-glucan) but this will not deliver the same benefits as a statin.

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

Donations welcome via cash, cheque, bank transfer, or PayPal Email admin@salfordheartcare.co.uk

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