



Salford Heart Care

"The Pulse" Newsletter

November 2016

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



The Queen's Award
for Voluntary Service

MacMillan Coffee Morning

Irlam and Cadishead Healthy Heart Club's Macmillan Coffee Morning raised **£335.28** selling cakes, raffle tickets and playing "guess the number of sprinkles". Thank you to everyone who came along and supported the event, particularly those who made donations and brought cakes and raffle prizes.



Pat Massey made a beautiful cake for the raffle and Margaret Hill provided the hamper. Hilda Anderson & Barbara Rice (pictured) worked hard selling cakes on the day.

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- ♥ **Margaret O'Reilly's** Macmillan Coffee Morning raised **£445** on Saturday 24th September at The Pavilion. Margaret would like to thank everyone who came to support the event and all those who made donations.

We would like to thank **Joyce Wilson** for her kind donation of £100 to Salford Heart Care in memory of her late husband Barry Wilson.

Memory Walk in Aid of Dementia

Irlam & Cadishead Healthy Heart Club's sponsored walk in aid of Dementia raised **£521.52**. The money has been donated to the Alzheimer's Society and will be used to support people living with Dementia.

2016-2017 Membership Subscriptions

Subscriptions are now due for 2016/17 for all members attending our Healthy Heart Clubs. Membership remains at £10.00 per annum.

Please request a "Membership Form" at any of our branches.

Las Vegas "Rock n Roll" Marathon

There's still time to donate....Richard Taylor will be taking part in the Las Vegas Rock n Roll Marathon on Sunday 13th November. He's raising money for Salford Heart Care. Show your support by making a donation at the club or online by visiting:

virginmoneygiving.com/RichardTaylor50

Salford Heart Care's Christmas Parties



- ♥ **Little Hulton Healthy Heart Club**
Wednesday 14th December
10:30 am-12.30 pm at St. Paul's Peel Hall
Tickets: £5.00
- ♥ **Eccles Healthy Heart Club**
Tuesday 20th December
10:30am-2pm at Patricroft URC
Tickets: £6.50
Includes lunch & entertainment
Raffle prizes wanted
- ♥ **Irlam & Cadishead Healthy Heart Club:**
Wednesday 21st December
10 am – 3 pm at Irlam Steel Club
Tickets: £5.00
Includes raffle ticket, entertainment & lunch
Raffle prizes & hamper food wanted

Gordon's Walking Group/Choir/Heart Care Christmas Party

Friday 2nd December 7.30pm

Brackley Conservative Club
1 Hazelhurst Fold, Worsley



Buffet, music, dancing & entertainment

Tickets are limited: £10.00

Salford Heart Care members welcome

Contact Gordon or Pauline McKay

0161 788 9181 email: gmckay@talk21.com



SOCIAL OCCASIONS

Departing from Eccles/Little Hulton:

Christmas Lunch at Ryecroft Hall

Tuesday 13th December - full

Includes lunch, afternoon entertainment & raffle

See Dot or Mavis for more details

Departing from Irlam & Cadishead

Christmas at The Rivington Barn & The Houghton Weavers

Thursday 17th November - full

Includes coach, 3 course meal & entertainment

Christmas at The Millstones

Thursday 15th December - full

Includes coach, 3 course meal & entertainment

Oswaldtwistle Mills "Frosty Funday"

Thursday 9th February 2017 - full

Includes coach, 2-course meal & entertainment

See Serena or Betty for details

payment required in full at the time of booking

Coming soon: Skipton Market & The Calf's Head Wednesday 26th April 2017

*Trips for Irlam & Cadishead are subsidised from fundraising activities organised by volunteers.

Weston-Super-Mare

2017 Group Holiday – Places Available!

There are some twin bedded & single rooms available for the annual group holiday to Weston-Super-Mare on **Monday 29th May 2017 (7 nights)** departs Eccles & Walkden.

Cost = £350 plus £10 insurance

Includes coach travel, accommodation, entertainment & 3 day trips

Please see Dot, Mavis or Serena for more info

Free Taster Classes

Maureen Lawlor holds a "Healthy Hearts" Cardiac Exercise Class at Patricroft URC every **Thursday** morning at **10am**. The club is looking for new members and is offering **free taster sessions (usually £2.50)**.

For more info contact Maureen: 07812 184285.



Linnyslaw Garden Centre

Moss Lane, Walkden

Tel: 0161 799 2050

Christmas trees, perennials, shrubs, bedding plants, composts, benches, sheds, garden tools, bird tables, pottery

Established in 1985 - local family-run business of Albert, Marge, Nicholas & Lisa Redshaw

Mon - Sat 9am – 5pm, Sun 10am – 4pm

www.linnyslawgarden.co.uk

email: linnyshawgarden@btconnect.com

Healthy Recipe: Salmon Burgers

Ingredients (makes 6)

- ♥ 25g quinoa
- ♥ 1 tsp rapeseed or olive oil
- ♥ 85g whole spring onions, chopped
- ♥ 1 tbsp chopped fresh dill
- ♥ Finely grated zest of 1 small lemon
- ♥ Freshly ground black pepper
- ♥ 500g skinless salmon fillet
- ♥ 1 egg yolk

Method

1. Start the recipe the day before you want to eat the burgers. Put the quinoa in a small pot and cover with cold water. Bring to the boil, then simmer for 20 minutes until the grains are tender. Drain well and leave to cool.
2. Heat the oil in a small, non-stick frying pan, fry the spring onions for 3-4 minutes, stirring, until softened. Stir in the dill and lemon zest with a good 10-12 twists of the pepper mill. Cook for a further minute then leave to cool.
3. Blitz the salmon in a food processor for 3-4 seconds until coarsely chopped. It should look like rough mince.
4. Line a baking sheet with foil. Stir the cold quinoa & spring onion mixture into the salmon with the egg & shape into 6 burgers. It will feel very soft but don't worry. Cover with clingfilm and leave to chill overnight.
5. Alternatively, slide the baking sheet under a pre-heated grill and cook for 5 minutes. Turning the burgers occasionally.
6. Serve in toasted wholemeal buns or pitta bread with a green salad, a squeeze of lemon juice and yoghurt dressing.

Service of Remembrance

The War Memorial,

Peel Green Cemetery 10.50am

Armistice Day: **Friday 11th November**

Everyone welcome



Last We Forget



OUR HEALTHY HEART CLUBS Nov 2016 -Jan 2017

Tel:0161 707 7402 Email:admin@salfordheartcare.co.uk website:www.salfordheartcare.co.uk

Eccles Healthy Heart Club

Patricroft URC Hall Shakespeare Crescent, Patricroft M30 0PE

Tuesdays 10 am - 12 noon

- Tuesday 15th & 29th November - Tai Chi sessions
- Tuesday 8th, 15th & 29th Nov, 6th December - Relaxation
- **Tuesday 13th December - Closed for trip**
- **Tuesday 20th December - Christmas Party - tickets £6.50**
- **Tuesday 27th December - Closed for Christmas break**
- **Reopen Tuesday 3rd January 2017 (Cardiac Exercise week)**

Charge: £1.50 entrance (includes raffle ticket). Suggested donation of 50p towards refreshments
Activities: Tai Chi, dance exercise, craft sessions, reiki therapies (£1 charge), relaxation session, indoor games & bingo (50p), weight management support, books & bric a brac stall, & regular social trips

Weaste/Claremont Healthy Heart Club

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

Tuesdays 10 am

- **Tuesday 13th December - Closed for trip to Britannia Hotel in Manchester**
- **Tuesday 27th December - Closed for Christmas break**

Charge: £2.00 (members) £2.50 (non-members). Annual membership is £10

Activities: Cardiac exercise session with relaxation & refreshments

Little Hulton Healthy Heart Club

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

Fortnightly on Wednesdays 10:30 am - 12.30 pm

- Wednesday 2nd, 16th & 30th November
- **Wednesday 14th December - Christmas Party - tickets £5.00**
- **Wednesday 28th December - closed for Christmas break**
- **Reopen Wednesday 4th January 2017**



Charge: £2 includes refreshments & raffle ticket. Activities: Line dancing, Reiki therapies (£1 charge per appointment), Tai Chi for Health, relaxation, indoor games, & social trips

Irlam & Cadishead Healthy Heart Club,

Irlam Steel Club Liverpool Road Irlam M44 6AJ

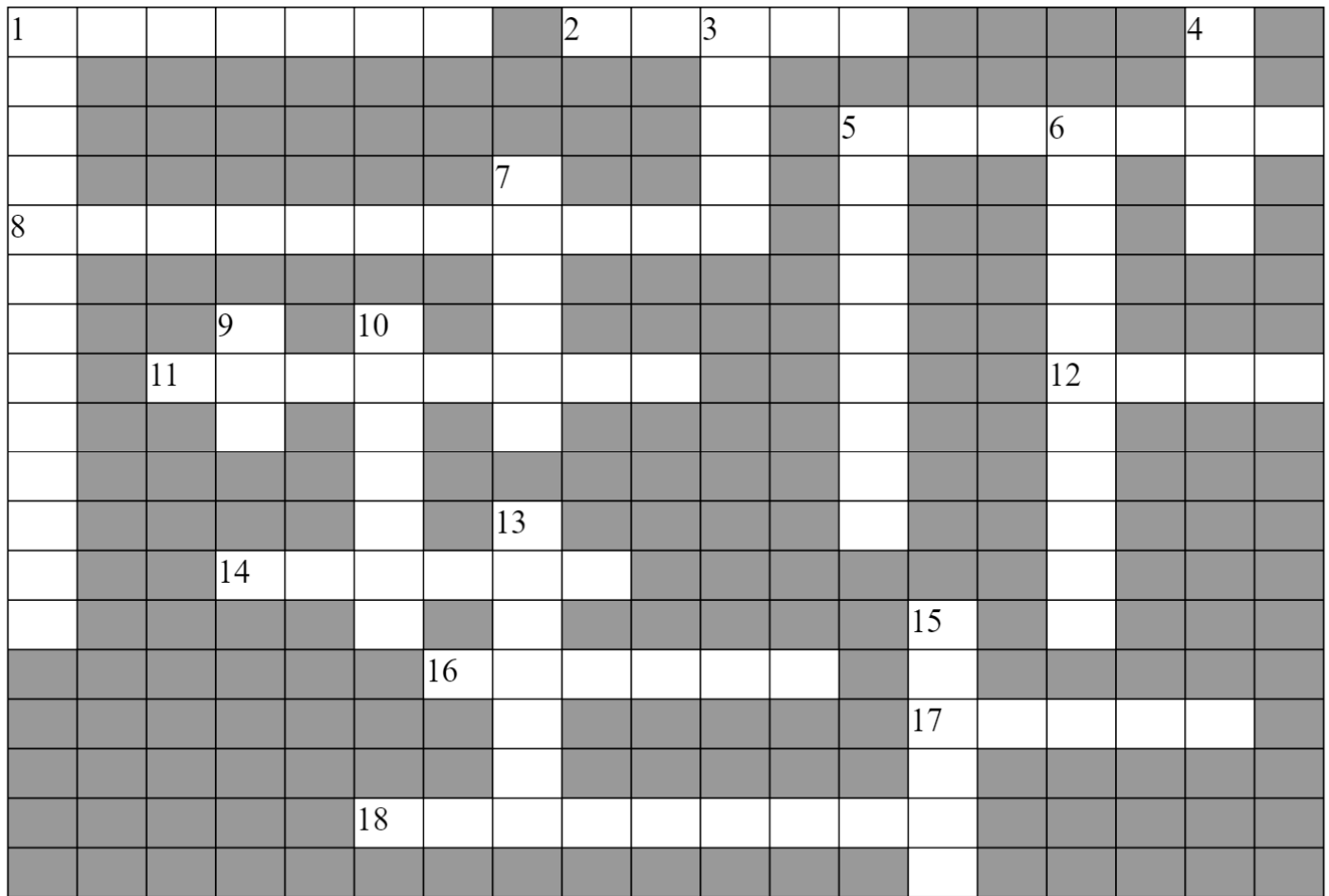
Wednesdays & Fridays 10 am - 12 noon

- Friday 11th & 18th November, 9th December - Relaxation sessions
- **Wed 21st December - Christmas Party - tickets £5.00**
- **Wednesday 28th & Friday 30th December - closed for Christmas break**
- **Last session Friday 23rd December - Reopen Wednesday 4th January 2017**

Charge: £1 entrance, 50p towards refreshments. Activities: Dancing, chair exercise, Tai Chi for Health, reiki therapies (fortnightly, £1 charge), relaxation, weight management support, blood pressure checks, arts & crafts, bingo, raffle (£1 strip), bric-a-brac-stalls, books, subsidised social activities & day trips

COMPETITION CORNER: *November Crossword*

All correct entries received by **Friday 25th November** 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). **Please include your name & address!**



ACROSS

1. November birthstone (7)
2. Red flower associated with November (5)
5. The Scottish flag (7)
8. November zodiac sign (11)
11. This Union was born on 1st November 1993 (8)
12. This Egyptian canal opened on 18 November 1869 (4)
14. Fictional realm associated with 17 across (6)
16. This begins on the Sunday nearest to 30th November and lasts until midnight on Christmas Eve (6)
17. Irish Author died the same day that John F Kennedy was shot dead in America (5)
18. Circuit used for the final race of Formula 1 (3,6)

DOWN

1. November flower (13)
3. Capital that was attacked in November 2015 (5)
4. Basic unit of measurement for describing radioactivity (5)
5. Adolphe Sax was born 6 November 1814 - what was he famous for inventing? (9)
6. This is traditionally played to introduce the two minute silence in Remembrance Day ceremonies. (3,4,4)
7. Symbol for 8 across (6)
9. Kids want a penny for him (3)
10. Spouse of royalty (7)
13. Computer operating system born on November 1983 (7)
15. _____ box - post box (6)

Congratulations to our October Crossword Competition winner: Pat Massey from Irlam!

“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

