



# Salford Heart Care

"THE PULSE"

November 2021 Newsletter

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



## Special Visitor at Irlam

We had a lovely surprise at Irlam and Cadishead Healthy Heart Club recently when Salford's Ceremonial Mayor, Councillor John Mullen, paid us a visit! Cllr Mullen said he enjoyed visiting us and was really impressed with our lively club and could see how important our work is to the health and well-being of the local community.....he even joined in with some chair exercises! Cllr Mullen will also be inviting the Coordinator and some volunteers to visit the Mayor's parlour.



Cllr Mullen with Serena outside Irlam Steel Club



Chair exercise sessions at Irlam are very popular!



### Serena with Cllr Mullen & volunteers from Irlam's Bereavement Group:

From left to right: Serena Rice, Christine Hudson, Cllr Mullen, Lynda Waring and Pauline Watson.

**"THE PULSE" IS PUBLISHED BY SALFORD HEART CARE**

Your independent local charity established in 1987 Registered charity number: 1136710

Visit: [www.salfordheartcare.co.uk](http://www.salfordheartcare.co.uk) email: [admin@salfordheartcare.co.uk](mailto:admin@salfordheartcare.co.uk)

Telephone: 0161 707 7402 Follow us on Facebook and Twitter @Salford\_HeartC

*Donations welcome*

## Where We Meet

### St Luke's Salford

St. Luke's Community Hall  
Swinton Park Road M6 7WR  
**Mondays 1.30pm - 2.30pm**  
*Chair yoga, bingo, raffle,  
day trips & refreshments*

### Eccles (Winton) Healthy Heart Club

Winton Bowling, Tennis & Social Club  
Grange Road, Winton M30 8JW

**Tuesdays 10am - 12 noon**

**\*Except Tue 30<sup>th</sup> November  
& 14<sup>th</sup> December\* (trip/party days)**

*Chair yoga, chair exercise, dancing,  
reiki, bingo, weight management, blood  
pressure/pulse testing, books & bric a  
brac stall, refreshments, day trips*

### Bereavement Support Group

Cadishead Band Room

Locklands Lane Irlam M44 6RB

**Fortnightly Tuesdays 10am – 12 noon**

- Tuesday 9<sup>th</sup> & 23<sup>rd</sup> November
- Tuesday 7<sup>th</sup> & 21<sup>st</sup> December



*Group discussion facilitated by our  
qualified counsellor, relaxation  
session, raffle, refreshments*

### Little Hulton Healthy Heart Club

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

**Fortnightly Wednesdays  
10am – 12pm**

- Wednesday 10<sup>th</sup> & 24<sup>th</sup> November
- Wednesday 8<sup>th</sup> December
- Wednesday 15<sup>th</sup> December (party day)

*Chair yoga, line dancing, reiki, bingo,  
weight management, blood  
pressure/pulse testing, books & bric a  
brac stall, refreshments & day trips*

### Irlam & Cadishead Healthy Heart Club

Irlam Steel Club

Liverpool Rd M44 6AJ

**Wednesdays & Fridays  
10am – 12pm**



**\*Except Wed 17<sup>th</sup> November\* (trip day)**

*Chair yoga, chair-based exercise,  
dancing, reiki, bingo, weight  
management, blood pressure/pulse  
testing, books & bric a brac stall,  
refreshments & day trips*

### New members are welcome to join us

Simply turn up on the day, or give us a call for more information on **0161 707 7402**. You do not need to have a heart condition to attend our clubs. We welcome all adults who feel they may benefit from our support.

**Even better....your first visit is FREE!**

### Thank you Marie

Thank you to Marie Burgess and her friends and family for donating to Salford Heart Care in celebration of Marie's 85<sup>th</sup> birthday last month. A total of £80 was raised to support our work at Irlam & Cadishead Healthy Heart Club.



### Great News

We're delighted to announce that Irlam's Bereavement Support Group has been awarded a total of **£2,226.63** from the **Co-Op Local Community Fund**. The fund has been supporting our cause over the last 12 months and contacted us recently with a final total to be awarded. Thank you to everyone at the Co-Op and all Co-Op members who have supported us.



## MEMBERS' NOTICE

### Salford Heart Care's Annual General Meeting (AGM)

Takes place on:

Tuesday 9<sup>th</sup> November

11am at

Winton Bowling, Tennis & Social Club

Members from all branches  
are welcome to attend

*Note: Entrance is free. There will be no  
therapies or exercise at this session.*

\* Subscriptions for Oct 2021 - Sept 2022  
will be due following the meeting \*



## Our Christmas Parties (Booking essential)

### Eccles Healthy Heart Club:

Tuesday 14<sup>th</sup> December 12-4pm  
tickets £8

De La Salle Sports &  
Social Club, Salford

*Includes buffet lunch & entertainment*

### Little Hulton Healthy Heart Club:

Wed 15<sup>th</sup> December 10am-12pm  
tickets £7

St Paul's Peel Hall, Little Hulton  
*Includes buffet lunch*

### Irlam & Cadishead Healthy Heart Club:

Friday 17<sup>th</sup> December 10am-3pm \*full\*  
Irlam Steel Club, Irlam

*\*Raffle prizes wanted\**

## Reminder: £20 & £50 notes

The Bank of England has announced that the old paper £20 and £50 notes will go out of circulation on **30<sup>th</sup> September 2022**. After this date, many banks will accept withdrawn notes as deposits from customers. The Post Office may also accept withdrawn notes as a deposit into any bank account you can access at the Post Office.



## Our Day Trips

Departing from Monton  
& Little Hulton:

**Tiffany's Blackpool &  
Barton Grange Garden Centre**

Tuesday 30<sup>th</sup> November - £28  
*Lunch & entertainment*

*See Dot or Mavis for more details*

~~~~~

Departing from Irlam/Cadishead:

**Rivington Barn Christmas Party**

Wednesday 17<sup>th</sup> November - full

**Briars Hall Christmas Party**

Thursday 9<sup>th</sup> December - £25

*Includes 3-course meal  
& Christmas entertainment*

**The Clubhouse Christmas Party**

Monday 13<sup>th</sup> December - full

*See Serena or Pat for more details*

## Have you had your Covid-19 Booster Vaccine?

If you're registered with a Salford GP and think you're eligible for the booster vaccine (aged 50+ and had the second jab over 6 months ago), you should be able to book a local appointment online:

[www.salford.nhsvaccinations.co.uk/](http://www.salford.nhsvaccinations.co.uk/)

You do not need to wait for an invitation. You can also book your first or second dose appointments using the same website. Alternatively, you can book by telephone: **0161 983 0593**. Note: The national booking service number is **119**.

## Julia's Race Night for Willow

Julia O'Reilly would like to thank everyone who contributed to the race night that took place last month, including those who donated raffle prizes & attended on the night. The event was a great success: a total of **£1,640** (after expenses) was raised for Willow in memory of Julia's daughter Lisa.

## Heath News

**Eating wholegrains such as oats, porridge, brown bread and brown rice in later life can help avoid the dreaded middle-aged spread.**

Researchers from Tufts University in Boston monitored 3,000 people in their mid-50s & found that those who ate 3 servings of wholegrains a day had waist sizes 2 inches less than those who didn't consume the same amount.

The data also suggests that people who eat more wholegrains are better able to maintain their blood sugar & blood pressure - which helps to protect against heart disease.

The presence of dietary fibre in wholegrains can have a satiating effect, and the magnesium, potassium & antioxidants may contribute to lowering blood pressure. Soluble fibre in particular may have a beneficial effect on post-meal blood sugar spikes.

### What to eat to avoid weight gain?

- **Chicken:** high in protein and low in fat. High-protein food helps you to feel fuller for longer so you should be less tempted to snack after a protein-rich meal.
- **Seafood:** also high in protein and lower in fat and calories.
- **Nuts:** high in protein & can help curb hunger pangs. However, they are high in fat. Although this is healthy fat (unsaturated), which helps keep your heart healthy, nuts are still calorific, so watch your portion size.
- **Yoghurt:** a good source of protein & calcium to keep bones strong. But it can be high in fat & sugar so choose carefully. Greek yoghurt is usually the best choice.

### Looking for the crossword?

*There's no crossword this month due to the amount of content. Would you like the crossword to return in future editions? If so, please let us know!*

*Teresa Saunders from Irlam won last months' crossword competition.*

**Eating nuts may reduce the risk of dying from breast cancer by more than half.**

A recent study suggests eating nuts slashes the chance of breast cancer returning by a half. Researchers from Vanderbilt University said their findings applied to all types of nuts, from almonds, pistachios, pecans and brazil nuts to walnuts, peanuts, cashews and hazelnuts.

Breast cancer is the 2nd biggest cause of cancer deaths in women in the UK, and 55,000 women are diagnosed with the disease every year.

The study found that nut consumption among long-term breast cancer survivors was associated with a 52% reduced risk of recurrence or breast cancer mortality.

Nuts are packed with protein, fibre & vitamins, and also have key acids which inhibit the growth of breast cancer cells.

## Healthy Winter Warming Recipe

### Slow-Cooker Lemon-Garlic Chicken

#### Ingredients (Serves 4):

- 2lbs chicken breasts
- Freshly ground black pepper
- 2 large onions, diced
- 5 cloves garlic, minced
- 2 carrots, chopped
- 1 tablespoon sugar
- Juice & zest of 2 lemons, divided
- 4 sprigs fresh thyme
- 3 cups low-sodium chicken broth
- 1 cup frozen peas

#### Directions:

1. In a large frying pan over high heat, sear the chicken until golden brown (2 minutes per side). Season with pepper and place in a slow cooker.
2. Add the onions, garlic, carrots, sugar, zest and juice of 1 lemon, thyme, and chicken broth, then season. Cover with lid and cook on low for 6-7 hours, or on high for 3-4 hours.
3. Add peas & cover with a lid until warmed through (3 minutes). Add lemon zest & remaining juice. Serve immediately.