



# Salford Heart Care

## THE "PULSE" NEWSLETTER

October 2020



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

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### \*\*\*Update on Reopening\*\*\*

Due to the recent restrictions in place to reduce the spread of Covid-19 our clubs will remain closed until further notice. Please call or email us if you have any questions or need some support:

Telephone Serena: **0161 707 7402** or  
email: [admin@salfordheartcare.co.uk](mailto:admin@salfordheartcare.co.uk)

**REMEMBER!** British Summer Time ends on **Sunday 25th October**. Don't forget to adjust the time 1 hour **BACKWARDS**.

### Christmas Cake Orders

**David Royle is now taking orders for Christmas cakes. Please let us know if you would like to place an order.**



**Support Salford Heart Care by Shopping [smile.amazon.co.uk](http://smile.amazon.co.uk)**

AmazonSmile is a simple way for you to support Salford Heart Care every time you shop, and at no cost to you.

When you shop at [smile.amazon.co.uk](http://smile.amazon.co.uk), you'll find the **same prices, selection and convenient shopping experience** as [amazon.co.uk](http://amazon.co.uk), with the added bonus that Amazon will donate a portion of the purchase price to us, your chosen charity. To shop at AmazonSmile, visit the website using this link:

<https://smile.amazon.co.uk/ch/1136710-0>

### Flu vaccine

Flu vaccination is available every year on the NHS to help protect adults and children at risk from flu and its complications. Flu can be unpleasant, but if you're otherwise healthy, it'll usually clear up on its own in about a week.

#### Who should get the flu vaccine?

This year the flu vaccine is being offered on the NHS to:

- adults 65 and over
- people with certain medical conditions
- pregnant women
- people living with someone who's at high risk from coronavirus (on the NHS shielded patient list)
- children aged 2 & 3
- children in primary school
- children in year 7 (secondary school)
- frontline health or social care workers

#### Where to get the flu vaccine

You can have your NHS flu vaccine at:

- your GP surgery
- a local pharmacy offering the service
- your midwifery service if they offer it for pregnant women

Some community pharmacies now offer flu vaccination to adults at risk from flu, including pregnant women, people aged 65 and over, people with long-term health conditions and carers.

## Useful Information

### Update on the Government's New Covid-19 Restrictions (England)

Some of our members say they are confused about the new rules and restrictions in place due to Covid-19. We have summarised some of the main rules and changes here:

- Any gathering of more than six people in England is illegal, unless it meets one of the exemptions. This applies to gatherings both indoors and outdoors. The rule does not apply to households or bubbles of more than six, or gatherings for work or education.
- Face coverings must be worn by customers and staff in shops, supermarkets and shopping centres.
- Customers in indoor hospitality venues have to wear masks, except when seated at a table to eat or drink.
- Face coverings are compulsory for anyone travelling by public transport. People can be refused travel if they do not follow the rules, and can be fined as a last resort.
- Penalties for not wearing a mask, or gathering in groups of more than six will increase to £200 on the first offence.
- All pubs, bars and restaurants will be restricted to table service only.
- Legal duty to self-isolate came into force on 28th September, to ensure compliance and reduce spread of COVID-19. Fines for those breaking the rules now in place starting at £1,000 and increasing up to £10,000 for repeat offenders.
- Pubs, bars and restaurants are legally required to request test and trace information from customers and keep the details for 21 days.

Please also note that Salford, along with Greater Manchester and other specified areas in England, are currently under tighter restrictions:

- You cannot socialise with another household in your home or garden (except if they are in your support bubble).
- You can only sit in pubs, bars and restaurants with members of your own household or support bubble.
- Up to 6 people can meet outdoors (not private gardens) keeping 2 metres apart.

### NHS COVID-19 App

As part of the government's coordinated response to Coronavirus, NHS Test and Trace has developed the new NHS COVID-19 app.

It is now available for download to all residents of England and Wales. It is recommended that everyone over the age of 16 downloads and uses it.

Download the 'NHS COVID-19' app from the App Store or Google Play. There is more information at <https://covid19.nhs.uk>

The app will help you to understand and manage your personal risk and reduce the spread of Coronavirus. The more people who use it, the more effective it will be.

### 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.

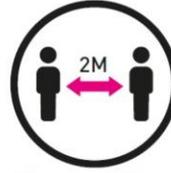
# Coronavirus is spreading in Salford



Wear a face covering



Wash your hands often



Stay apart from anyone you don't live with



Protect your family and community

Get tested if you are unwell. Call **119** or go to [www.nhs.uk](http://www.nhs.uk)  
For advice, go to [www.salford.gov.uk](http://www.salford.gov.uk) or call **0800 952 1000**

| #StopTheSpread | #COVID19 |

Salford City Council

## Local restrictions: Salford



You cannot socialise with another household in your home or garden. Household support bubbles are exempt.



Try not to share a vehicle with anyone you don't live with, unless they are part of your support bubble.



Places of worship and other settings with strict COVID secure arrangements remain open.



You can only sit indoors in pubs, bars and restaurants with members of your own household or support bubble.



Up to two households (or six people from a number of households) may meet outdoors (not in private gardens). Remember to keep 2 metres apart.

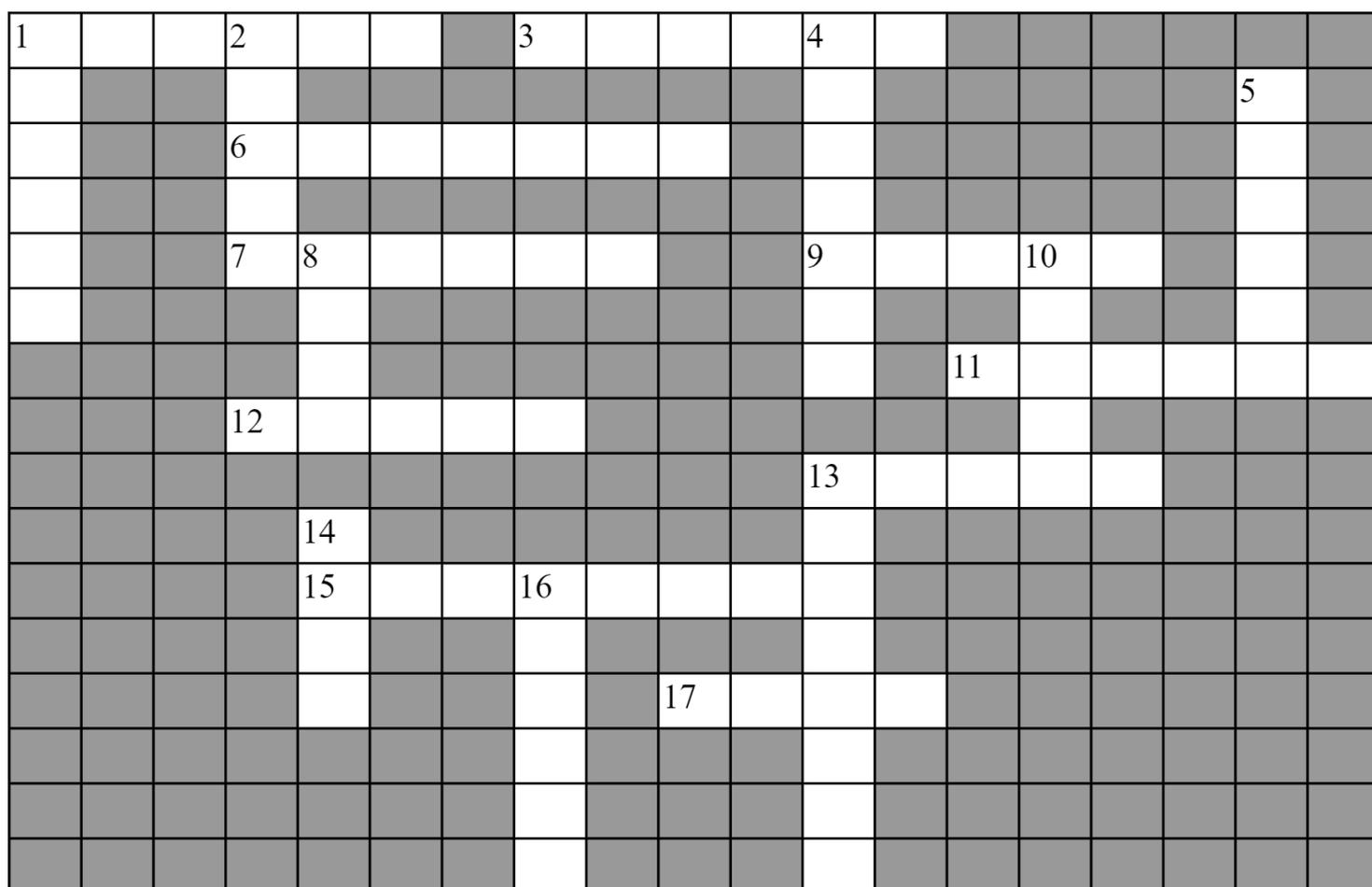


Wherever possible, stay 2 metres apart from people you do not live with (unless they are in your support bubble)

Salford City Council

[www.salford.gov.uk/coronavirus](http://www.salford.gov.uk/coronavirus)

## Brendan's October Crossword.... Just for fun 😊



### ACROSS

1. Meagre (6)
3. Oil-yielding seed (6)
6. Seedless raisin (8)
7. Film factory (6)
9. Handle (5)
11. Spurn (7)
12. Cite (5)
13. Pimples (5)
15. Casino game (8)
17. Scene (4)

### DOWN

1. Wept (6)
2. Corrodes (5)
4. Eminent conductor (7)
5. A long way away (3-3)
8. Soya bean curd (4)
10. Family emblem (5)
13. Most sugary (8)
14. Reduction (4)
16. Type of carriage (6)

**Congratulations to  
Graham & Kath Ward celebrating their Golden  
Wedding Anniversary this month!**



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Donations welcome via: [virginmoneygiving.com](http://virginmoneygiving.com) or PayPal Email [admin@salfordheartcare.co.uk](mailto:admin@salfordheartcare.co.uk)

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