



# Salford Heart Care

"THE PULSE"

October 2022



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

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## TESCO

### Community Grants

#### **Irlam & Cadishead Healthy Heart Club needs your vote!**

We're delighted to announce that our application to the Tesco Community Grants Scheme has been successful and our project will be put forward to a customer vote in local Tesco stores from October until mid-January!

The project with the highest number of votes across the area will receive £1,500, the second placed project £1,000, and the third placed project £500. Here's a list of stores taking part in the voting for our project:

- ♥ Irlam Extra, Irlam
- ♥ Irlam Express Liverpool Road
- ♥ Partington Express
- ♥ Walkden Extra

Please support us by voting for "Salford Heart Care, Irlam & Cadishead Healthy Heart Club" at your local Tesco store. To vote, you will need to make a purchase within store of any value. You will receive one token per transaction to use to cast your vote.

Tesco's Community Grants scheme has already awarded over £96 million to more than 46,000 projects across Britain. Tesco customers get the chance to vote for 3 different groups every time they shop. Every 3 months, when votes are collected, 3 groups in each of Tesco's regions will be awarded funding.

#### HM Queen Elizabeth II 1926-2022

We are deeply saddened by the death of Her Majesty The Queen.

For over 70 years, she dedicated herself to faithfully serving the nation as a source of strength and inspiration to us all in the most difficult of times. Salford Heart Care was awarded the **Queen's Award for Voluntary Service in 2014** and we are extremely honoured and proud of our prestigious award. Serena Rice, Marion El Qasem and Jim Collins have fond memories of attending the Queen's Royal Garden Party at Buckingham Palace in May 2014.

We join the Royal Family, our members, volunteers and those from around the world in their grief, whilst offering our own heartfelt condolences.

#### **MEMBERS' NOTICE**

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

**Takes place on:**

**Tuesday 1<sup>st</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 available at this session.**

**\* Subscriptions for Oct 2022 - Sept 2023 will be due following the meeting\***

## Our Clubs: Where We Meet

### Claremont & Irlams o' th' Height Healthy Heart Club

St. Luke's Community Hall  
Swinton Park Road  
Irlams o' th' Height M6 7WR

**Mondays 1.30pm - 2.30pm**

*Chair yoga, bingo,  
raffle & day trips*

### Eccles Healthy Heart Club

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

**Most Tuesdays\* 10am - 12 noon**

**AGM: 1<sup>st</sup> November**

**\*Closed: Tuesday 18<sup>th</sup> October &  
Tuesday 6<sup>th</sup> December (trip days)**

*Chair yoga, reiki, bingo, "Play Your  
Cards Right", 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 4<sup>th</sup> & 18<sup>th</sup> October
- ➔ Tuesday 1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup> November
- ➔ Tuesday 13<sup>th</sup> December

*Group discussion with qualified  
counsellor, relaxation & raffle*

**\*\*Supported by  
Cadishead Public Band\*\***



### Little Hulton Healthy Heart Club

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

**Fortnightly Wednesdays 10am – 12pm**

- ➔ Wednesday 12<sup>th</sup> & 26<sup>th</sup> October
- ➔ Wednesday 9<sup>th</sup> & 23<sup>rd</sup> November
- ➔ Wednesday 7<sup>th</sup> December

*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 Road, Irlam M44 6AJ

**Wednesdays & Fridays  
9:30am – 12pm**

*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*

**New members always welcome  
First visit is FREE - turn up on  
the day or call **0161 707 7402** for  
more information**

♥ **Donation - Thank you**

Lilian Goodwin, from Little Hulton Healthy Heart Club, has donated £50 in memory of her husband, Pete, who passed away suddenly last month. Pete used to join us on day trips out and Lilian would like her donation to support social occasions at Little Hulton. We would like to thank Lilian for her donation. We send our sincere condolences to Lilian, and all of Pete's family and friends.



**REMEMBER!**  
The clocks go  
**BACKWARDS**  
1 hour on **Sunday 30<sup>th</sup>  
October 2022**



**Reminder of our  
forthcoming events & day trips**

**Trips from Eccles & Little Hulton**

**The Piece Hall & The Calf's Head**  
Tuesday 18<sup>th</sup> October - full

**Dobbies Garden Centre &  
The Bedford Hotel (Lytham)**

Tuesday 6<sup>th</sup> December - full  
*3-course Xmas lunch & entertainment*

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**Eccles (Winton) Healthy Heart  
Club Christmas Party**

Tuesday 13<sup>th</sup> December - full  
*Buffet lunch, bingo & raffle plus  
entertainment from Kevin Kay*

**Trips from Irlam & Cadishead**

**Kirkby Lonsdale Market  
& The Calf's Head**

Thursday 6<sup>th</sup> October – full

**Tiffany's & Blackpool  
Illuminations**

Thursday 3<sup>rd</sup> November – full

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**Ye Old Red Lion Christmas Party**

Thursday 8<sup>th</sup> December - full

**Irlam & Cadishead Healthy Heart  
Club Christmas Party**

Friday 16<sup>th</sup> December - full  
*Buffet lunch, bingo & raffle plus  
entertainment from Sheila Diamond*

**The Club House Christmas Party**

Monday 19<sup>th</sup> December - full

**Wanted!**

**We need raffle prizes  
for our Christmas parties**

*~ unwanted gifts~toiletries~  
bottles~chocolates etc. will all be  
gratefully received & will help to raise  
funds for our clubs*



**Julia's Annual  
Charity "Race Night"**

Saturday 22<sup>nd</sup> October 7.30pm

Irlam Steel Club

£3 pay on the door

All welcome



willow

*Supporting the Willow Foundation  
in memory of Lisa*

*\*Raffle prizes wanted\**

**Care on Call Mobile Wardens**

Care on Call is a mobile warden service that provides support to people who wish to remain living independently in their own homes. This unique service responds to emergency calls with trained, experienced staff. The control centre is based in Salford and operates 24 hours a day, 365 days of the year. Staff can provide assistance and alert emergency services, your doctor or a family member.

The service offers a 24-hour monitoring and emergency response - if you call for help, they can immediately send wardens to help you, if needed.

Care on Call customers are provided with:

- *A special alarm unit which works via a SIM, plugged into a convenient location in your home*
- *A portable pendant which can be worn or kept close at hand*

Both the alarm unit and the pendant have a button, which when pressed, will connect you directly to the Control Centre. You don't have to lift the receiver or even be in the same room as the unit.

**How much does it cost?**

The 24-hour a day monitoring and emergency response service is **£6.32 per week**. The alarm equipment will be installed free of charge.

To apply, call 0161 607 7133  
or email [careoncall@srft.nhs.uk](mailto:careoncall@srft.nhs.uk)

## Energy Saving Tips

- ♥ **Turn your thermostat down.** For each degree you cut the thermostat, expect to cut bills by 4% (about £142 a year). The World Health Organisation says that 18 degrees is enough for healthy adults, with slightly higher temperatures needed for the very old or young.
- ♥ The Energy Saving Trust is adamant you should **only have your heating on when required**, rather than leaving the heating on low all day.
- ♥ **LED bulbs** uses about half the energy of the bigger fluorescent spiral 'energy-saving bulbs'.
- ♥ **Switch lights off** when you leave the room, no matter how long for - you could save £38 a year.
- ♥ Walk round your home spotting window and door draughts. Decent **draught-proofing** can cut 2% off energy bills, so about £71 a year. Putting clingfilm on your windows can help trap the heat in to stop it escaping. Adding a second layer, as long as it's transparent and airtight, will make a difference.
- ♥ Cutting just 1 minute off your **shower time** could save £207 a year in energy bills & a further £105/year in water bills.
- ♥ Do one **fewer load of washing** a week and make sure you fill up the machine each time.
- ♥ Try **washing on a colder setting**. A 30-degree wash could save £77 a year.
- ♥ The more water you boil, the more energy you use. Be conscious about this when **filling the kettle**, so you don't overfill. Simple, but effective, with a saving of £22 a year possible.
- ♥ Don't leave your **devices on standby**.
- ♥ **Don't heat the whole house** when you're spending all day in one room. **Thermostatic radiator valves** are an extra control which can be used to set the temperature of each room.
- ♥ Using **"eco" mode** on appliances will use less energy.

- ♥ **Avoid using the tumble dryer** as it uses a lot of energy. The Energy Saving Trust reckons you could save £166 a year if you never use it. Try drying your clothes on an airer, but make sure you leave a window open, as it can cause damp in poorly ventilated homes. In the warmer summer months, if you've a garden or balcony, dry them outside.
- ♥ **Use your microwave** instead of the oven. They use less energy than ovens because they only heat the food, not the air around it.

## Tips on Keeping Warm

- ♥ **Layer clothes** to keep in the heat. The **baselayer** sits directly against your skin. It should be close-fitting and will lock in heat and 'wick away' sweat. Avoid cotton as it traps moisture and will cool you down. The **midlayer** will help trap warmth your baselayer hasn't managed to keep in. A lightweight fleece, T-shirt, or jumper can be a good option. The **outerlayer**, is usually a waterproof layer to protect against the elements. You won't need a waterproof indoors, but if you're not warm enough in your base & midlayer, you could add an extra jumper or jacket over the top.
- ♥ **Eat regularly** and have at least one **hot meal** a day. Drink **hot drinks** regularly. Homemade soup and porridge can be good money saving options.
- ♥ **Keep your feet warm** with rugs & slippers - however be careful not to trip or fall!
- ♥ **Put your feet up** - the floor is usually the coldest part of the house.
- ♥ Try the **'hot water bottle in a sleeping bag'** trick. When sitting down, sit in a sleeping bag, at least your bottom half. Even better if you put a hot water bottle in the bottom. Warm with no draughts.
- ♥ **Walk around** the house or go out for a walk - gentle exercise can help you stay warm, so try to **move every hour**.