



Salford Heart Care

Registered charity number: 1136710

"THE PULSE" October 2023



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

Tel: 0161 707 7402

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Winter Fuel Payment

Millions of pensioners to get up to £600 with the winter fuel payment this winter (including a £300 top-up).

If you were born before 25 September 1957, you could get between £250 and £600 to help you pay your heating bills. This is known as a 'Winter Fuel Payment'.

The amount you get includes a 'Pensioner Cost of Living Payment'. This is between £150 and £300. You'll get this extra amount in winter 2023 to 2024. This is in addition to any other Cost of Living Payments you get with your benefit or tax credits.

Most people get the Winter Fuel Payment automatically if they're eligible. If you're eligible, you'll get a letter in October or November saying how much you'll get. Most eligible people are paid in November or December.

If you do not get a letter but you think you're eligible, check if you need to make a claim by visiting:

<https://www.gov.uk/winter-fuel-payment/how-to-claim>

Every household with someone born on or before 24 September 1957 is entitled to help towards their winter energy costs, and if you live with someone that also qualifies, you'll both get the cash (either individually or as a household). How much you get depends on your circumstances:

Circumstances:	Born 25/9/43 - 24/9/57	Born before 25/9/1943
Live alone	£500	£600
Live with someone under 80 who also qualifies	£250	£350
Live with someone 80+ who also qualifies	£250	£300

Amounts include pensioner "cost of living payment", a £300 top-up available this winter

Other help with heating bills

You could also get:

- ♥ A Cold Weather Payment - if you get certain benefits and the temperature drops to zero degrees celsius or below for 7 days in a row.
- ♥ The Warm Home Discount - this is a £150 discount on your bills if you get Pension Credit or live in a low-income household.
- ♥ Help from the Household Support Fund, if you're eligible under your local council's rules - check on your local council's website.

REMEMBER!



The clocks go **BACKWARDS**
1 hour on **Sunday 29th**
October 2023

MEMBERS' NOTICE

Salford Heart Care's Annual General Meeting (AGM)

Takes place on:

**Tuesday 7th 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.*

Health Article – Atrial Fibrillation (AF) & Salt intake

Adding salt to every meal can increase heart risks

Always adding salt to meals increases the risk of developing heart problems by a fifth, a study has shown.

People who did this were 22% more likely to suffer an irregular heartbeat than those who never or rarely added seasoning, researchers found.

Independent experts said the “valuable” research emphasised the need for people to reduce salt in their diet – and that cutting just one gram a day could reduce the risk of heart attack and stroke.

For the study, researchers recorded the salt habits of nearly 400,000 British people and followed their health for 11 years.

Over that time, 5% of participants developed atrial fibrillation (AF) – a common heart rhythm disturbance which raises the risk of blood clots, strokes and heart failure.

AF affects 1.4 million people in the UK and causes the heart to beat too fast, with symptoms including dizziness, shortness of breath and tiredness.

Scientists found people who “never” added salt were 18% less likely to

develop the condition than those who “always” added salt to every meal.

And compared to the “always” group, people who “usually” put salt on their food were 12% less likely to develop AF, while those who only “sometimes” salted their food reduced their risk by 15%.

Previous research has shown consuming too much salt can increase the risk of developing high blood pressure, which can lead to AF.

The NHS recommends adults should have no more than 6g of salt a day, yet the average salt intake among working-age adults in England is 8.4g per day, according to the BHF.

The World Health Organisation recommends salt reduction as one of the most cost-effective and impactful measures to reduce blood pressure and protect health.

If British people reduced their salt intake by just 1g, it would prevent thousands of strokes and heart attacks every year.



Julia's Annual Charity “Race Night”

Saturday 14th October 7.30pm

Irlam Steel Club

£3 pay on the door

All welcome



Supporting the Willow Foundation

in memory of Lisa

Raffle prizes wanted

J.J.J. Stress Management Autumn Well-Being Day

Sunday 8th October

Irlam Leisure Centre

10 am – 3 pm

Admission £3 (includes raffle ticket)

**~Holistic therapies~reiki~crafts~
~food~mediumship~card reading~**

Call Julia O'Reilly: 07758932908

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 Bank Holidays)

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 11th & 25th October
- ➔ Wednesday 8th & 22nd November
- ➔ Wednesday 6th December

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 trips:
Tue 17th October &
Tue 5th December

AGM: 7th November 11am

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

Note: Friday 15th December –
Christmas Party Day
(booking essential)

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 3rd, 17th & 31st October
- ➔ Tuesday 14th & 28th November
- ➔ Tuesday 12th December

Group discussion with qualified counsellor, relaxation, & refreshments

Supported by Salford City Council & Cadishead Public Band

New members always welcome
First visit is FREE - turn up on the day or call **0161 707 7402** for more information. Everyone welcome - you do not need to have a heart condition to attend.



EVENTS & DAY TRIPS

Day Trips Departing from Irlam, Cadishead & Hollins Green

Ramsbottom & Bury Steam Train

Friday 27th October £50 – full

Christmas @ Tiffany's, Blackpool

Monday 13th November £25 - full

Christmas @ The Auckland Hotel

Tuesday 5th December £30 - full

Ye Old Red Lion Christmas Party

Thursday 30th November £15 - full

Includes 3-course, lunch, bingo & raffle

Irlam & Cadishead Healthy Hearts Christmas Party, Irlam Steel Club

Friday 15th December £5 – full

Club House Christmas Lunch Party

Tuesday 12th December £15 - full

Thursday 21st December £15 - full

See Pat or Serena to book

Trips Departing from Eccles (Monton) & Little Hulton

Clitheroe & The Calf's Head

Tuesday 17th October £30

Includes 2-course carvery lunch

Christmas @ The Bedford Hotel

Tuesday 5th December

3-course meal & entertainment £35

See Dot or Mavis to book

**All trips and events are subsidised using
funds raised from raffles**

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*

Salford Heart Care's

Christmas Party Afternoon

De La Salle Sports & Social Club

Playing Fields, Lancaster Road,
Salford M6 8AQ

Thursday 14th December

12:30pm – 4:30pm

£7 - Tickets selling fast!

* Buffet lunch

* Live entertainment

* Bingo & raffle

* Bar will be open to purchase drinks



Please see Marion for tickets,

or contact Serena: 0161 707 7402

email: admin@salfordheartcare.co.uk



Announcement:

Dorothy Wakefield (aged 79, Salford)

It is with great sadness that we announce the death of our member, **Dorothy Wakefield**.

Dorothy attended our club at St Luke's. She was diagnosed with cancer and passed away peacefully at St. Ann's Hospice on Wednesday 30th August. Her funeral took place on Thursday 21st September.

*We send our deepest sympathy to
Dorothy's family & friends.*

£££ Important Notice: Scottish Bank Notes

Please note that we **CANNOT accept SCOTTISH BANK NOTES** at our clubs. These notes are not accepted at the Post Office. Please take them to your bank.