Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

October 2026

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

Tel: 0161 707 7402

email: admin@salfordheartcare.co.uk www.salfordheartcare.co.uk

The Queen's Award for Voluntary Service

MEMBERS' NOTICE

Salford Heart Care's Annual General Meeting (AGM)

Takes place on:

Tuesday 3rd November

11am, Winton Bowling Tennis & Social Club

Members from all branches are welcome to attend. Entrance is free.

The Lisa Ogden Memorial Charity Fundraiser



Julia's Annual Charity "Virtual Race Night"

Saturday 17th October

7pm (1st race 8pm)

Irlam Catholic Club

£3 per person pay on the door

** Music Bingo*

** Dancing*

** Raffle*

** New host * Everyone welcome*

willow

Supporting Willow in memory of Lisa

Raffle prizes wanted

Free NHS Flu Vaccine

The flu vaccine helps protect against flu, which can be a serious or life-threatening illness. It's offered on the NHS every year in autumn or winter to people at higher risk of getting seriously ill from flu.

Protect yourself this winter

If you are eligible, vaccination is one of the best ways to reduce your risk and help protect the people around you.

Bookings are now open. Most adult flu appointments begin from 1 October 2026.

You may be eligible if you:

- ♥ are aged 65 or over, including if you turn 65 by 31 March 2027
- ♥ are aged 18 to 64 and have certain long-term health conditions
- ♥ are pregnant
- ♥ live in a care home
- ♥ are a main carer, receive Carer's Allowance, or live with someone who has a weakened immune system
- ♥ are experiencing homelessness or staying in a homeless hostel or night shelter

Book online or in the NHS App.
You do not need to wait for an invitation.
Here's the link to book online:
https://www.nhs.uk/nhs-services/vaccination-and-booking-services/book-flu-vaccination/

Can Eating More Beans & Tofu Help Lower Blood Pressure?

A new review of research suggests that regularly eating beans, lentils, chickpeas, peas, and soy foods like tofu or edamame may help reduce the risk of developing high blood pressure.

High blood pressure is one of the biggest risk factors for heart attack and stroke, so finding simple, everyday ways to protect our hearts is important.

What did the research show?

Scientists looked at results from 12 long-term studies involving more than half a million people. They found:

- ♥ People who ate the most legumes were 16% less likely to develop high blood pressure.
- ♥ Eating around 170g of legumes a day was linked with a 30% lower risk.
- ♥ People who ate the most soy foods were 19% less likely to develop high blood pressure.
- ♥ Around 60–80g of soy foods a day (such as tofu or tempeh) seemed to offer the most benefit.

These foods are naturally high in fibre, plant protein, potassium and magnesium – all nutrients that support healthy blood pressure. They also tend to replace foods higher in saturated fat, such as processed or red meats.

A few things to keep in mind

The studies were observational, meaning they show a link rather than proof. People who eat more beans and tofu may also have other healthy habits. Even so, the findings fit well with what we already know about heart-healthy eating.

Easy ways to add more beans & soy foods

- ✓ Add lentils to soups or casseroles
- ✓ Toss chickpeas into salads
- ✓ Swap some beans for meat in stews or curries
- ✓ Enjoy hummus as a spread
- ✓ Try tofu in a stir-fry or baked with vegetables

The bigger picture

Eating more plant foods is just one part of keeping blood pressure healthy. Staying active, maintaining a healthy weight, and limiting alcohol all play an important role too.

Adding a few extra spoonfuls of beans or a slice of tofu to your meals is a simple, affordable change that can support your heart health over time.

Raffle Prizes Wanted!

We're collecting raffle prizes for our Christmas parties

unwanted gifts, toiletries, bottles, chocolates etc.

will be gratefully received & will help to raise funds for our clubs



REMEMBER!

The clocks go **BACKWARDS** by 1 hour on

Sunday 25th October 2026

- dark evenings

- lighter mornings

- an extra hour of sleep!

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 - 2.45pm

Chair yoga or chair exercise, bingo, raffle, refreshments, group lunches & day trips

Winton (Eccles) Healthy Heart Club

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

Tuesdays 10am - 12 noon

Chair yoga, 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 13th & 27th October
➔ Tuesday 10th & 24th November
➔ Tuesday 8th December

Group discussion with qualified counsellors, relaxation & refreshments

** Kindly supported by Cadishead Band Room providing the venue **



Irlam & Cadishead Healthy Heart Club

Irlam Steel Club
Liverpool Road,
Irlam M44 6AJ

Wednesdays & Fridays
9:30am – 12 noon

Chair yoga, chair exercise, dancing, bingo, "Play Your Cards Right", weight management, blood pressure & pulse testing, books & bric a brac stall, refreshments, day trips & party days

Little Hulton Healthy Heart Club

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

Fortnightly Wednesdays
10am – 12 noon

➔ Wednesday 14th & 28th October
➔ Wednesday 11th & 25th November
➔ Wednesday 9th December

Chair yoga, line dancing, bingo, "Play Your Cards Right", weight management, blood pressure & pulse testing, books & bric a brac stall, refreshments & day trips

New Members Welcome!

We welcome new members at all of our clubs. Come along and see what we offer. There's no pressure to join as a member immediately (£10 annual membership).

♥ No referral needed
♥ First visit is **FREE**
(then just **£1.50-£2.50** per session)
♥ You do not need to have a heart condition to attend

Turn up on the day or call Serena **0161 707 7402** for more information.

Social Events & Day Trips



Salford Heart Care's

Christmas Party & Salford Centenary Celebration Day

at

Winton Bowling Tennis & Social Club

Brookside, Off Grange Road,
Winton M30 8JW

Tuesday 8th December



10 am – 3 pm

***£5.00** tickets now on sale*

Members from all branches are welcome to book

** Buffet lunch*
** Entertainment with Sheila Diamond*
** Salford Themed Quiz*
** 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

With funding support provided by Salford City Council & Salford CVS

#salfordcentenary #salfordmemories

@SalfordCVS @SalfordCouncil

SALFORD
A CENTURY OF CITY PRIDE

Salford CVS
Making a difference in Salford

Salford City Council

Coach trips departing from Eccles (Monton) & Little Hulton:

Christmas Party Afternoon
at Inn on The Prom,
Lytham
Tuesday 15th December £43
3 course lunch & entertainment

See Dot or Mavis to book
(£5 deposit, full payment 2 weeks prior)

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Lunch parties for Irlam & Cadishead Healthy Heart Club:

Christmas Lunch at The Red Lion
Thursday 3rd December - full
3-course Christmas lunch & raffle

Christmas Party at
The Club House
Monday 21st December - £15
Includes 3-course Christmas lunch & entertainment with Terry Kelly

Irlam & Cadishead
Healthy Heart Club Christmas Party,
Irlam Steel Club
Friday 18th December 10am-3pm - £5
(due to limited space this is only open to active attending members)
Includes buffet, raffle & entertainment with Sheila Diamond

See Pat or Serena to book

"THE PULSE" IS PUBLISHED BY SALFORD HEART CARE

Your independent, local charity established 1987. Registered charity number: 1136710
https://www.salfordheartcare.co.uk/
Email Serena:
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Telephone**: 0161 707 7402**
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Donations welcome
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