



# Salford Heart Care

## THE "PULSE" NEWSLETTER

September 2019

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

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[www.salfordheartcare.co.uk](http://www.salfordheartcare.co.uk)



The Queen's Award  
for Voluntary Service

### Our Clubs: Where We Meet

#### St. Luke's Community Hall

Swinton Park Road M6 7WR

Every Monday 1.30 pm - 2.30 pm

#### Eccles Healthy Heart Club

Patricroft URC Hall

Shakespeare Crescent M30 0PE

Tuesdays 10 am - 12 noon

- Closed Tue 3<sup>rd</sup> September (trip day)
- Closed Tue 1<sup>st</sup> October (trip day)
- \*AGM Tuesday 5<sup>th</sup> November\*

#### Little Hulton Healthy Heart Club

St. Paul's Peel Community Hall

Manchester Road Little Hulton M38 9EG

Fortnightly Wednesdays  
10:30 am – 12:30 pm on:

- Wednesday 11<sup>th</sup> & 25<sup>th</sup> September
- Wednesday 9<sup>th</sup> & 23<sup>rd</sup> October
- Wednesday 6<sup>th</sup> & 20<sup>th</sup> November

#### Irlam & Cadishead Healthy Heart Club

Irlam Steel Club

Liverpool Rd M44 6AJ

Wednesdays & Fridays  
9:30 am – 12 noon



#### Bereavement Support Group

Cadishead Band Room

Locklands Lane Irlam M44 6RB

Fortnightly Tuesdays 10 am – 12 noon

- 3<sup>rd</sup> & 17<sup>th</sup> September
- 1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup> October
- 12<sup>th</sup> & 26<sup>th</sup> November



### OUR DAY TRIPS

Departing from

**Eccles & Little Hulton:**

**The Talbot Hotel Southport**

Tuesday 1<sup>st</sup> October - £24

*3 course lunch & entertainment*

**Christmas at Ryecroft Hall**

Tuesday 10<sup>th</sup> December - £32

*3 course lunch & entertainment*

See Dot & Mavis for more details

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**Day Trips Irlam & Cadishead:**

**Whitby day trip**

Monday 16<sup>th</sup> September - full

**Chester & The Mill Hotel Boat Trip**

Thursday 26<sup>th</sup> September - full

**Open:Halloween@The Hanging Gate**

Monday 28<sup>th</sup> October £20

*3 course meal & entertainment*

**Open: York Christmas Markets**

Monday 18<sup>th</sup> November - £8

**Christmas @ Rivington Barn**

Monday 25<sup>th</sup> November – full

**Christmas @ The Club House**

Monday 9<sup>th</sup> December £12 members

*3 course meal & entertainment*

See Serena & Betty for more details

**\*Please remember booking cards\***



## Salford Heart Care

Invites you to our.....

### Annual Evening Presentation with Dr Fitchet

Cardiologist & Patron of SHC

Wednesday 25th September

7pm-9pm Patricroft URC,

Shakespeare Crescent M30 0PE

All welcome

**Book** your place: Tel: 0161 707 7402

Or email: [admin@salfordheartcare.co.uk](mailto:admin@salfordheartcare.co.uk)



### Irlam's Macmillan Coffee Morning: Friday 27<sup>th</sup> September

Irlam & Cadishead Healthy Heart Club will be holding a Coffee Morning on **Friday 27<sup>th</sup> September** at Irlam Steel Club during the drop-in session (9:30am-12 noon). Just like last year we hope there will be lots of cake .....and of course please feel free to bake!

### New: Bereavement Support Meetings at Eccles

We will be holding monthly bereavement support meetings at Eccles Healthy Heart Club (Patricroft URC). The sessions will be facilitated by our Bereavement Counsellor and will take place between 10 am – 12 noon on the following dates:

- ♥ Tuesday 10<sup>th</sup> September
- ♥ Tuesday 8<sup>th</sup> October
- ♥ Tuesday 19<sup>th</sup> November

## Local Fundraiser

In April 2019, Salford's Intermediate Care Social Work Team held a fundraiser to raise money for elderly services in Salford. They baked cakes and pasties, donated and held a raffle, knitted amazing characters for "guess the name" and much more! **The total raised was £342 and the funds have kindly been donated to Salford Heart Care.**

"It is with thanks to all who took part in this event from baking to selling raffle tickets, to donating and spending their hard earned cash across our 3 intermediate care units, as well as Sandringham House. Many individuals were involved in the fundraising from a community OT to an OT at the Limes, a community social worker, Rapid Response team, Homesafe team, USUCT and the various other teams based at Sandringham House."



**Salford Heart Care would like to thank all those involved for their support and kind donations. The funds will directly benefit older people in Salford.**

## Salford Royal Hospital: Meet & Greet Service

**Do you need assistance getting to and from your appointment?**

- ♥ Book a volunteer to meet you onsite & take you to your appointment
- ♥ Book the use of a mobility scooter or wheelchair

Salford Royal is going the extra mile to support patients visiting the hospital for outpatient appointments. As part of the Meet and Greet service, patients or carers can book a volunteer to support them getting to and from their appointment at the hospital.

To book an appointment: **Call 0161 206 8942** Email: [meet.greet@srft.nhs.uk](mailto:meet.greet@srft.nhs.uk)

Website: [www.srft.nhs.uk/meetgreet](http://www.srft.nhs.uk/meetgreet)

## Virgin Money Foundation Awards £1,000

We are delighted to announce that Salford Heart Care came first in the recent round of community funding with Virgin Money Foundation. This means we received the most votes in Greater Manchester for our project. The funding will be used to support the work of the bereavement support group.

***Thank you to Virgin Money Foundation and Virgin customers for your support.***

## Can socialising protect against dementia?

**A study has found people who socialised more with friends at the age of 60 were less likely to develop dementia later in life.**

Researchers used information from over 10,000 people who answered questions about their social contact with friends and family between 1985 and 2013. People in the study also completed five cognitive tests between 1997 and 2016, assessing their verbal memory, verbal fluency, and reasoning. Their health records were used to find out whether they went on to develop dementia. The study did not distinguish between the types of dementia, such as Alzheimer's disease or vascular dementia.

The researchers found that people who regularly socialised with friends at the age of 60 had a lower risk of developing dementia, but socialising with relatives wasn't linked to a difference in risk.

When they studied social contact at the ages of 50 & 70, the researchers found lower risks of dementia in people who socialised more, however these findings were not strong enough to be statistically significant.

A drawback is that researchers relied on people's health records to determine whether they had developed dementia. This data, however, may not include

missed cases, as people who are more socially isolated might be less likely to be diagnosed with dementia even if they are living with the condition.

Furthermore, this was an observational study meaning that it can only reveal an association between socialising and having a lower dementia risk, not whether socialising is directly responsible for lowering someone's risk. It's possible, for instance, that being more socially isolated could be an early sign of dementia rather than a factor that increases the risk of developing it. The researchers noted that the long duration of the study meant this was less likely to be the case.

Another potential explanation for the results could be that people who see friends more regularly are in turn more physically active, and physical activity is known to reduce dementia risk. However the researchers did take into account how many hours of moderate or vigorous exercise people did per week, as well as other factors such as age, sex and socioeconomic status.



If so, come and join us in September for a 4 week craft session on Wednesdays, 10am til 12pm. Join in with the sessions or just come for a chat and a brew.

Please ring the Macmillan Centre for more details: 0161 206 1455

## Brendan's September Crossword Competition

All correct entries received by **Friday 27<sup>th</sup> September** will be entered into the prize draw with the chance to **win a £5 gift voucher**. Return completed crosswords to Serena or one of our volunteers at the club. ***Please include your name.***

|                                                                                                             |  |   |    |   |  |    |    |  |    |  |    |   |   |    |
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| <b>Congratulations to<br/>Barbara Rice from Irlam<br/>– winner of our August<br/>crossword competition!</b> |  |   |    |   |  |    |    |  |    |  |    |   |   |    |
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|                                                                                                             |  |   |    |   |  |    |    |  | 19 |  |    |   |   |    |

### ACROSS

- 6. Crisp lettuce (7)
- 8. Slaver, drool (7)
- 9. Cook slowly in Liquid (4)
- 11. Optimistic (6)
- 13. Jewellery worn on the lobe (7)
- 16. Score against your own team (3-4)
- 17. Dairy product (5)
- 18. Piece of verse (5)
- 19. Speedy, swift (5)

### DOWN

- 1. Tyre's pattern (5)
- 2. Poor (5)
- 3. Bicycle seat (6)
- 4. Connected (6)
- 5. Slight wave (6)
- 7. Reddish-brown metal (6)
- 10. Make thoroughly wet (6)
- 12. Sparsely (6)
- 14. Food mixer (7)
- 15. Rice-based seafood and Meat dish (6)
- 18. Duty list (4)

**Congratulations to Sandra Kelly from Irlam  
– She celebrates her 80<sup>th</sup> birthday this month!**

**“THE PULSE” IS PRINTED & PUBLISHED BY SALFORD HEART CARE**

Donations welcome via: [virginmoneygiving.com](http://virginmoneygiving.com) or post: Salford Heart Care, c/o The Egan Project,  
19 Green Lane, Eccles M30 0RP, or PayPal Email [admin@salfordheartcare.co.uk](mailto:admin@salfordheartcare.co.uk)

TEL: 0161 707 7402 Follow us on Twitter: [@Salford\\_HeartC](https://twitter.com/Salford_HeartC)