



# Salford Heart Care

## THE "PULSE" NEWSLETTER

September 2020

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

Tel: 0161 707 7402

email: [admin@salfordheartcare.co.uk](mailto:admin@salfordheartcare.co.uk) [www.salfordheartcare.co.uk](http://www.salfordheartcare.co.uk)



### Announcement

It is with the greatest sadness that we announce the deaths of two of our very dear friends and members: Barbara Tynan and Donald Parry.

Barbara Tynan, aged 87 from Cadishead, passed away on Sunday 9<sup>th</sup> August in hospital. Her loving family were by her side.



Barbara attended Irlam & Cadishead Healthy Heart Club for many years and joined us on lots of day trips. She was keen to volunteer at the club, calling bingo and checking blood pressures, using her vast experience as a caring nurse and midwife. Barbara was also a member of the ladies Evergreen Choir and loved to sing. Those who were fortunate to know her will remember her as a gentle, caring, kind and thoughtful person with many friends. She had a very calming influence on other people. Barbara will be missed by us all. Her funeral took place on Friday 28<sup>th</sup> August.

Donald Parry, aged 91 from Irlam, passed away peacefully on Friday 28<sup>th</sup> August after a short time in St. Ann's Hospice.

Donald also attended Irlam & Cadishead Healthy Heart Club & was one of our longest serving, and oldest members - joining us shortly after the club started.



Donald was a quiet, calm & observant gentleman, always smartly dressed & well presented, polite and well respected by all. He had many friends from his years working at The Margarine Works, and from his love of bowling at Irlam Steel Club. He remained completely independent and enjoyed getting out in his little car. Donald joined us on many day trips & looked forward to seeing his friends at the club every week. He would often reward the volunteers with a secret bar of chocolate after getting weighed, & then sneak out during the bingo session!

*We send our deepest sympathy to Donald's and Barbara's family & friends at this very sad time.*

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

As you are aware, our clubs have been closed since March due to Covid-19. The Committee has been reviewing this decision on a regular basis, however, due to Salford currently being placed under stronger local restrictions, and with rising case numbers, we feel that it is too soon to reopen at present.

- The decision to reopen Irlam & Cadishead Healthy Heart Club will be reassessed on a weekly basis.
- An update for St. Luke's will be available following a meeting with the church on Monday 7<sup>th</sup> September.
- The Bereavement Support Group will consider reopening in October.
- Eccles & Little Hulton Healthy Heart Clubs remain closed for the time being (these venues have not reopened).
- In the meantime, please call/email if you have any questions or need some support: **0161 707 7402** or email: [admin@salfordheartcare.co.uk](mailto:admin@salfordheartcare.co.uk)



### Support Salford Heart Care by Shopping [smile.amazon.co.uk](https://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](https://smile.amazon.co.uk), you'll find the **same prices, selection and convenient shopping experience** as 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>

### Poem

Gazing through the window,  
watching the crystal drops sliding  
down the glass

The thoughts of bygone days fill all  
corners of my mind  
Yesterday dreams so longed for and  
never fulfilled

Always there was tomorrow, alas for  
me now, no future.

Ended is the life I knew and  
unsurpassable rift between the then  
and the now

My heart lies in the graves with my  
loved ones, son, partner, friends all  
gone

Where do I go from here?

Nothing left but this aching void of  
emptiness

To die alone and unloved is a fearful  
prospect

Sometimes comfort comes in a glass  
Just a transitional space, a brief  
moment

In the desert of time

In addition to my grief, these sad  
and dangerous times in which we are  
living, have broken my heart for me  
and for always

farewell The tranquil mind.

**Maura, Bereavement Support  
Group Member**

## Useful Information

### Worried about losing your Free TV Licence?

From the 1<sup>st</sup> August, over-75's will have to pay for their TV Licence unless in receipt of Pension Credit. Citizens Advice Salford can provide a **free Pension Credit** check for people living in Salford and of State Pensionable age.

Call Citizens Advice Salford on: **07494498678** - they can provide a benefit check over the phone and this may mean extra income each week. It can also open the door to other benefits such as free NHS dental treatment, free eye sight tests, travel costs to and from hospital and cold weather payments.

### Irlam & Cadishead Foodbank

Irlam and Cadishead Foodbank is still operating, serving - but with a delivery service. They are working Tuesday and Friday mornings from 9 am until 12 noon. To use the service you should have a referral from school, your GP, Health Improvement Service or from CAB. Alternatively, phone [07763645964](tel:07763645964) and they can give you a parcel of food which will last 7 days.

Boundary Road Methodist is open on Monday afternoons from 1.30pm until 3pm to receive any donations.

***They are here to help so please don't go hungry. Get in touch.***

### COVID-19 Testing

Anyone who has symptoms of coronavirus (COVID-19) can get a free test to check if they have the virus. Click here to book online: <https://www.nhs.uk/ask-for-a-coronavirus-test>

The main symptoms of coronavirus are as follows, and you must self-isolate if you develop:

- ✓ a new continuous cough OR
- ✓ fever OR
- ✓ loss/change in your normal sense of smell or taste

### 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.

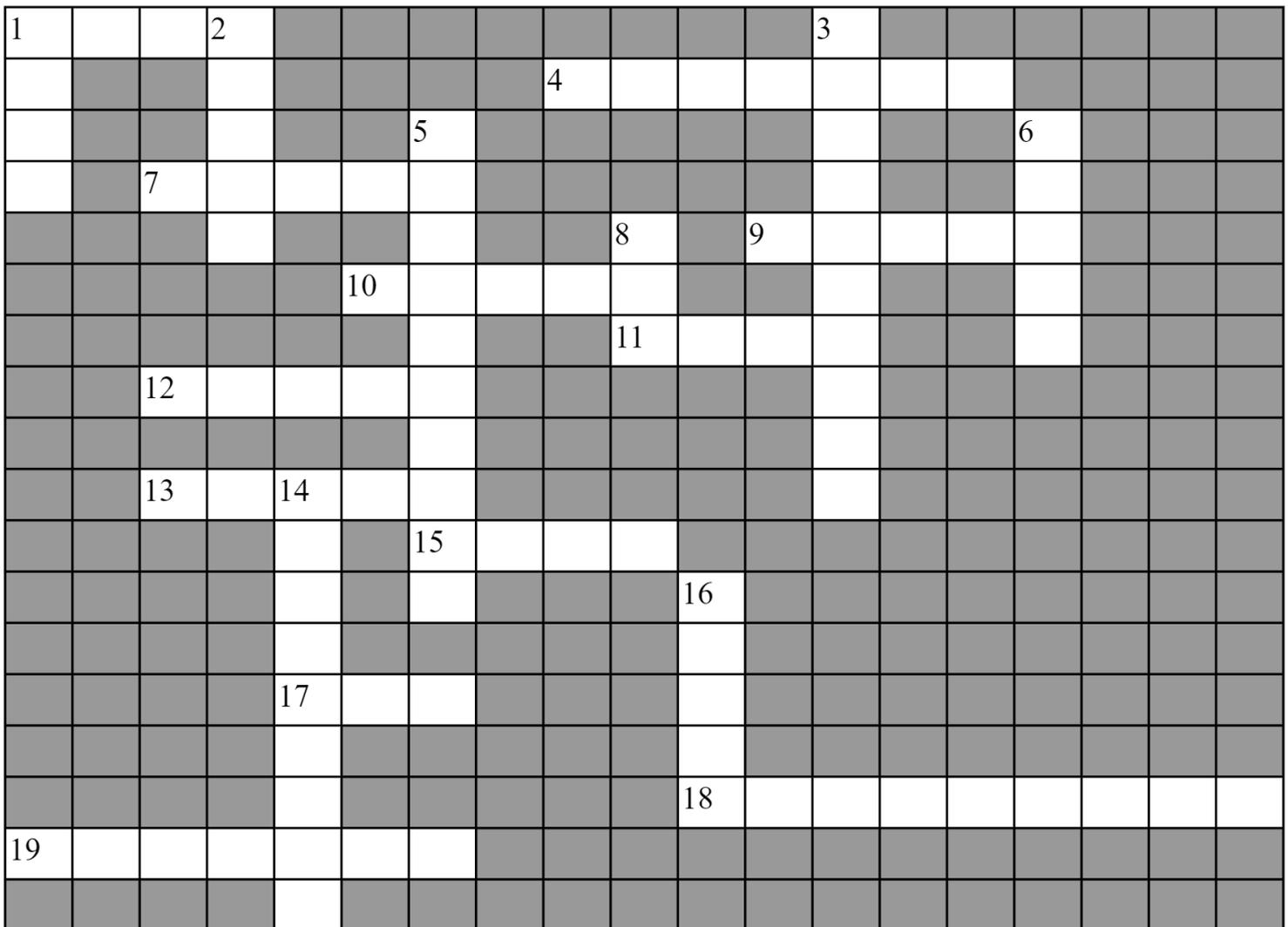
### NHS Volunteer Responders

NHS Volunteer Responders offers help to people in need of support or who are avoiding public places during the COVID-19 pandemic. It is run by the NHS in England, supported by Royal Voluntary Service. Its aims are to supplement existing voluntary support within communities, help people to stay well, & reduce avoidable demand on NHS services.

All services remain in place and volunteers are available to provide **support with shopping, picking up prescriptions or phoning for check in and chat calls**. They can also support with patient transport (where referred by a health professional).

If you or someone you know needs help, then NHS Volunteer Responders are available to help. Call **0808 196 3646** (8am to 8pm) to register and arrange volunteer help. Visit the website: <http://nhsvolunteerresponders.org.uk>

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



### ACROSS

1. Wolf's call (4)
4. Deflect (4-3)
7. Combine (5)
9. Hooded jacket (5)
10. Japanese assassin (5)
11. Starting point or the lowest part of something (4)
12. Sydney beach (5)
13. Platform (5)
15. Captain's records (4)
17. Fishing tool (3)
18. Educate (9)
19. Florida resort (7)

### DOWN

1. Wish (4)
2. Clothing tag (5)
3. Brave (10)
5. Positively (10)
6. Collision (5)
8. Chatter (3)
14. Organising (9)
16. Sun-dried brick (5)

**Happy birthday to Hazel Shaw and Jean Cornes who both celebrate special birthdays this month...Have a lovely time!**

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

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

TEL: 0161 707 7402 **Follow us on Twitter: @Salford\_HeartC**