



Salford Heart Care

THE "PULSE" NEWSLETTER

September 2021

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

Tel: 0161 707 7402

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Where we Meet

St Luke's Salford

St. Luke's Community Hall
Swinton Park Road M6 7WR

Mondays 1.30 pm - 2.30 pm

Chair yoga, bingo & refreshments

Eccles (Winton) Healthy Heart Club

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

Tuesdays 10 am - 12 noon

***Except Tue 19th October & 30th November* (trip days)**

Chair yoga, chair exercise, dancing, reiki, bingo, weight management, blood pressure/pulse testing, books & bric a brac stall, refreshments, day trips

Little Hulton Healthy Heart Club

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

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

- ➔ Wednesday 1st, 15th & 29th September
- ➔ Wednesday 13th & 27th October
- ➔ Wednesday 10th & 24th November
- ➔ Wednesday 8th & 22nd December

Chair yoga, line dancing, reiki, bingo, weight management, blood pressure/pulse testing, books & bric a brac stall, refreshments & day trips

Bereavement Support Group (Irlam)

Cadishead Band Room

Locklands Lane Irlam M44 6RB

Fortnightly Tuesdays 10 am – 12 noon

- ➔ Tuesday 14th & 28th September
- ➔ Tuesday 12th & 26th October
- ➔ Tuesday 9th & 23rd November
- ➔ Tuesday 7th & 21st December



Group discussion facilitated by our qualified counsellor, relaxation session, opportunity for one to one counselling, raffle, refreshments



Irlam & Cadishead Healthy Heart Club

Irlam Steel Club

Liverpool Rd M44 6AJ

**Wednesdays & Fridays
10 am – 12 pm**

Chair yoga, chair-based exercise, dancing, reiki, bingo, weight management, blood pressure/pulse testing, books & bric a brac stall, refreshments & day trips

New members are always welcome to join us. Simply turn up on the day or give us a call for more information 0161 707 7402. You do not need to have a heart condition to attend our clubs. We welcome all adults who feel they may benefit from our support.

Even better....your first visit is FREE!



OUR DAY TRIPS

Departing from Monton
& Little Hulton:

**The Calf's Head &
Oswaldtwistle Mill**

Tuesday 19th October - £28
*2-course carvery lunch
then onto the mill*

**Tiffany's Blackpool &
Barton Grange Garden Centre**

Tuesday 30th November - £28
Lunch & entertainment

See Dot or Mavis for more details

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Departing from Irlam, Cadishead  
& Hollins Green:

**Piece Hall, Hebden Bridge &  
Olympus Fish Restaurant**

Thursday 9<sup>th</sup> September - full  
*Includes 2-course fish & chips*

**Skipton Market & The Calf's Head**

Monday 20<sup>th</sup> September - £25  
*Includes 3-course carvery lunch*

**Heskin Shopping Village &  
The Talbot Hotel, Southport**

Thursday 7<sup>th</sup> October - £20  
*Includes 3-course meal &  
afternoon entertainment*

*See Serena, Betty or  
Pat for more details*

**Save the date (Irlam)....**

- **Christmas at Briars Hall:**  
Monday 6<sup>th</sup> December
- **Clubhouse Christmas Party:**  
Monday 13<sup>th</sup> December
- **Christmas Party (Steel Club):**  
Friday 17<sup>th</sup> December

## Salford Heart Care's Volunteer Celebration Event



*Come along to our special event to  
celebrate the support provided by our  
volunteers across Salford.....*

Date: Thursday 30<sup>th</sup> September

Time: 12 noon until 4pm

Venue: The Clubhouse, Liverpool  
Road, Barton M30 7RF

£13 per person

*includes 3-course lunch with live  
singer & afternoon entertainment*

**Booking essential - limited spaces**

**Please speak to Serena to  
book a place 0161 707 7402**

*Supported by Salford CVS & Irlam &  
Cadishead Healthy Hearts Social Club*

## Weight Management Competition

### NEW Weight Management Competition at Eccles (Winton) Healthy Heart Club

We are holding a weight management competition at Eccles (Winton) Healthy Heart Club to encourage members to work towards achieving their target weight. We will be giving away a **£5 prize** each month so make sure you get weighed on a regular basis. Speak to Marion & Margaret for more information.

## Irlam Clinic & Irlam Bupa Dentist Car Park Warning

A "Parking Eye" camera has been installed at the surgery car park on Liverpool Road, Irlam (Irlam Clinic & Bupa Dentist). Patients attending appointments at either surgery will need to enter their registration plate to avoid getting fined £100. You have a maximum of 10 minutes before you will receive a fine so you are still able to drop in prescriptions as normal.

## Health News

### **Longevity, strong bones, and a lower risk of dementia - the health benefits of good friends.**

If you want to reduce your risk of dementia, as well as eating a good diet, not smoking and limiting your alcohol intake, you'd do well to have regular chats with a good friend.

According to a new study published last month by experts at the New York University Grossman School of Medicine, researchers found that people who could rely on someone to listen when they needed to talk had a younger "brain age" than those who could not. The researchers interpreted this as a sign of "cognitive resilience" that may help to stave off Alzheimer's and dementia. Although these conditions typically occur later in life, the most significant results were seen in people entering middle age. According to the study, those in their 40s or 50s who had access to a good listener were about 4 years younger in terms of cognitive ability, compared to those who had nobody to talk to.

### **Friends are good for our heart!....**

A 3-year Swedish study of 17,000 men and women showed that having few, or no, close friends increases our risk of having a first-time heart attack by about 50%. A 2-year study of more than 500 women with suspected coronary artery disease showed similar results. As we became more isolated during lockdown, this topic became even more pressing. Research published in the journal *Heart* found that social isolation was associated with a higher risk of both heart attack and stroke in a study of 479,054 participants. Patients with a history of these conditions also had a higher risk of mortality if they were socially isolated.

### **They might help us to live longer....**

In 2005, researchers analysed data from nearly 1,500 participants over the age of 70 for a period of 10 years. They found that people with the strongest network of good friends lived longer than those with the fewest close friends. This was followed by a later review published in *PLOS Medicine*, which suggested that there was a 50% increased likelihood of survival for participants with strong social relationships.

### **Chocolate Orange Granola Recipe**

*Delicious, easy & far lower in sugar than the varieties available in the supermarket. Keep it in a jar or airtight container ready to enjoy over Greek yogurt or simply with a splash of milk for breakfast.*

#### **Ingredients (serves 6-8):**

- 200g oats
- 60g mixed almonds & hazelnuts
- 30g pumpkin seeds
- 30g coconut chips
- Zest of 1 orange
- 1 teaspoon salt
- 60ml maple syrup
- 1 teaspoon vanilla extract
- 80ml coconut oil, melted
- 1 tablespoon cocoa powder

#### **Method:**

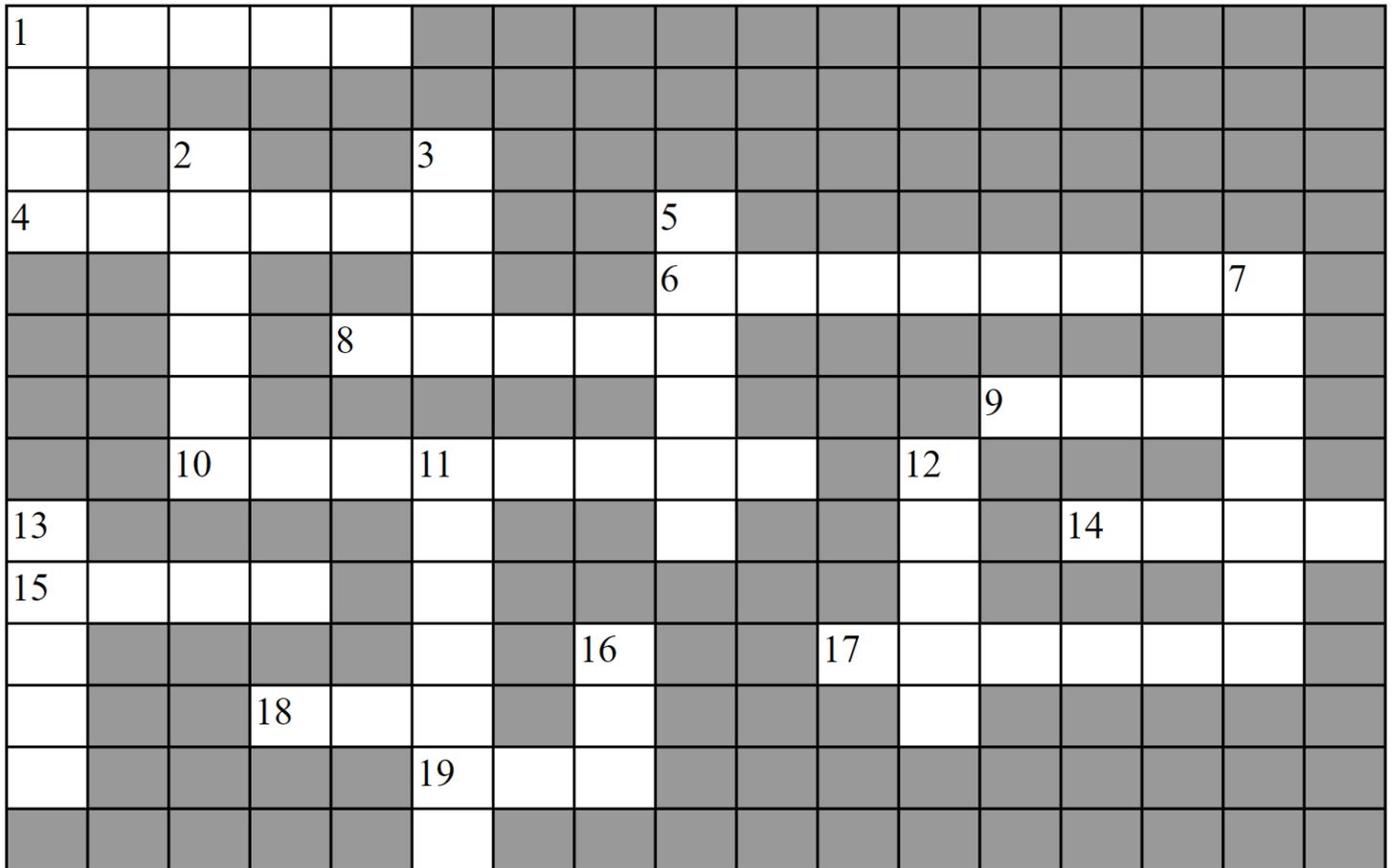
1. Preheat the oven to 160C/140C fan/Gas 3 and line a baking tray with baking parchment. Place the oats in a bowl & add the nuts, pumpkin seeds, coconut chips, orange zest and salt.
2. Combine the remaining ingredients in a separate bowl, then pour into the oat mixture and stir well.
3. Spread out the mixture on your prepared baking sheet & bake for 40 minutes, stirring every 10-15 minutes, or until the oats are golden brown.
4. Let the granola cool before storing it airtight for up to 2 weeks.

## September Crossword Competition

All correct entries received by **Friday 24<sup>th</sup> September** will be entered into the prize draw with the chance to **win a £5 voucher**.

Return completed crosswords to Serena or one of our volunteers at the club.

***Please remember to include your name!***



### ACROSS

1. Foe (5)
4. Paltry (6)
6. Open-air (8)
8. Adjust (to) (5)
9. Cab (4)
10. To a certain degree (8)
14. Slip (4)
15. Bird, chess piece (4)
17. Border, leeway (6)
18. Untruth (3)
19. Timid (3)

### DOWN

1. Test (4)
2. Spiny desert plant (6)
3. Repair (4)
5. Forty winks (6)
7. View, belief (7)
11. Eternal (7)
12. Normal (5)
13. Fracture (5)
16. Attempt (3)

**Happy Birthday!**

Congratulations to **Hazel Connor**  
from Cadishead ...

celebrating 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 PayPal Email [admin@salfordheartcare.co.uk](mailto:admin@salfordheartcare.co.uk)

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