



Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

September 2023

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

Tel: 0161 707 7402

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



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 13th & 27th September
- ➔ Wednesday 11th & 25th October
- ➔ Wednesday 8th & 22nd November

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 trip days: Tue 5th & 26th
September, 17th October, 5th December)

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

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 5th & 19th September
- ➔ Tuesday 3rd, 17th & 31st October
- ➔ Tuesday 4th & 28th November

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

Settle Market & The Calf's Head

Tuesday 5th September £30 – 1 space
includes 2-course carvery lunch

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#### Ramsbottom & Bury Steam Train

Friday 27<sup>th</sup> October £50 – full

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Christmas @ Tiffany's, Blackpool

Monday 13th November £25 - full

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#### Christmas @ The Auckland Hotel

Tuesday 5<sup>th</sup> December £30 - full

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Ye Old Red Lion Christmas Party

Thursday 30th November £TBC
3-course, lunch, bingo & raffle

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#### Irlam & Cadishead Healthy Hearts Christmas Party, Irlam Steel Club

Friday 15<sup>th</sup> December £5

\*Irlam & Cadishead members only\*

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Club House Christmas Lunch Party

Thursday 21st December – full

See Pat or Serena to book

Trips Departing from Eccles (Monton) & Little Hulton

Llandudno (coach Only)

Tuesday 5th September £10 – full

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#### Brockholes & Morecambe

Tuesday 26<sup>th</sup> September £20 - full

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NEW Clitheroe & The Calf's Head

Tuesday 17th October £30

Includes 2-course carvery lunch

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#### Christmas @ The Bedford Hotel

Tuesday 5<sup>th</sup> December

3-course meal & entertainment £35

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

## Salford Heart Care's

### Christmas Party Afternoon

#### De La Salle Sports & Social Club

Playing Fields, Lancaster Road,  
Salford M6 8AQ

### Thursday 14<sup>th</sup> December

12:30 pm – 4:30 pm

**£7 - Tickets on sale now**

\* 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](mailto:admin@salfordheartcare.co.uk)



### Christmas Party Afternoon

#### at The Club House

Liverpool Road, Barton M30 7RF

### Tuesday 12<sup>th</sup> December

12 noon – 3:30 pm

**\* £15 per person**

**\* Bereavement Group members £10**

- set 3 course Christmas lunch

- Live entertainment

- Bingo & raffle

Please see Serena, Pat or Christine  
Hudson (Bereavement) to book

### The common signs of a heart attack which are often ignored - do you know them?

There were more than 84,000 hospital heart attack admissions in England between 2021 and 2022, up by more than 7,000 compared to the previous year, when fewer people came forward for care during the pandemic.

Around 7 in 10 people survive a heart attack, with this figure increasing to more than 9 in 10 for those who reach hospital early to receive treatment.

If you're worried that you might be having a heart attack, ask the question of a medical professional. Say '*Am I having a heart attack?*' and spell out what you're worried about. That will trigger them considering it. Many people aren't sure that their symptoms are enough. But if in doubt - whether you're a man or a woman – call for help. Let somebody else help decide. It's better to be checked out even if it turns out to be a false alarm. It's a matter of life or death.

Research shows that whilst 70% of those surveyed understood pain in the chest is a symptom of a heart attack, just 41% knew sweating was a symptom. Only 27% understood feeling weak, lightheaded or a feeling of general unease were symptoms.

Around 30,000 women are admitted to hospital following a heart attack each year in the UK. Women's risk of a heart attack increases after the menopause.

Every moment that passes during a heart attack increases heart muscle damage. Nearly all the damage takes place within the first few hours, so if you experience symptoms such as a sensation of squeezing or tightness across the chest alongside sweating, nausea, or a sense of unease, call 999 so you have the best chance of a full recovery.

Even if the symptoms don't seem severe, such as a feeling of squeezing or tightness across the chest - call 999 immediately. A heart attack is a medical emergency and immediate action could save your life.

### Common Signs of a Heart Attack:

- ♥ Squeezing or pain across chest
- ♥ Sweating
- ♥ A feeling of uneasiness
- ♥ Pain radiating down the left arm, or both arms, or to the neck, jaw, back or stomach
- ♥ Difficulty breathing (snoring or rasping)
- ♥ Rapid heart beat
- ♥ Low or undetectable heart beat
- ♥ Blue or pale tingling of knees, hands and lips
- ♥ Nausea or coughing up blood
- ♥ Unconsciousness
- ♥ Seizures or fitting

Pain levels can vary from person to person. For some, the pain or tightness in their chest is severe, while others just feel uncomfortable, with pain like indigestion.

Heart attack symptoms can persist over days, or they can come on suddenly and unexpectedly.

A **heart attack** occurs when the supply of blood to the heart becomes blocked, which can starve it of oxygen potentially causing serious muscle damage. The person will be conscious and breathing.

A **cardiac arrest** is different - it usually occurs suddenly and without warning with the person quickly losing consciousness. Their heart stops, they will have no pulse and sadly people experiencing a cardiac arrest will usually die within minutes if they do not receive treatment. A heart attack can lead to a cardiac arrest.

## Food Portions – British Heart Foundation Article

Eating a healthy balanced diet and maintaining a healthy weight isn't just about what you eat – it's also about **how much you eat**.

You should eat a variety of foods from different food groups to make sure you get all the nutrients you need, and eat a number of portions from each food group every day.

| Food Group                                      | Recommended daily portions* |     |
|-------------------------------------------------|-----------------------------|-----|
|                                                 | Women                       | Men |
| Fruit & Vegetables                              | 5+                          | 5+  |
| Potatoes, bread, rice, pasta, starchy carbs     | 7                           | 8   |
| Beans, pulses, fish, eggs, meat & other protein | 2                           | 3   |
| Oils & spread                                   | 3                           | 3   |

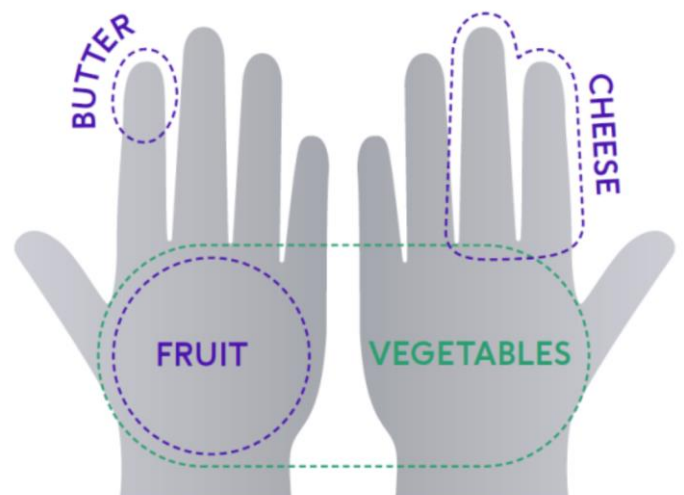
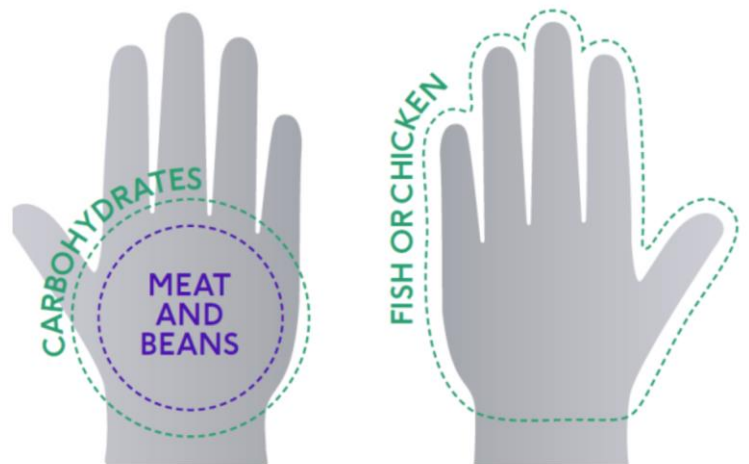
\*These recommended daily portions are based on calorie intake for people who want to lose weight (1,500 kcal for women & 1,800 kcal for men a day).

### Why does portion size matter?

It's important to eat the right amount of food. If your portion sizes are too big, your weight and your blood glucose control will be harder to manage. It will also stop or slow down weight-loss, which is often part of managing diabetes.

### How to get portion sizes right:

Using your hands is an easy way to measure food portions (see diagrams).



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

**Sunday 8<sup>th</sup> 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