



Salford Heart Care

"The Pulse" Newsletter

August 2016

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



The Queen's Award
for Voluntary Service

Announcement



It is with regret and sadness that we announce the death of our long standing member, **Nora McAlinden**. Nora regularly attended our clubs at Eccles, Little Hulton and Walkden. Always smiling, she enjoyed the exercise and dance classes and often joined us on day trips with friends. Sadly, Nora suffered a serious stroke in July and was admitted to hospital. She passed away peacefully in Salford Royal on Monday 18th July aged 88. Nora's funeral took place on Wednesday 27th July at Christ The King Church in Worsley, with donations to Salford Heart Care. Nora's daughter, Carol Barber passed away in June last year.

Nora will be dearly missed by us all. Our thoughts are with Nora's daughter Tricia and her family at this very sad time.

Thank you to **Linda Maxwell** and the staff at **BOC Gases** in Worsley. The staff have raised £228.61 over the past few weeks from "dress down" days at work and have chosen to donate the money to Salford Heart Care, in memory of Linda's late mother, Alice Maxwell who was under the care of Dr Fitchet at Salford Royal Hospital. Furthermore, BOC Gases will match the amount raised taking the total to £457.22!

The funds will be used to support our branches and will help us to continue to deliver valuable activities such as relaxation and stress management support, tai chi and exercise.

Thank you to Dr Fitchet and everyone who attended our evening Cardiologist presentation last month. We had a great turn out once again and Dr Fitchet delivered a very informative and up to date talk.



Salford Heart Care's "Golden Oldies" Fundraising Night

50's, 60's & 70's Music
with "Golden Oldies" DJ Sinclair

Thursday 29th September

7.30pm at De La Salle Sports & Social Club
(off Lancaster Road, Salford)

Tickets on sale now: £7.00
includes Hot Pot Supper
Plus raffle & dancing

See **Jim Collins** or **Serena Rice**
for tickets or call **0161 707 7402**

Raffle prizes wanted

- ♥ Thank you to **Slaters Menswear** who have donated £100 of gift vouchers for our fundraising evening
- ♥ Thank you also to **Wilko's** for donating a £5 gift card.

THE SALFORD DEMENTIA CHAMPIONS GROUP

The Dementia Champions Group is looking for new members.

Do you have early to moderate dementia or look after someone who has, and live in Salford?

As a member of the Dementia Champions Group you will meet new people, find out what is going on, share experiences, and be instrumental in influencing the development of dementia friendly communities in Salford.

The group plays a key role in making sure that the views, experiences and interests of people with dementia and their carers are heard and acted upon to improve dementia service delivery for health and social care in Salford.

If you would like to know more please contact **Caroline Allport** on **0161 212 4953** or email caroline.allport@nhs.net



SOCIAL OCCASIONS

**Trips departing from Eccles
& Little Hulton:**

Carnforth & Kendal - full

Tuesday 20th September

£24 per person

*Includes 2 course lunch in Carnforth and on to
Kendal for the afternoon*

Christmas Lunch at Ryecroft Hall

(formally The Bourne Poacher)

Tuesday 13th December

£28 per person

*Includes lunch, afternoon entertainment
& raffle*

See Dot or Mavis for more details

Tania Powell and her mother **Annette Powell** would like to thank our members at Irlam & Cadishead Healthy Heart Club for supporting their sponsored Manchester Midnight Walk in June, in aid of St. Ann's Hospice.

Tania says "The evening was fantastic, the atmosphere was amazing and even the rain stayed off for us! We raised an amazing amount of £745.84. Thank you everyone for all your help and support – it's really appreciated."

Congratulations to our July Crossword Competition winner: **Peter Frier from Salford**. You could win £5 voucher by completing this month's crossword on page 5.

NEW ACTIVITIES FOR PEOPLE AFFECTED BY MS IN SALFORD

**SEATED DANCE
& WALKING FOOTBALL**

at Salford Sports Village

Littleton Road, Lower Kersal M7 3NQ

11am-12.30pm

every last Friday of the month

Please bring your carer if needed as personal care cannot be provided.

This is a free service for people with MS and their families in the Greater Manchester area.

**For more details contact the MS Society
via Jeremy Harris on 020 8438 0865**

**Trips Departing from
Irlam & Cadishead**

Chester Meal & Boat Cruise

Thursday 8th September

£20 per person

*Includes coach & canal cruise with 4-course
meal. Short stop at the garden centre in the
morning, and Chester Town in the afternoon*

**Christmas at The Rivington Barn
with The Houghton Weavers**

Thursday 17th November - full

£25 per person (members)*

£28 non-members

*Includes coach, 3 course Christmas meal
& afternoon entertainment*

**Christmas Lunch at
The Millstones, Harrogate**

Thursday 15th December

£22 per person (members)*

£25 non-members

*Includes coach, 3 course Christmas lunch
& afternoon entertainment
(music, dancing, cash bingo & raffle)
followed by mince pies/cakes tea & coffee*

*See Serena or Betty for details
payment required in full at the time of booking*

*Trips for Irlam & Cadishead are subsidised from fundraising activities organised by volunteers.

Healthy Recipe: Salmon Burgers

Ingredients (Serves 6)

- ♥ 25g quinoa
- ♥ 1 tsp rapeseed or olive oil
- ♥ 85g whole spring onions, finely chopped
- ♥ 1 tbsp chopped fresh dill (or basil or coriander leaves)
- ♥ Finely grated zest of 1 small lemon
- ♥ Freshly ground black pepper
- ♥ 500g skinless salmon fillet
- ♥ 1 egg yolk

Method

1. Start the recipe the day before you want to eat the burgers. Put the quinoa in a small pot and cover with cold water. Bring to the boil, then simmer for 20 minutes until the grains are tender. Drain well and leave to cool.
2. Heat the oil in a small, non-stick frying pan and fry the spring onions for 3-4 minutes, stirring, until softened. Stir in the dill and lemon zest with a good 10-12 twists of the pepper mill. Cook for a further minute then leave to cool.
3. Blitz the salmon in a food processor for 3-4 seconds until coarsely chopped. It should look like rough mince.
4. Line a baking sheet with foil. Stir the cold quinoa and spring onion mixture into the salmon with the egg and shape into 6 burgers. It will feel very soft but don't worry. Cover with clingfilm and leave to chill overnight.
5. To cook the burgers, wipe or spray the base of a non-stick frying pan with a little oil and put over a medium heat. Slide the burgers into the pan off the baking sheet and leave to brown for 1 minute. Turn over with a fish slice and leave to brown on the other side for 1 minute. Cook, turning for a further 3 minutes, turning once more halfway through.
6. Alternatively, slide the baking sheet under a pre-heated grill and cook, turning, as above for 5 minutes.

Tips!

- ♥ *Serve in toasted wholemeal buns or pitta bread with green salad, and a squeeze of lemon juice.*
- ♥ *If using coriander, try adding half a finely chopped green chilli when frying the onions and use grated lime zest instead of lemon.*
- ♥ *Suitable for home freezing. Freeze raw burgers in a rigid container for up to 2 weeks. Thaw overnight in the fridge.*

Heart Health News

Is butter as bad as we thought?

A new study suggests butter has little or no link to heart disease and may actually protect people from diabetes.

BHF Heart Health Dietitian, Tracy Parker, said: *“Understanding the true relationship between diet and our health is difficult, but we know that replacing saturated fat with unsaturated fats seems to have a positive impact on our heart health and this is recognised by the authors of this study.”*

- ♥ Whilst the findings of this review indicate a small or neutral association between butter consumption and increased cardiovascular risk, it does not give us the green light to start eating more butter.
- ♥ What we do know is fat is just one element of our diet. There are many factors which cause cardiovascular disease and no single food or nutrient is solely responsible for this.
- ♥ To protect your heart health we would recommend a balanced Mediterranean style diet rich in fruit, vegetables and pulses.

Omega-3 may cut chances of dying from a heart attack

Researchers from around the world claim that foods with high levels of Omega-3 acids is the secret to surviving a heart attack.

Using 19 studies from 16 countries, and including 45,637 participants, researchers found that foods such as oily fish, nuts and seeds were associated with around a 10 per cent lower risk of fatal heart attacks.

Victoria Taylor, BHF senior dietitian said *“Eating oily fish that is high in omega-3 fats like sardines, salmon and mackerel, is recommended as part of a balanced diet to help protect our heart health.”*

- ♥ There may also be a heart health benefit to omega-3 fats that come from vegetarian sources, such as flaxseed, rapeseed and soya oils.
- ♥ Although eating a portion of oily fish a week has been recommended as part of a healthy balanced diet for some time, we know that there is still a way to go before people are meeting these recommendations. At the moment we eat around a third of a portion a week.



OUR HEALTHY HEART CLUBS August-October 2016

Tel:0161 707 7402 Email:admin@salfordheartcare.co.uk website:www.salfordheartcare.co.uk

Eccles Healthy Heart Club Patricroft URC Hall Franklin St. Patricroft Every Tuesday 10 am - 12 noon

Highlights.....

- **No group on Tuesday 9th August - closed for Anniversary day trip**
- Tuesday 23rd August, 6th & 20th September, 4th & 18th October - Tai Chi sessions
- Tuesday 2nd, 16th & 23rd Aug, 6th, 13th & 27th Sept, 11th, 18th & 25th Oct - Relaxation
- Tuesday 2nd, 16th & 30th August, 13th & 27th September, 11th & 25th October
- Cardiac exercise with Maureen

Charge: £1.50 entrance (includes raffle ticket). Suggested donation of 50p towards refreshments

Activities: Tai Chi, dance exercise, craft sessions, reiki therapies (£1 charge), relaxation session, indoor games & bingo (50p), weight management support, books & bric a brac stall, & regular social trips

Weaste/Claremont Healthy Heart Club

De La Salle Sports & Social Club, Wilton Road, Salford
Every Tuesday 10 am



Charge: £2.00 (members) £2.50 (non-members). Annual membership is £10

Activities: Cardiac exercise session with relaxation & refreshments

Little Hulton Healthy Heart Club

St. Paul's Peel Community Hall Manchester Road Little Hulton
Fortnightly on Wednesdays 10:30 am - 12.30 pm

- Wednesday 10th August
- **No group on Wednesday 24th August - hall closed for maintenance**
- Wednesday 7th September
- Wednesday 21st September - Energy Advice presentation
- Wednesday 5th & 19th October

Currently Supported by:



the coalfields
regeneration trust

Charge: £2 includes refreshments & raffle ticket.

Activities: Line dancing, Reiki therapies (£1 charge per appointment), Tai Chi for Health, relaxation, indoor games, & social trips

Irlam & Cadishead Healthy Heart Club, Irlam Steel Club Liverpool Rd. Irlam Every Wednesday & Friday 10 am - 12 noon

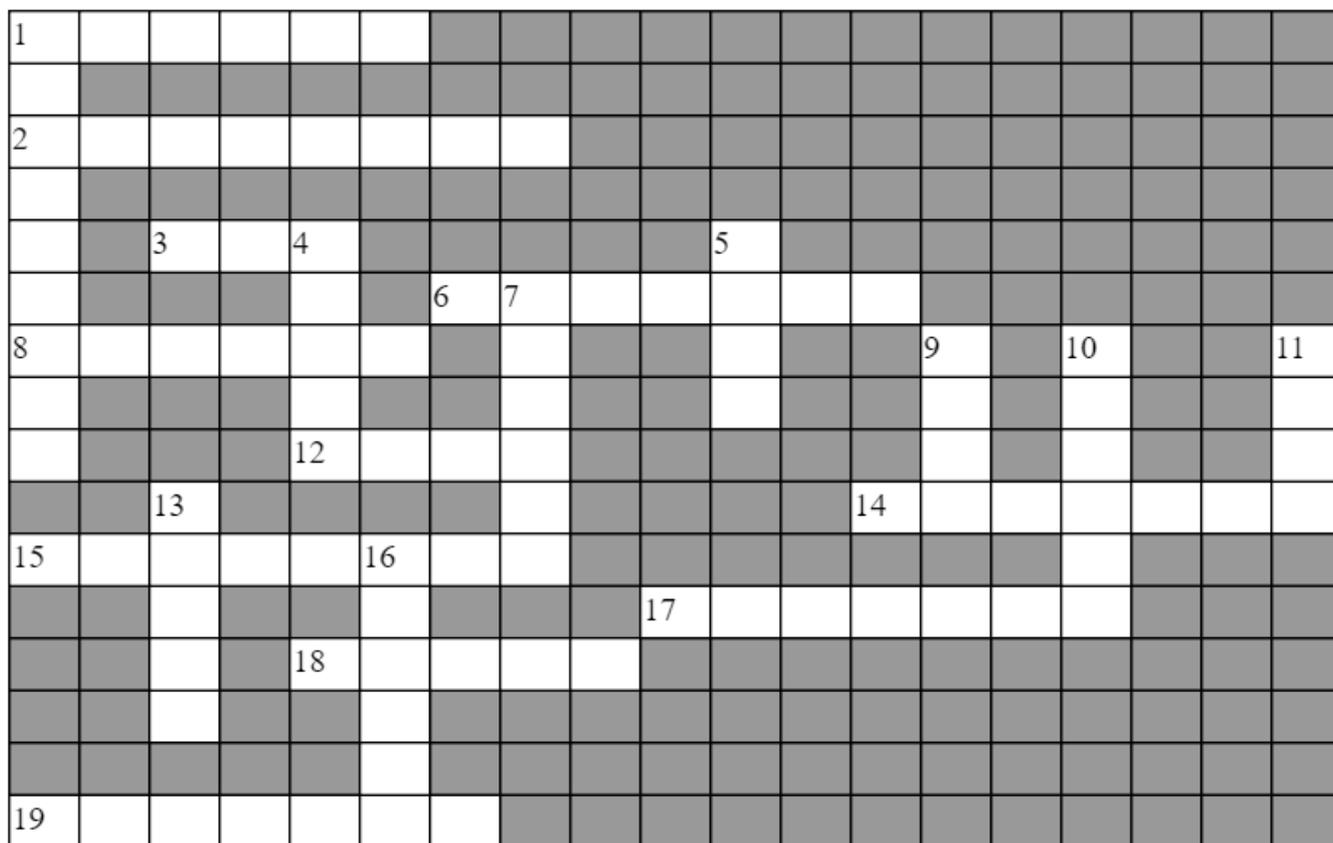
Highlights.....

- Friday 5th August, 23rd September, 14th & 28th October - Relaxation sessions

Charge: £1 entrance, 50p towards refreshments. Activities: Dancing, chair exercise, Tai Chi for Health, reiki therapies (fortnightly, £1 charge), relaxation, weight management support, blood pressure checks, arts & crafts, bingo, raffle (£1 strip), bric-a-brac-stalls, books, subsidised social activities & day trips

COMPETITION CORNER: *Try our August - Themed Crossword*

All correct entries received by **Friday 26th August** will be entered into a **prize draw** with the chance to **win a £5 gift voucher**. Please return your completed crossword to: Salford Heart Care, c/o Patricroft URC, Franklin Street, Eccles M30 0QZ (or hand it in). **Please include your name & address!** *Thank you to Shauna Rice for this month's puzzle!*



ACROSS

1. Hosting country of the very first Olympic Games (6)
2. Roman Emperor this month is named after (8)
3. August zodiac sign (3)
6. Birthplace of 11 down (7)
8. Festival associated with Harvest time (6)
12. _____ Frank was captured by the German Gestapo on 4th August 1944 (4)
14. August gemstone (7)
15. Explorer who set sail to America in August 1492 (8)
17. Country hosting F1 Grand Prix this month (7)
18. Martin Luther King delivered his famous speech "I have a _____" (5)
19. The _____ Hill carnival takes place on the last Monday in August (7)

DOWN

1. August flower (9)
4. American President born 4th August 1961 (5)
5. Symbol for 3 across (4)
7. Capital of 1 across (6)
9. Number of rings in the Olympics logo (4)
10. Gas first discovered by studying the sun (6)
11. Surname of the fastest runner on earth (4)
13. In August 2006 this became a dwarf planet (5)
16. This wall was built to separate sections of Germany in August 1961 (6)

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Salford Heart Care is a registered charity (number 1136710) Donations welcome via:
virginmoneygiving.com or post: **Salford Heart Care, c/o Patricroft URC, Franklin St, Eccles M30 0QZ**
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