



Salford Heart Care

"THE PULSE" NEWSLETTER

August 2017

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



The Queen's Award
for Voluntary Service

Happy Anniversary!

On 13th August 2017 Salford Heart Care celebrates its 30th Anniversary.

Established in 1987 as "Salford Heart Care Support Group" by Bernard Hamilton, our charity has continued to grow and develop, and now supports more than 400 people across the City of Salford. Our work supports local people who want to improve their health and wellbeing, and prevent heart related illnesses. We also provide after care for people with heart conditions.

Sadly, Bernard died in 1988 at the age of 49 having led the group through its first year. However his hard work and dedication continues to benefit hundreds of local people.

We will be celebrating our 30th Anniversary at Viva Blackpool (lunch & Cabaret Show) on Tuesday 22nd August. We are expecting around 200 members to attend the event and hope this will be a memorable occasion for everyone.

Anniversary Raffle

30th Anniversary Raffle Tickets now on sale – see Serena, Dot or Mavis - **£1.00 per strip.**

The draw will take place at Viva Blackpool with prizes distributed after the day out.

Lots of prizes including Moet champagne & gift vouchers!

Annual Cardiologist Talk

Last month Consultant Cardiologist & Patron of Salford Heart Care, Dr Fitchet delivered his annual presentation at Patricroft URC. This years' talk was very well attended. Dr Fitchet provided an informative update on pacemakers, heart failure, statins and other heart-related medication.

We would like to thank Dr Fitchet for giving up his valuable time once again to talk to our members.



Thank You

Serena would like to thank everyone for their cards, flowers and kind words of sympathy following the sudden passing of her sister, Sophie Wilson, in July. Sophie was just 44 years old and many of you knew her from the day trips organised by Irlam's club, and she also provided many of our fantastic party buffets!

Donations in Sophie's memory to Irlam & Cadishead Healthy Hearts Social Club

We have a good quality sewing machine for sale at Eccles - please speak to Serena or Gordon McKay for more information.

**“Salford
Active Walk
150”**

Salford Active Walk 150 runs until the end of March 2018. It's a simple concept: people are rewarded points for the amount of walking they do, up to 150 minutes a week. They can exchange those points for vouchers of retailers such as Argos & Amazon or **donate them to good causes such as Salford Heart Care**. Anyone in Salford can take part, all they need is a smartphone and the free BetterPoints app (search for “BetterPoints” on Google Play Store).

**Arrhythmia Alliance
Patients Day**



Arrhythmia Alliance invites you to its Patients Day on Sunday 1st October 2017 at the International Convention Centre, Broad Street, Birmingham.

Register now: www.heartrhythmalliance.org or contact 01789 867501 for more information.

- ♥ Arrhythmia Alliance Patients Day
- ♥ AF Association Patients Day
- ♥ STARS (Syncope Trust & Reflex anoxic Seizures) Patients Day

Healthy Recipe: Chicken Keema Curry

Ingredients (serves 4):

- | | |
|--|------------------------------------|
| ♥ 500g chicken mince | ♥ 2 green chillies, finely chopped |
| ♥ 1 onion, chopped | ♥ 1 tsp turmeric |
| ♥ 3 garlic cloves chopped | ♥ 1 tsp garam masala |
| ♥ ½ can chopped tomatoes | ♥ Fresh mint leaves to garnish |
| ♥ 300ml chicken stock | |
| ♥ 2 ½ cm piece fresh root ginger, peeled & chopped | |

Method:

1. Fry the chicken and onion in a large saucepan for 5 minutes or until evenly browned, stirring to break up the meat.
2. Add the garlic, ginger, chillies and spices and fry for 2 minutes. Keep stirring.
3. Add the tomatoes with their juice, and the stock. Bring to the boil, then cover and simmer for 20 minutes, stirring occasionally.

Sprinkle with fresh mint leaves.

Serve immediately with wholemeal pitta bread or rice.



SOCIAL OCCASIONS

**Viva Blackpool Cabaret Show
30th Anniversary Trip**
Tuesday 22nd August
£21 per person (incl. non-members)

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

Tuesday 19th September - £28 per person
2-course lunch at the hotel by the lake & 1-hour boat trip on Lake Ullswater

Ryecroft Hall - Christmas Outing
Tuesday 12th December
£30 per person
3-course Christmas meal & entertainment



See Dot & Mavis for more details

**Trips from Irlam & Cadishead
Llandudno & The Queen's Hotel**

Tuesday 19th September
Full-waiting list only
Ryecroft Hall (The Bourne Poacher)
Thursday 19th October
Full – waiting list only

**Oswaldtwistle Mills &
“Ace of Clubs” Cabaret Show**

Thursday 9th November
£21 per person (£24 non-members)
Coach, 3-course meal & afternoon entertainment

Christmas at Rivington Barn

Tuesday 12th December
£28 per person (members only)
Limited places

3-course Christmas meal & entertainment



**Viva Blackpool
Christmas Cabaret Show**

Monday 18th December
£25 per person (£28 non-members)
3-course Christmas meal (soup, Christmas dinner & chocolate cheesecake) followed by Cabaret Show

See Serena & Betty for more details



OUR HEALTHY HEART CLUBS August - October 2017

0161 707 7402 admin@salfordheartcare.co.uk www.salfordheartcare.co.uk

Eccles Healthy Heart Club

Patricroft URC Hall Shakespeare Crescent Patricroft M30 0PE

Most Tuesdays 10 am - 12 noon

- Tuesday 1st, 8th, 15th & 29th August
- Tuesday 5th, 12th & 26th September
- Tuesday 3rd, 10th, 17th, 24th & 21st October
- **Closed: Tuesday 22nd August, 19th September - trip days**



Charge: £1.50 entrance (includes raffle) 50p for refreshments Activities: Tai Chi, dancing, crafts, reiki (£1 charge), relaxation, blood pressure monitoring, games & bingo, weight management, books & bric a brac stall & regular social trips

Weaste & Claremont Healthy Heart Club

De La Salle Sports & Social Club Lancaster Road Salford M6 8AQ

Every Tuesday 10 am (except 5th & 12th September)

Charge: £2.00 (members) £2.50 (non-members)

Little Hulton Healthy Heart Club

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

Fortnightly Wednesdays 10:30am - 12:30pm

- Wednesday 2nd, 16th August & 30th August
- Wednesday 13th & 27th September
- Wednesday 11th & 25th October

Charge: £2 includes refreshments & raffle Activities: Dancing, Reiki (£1 charge), Tai Chi, games, relaxation, blood pressure checks, crafts, regular social trips

Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Road Irlam M44 6AJ

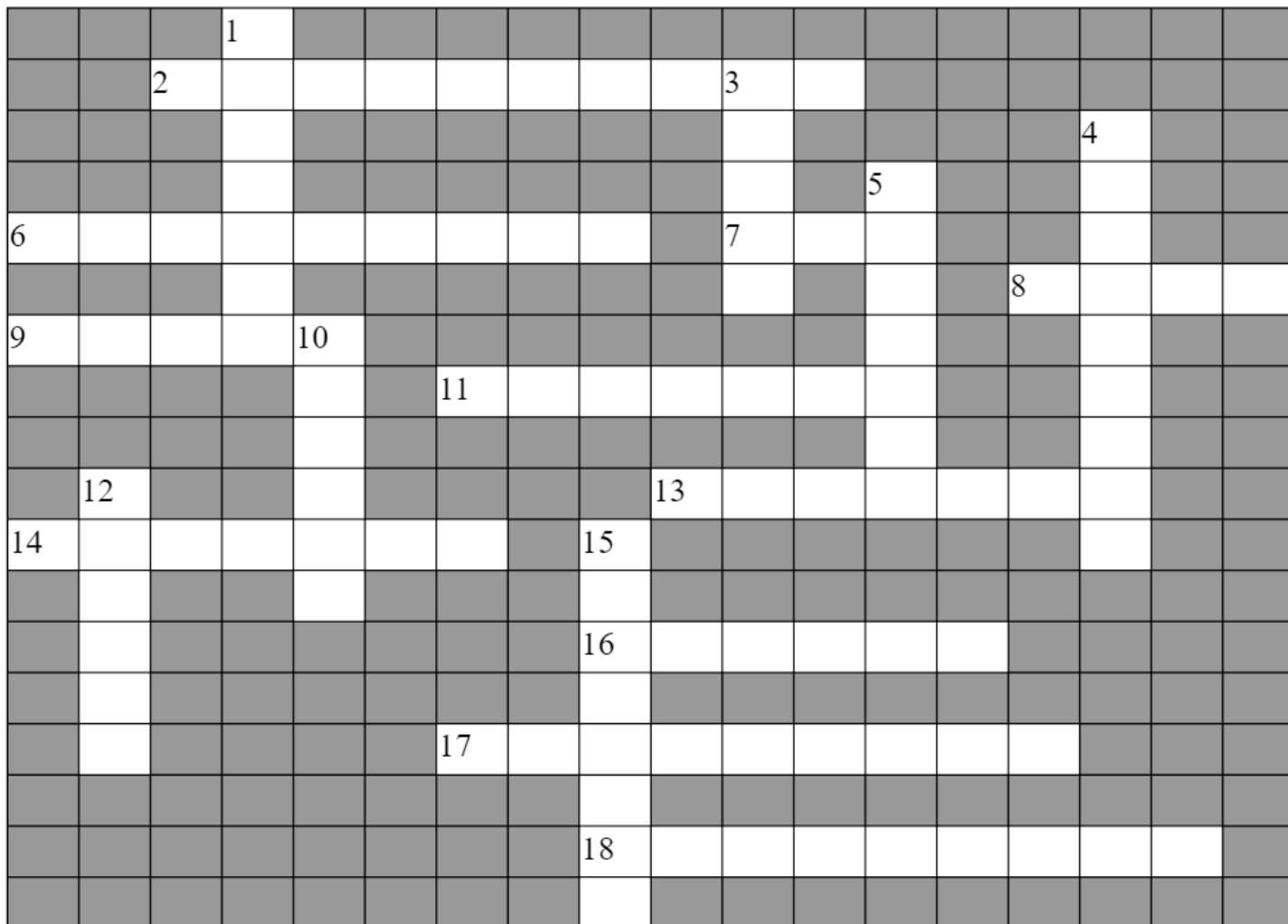
Reminder: **Wednesdays & Fridays 9:30 am - 12 noon**

- Wednesday 25th August, 1st & 29th Sept, 27th October - Relaxation
- **Closed: Wednesday 30th August & Wednesday 25th October (holiday)**

Charge: £1 entrance, 50p for refreshments. Activities: Dancing, chair exercise, Tai Chi, reiki (fortnightly, £1 charge), relaxation, weight management, blood pressure checks, crafts, bingo, raffle, books & bric-a-brac-stall, regular day trips

August COMPETITION CORNER

All correct entries received by **Friday 25th 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 at the club). **Please include your name** (and address if you're not a member).



ACROSS

2. Medicine discovered by Alexander Flemming (10)
6. August flower (9)
7. August zodiac sign (3)
8. Symbol at 7 across (4)
9. In the Roman Calendar, what number month was August? (5)
11. Location of grand prix race this month (7)
13. Major golf contest (3,4)
14. This country received independence on the 6th August 1962 (7)
16. Famous wall erected August 13th 1961 (6,4)
17. Asian country of Krakatoa (9)
18. Reptile featured in the 1983 song "Karma ____" (9)

DOWN

1. August birthstone (7)
3. Country of Mt. Vesuvius (5)
4. French breakfast pastry (9)
5. Capital city of Sri Lanka (7)
10. Country where Barack Obama was born (6)
12. Capital city of Poland (6)
15. What was the name of the classic book about a whale written by Herman Melville? (4,4)

Heather Jewell (Irlam) won our July crossword competition!

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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

Email: admin@salfordheartcare.co.uk TEL: **0161 707 7402** Follow us on Twitter: @Salford_HeartC

Copies of the newsletter can be downloaded from our website: www.salfordheartcare.co.uk

