



Salford Heart Care

"THE PULSE" NEWSLETTER

December 2017 - January 2018

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



The Queen's Award for Voluntary Service



Season's Greetings

We would like to wish all of our members, volunteers & supporters a very "Happy Christmas" and best wishes for 2018.

Thank you for your continued support this year. Please refer to page 3 for branch closures during December due to Christmas Parties and holidays. We look forward to seeing you all again next year!.....Here's our reopening dates for 2018:

- ♥ Eccles: Tuesday 2nd January
- ♥ Little Hulton: Wednesday 3rd January
- ♥ Irlam: Wednesday 3rd January

Announcement: Edna Jary

It is with great sadness that we announce the death of our long-standing member, Edna Jary from Swinton. Edna passed away on Sunday 5th November aged 90. Edna regularly attended our club at Eccles.

Our sincere sympathy goes to Edna's family & friends

The co-operative



We're pleased to announce that the Co-Op has awarded Irlam & Cadishead

Healthy Heart Club **£3,515.46** from the **Local Community Fund!** Thank you to all Co-Op members for supporting us!

Christmas Parties: Tickets £5

- ♥ Little Hulton: **Wed 6th December**
10:30 am-12.30 pm, St. Paul's Peel Hall
- ♥ Eccles: **Tuesday 19th December**
11am-3pm De La Salle Sports & Social Club
- ♥ Irlam: **Friday 22nd December**
10 am – 3 pm, Irlam Steel Club

Raffle prizes & hamper food wanted
Limited availability - tickets must be purchased in advance.

Thank you!

We would like to thank the following local businesses for donating raffle prizes for our Christmas Parties:

- Morrisons, Eccles
- Kingsland Drinks, Irlam
- Tesco Express, Irlam
- Tesco Extra, Irlam
- Partydelights.co.uk, Irlam



Salford Heart Care's AGM: Notices & Decisions

- ♥ **2017/2018 Membership Subscriptions:**
Following the AGM on 7th November, annual subscriptions are now due. Membership remains at **£10.00 per annum**
- ♥ **Eccles entrance charge:** from January 2018 £2.50 non-members, £2.00 members
- ♥ **Non-member charges:** from January 2018, non-members at all clubs will be charged an additional 50 pence entrance fee (first visit remains free of charge)
- ♥ **Reiki donation:** will increase from January 2018 to £2 per appointment.
- ♥ **Eccles club:** will continue to close on trip days – see page 3 for closures.





SOCIAL OCCASIONS

Trips from Eccles & Little Hulton:

Christmas at Ryecroft Hall

Tuesday 12th December - £30 per person
3-course meal & entertainment

Calf's Head & Oswaldtwistle Mills

Tuesday 20th February - £24 per person
Includes 2-course carvery

Briars Hall Hotel

Wednesday 18th April - £26 per person
Includes 3-course lunch & entertainment

Llandudno – coach only

Tuesday 15th May - £13 per person

See Dot & Mavis for more details

Trips from Irlam & Cadishead

Rivington Barn Tues 12th Dec - full

Viva Blackpool Christmas Cabaret

Monday 18th December – full

Ormskirk Market & Briars Hall Hotel

Thursday 8th February 2018

£20 per person (£25 non-members)

3-course meal & afternoon entertainment

Clitheroe & The Calf's Head

Thursday 15th March 2018

£22 per person (£25 non-members)

Market day in Clitheroe followed by a 3-course carvery at the Calf's Head

Botany Bay & Olympus Restaurant

Wednesday 25th April 2018

£18 per person £20 non-members

Includes afternoon tea, dancing & pianist at The Olympus Fish Restaurant in Bolton

Bakewell & The Monsal Head Hotel

Monday 14th May 2018 - full

Monday 4th June 2018

£22 (£25 non-members)

Market day. Includes 2 course meal.

See Serena & Betty for more details

Mashed Parsnip & Sprout Colcannon

This is a delicious accompaniment to Christmas dinner, but it's also a great way to use up those leftover cooked sprouts!

Ingredients (serves 4)

- 750g parsnips (peeled)
- 250g sprouts (cooked)
- 10g butter
- 100ml milk
- bunch spring onions (sliced)



Method:

1. Chop the parsnips into large chunks. Boil for 15 minutes or until soft, then use a slotted spoon to drain into a colander. Blanch the sprouts in the same pan.
2. In a bowl, mash the parsnips with the butter & milk. Stir through the sprouts & spring onions.

Can be chilled for up to a day, or frozen.

Christmas Jokes

- How will Christmas dinner be different after Brexit? **No Brussels**
- How do you recognise a Christmas tree from BHS? **All the branches have gone**
- What's the difference between a clementine and Donald Trump? **Nothing, they're both a little orange**
- I can't get to the chocolates in my advent calendar. **Foiled again**
- What do you say to Santa when he's taking attendance at school? **Present**
- What does December have that other months don't have? **The letter D**
- Philip looks out of the window on Christmas Eve: 'That's some reindeer' he says. The Queen replies: '65 years. Yes, that is a lot.'
- I once bought my kid a set of batteries for Christmas with a note on it saying "Toys not included."



Three men die on Christmas Eve and go to heaven, where they're met by St. Peter. "In order to get in," he tells them, "you must each produce something representative of the holidays." The first man digs into his pockets and pulls out a match and lights it. "This represents a candle of hope." Impressed, Peter lets him in. The second man pulls out a tangle of keys and shakes them. "These are bells." He's allowed in too. "So," Peter says to the third man, "what do you have?" The third man proudly shows him a pair of red panties. "What do these have to do with Christmas?" asks St. Peter....."They're Carol's."



OUR HEALTHY HEART CLUBS Dec '17 - February '18

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 5th December - tai chi & relaxation
- Tuesday 12th December - closed for Christmas Trip
- Tuesday 19th December - closed for Christmas Party (De La Salle Club)
- Reopen Tuesday 2nd January 2018 (with dancing & relaxation)
- Tuesday 20th February - closed for Trip

Charge: £2 entrance, non-members £2.50 (includes raffle). 50p for refreshments
Activities: Tai Chi, dancing, crafts, reiki (£2 charge), relaxation, blood pressure monitoring, games & bingo, weight management, books & bric a brac stall & regular social trips

Little Hulton Healthy Heart Club

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

Fortnightly Wednesdays 10:30am - 12:30pm

- Wednesday 6th December - Christmas Party - tickets only
- Wednesday 20th December - closed for Christmas break
- Reopen Wednesday 3rd January 2018
- Wednesday 17th & 31st January, 14th & 28th February



Charge: £2 includes refreshments & raffle (£2.50 non-members) Activities: Dancing, Reiki (£2 charge), Tai Chi, relaxation, blood pressure checks, crafts, regular social trips

Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Road Irlam M44 6AJ

Reminders: Wednesdays & Fridays 9:30 am - 12 noon

- Friday 15th December - Relaxation
- Friday 22nd December - Christmas Party - tickets only 10am-3pm
- Wednesday 27th & Friday 29th December - closed for Christmas
- Reopen Wednesday 3rd January 2018

Charge: £1 entrance (£1.50 non-members), 50p for refreshments. Activities: Dancing, chair exercise, Tai Chi, reiki (£2 charge), relaxation, weight management, blood pressure checks, crafts, bingo, raffle, books & bric-a-brac-stall, regular day trips

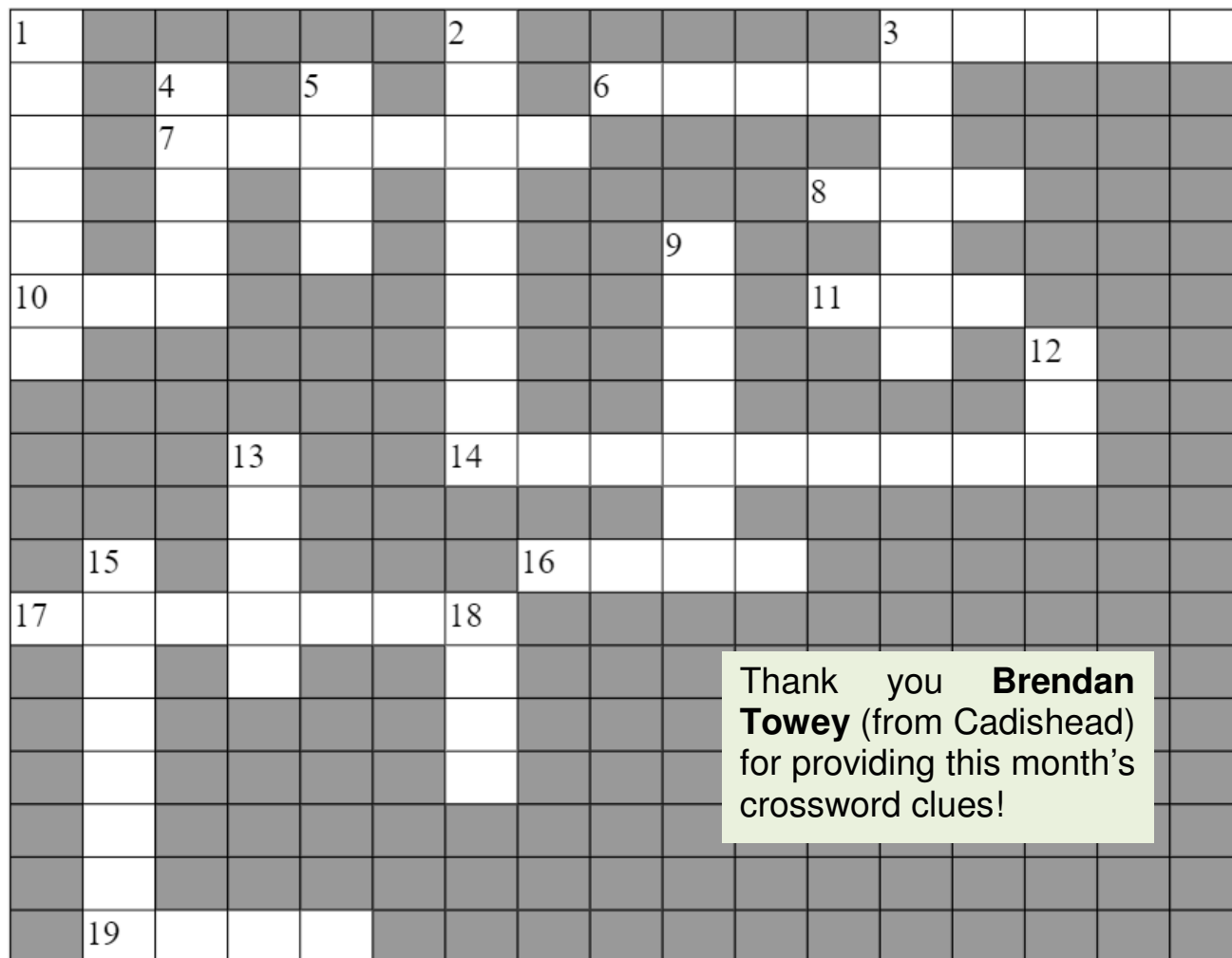
Notice: Waste & Claremont Healthy Heart Club
(De La Salle Sports & Social Club)

Waste Healthy Heart Club will be closed until further notice due to the instructor, Maureen, under-going a hip operation.

Crossword Competition

All correct entries received by **Friday 22nd December** 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).



Thank you **Brendan Towey** (from Cadishead) for providing this month's crossword clues!

ACROSS

- 3. Mysterious, spooky (5)
- 6. Edible livers, kidneys etc. (5)
- 7. Second in command (6)
- 8. Scottish exclamation (3)
- 10. Cleopatra's snake (3)
- 11. Hardened like cement (3)
- 14. Spin and air after laundering (6-3)
- 16. Was acquainted with (4)
- 17. Toffee-Nosed (5-2)
- 19. Lover's quarrel (4)

DOWN

- 1. Petty, unimportant (7)
- 2. Fierce and intense (competition) (3-6)
- 3. Chosen by voters (7)
- 4. Do a sum (3-2)
- 5. Travelled quickly (4)
- 9. Shake with fear (7)
- 12. Route (3)
- 13. Bit, fragment (5)
- 15. Was distinctive (5-3)
- 18. Trim with a knife (4)

We have recently received a cheque for **£2,000** from **Salford Red Devil's Lottery**. Thank you to everyone who has supported us by buying tickets each week..... For every £1 ticket sold at our clubs we receive 40p. Please see Serena if you would like to buy one.

Congratulations to Margaret Jones (Irlam) – winner of our November crossword competition!

“THE PULSE” NEWSLETTER IS PRINTED & PUBLISHED BY SALFORD HEART CARE
Salford Heart Care is a registered charity (number 1136710)

Donations welcome via: virginmoneygiving.com or post:

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