



Salford Heart Care

"THE PULSE" NEWSLETTER

December 2016 - January 2017

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



Season's Greetings

We would like to wish all of our members, volunteers & partners a very "Happy Christmas" and best wishes for 2017.

Once again we would like to thank you for all your continued support this year.

Our last session of the year will be **Friday 23rd December** at Irlam Steel Club for mince pies and Christmas carols if you would like to come along and join us!



- ♥ See page 3 for re-opening dates for the New Year or refer to our 2017 calendar.
- ♥ Please note that in 2017 Eccles Healthy Heart Club will be closed on trip days.

"Recycle & Reward" Winners! Little Hulton Healthy Heart Club

Thank you to everyone who voted for Little Hulton Healthy Heart Club last month as part of Salford Council's "Recycle & Reward" scheme. We are pleased to announce that the club received the most votes for Little Hulton and we understand that the club will receive **£1,000!** The funds will help to support room hire and tai chi at the club.

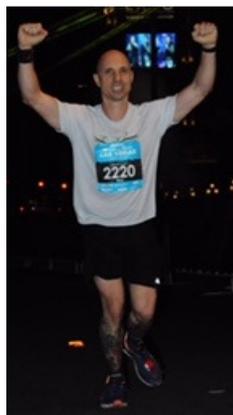
2016-2017 Membership Subscriptions: £10

Following our AGM on 1st November annual subscriptions are now due for 2016/17. Membership remains at £10.00 per annum.

Please request a Membership Form

Richard's Las Vegas Marathon Fundraiser

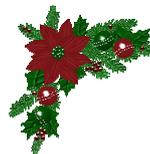
Last month, Richard Taylor took part in the Las Vegas Rock n Roll Marathon. He said it was very tough and feels he earned every penny of the sponsor money! We are pleased to announce that Richard has raised **£1,722** for Salford Heart Care – Well done Richard and thank you to everyone for your support!



Well done Richard!

Our Christmas Parties

- ♥ **Little Hulton Healthy Heart Club**
Wednesday 14th December
10:30 am-12.30 pm at St. Paul's Peel Hall
Tickets: £5.00
- ♥ **Eccles Healthy Heart Club**
Tuesday 20th December
10:30am-2pm at Patricroft URC
Tickets: £6.50
Includes lunch & entertainment
Raffle prizes wanted
- ♥ **Irlam & Cadishead Healthy Heart Club:**
Wednesday 21st December
10 am – 3 pm at Irlam Steel Club
Tickets: £5.00
Includes raffle ticket, entertainment & lunch
Raffle prizes & hamper food wanted



Back due to popular demand....

Christmas Flower Arranging Demonstration

Tuesday 6th December
10:30am at

Eccles Healthy Heart Club

£1.00 per person entry to the demonstration

Poppy Sales

Last month at Irlam, Dominique's hand-crocheted poppy badges raised £60 with half the proceeds supporting the Club and the remainder supporting The Royal British Legion. Well done Dominique you're very talented!



Dominique has crochet needles & wool available to help teach other members to crochet – please speak to her at the club (Irlam) if you're interested in learning.



SOCIAL OCCASIONS

Trips from Eccles & Little Hulton:

The Calf's Head & Boundary Mill

Tuesday 21st February - £24 per person
Coach, coffee stop at Huntley's, and a 2 course carvery lunch

Llandudno & Queen's Hotel

Tuesday 21st March - £25 per person
Coach, 2 course lunch & entertainment

See Dot or Mavis for more details

Trips from Irlam & Cadishead **Oswaldtwistle Mills "Frosty Funday"**

Thursday 9th February 2017 - full
Coach, 2-course meal & entertainment

Dobbies & The Lindum Hotel

Thursday 16th March 2017
£20 (£25 non-members)*

Entertainment & 3-course meal

Coming soon: Bookings taken in January

Skipton Market & The Calf's Head

Wednesday 26th April 2017
£18 (£23 non-members)*

Coach & 3-course carvery with tea/coffee

See Serena/Betty for details

payment required in full at the time of booking

Coming soon (Irlam/Cadishead Departures):

- ♥ **Boundary Mill & The Olympus Fish & Chip Restaurant: Thursday 11th May**
- ♥ **Chester Boat Trip: Thursday 27th July**
- ♥ **Viva Blackpool Cabaret: Tuesday 22nd August**

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

Weston-Super-Mare

2017 Group Holiday – Places Available!

There are some twin bedded & double rooms available for the annual group holiday to Weston-Super-Mare on **Monday 29th May 2017 (7 nights)** departing Eccles & Walkden. Grace Jarvis is also looking for a lady to share a room.

Cost = £350 plus £10 insurance

Includes coach travel, accommodation, entertainment & 3 day trips

Please see Dot, Mavis or Serena for more info



Linnyshaw Garden Centre

Moss Lane, Walkden

Christmas Trees & Holly Wreaths Now Available!

Established in 1985 - local family-run business of Albert, Marge, Nicholas & Lisa Redshaw

Open Monday - Saturday 9am – 5pm

Sundays 10am – 4pm Tel: 0161 799 2050

www.linnyshawgc.co.uk

email: linnyshawgarden@btconnect.com

Healthy Christmas Dinner Tips

Here's some tips to help you reduce the amount of calories & fat in your traditional Christmas dinner without sacrificing the taste

- ♥ **Turkey** - Remove the skin to save around 40 calories. Light meat also has fewer calories than dark meat, so choose breast instead of leg or thigh. Prick the skin before cooking to allow the fat to drain out. Cook on a trivet or upturned ovenproof plate so it's not sitting in the fat.
- ♥ **Stuffing** - chestnuts are low in fat and a good source of potassium, which we need for healthy kidneys. Choose a chestnut or fruit-based stuffing instead of sausage meat.
- ♥ **Roast potatoes** - Potatoes are a good source of carbohydrate and are almost fat free (before they're roasted in oil or fat). Baked potatoes are just as tasty but much better for you.
- ♥ **Gravy** - To make low-fat gravy, pour the turkey juices into a jug and wait for the fat to rise to the surface. Then pour or spoon off the fat before using the juices to make gravy. Gravy can be high in salt. Too much salt may increase blood pressure and increase your risk of having a stroke. Try not to add extra salt to your meal.
- ♥ **Bread sauce** - Use skimmed milk for the sauce & add a clove of garlic to the milk to add flavour.
- ♥ **Vegetables** - Brussels sprouts are a good source of vitamin B & C, which can protect against heart disease & cancer. They contain fibre to keep the digestive system healthy. Serve plenty of vegetables as they're low in calories & fat, but don't smother them in butter!
- ♥ **Christmas pudding** is fairly low in fat and high in carbohydrate. It provides some fibre, B vitamins, potassium, iron & calcium. But have just one small portion after lunch as it's high in sugar. Boost your calcium intake by eating it with low-fat custard or fat-free Greek yoghurt instead of brandy butter or double cream.





OUR HEALTHY HEART CLUBS Dec 2016 -Jan 2017

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

Eccles Healthy Heart Club

Patricroft URC Hall Shakespeare Crescent, Patricroft M30 0PE

Tuesdays 10 am - 12 noon

- Tuesday 6th December - Christmas Flower Arranging Demonstration
- **Tuesday 13th December - Closed for trip**
- **Tuesday 20th December - Christmas Party - tickets £6.50**
- **Tuesday 27th December - Closed for Christmas break**
- **Reopen Tuesday 3rd January 2017 (with tai chi & bingo)**

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 & free bingo, weight management support, books & bric a brac stall, & regular social trips

Weaste/Claremont Healthy Heart Club

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

Tuesdays 10 am

- **Tuesday 13th December - Closed for trip to Britannia Hotel in Manchester**
- **Tuesday 27th December - Closed for Christmas break**

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 M38 9EG

Fortnightly on Wednesdays 10:30 am - 12.30 pm

- **Wednesday 14th December - Christmas Party - tickets £5.00**
- **Wednesday 28th December - closed for Christmas break**
- **Reopen Wednesday 4th January 2017**



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 Road Irlam M44 6AJ

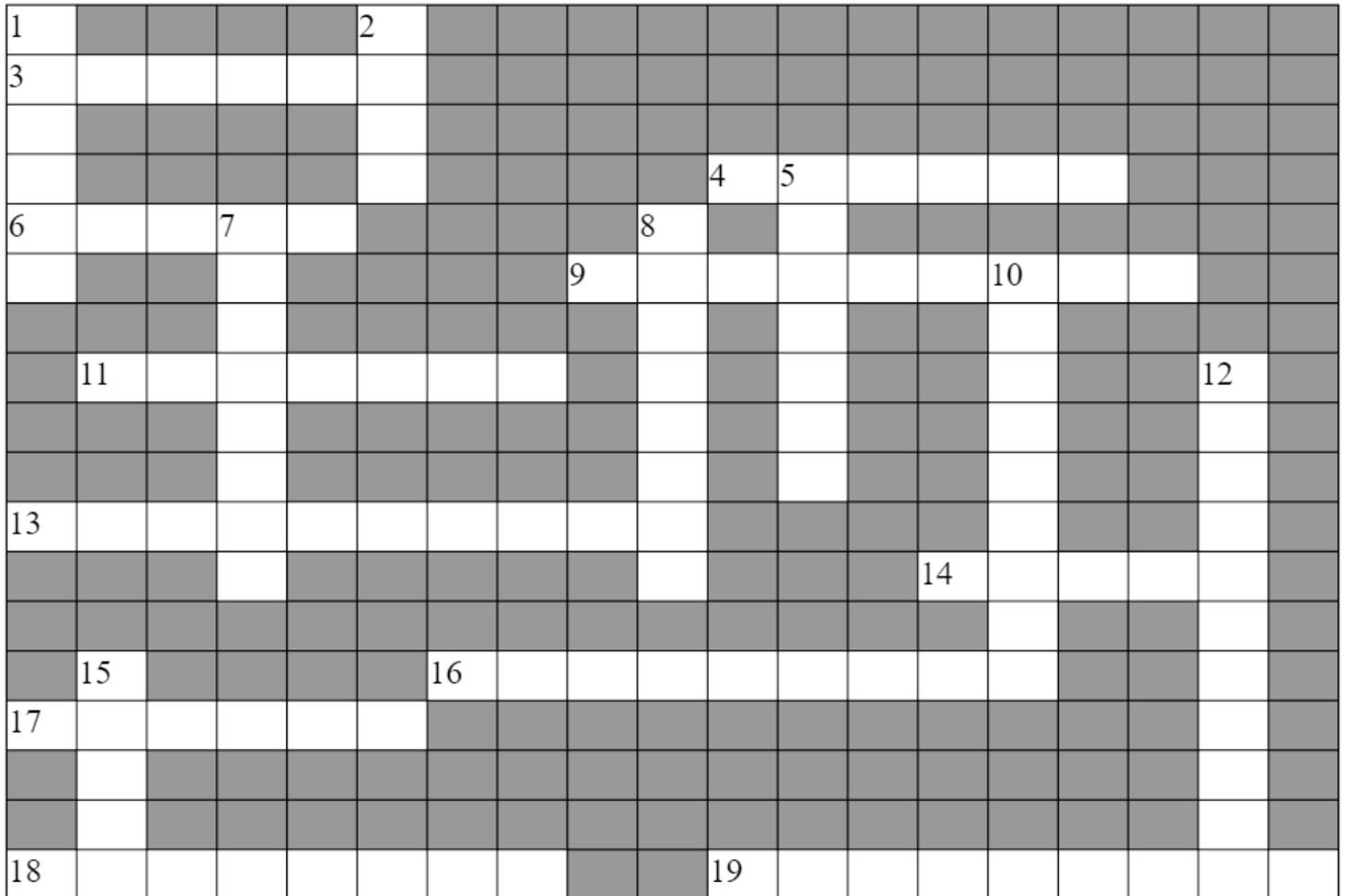
Wednesdays & Fridays 10 am - 12 noon

- Friday 9th December - Relaxation (Note: 10:50am finish in main room due to funeral)
- **Wednesday 21st December - Christmas Party - tickets £5.00**
- **Friday 23rd December - Christmas Get Together with mince pies**
- **Wednesday 28th & Friday 30th December - closed for Christmas break**
- **Reopen Wednesday 4th January 2017**

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 Christmas - Themed Crossword*

All correct entries received by **Friday 23rd 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). **Please include your name & address!**



ACROSS

3. Traditional advent calendar for 1 down is made from this fruit (6)
4. Well-known snowman (6)
6. A "Calennig" is a traditional Welsh New Year's Day gift made from this (5)
9. According to the festive carol, five of these were given (4,5)
11. Saint remembered on Boxing Day in Ireland (7)
13. Mexico's native plant (10)
14. Small garden bird associated with Christmas (5)
16. Plant meaning "little dung twig" because it spreads though bird droppings (9)
17. Dutch children put this vegetable in their shoe on 5th December (6)
18. Often seen pulling Santa's sleigh in Australia (8)
19. Roasted on an open fire (9)

DOWN

1. Country providing the Christmas Tree for Trafalgar Square every year (6)
2. Popular child's construction toy (4)
5. The most famous reindeer of them all (7)
7. In Italy this kind Witch brings sweets and gifts on 5th January (2,6)
8. Scottish name for the last day of the year (8)
10. Santa's home (5,4)
12. Famous Austria Christmas song (6,5)
15. It is traditional to have this on Christmas Eve in Finland (5)

*Ann Marie Bate won
November's 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: Salford Heart Care, c/o Patricroft URC, Franklin St, Eccles M30 0QZ

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