



# Salford Heart Care

## "The Pulse" Newsletter

### February 2015



The Queen's Award  
for Voluntary Service



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



**Gold Level CardiacSmart Winners 2013**

## Happy New Year!

Serena Rice and the Directors of Salford Heart Care would like to wish all of our members, volunteers and supporters a very Happy New Year! We hope you all enjoyed the holiday season and we send you our very best wishes for a healthy, happy and prosperous 2015!

## We would like to start the New Year by saying "Thank you!..."

Our Christmas Parties were a great success! Thank you to all the members and volunteers who supported our parties and festive activities in December.....

We would particularly like to thank **Dot and Mavis and the team of volunteers** for their help organising the party at Eccles and Little Hulton, and to **David Royle** for baking a lovely Snowman Cake for the raffle. **Volunteers at Eccles Healthy Heart Club** have donated £1,000 to Salford Heart Care using money raised from raffles organised during the year. Thank you to **David Royle** who donated £50 to Salford Heart Care using money raised from his handmade candle sales.

Thank you to **Rose, Val and the team of volunteers** at Irlam for their help organising the party at Irlam Steel Club. Val and her team of volunteers spent many hours making beautiful favours for all the members there! Thank you to our **entertainers and the "dancing girls"** for putting on a wonderful dancing demonstration, and to **Pat Massey** who kindly baked a beautiful Christmas cake for the raffle.

We would also like to acknowledge donations received from the following members:

- ♥ Maureen & George Chapman
- ♥ Norman & Mavis Yarwood
- ♥ Fred Gorvett
- ♥ Joan & Nephie Ashton
- ♥ Barbara Walker, Gladys Coopersmith & friends at Irlam
- ♥ Marjorie Jones (Christmas card sales)

Members of Irlam and Cadishead Healthy Heart Club would like to thank local businesses who supported the party by donating raffle prizes and party items. We would particularly like to thank and acknowledge the following businesses for their support and kind donations:

- Irlam Steel Club
- Kingsland Wines & Spirits, Irlam
- Tesco Express, Irlam
- Tesco Extra, Irlam
- Partydelights.co.uk



**Steve Foster, John Hughes and the De La Salle Boxers** held a very successful charity fundraising evening in Walkden on Friday 12<sup>th</sup> December. On this occasion they have chosen to support the work of Salford Heart Care, as well as supporting other causes including a cancer charity. We would like to thank them for their generous donation of £1,000 to Salford Heart Care!

We would like to acknowledge receipt of our second award of £2,000 from **The Peter Kershaw Trust**. Thank you once again for your continued support.



*All donations are greatly appreciated by Salford Heart Care and the members. All donations directly support our work in the local community.*

## WEAR RED DAY COMPETITION!

**The British Heart Foundation's National "Wear Red Day" is on Friday 6<sup>th</sup> February**

**We will hold a WEAR RED competition at:**

- ♥ **ECCLES on Tuesday 3<sup>rd</sup> February**
- ♥ **IRLAM on Friday 6<sup>th</sup> February**

You can be as creative as you like - anything goes as long as it's **RED**

*Prizes available!*



## Announcements

It is with regret and sadness that we announce the death of two our members: **Edna Matthews & Rowena Moores.**

**Edna Matthews** passed away on Thursday 15<sup>th</sup> January, aged 89. Edna was a long-standing member of Eccles Healthy Heart Club. Her late husband, Walter, served on the Committee at Salford Heart Care some years ago.

Edna wrote to us before the Christmas Holidays to send her best wishes to all of her friends at Eccles Healthy Heart Club. She explained that she had been unable to attend the drop-in sessions at Eccles recently due to an accident with her leg. Edna wanted to thank her friends for the care and support given to her during this time.

**Rowena Moores** passed away peacefully at home in Stretford on 29<sup>th</sup> December, surrounded by her loving family. Her funeral took place on Thursday 8<sup>th</sup> January at Altrincham Crematorium. Rowena joined Eccles Healthy Heart Club several years ago following Cardiac Rehabilitation at Total Fitness in Walkden. She enjoyed taking part in our dance exercise sessions, relaxation & tai chi. She will be fondly remembered & dearly missed by friends at the club.

*Our deepest sympathy goes to Edna's and Rowena's family & friends as this sad time*

### Something to make you smile 😊....

Wife texts husband at work on a cold winter morning: *"Windows frozen, won't open."*  
Husband texts back;

*"Gently pour some lukewarm water over it."*

Wife texts back 5 minutes later;

*"Computer totally out of action now!"*

### Easter Events.....

Easter falls early in April this year. We will therefore be holding "Easter" themed competitions at the end of March. Just like last year, we'd love it if you could take part so here's some advanced noticed to help you get creative! Don't forget we have **weekly craft sessions at Eccles** to help you.

*Decorate a hat, cakes, biscuits, eggs or come in fancy dress....*

*.....You might win a prize!*

- ♥ **Irlam & Cadishead: Fri 27<sup>th</sup> March**
- ♥ **Eccles: Tue 31<sup>st</sup> March**



## SOCIAL OCCASIONS 2015

Departing from Eccles, Walkden & Little Hulton:

**Boundary Mill & The Calf's Head**

**Tuesday 10<sup>th</sup> February**

**£21 per person**

*Includes transport & 2-course carvery lunch*

See Dot or Mavis for more details

Departing from Eccles:

**Chester Boat Cruise**

**with afternoon tea**

**Tuesday 10<sup>th</sup> March**

**£22 per person**

*Includes transport & afternoon tea*

See Dot or Mavis for more details

Departing from Walkden & Little Hulton:

**Chester Boat Cruise**

**with afternoon tea**

**Tuesday 24<sup>th</sup> March**

**£22 per person**

*Includes transport & afternoon tea*

See Dot or Mavis for more details

Departing from Irlam & Cadishead:

**Rivington Barn**

**Wednesday 11<sup>th</sup> March**

**£16 per person (members)\***

**£20 non-members**

*Includes transport, 2-course lunch*

*& entertainment*

See Betty or Serena for more details

Departing from Irlam & Cadishead:

**Chester Meal & Boat Cruise**

**Thursday 23<sup>rd</sup> July -full**

**Thursday 3<sup>rd</sup> September**

**£20 per person (members)\***

**£25 non-members**

*Includes coach & river cruise with 4-course meal*

See Serena or Betty for more details

**\*Please note that trips organised by Irlam & Cadishead Social Committee are heavily subsidised for members due to twice-weekly fundraising activities organised by volunteers of the Social Committee.**

*Congratulations to December's Crossword*

*Competition Winner: Jean Jackson from Irlam*

*Why not enter this month's competition on page*

*5? You could win £5 gift voucher!*

## YOUR HEALTH

### Eating wholegrains reduces deaths from cardiovascular disease

Eating wholegrains can reduce your risk of dying from cardiovascular disease (CVD), according to a study. The research, found that eating more wholegrains was associated with reduced mortality, especially deaths due to CVD, but not cancer deaths.

The authors estimated that every serving (28 grams per day) of wholegrains was associated with 9% lower CVD mortality or 5% lower total mortality.

Victoria Taylor, BHF Senior Dietitian, said: "This is an interesting study and reinforces existing dietary recommendations to eat more foods high in fibre. But this study didn't look at what might be the cause of the link between eating wholegrains and reduced death rates for cardiovascular disease. People with a higher intake of wholegrains also tended to have a healthier overall lifestyle and diet so it might not be the wholegrains alone that are having the benefit in relation to cardiovascular disease. But at this time of year when we are all making resolutions to eat better, switching to wholegrain versions of bread, breakfast cereals, pasta and rice is a simple change to make."

### Two-thirds unaware of calories needed to maintain a healthy weight

Almost two-thirds of people do not know how many calories the average person needs to maintain a healthy weight, according to a new poll commissioned by BHF with Diabetes UK and Tesco. The survey found that:

- ♥ Just 35% of respondents knew the average man needs to consume 2,500 calories a day to maintain a healthy weight;
- ♥ 37% could pinpoint 2,000 calories as the equivalent for women.
- ♥ Awareness is even lower among older people, with just a quarter of those aged 55+ knowing this (26% knowing it for women & 23% for men).
- ♥ 33% underestimated the calories in half a pint of semi skimmed milk (136 Kcals)
- ♥ 39% underestimated the calorie content of a meal of chicken tikka masala with rice, one of the most popular UK dishes (800 Kcals)
- ♥ 40% also underestimate the calories in the office workers' favourite medium latte and blueberry muffin (620 Kcals)



Simon Gillespie, BHF Chief Executive, said: "These figures are deeply concerning and highlight our confusion about calories. Eating too much of any food increases the chances of becoming obese, a risk factor for coronary heart disease, which is the UK's single biggest killer. We all must pay more notice to what and how much we are eating and drinking to maintain a healthy weight and heart. Half of us aren't doing enough physical activity and this makes the situation much, much worse."

♥ **Eating a balanced, healthy diet and doing regular physical activity are really important in reducing risk of becoming overweight and developing heart disease.**

### Healthy Recipe: Lentil Curry

Sandra Jones from Cardiac Rehab at Salford Royal delivered a "cook and taste" session at Irlam in December. She prepared this delicious, low fat and healthy "Lentil Curry" and it certainly went down well with the members.....

#### Ingredients (serves 3-4)

- 200g whole lentils (brown or red skin)
- 2-3 cups of water
- 1 chicken stock cube
- 1 tsp cumin seeds
- 1 tsp turmeric
- 1 tsp garam masala
- 1/2-1 tsp chilli powder
- 3 cloves garlic (crushed)
- 2cm piece of ginger (grated)
- 1 onion (chopped)
- 3 chopped tomatoes
- 1 green chilli (diced)
- Bunch fresh coriander (chopped)
- Small quantity of vegetable oil

#### Method:

1. Wash & soak the lentils (30 mins). Then simmer in clean water for 20 mins until tender.
2. Add some oil to a pan, heat and add cumin seeds. Fry for 1 min.
3. Add chopped onion & chilli and cook until soft.
4. Add ginger, garlic, turmeric & chilli powder. Cook for 1 min.
5. Add half of the chopped coriander including the stalks. Cook for 1 min.
6. Add cooked lentils & stock. Continue to cook until right consistency is achieved.
7. Add chopped tomatoes. Cook for 1 min.
8. Serve sprinkled with garam masala & coriander. Tastes great served in wholemeal tortilla wraps!

**Energy balance: the balance between the number of calories you consume and use, is the cornerstone of weight management**



# SALFORD HEART CARE WHAT'S ON: February -April 2015

Tel:0161 707 7402 Email:[admin@salfordheartcare.co.uk](mailto:admin@salfordheartcare.co.uk) website:[www.salfordheartcare.co.uk](http://www.salfordheartcare.co.uk)

**Weaste** - De La Salle Sports & Social Club, Wilton Road, Salford

**Every Tuesday 10 am - 11 am**

*£2 entrance. Cardiac exercise session with relaxation & refreshments*

**Little Hulton** - St. Paul's Peel Community Hall, Manchester Rd, Little Hulton

**11 am - 1 pm**

- Wed 11<sup>th</sup> Feb - Fuel Poverty
- Wed 25<sup>th</sup> February - Tai Chi
- Wed 11<sup>th</sup> March
- Wed 25<sup>th</sup> March - Tai Chi
- Wed 8<sup>th</sup> & 22<sup>nd</sup> April - Tai Chi

*£1.50 entrance. Line dancing, tai chi, relaxation, reiki, indoor games, free raffle, weight management, & social trips*

**Langworthy** - Emmanuel Centre  
174 Langworthy Rd **10am-12 noon**

- Thur 12<sup>th</sup> February - Relaxation
- Thur 26<sup>th</sup> Feb - Dementia Talk
- Thur 12<sup>th</sup> March - Relaxation
- Thur 26<sup>th</sup> March
- Thur 9<sup>th</sup> & 23<sup>rd</sup> April

*£1 entrance. Dance exercise, tai chi, relaxation, bingo, reiki & weight management*

**Walkden** - St. Paul's Youth & Community Hall, Manchester Road, Walkden  
M28 3LN

**10 am - 12 noon**

- Mon 2<sup>nd</sup> February - Tai Chi & Relaxation
- Mon 16<sup>th</sup> Feb - Fuel Poverty & Relaxation
- Mon 2<sup>nd</sup> March - Tai Chi & Relaxation
- Mon 16<sup>th</sup> March - Stroke Association Talk
- Mon 30<sup>th</sup> March - Tai Chi & Relaxation
- Mon 13<sup>th</sup> Apr - Relaxation & Dementia (TBC)
- Mon 27<sup>th</sup> April - Bingo & Tai Chi

*£1 entrance. Dance exercise, tai chi, reiki, bingo & indoor kurling, social trips, weight management*



**Eccles** - Patricroft URC Hall  
Franklin Street, Patricroft

**Every Tuesday 10 am - 12 noon**

**Highlights.....**

- Tue 3<sup>rd</sup> Feb - Wear **Red** Competition
- Tue 17<sup>th</sup> Feb - "Fats" Healthy Eating Talk
- Tue 17<sup>th</sup> March - Stroke Association Talk
- Tue 3<sup>rd</sup> Feb, 3<sup>rd</sup> Mar & 28<sup>th</sup> Apr - Line Dancing
- Tue 31<sup>st</sup> March - Easter Bonnet Competition
- Tue 14<sup>th</sup> April - Dementia Talk

*£1.50 entrance with raffle, tai chi, exercise, weekly craft sessions, reiki, relaxation, indoor games, weight management, books & bric a brac stall, social trips*

**Irlam & Cadishead:** Irlam Steel Club, Liverpool Road, Irlam

**Highlights.....**

**Every Wednesday\* & Friday\* 10 am - 12 noon**

- Friday 6<sup>th</sup> February - Wear **RED** Day Competition
- Friday 20<sup>th</sup> Feb, 27<sup>th</sup> March, 17<sup>th</sup> April- Relaxation Session
- Friday 6<sup>th</sup> March - Dementia Talk
- Friday 20<sup>th</sup> March - "Fuel Poverty & Health" Talk
- Friday 27<sup>th</sup> March - Easter Bonnet Competition

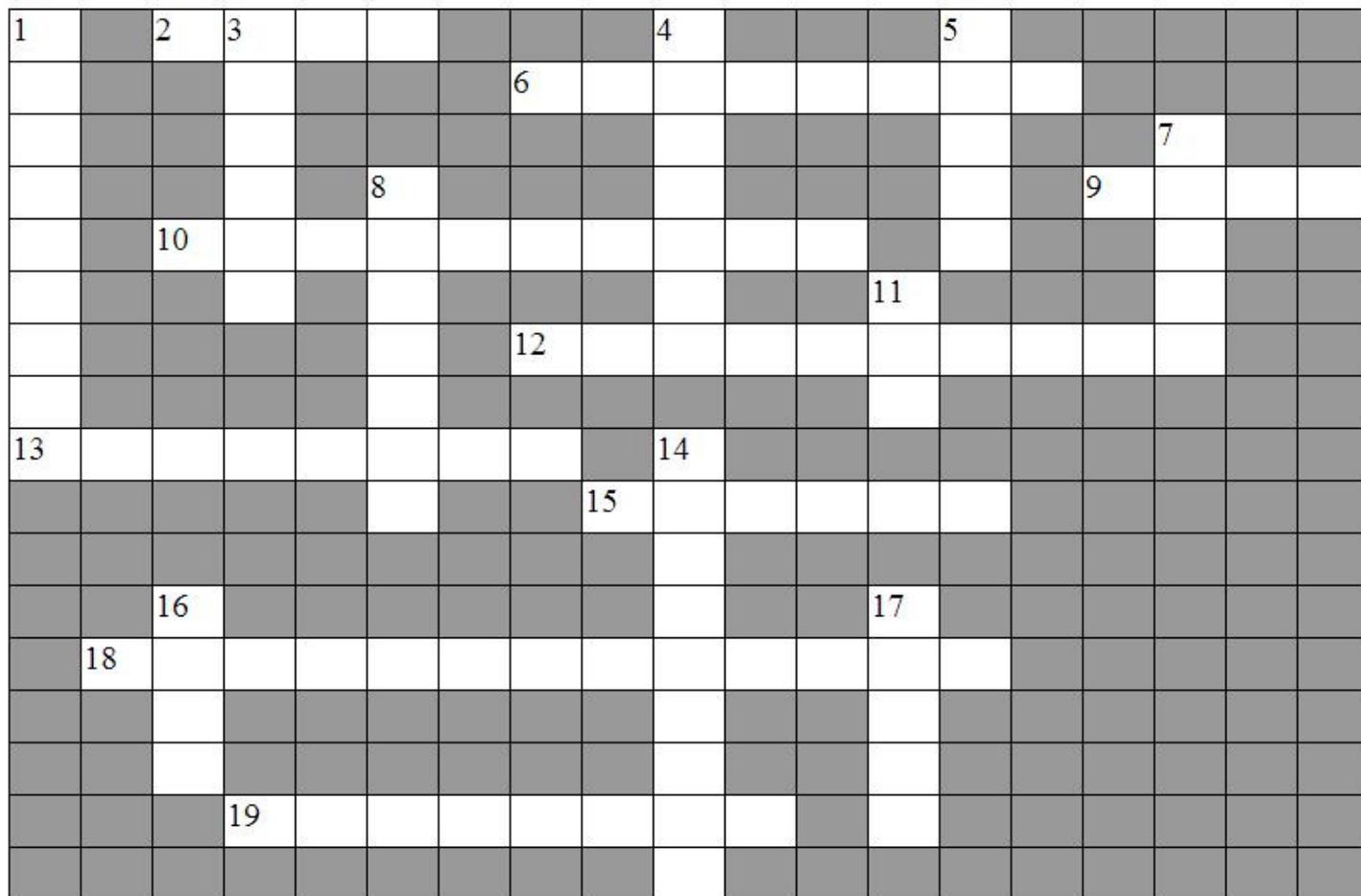
**\* Wednesday 18<sup>th</sup> February & 11 March - No meeting due to holidays & day trip**

**\* Friday 3<sup>rd</sup> April: Good Friday Bank Holiday - No meeting**

*£1 entrance. Dancing, healthy hips & hearts chair exercise (Wednesdays), tai chi, reiki, relaxation, weight management, bingo, raffle, stalls, social activities & day trips*

## COMPETITION CORNER: *Try our "February" Themed Crossword*

All correct entries received by **Friday 20<sup>th</sup> February** 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

2. Religious period of observance starting on Ash Wednesday (4)
6. Line painted on the side of a ship's hull that shows how low or high the ship is resting in the water (8)
9. Green & white root vegetable, part of the "allium" family (along with onions, garlic etc.) (4)
10. MP & Prime Minister associated with introducing 8 down (6,4)
12. Long-running, popular British TV soap opera first broadcast on BBC1 on 19 February 1985 (10)
13. White flower associated with 1 down - one of the first bulbs to flower & signal the start of spring (8)
15. Surname of naturalist, born February 1809 who first described the process of evolution (6)
18. Holiday observed on 14<sup>th</sup> February (10,3)
19. Before decimalisation in February 1971, this coin was worth one quarter of an old penny (8)

### DOWN

1. "\_\_\_ Day" - ancient "festival of lights" on 2<sup>nd</sup> February, marks the midpoint of winter (9,3)
3. Surname of American scientist & inventor of the light bulb, born February 1847 (6)
4. Surname of "Great Expectations" Author born Feb 1812 (7)
5. First name of novelist C.S. Lewis (5)
7. Famous writer's surname, born February 1633, wrote a diary about the Great Fire of London (5)
8. Name given to policemen or "Bobbies" first introduced to London in 1829? (7)
11. Abbreviated term for genes, a long molecule made up of twisted strands, discovered February 1953 (3)
14. Queen of England beheaded in February 1542, pretty 5<sup>th</sup> wife of Henry VIII (9)
16. First Queen of England, born February 1516, eldest daughter of King Henry VIII (4)
17. Dark green, wrinkly, nutty tasting cabbage or posh London Hotel (5)

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