



Salford Heart Care

"The Pulse" Newsletter

February 2016

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



The Queen's Award
for Voluntary Service

Happy New Year!

Serena Rice & the Directors of Salford Heart Care would like to wish all of our members, volunteers & supporters a very "Happy New Year"!

Thank you.....

Our Christmas Parties were a great success with record numbers attending due to the mild weather! Thank you to all the members and volunteers who supported our parties and festive activities in December.....

- ♥ We would like to thank Dot and Mavis and the team of volunteers for their help organising parties at Eccles and Little Hulton.
- ♥ Thank you to David Royle for baking a cake for the raffle – this raffle alone raised £66, in addition to £59 raised from the sales of David's handmade candles.
- ♥ Thank you to all the volunteers at Irlam for their help organising the Christmas party at Irlam Steel Club. Once again we were entertained by the "dancing girls". We raised £93 from the raffle of Pat Massey's beautifully decorated Christmas cake and gift vouchers donated by Tesco's and Christine's Tea Rooms.
- ♥ We would also like to acknowledge Christmas donations received from the following members:
 - ♥ Albert Redshaw
 - ♥ Maureen & George Chapman
 - ♥ Margaret & Marjorie at Eccles
 - ♥ Norman & Mavis Yarwood
 - ♥ Fred Gorvett
 - ♥ Betty Hibbert
 - ♥ John Taylor
 - ♥ Valerie Sheardon
 - ♥ Geraldine Fowler
- ♥ We raised £84 from the raffle of the 12 months **gym membership**. The winner of the raffle was **Joan Givens** from Cadishead.

♥ We would also like to thank local businesses who supported us by donating raffle prizes:

- Morrison's, Eccles
- Christine's Tea Rooms, Irlam
- The Cooperative, Irlam
- Kingsland Wines & Spirits, Irlam
- Tesco Express, Irlam
- Tesco Extra, Irlam
- Partydelights.co.uk

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

In loving memory of John Waring 04.12.2015

Lynda Waring is a member of Irlam & Cadishead Healthy Heart Club and attends our sessions every Wednesday and Friday at Irlam Steel Club.



**Lynda with husband,
John Waring**

Sadly, on Friday 4th December, Lynda Waring's husband, **John Waring**, passed away after suffering a heart attack at their home in Cadishead. Lynda and John (aged 68) have been married for 48 years.

John's funeral took place on Monday 21st December at St. John's Church, Irlam.

Lynda has chosen to support Salford Heart Care and requested donations in memory of John Waring. To date, a total of £697.00 has been donated to Salford Heart Care in John's memory. Donations will be used to directly support Irlam & Cadishead Healthy Heart Club.

We would like to thank Lynda and all those who have made a donation for supporting our work. We send our deepest sympathy and best wishes to Lynda and her family.

Good News for 2016!....

- We've received funding from **The Booth Charities** to support room hire costs in 2016 for our branches in Irlam, Eccles & Weaste.
- Irlam and Cadishead Healthy Heart Club have been awarded a grant from **Salford CVS's Little Pot of Health Wellbeing Fund** to support the purchase of craft materials for the club. *Please let us know if you have any ideas for new crafts at the club, or if you would like to volunteer your skills to support our craft sessions. Thank you to **The Range** at Eccles – they have offered Salford Heart Care 5% discount on all craft materials purchased instore.*
- **Arcon Housing Association** has awarded a grant of £577 to support Eccles Healthy Heart Club in 2016.



WEAR RED DAY COMPETITION!

The British Heart Foundation's National "Wear Red Day" is on Friday 5th February

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

♥ **ECCLES on Tuesday 2nd February**

♥ **IRLAM on Friday 5th February**

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

Prizes available!

Congratulations to our December Crossword Competition winner: Irene Worrall from Cadishead. You could win £5 voucher by completing this month's crossword on page 6.

2015-2016 Membership Subscriptions

This is a reminder that subscriptions are due for 2015/16 for all members attending our clubs.

Membership remains at £10.00 per annum.

Please request a form at the club.



SOCIAL OCCASIONS

Trips departing from Eccles & Little Hulton:

The Calf's Head & Oswaldtwistle Mills

Tuesday 23rd February - £23 per person

Includes coach, 2 course carvery lunch, tea & coffee

Freeport & Cleveleys

Tuesday 22nd March - £26 per person

Includes coach, 3 course lunch & entertainment

See Dot or Mavis for more details

Trips Departing from Irlam & Cadishead

Oswaldtwistle Mills "Frosty Funday"

Thursday 11th February 2016

£15 per person (£20 non-members)*

Includes coach, 2-course meal at the Mill with afternoon entertainment - games & cash prizes

Ryecroft Hall (The Bourne Poacher)

Monday 14th March 2016

£20 per person (£25 non-members)*

Includes coach, 3 course meal & entertainment

Skipton Market & Rendezvous Hotel

Wednesday 27th April 2016

£18 per person (£23 non-members)*

Includes coach & 2-course carvery at the Hotel

See Serena or Betty - payment in full

Coming up later in the year (departing Irlam):

♥ **Thur 21st July – Chester & Boat Trip**

♥ **Thur 11th Aug- Llangollen & Bryn Howel Hotel**

♥ **Thur 15th December 2016 – Christmas Party at The Millstones, Harrogate**

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



Your Local Specialist

Ableworld Salford

www.ableworld.co.uk

Wheelchairs, power chairs, scooters, telecare, back supports, bathing accessories, riser recliner chairs, continence care, walking aids, arthritic supports, slippers, stair lifts.

Visit: **Burrows House, 10 Priestley Road, Wardley Industrial Estate, Worsley M28 2LY**

Email: info@ableworldsalford.co.uk

Tel: 0161 728 1880

Ableworld are offering Salford Heart Care members **5% discount** on goods purchased (excluding items on promotion or special offer).



Linnyslaw Garden Centre

Moss Lane, Walkden

Perennials, shrubs, bedding plants, compost, benches, sheds, garden tools, bird tables, pottery, stoneware & aggregates

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.linnyslawgc.co.uk

email: linnyshawgarden@btconnect.com

Proud sponsors of Salford Heart Care

Pensions Guidance

Citizen's Advice Bureau offering Pension Wise appointments across SALFORD to help people plan for their future



Citizens Advice is delivering Pension Wise appointments giving people access to **free and impartial pension guidance** in their local area.

Following pension reforms on April 6 2015, people approaching retirement have greater freedom over how they can use their pension pots. Pension Wise is a new Government service designed to help people make sense of their pension options, and empower them to make the right choices for them.

Citizens Advice will be delivering free face to face Pension Wise sessions which are available to book now. The 45 minute appointments will be tailored to the individual, taking into account the value of their pension and their plans for retirement.

A Pension Wise appointment may help you if:

- *You're approaching retirement or are 50+*
- *Have a defined contribution pension*

Guidance appointments are also available on the telephone, delivered by the Pensions Advisory Service. People can also get information and general guidance online at:

www.pensionwise.gov.uk

Citizens Advice will be delivering Pension Wise appointments from Pendleton Gateway, Eccles Library, Broughton Hub, Little Hulton Library, Cadishead Library, Age UK Salford and a number of sites across the region, giving easy access to Pension Wise.

To book an appointment, call 0300 330 1001

For more information contact:

Clare Whittle 01942 267965

Healthy Chicken Curry Recipe

This chicken curry is not only bursting with flavours but a healthy filling dinner meal. Manage your cholesterol while still enjoying the flavours of the east. Serves 4

Ingredients

- ♥ 1 onion, sliced
- ♥ 1 tbsp olive oil
- ♥ 1 clove garlic, finely chopped
- ♥ 2.5cm root ginger peeled & grated
- ♥ 1 tsp turmeric
- ♥ 1 tsp curry powder
- ♥ 1 tbsp flour
- ♥ 4 chicken breasts, cut into chunks
- ♥ 400g can chickpeas, drained
- ♥ ½ Chicken stock cube (dissolved in 300ml water)
- ♥ 100g spinach leaves
- ♥ 2 tbsp mango chutney
- ♥ 100ml natural low fat yogurt
- ♥ 225g basmati rice
- ♥ 1 tsp coriander seeds, toasted
- ♥ 25g Flora pro.activ Olive spread (or alternative)
- ♥ A handful of fresh coriander leaves, chopped



Method

1. In a saucepan heat the olive oil and fry the onion until soft. Then add the garlic, ginger, turmeric and curry powder and fry for 1 minute.
2. Add the flour and cook for 1 minute, then stir in the stock, stirring constantly. Add the chicken and simmer for 10 minutes.
3. Cook the rice according to pack instructions.
4. Add the chickpeas to the curry along with the spinach leaves & heat until the spinach leaves have just wilted. Stir in mango chutney & natural yogurt. Heat through gently (be careful not to boil).
5. Drain the rice & stir in the Flora spread, coriander seeds & coriander leaves. Serve with the curry.

Weight Management Support

"Facts not Fads" - Your simple guide to healthy weight loss

Research shows that reaching and keeping to a healthy weight can help cut your risk of coronary heart disease. However we all know how difficult this can be to achieve, particularly after indulging at Christmas.

The British Heart Foundation's new plan "Facts not Fads" will help to get you back on track. If you want and need to lose weight, then this is the plan for you. It's especially designed for adults with a BMI of 25 and over. The plan will help you manage the type and quantity of food that you're eating to help you keep to the recommended amount of calories that you need.

The handy portion guides will show you the portion sizes of common foods, making it easy to eat well and choose a balance of healthy and enjoyable foods. If you would like a copy of the booklet please speak to our weight management team at the club. Our weight management support will also provide an extra incentive to help to keep you on track and monitor your progress!



The Ultimate Cholesterol Lowering Plan©



A healthy cholesterol level helps to keep our hearts healthy. The Ultimate Cholesterol Lowering Plan (UCLP©) provides a simple, step-by-step and flexible routine that anyone can adopt. **It's always best to keep your doctor informed about any dietary changes you have made.*

STEP 1 – Getting Motivated

Think about why YOU WANT to improve your cholesterol levels. What has kept you from making changes in the past? How do you think you can overcome any problems? Writing these thoughts down and referring to them when your motivation is low might help you to keep with the plan.

STEP 2 – Building Strong Foundations

♥ **Cut Down on Saturated Fat** - too much saturated fat will increase our cholesterol levels. It's important to cut down as much as possible. Here's some tips and ideas.....

Cut down on...	Instead Try...
Full fat milk & yogurt	Lower fat milks, yogurts, soya milk & yogurt alternatives
Cheese	Lower fat varieties of cheese e.g. cottage cheese
Cream	Try soya single cream
Butter, ghee, lard, coconut, palm oil	Vegetable oils, olive or sunflower margarines
Sweet & savoury biscuits	Plain crackers & biscuits like rich tea, oatcakes, garibaldi
Fatty/processed meats (sausages, tinned meat, visible fat)	Lean meat, remove fat/skin, meat replacements (soya mince or quorn, white or oil-rich fish)
Cakes, rich desserts & chocolates	Fruit, nuts, popcorn, hot cross/currant buns, scones teacakes, low-fat dairy desserts or soya desserts
Pastry	Potato-topped savoury dishes

♥ **Aim for 5 servings of Fruit and vegetables per day.** Canned, frozen, fresh, dried, juiced and smoothies all count! A serving is a handful of fresh, frozen or canned fruit and vegetables, a tablespoon of dried fruit or 150ml pure fruit juice.

♥ **Eat Oil-Rich Fish** – 1-2 servings per week (mackerel, salmon, pilchards, trout). Oil-rich fish contain long chain omega-3 oils which can help maintain a healthy heart.

STEP 3 – 4 Cholesterol Busting Foods

Each one of the following foods, when eaten as part of a low saturated fat diet, can help to lower your cholesterol. Start by choosing one food to add to your low saturated fat diet and build up slowly to include more of the UCLP foods.

SOYA FOODS

Soya foods are naturally low in saturated fat. Soya protein has been shown to actively lower cholesterol. You could try...

- ♥ 1 handful of soya nuts, 25g soya mince, 75g silken hard tofu, 1 soya burger, 250ml soya milk alternative, 3-4 tablespoons Edamame, 25g marinated tofu, 1 soya sausage, 200ml carton soya shake, 150g serving soya yogurt alternative, 200g soya custard, 125g Soya dessert.

Foods Fortified With PLANT STEROLS/TANOLS

Plant sterols/stanols help reduce the amount of cholesterol our body absorbs. **They should only be used by people needing to lower their serum cholesterol and daily intake should not exceed 3g.**

Include any **ONE** of the following options daily:

- ♥ 2 x 250ml glasses of Alpro soya plus milk alternative with added plant sterols
- ♥ 1 mini-yogurt drink fortified with sterols/stanols
- ♥ 2-3 servings of products fortified with sterols/stanols: 2 tsp margarine/spreads, 1 pot yogurt, 250ml glass fortified dairy milk, 250ml glass of Alpro soya plus milk alternative.

NUTS including peanuts – UNSALTED

Nuts are a great source of unsaturated fats. Replacing foods high in saturated fat with foods high in unsaturated fat such as **unsalted nuts**, can help maintain healthy cholesterol levels. Use as snacks or as part of a meal. Aim for **ONE handful** (30g) every day of any of the following:

- ♥ almonds, pistachios, walnuts, pecans, cashews & peanuts.

SOLUBLE FIBRE

Increase your soluble fibre, especially from oats. Oats contain a specific type of soluble fibre called **"beta-glucan"** which has been proven to help maintain healthy cholesterol levels.

♥ OATS Beta-glucan:

Any 2-3 of the following daily: A bowl of porridge (30g dry weight) or a serving of oat-based breakfast cereals (Oatibix, Optivita), 3 plain oatcakes, 2 slices "Hearty Oats" bread, 2 tablespoons oatbran sprinkled over cereals, soups, stews and yogurts.

♥ OTHER WHOLE GRAIN FOODS

1-2 servings daily of: 1 slice wholemeal bread/roll, 2 rye crispbreads, 2-3 handfuls of popcorn (unsalted/unsweetened), 1 small wholewheat tortilla/pitta bread, 1 wholemeal scone, 2-3 tablespoons cooked brown rice/pasta.

♥ BEANS OR PULSES:

One 80-100g serving of baked beans, haricot beans, chick peas, lentils, dhal, kidney beans, cannellini beans.



OUR HEALTHY HEART CLUBS February-April 2016

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

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

Highlights.....

- Friday 5th February - **Wear Red** Competition
- Friday 19th February, 11th March & 1st & 29th April - Relaxation sessions
- Friday 18th March - St. Patrick's Fancy Dress Competition
- Friday 22nd April - St. George's Day Party (£3 per person)

No group on Wednesday 17th February (holiday) & Friday 25th March (Good Friday)

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 ticket), bric-a-brac-stalls, books, subsidised social activities & day trips

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

Highlights.....

- Tuesday 2nd February - **Wear Red** Competition
- Tuesday 29th March - **Easter Competition**
- Tuesday 9th & 23rd February, 8th & 22nd March - Tai Chi sessions
- Tuesday 9th & 16th February, 1st, 8th & 29th March - Relaxation sessions
- Tuesday 2nd & 16th February, 1st, 15th & 29th March - Cardiac exercise with Maureen



Charge: £1.50 entrance (includes raffle) & 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

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 & 24th February
- Wednesday 9th & 23rd March
- Wednesday 6th & 20th April

Charge: £1.50 entrance includes raffle & 50p towards refreshments.

Activities: Line dancing, Reiki therapies, Tai Chi for Health, relaxation, indoor games, & social trips

Currently Supported by:



the coalfields
regeneration trust

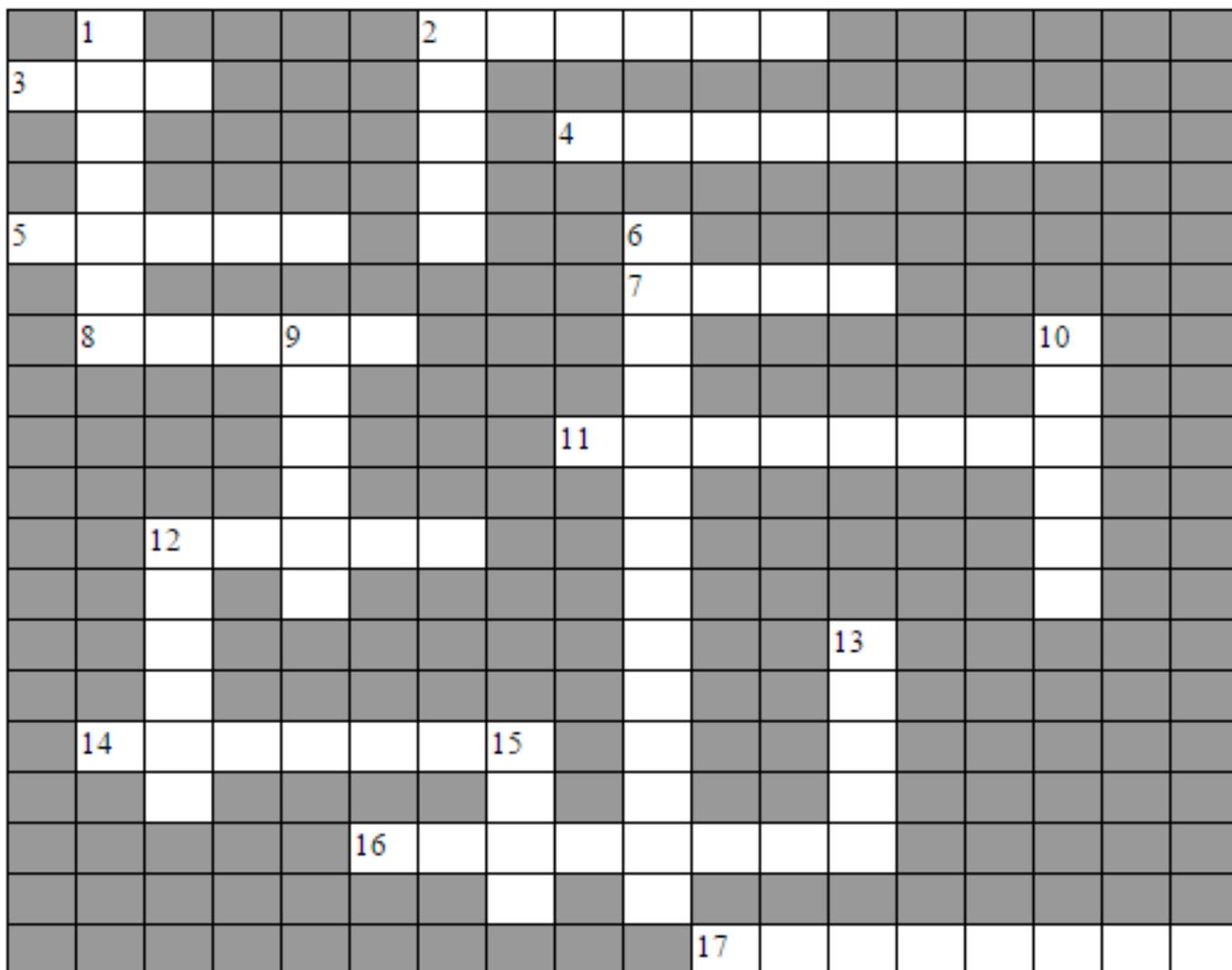
Weaste/Claremont Healthy Heart Club

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

Charge: £2.50 Activities: Cardiac exercise session with relaxation & refreshments

COMPETITION CORNER: *Try our February - Themed Crossword*

All correct entries received by **Friday 26th 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. Born February 1809 & described the process of evolution (6)
3. Element for 4 across (3)
4. Early February zodiac sign (8)
5. In 1537, this King officially declared 14th February the holiday of St. Valentine's Day (5)
7. This year occurs once every four years in February? (4)
8. Hindu's worship this God in February (5)
11. Name given to shelters first built in Britain in February 1939 to protect people from bomb blasts in WWII (8)
12. Roman goddess of love (5)
14. In the UK & Ireland, 15th Feb 1971 is known as ___ Day? (7)
16. Traditionally eaten on 15 down (8)
17. This bulb is likely to be one of the first to flower this month (8)

DOWN

1. Great Expectations author born February 1812 (7)
2. Sheep cloned by scientists in February 1997 (5)
6. On 24 February 1923, this world famous steam train went into service on the London King's Cross to Edinburgh route (6,8)
9. Italian city of Shakespeare's lovers, Romeo & Juliet (6)
10. 8th February 2016 is Chinese New Year, Year of the ___? (6)
12. February flower (6)
13. The Six Nations Championship involves six European sides: England, France, Ireland, Italy, Scotland & ___? (5)
15. Shrove Tuesday is the last day before ___? (4)

"THE PULSE" NEWSLETTER IS PRINTED & PUBLISHED BY SALFORD HEART CARE

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