



Salford Heart Care

"THE PULSE" NEWSLETTER

February 2017

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 would like to wish all of our members, volunteers & supporters a very "Happy New Year"!

Thank you.....

Our Christmas parties were a great success. Thank you to everyone who supported our parties and festive activities in December.....

- ♥ We would like to thank **Dot, 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 at Eccles – this raffle alone raised £50.
- ♥ Hand-crafted card sales at Eccles raised over £40 – thank you to **Margaret, Marjorie & Sheila**.
- ♥ Thank you to all the volunteers at Irlam for their help organising the Christmas party at Irlam Steel Club. The "dancing girls" entertained everyone with a great performance and **Pat Robinson's** "Let's Do It" tribute to Victoria Wood was amazing! We raised £124 from the raffle of **Pat Massey's** beautifully decorated Christmas cake & gift vouchers donated by Tesco.
- ♥ We would also like to acknowledge Christmas donations received from the following members:
 - ♥ Doreen Knight
 - ♥ Maureen Chapman
 - ♥ Albert Redshaw & Linnyslaw Garden Centre
 - ♥ Kath Hardman
 - ♥ Marguerite Payne
 - ♥ Olwyn & Barrie Dootson
 - ♥ David & Fred Gorvett
 - ♥ Jackie Nolan & The Nolan Family
 - ♥ Cllr Christine Hudson
- ♥ We would like to thank these local businesses for donating raffle prizes:
 - **Morrison's, Eccles**
 - **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.

Announcements

Daniel Kenyon 03.11.2016

It is with deep sadness that we announce the death of Daniel Kenyon who passed away peacefully in November aged 27 years. Daniel was the grandson of the late Bernard Hamilton, founder of Salford Heart Care Support Group, and nephew of Jane Hamilton, our therapist. Daniel's funeral was held at Agecroft Chapel on 17th November. Daniel's family requested donations to Salford Heart Care in his memory. We would like to thank Daniel's family and friends for supporting our work. We acknowledge receipt of donations from the family of Doreen Matthews and Jean Chubb.

We send our deepest sympathy and best wishes to Daniel's family & friends.

Albert Redshaw 07.01.2017

It is with deep sadness that we announce the death of our dear member Albert Redshaw, who passed away peacefully in hospital on 6th January, aged 80 years. Albert regularly attended our club at Eccles with his older brother, Ken Redshaw. Albert enjoyed taking part in tai chi and relaxation sessions and frequently joined us on day trips with his wife, Marjorie. Albert owned Linnyslaw Garden Centre in Walkden and worked in partnership with his daughter, Lisa, and son, Nicholas. Albert was a lovely, kind and generous man. He regularly made donations to the Heart Club and he will be missed by all who knew him. His funeral takes place on Tuesday 31st January at 11:30am, St Philip & St Stephen Church, Salford, prior to interment at Woodlands Cemetery, 1:00pm.

We send our deepest sympathy and best wishes to Albert's family & friends.

Leslie Roberts 05.01.2017

It is with sympathy that we announce the death of our member, Leslie Roberts, who passed away in hospital on 5th January aged 64 years. Leslie attended our club at Eccles with her husband James but had been unwell for some time. She was due to join our Steering Committee but became unwell last year & spent time in hospital.

We send our deepest sympathy and best wishes to James and Leslie's family & friends.

Funding News

- We've been successful with several funding applications for **Little Hulton Healthy Heart Club**:
 - ♥ **Little Hulton Big Local** has awarded two grants – £500 and a winter grant of £300.
 - ♥ **City West** has awarded a grant of £500.
 - ♥ Last November we were awarded £1,000 from **Salford Council's Reward & Recycle**.
- **Manchester Guardian Society Charitable Trust** has awarded Irlam & Cadishead Healthy Heart Club a grant of £2,000. This will support continuation of activities at the club including reiki, relaxation & exercise.
- Joan Fielder, Chief Executive at **Helping Hands**, called in during the Christmas party at Eccles in December with a donation of £100 as a thank you for donating items of our unsold bric-a-brac to their charity shop.



Linnyshaw Garden Centre

Moss Lane, Walkden

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

Open Monday - Saturday 9am – 5pm
Sundays 10am – 4pm Tel: 0161 799 2050

www.linnyshawgc.co.uk

email: linnyshawgarden@btconnect.com

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



SOCIAL OCCASIONS

Trips from Eccles & Little Hulton:

Llandudno & The Queen's Hotel

Tuesday 21st March - £25 per person

Coach, 2-course lunch & entertainment

Millstones & Harrogate

Tuesday 18th April - £18 per person

*Millstones for tea/coffee & bacon bap or
scone then on to Harrogate*

Llangollen & The Bryn Howel Hotel

Tuesday 16th May - £25 per person

*Coffee stop then 2-course carvery lunch
followed by free time in Llangollen*

See Dot or Mavis for more details

Trips from Irlam & Cadishead

Dobbies & The Lindum Hotel

Thursday 16th March 2017

£20 (£25 non-members)*

Entertainment & 3-course meal

Skipton Market & The Calf's Head

Wednesday 26th April 2017

£18 (£23 non-members)*

Coach & 3-course carvery with tea/coffee

Boundary Mill & Olympus Fish & Chips

(famous Bolton Restaurant)

Thursday 11th May 2017

£18 (£23 non-members)*

Coach & 2-course meal with tea/coffee

Healthy Recipe: Harissa baked fish with bulgur wheat

Ingredients (serves 2):

- 2 ripe tomatoes, quartered
- low-calorie cooking oil spray
- 1 orange or yellow pepper, chopped
- 75g bulgur wheat
- 20g pine nuts
- 1 lemon

Method

1. Preheat the oven to 220C/425F/Gas 7. Put the tomatoes and pepper in a small roasting tin, spray with a little oil, season with black pepper and bake for 15 minutes.
2. Meanwhile, cook the bulgur wheat in a pan of boiling water for 5 minutes, drain well in a sieve.
3. Toast the pine nuts in a small dry pan over a medium heat, turning regularly, until lightly browned.
4. Cut the lemon in half & cut 4 thin slices from one half. Squeeze the juice from the other half.
5. Take the vegetables out of the oven. Add the bulgur wheat, spring onions, pine nuts, two heaped tablespoons of coriander and lemon juice (reserve a little lemon juice to serve). Season with lots of black pepper and toss lightly.
6. Make 2 gaps in the bulgur mixture and nestle the fish into them. Season the fish to taste, spread with the harissa paste & top with lemon slices. Bake for 15 minutes, or until the fish is just cooked.
7. Steam the broccoli until cooked. Divide the fish & bulgur mixture between two plates & scatter with the remaining coriander. Squeeze over remaining lemon juice. Add broccoli & serve with yoghurt.



OUR HEALTHY HEART CLUBS February-April 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

Most Tuesdays 10 am - 12 noon

- Tuesday 7th, 14th & 28th February
- Tuesday 7th, 14th & 28th March
- Tuesday 4th, 11th & 25th April
- **Closed: Tuesday 21st February, 21st March & 18th April - 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 & social trips

Weaste & Claremont Healthy Heart Club

De La Salle Sports & Social Club

Lancaster Road Salford M6 8AQ

Every Tuesday 10 am

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 1st & 15th February
- Wednesday 1st, 15th & 29th March
- Wednesday 12th & 26th April

Charge: £2 includes refreshments & raffle

Activities: Dancing, Reiki (£1 charge), Tai Chi, games, relaxation, blood pressure checks, crafts, social trips



Jim Collins with Richard Taylor (Cardiac Rehab) who raised more than £1,700 for Salford Heart Care

Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Road Irlam M44 6AJ

Wednesdays & Fridays 9:30 am - 12 noon

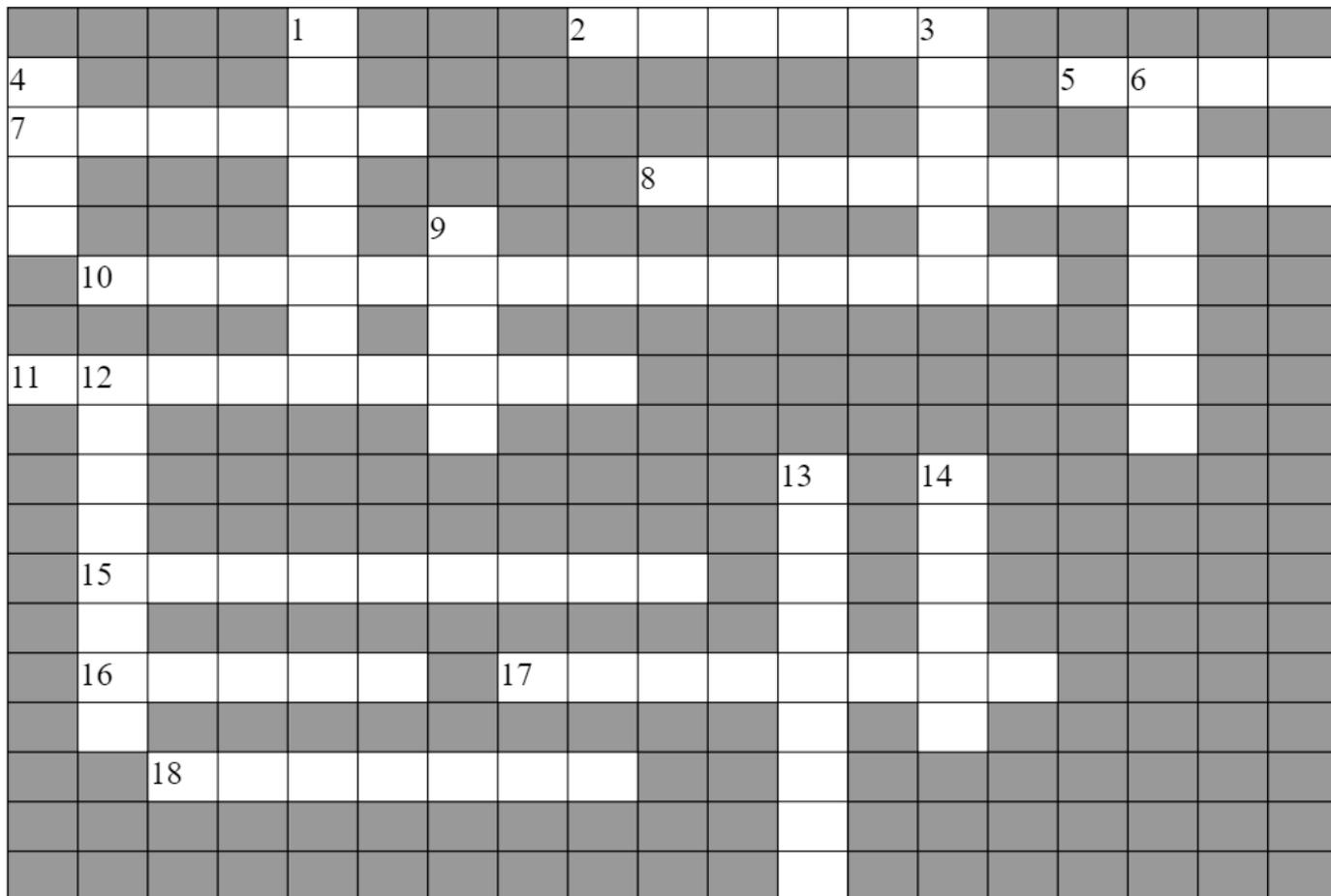
- **Closed: Wednesday 22nd February (holiday) & Wed 26th April (trip day)**
- **Closed: Friday 14th April (Good Friday)**

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, subsidised day trips



COMPETITION CORNER

All correct entries received by **Friday 24th 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 at the club). **Please include your name & address!**



ACROSS

2. Catherine _____ - This Queen was beheaded in February 1542 for high treason (6)
5. Seasonal green leafy vegetable - part of the cabbage family (4)
7. Famous American scientist & inventor born February 1874 - he developed many devices that greatly influenced life around the world such as the phonograph & motion picture camera (6)
8. Birthplace of 3 down (10)
10. Great Expectations author born Feb 1812 (7,7)
11. This British decimal coin ceased to be legal tender on 1st February 1984 (9)
15. To Kill a Mockingbird author died Feb 2016 (6,3)
16. Often sprinkled on 17 across (5)
17. Traditionally eaten on Shrove Tuesday (8)
18. Birthplace of 13 down (7)

DOWN

1. Seasonal flower like "Milk Drop" (4,4)
3. Naturalist who first described the process of evolution (6)
4. A time of abstinence (4)
6. February zodiac sign (8)
9. On 26th February 1829 Levi Strauss was born - what did he first create? (5)
12. February birthstone (8)
13. Reggae singer born Feb 1945 (3,6)
14. Birth flower for February (6)

Ann Chaplin (Irlam) won the December 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

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





The UCLP[®] at a Glance

A healthy cholesterol level helps to keep our hearts healthy. However, more than half of UK adults have too much cholesterol in their blood (>5mmol/l).

The **Ultimate Cholesterol Lowering Plan[®]** (UCLP[®]) provides a simple, step-by-step and flexible routine that anyone can adopt. The UCLP[®] focuses on what foods we can have.

Each step in the plan is important, move through them at your own pace.

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: The essentials for a heart healthy diet

- **Getting the right balance of fats.** Eating too many foods high in saturated fat and few foods providing unsaturated fats can increase cholesterol levels. Saturated fat is mainly found in fatty meats, meat products, full-fat dairy foods, butter, lard, coconut oil, pastries, pasties, pies and in many puddings, cakes and biscuits. Consider what you eat and drink now – are there any high saturated fat foods you can swap? Have a look at the healthier options you can choose from. More details can be found in our **Healthier Fats information sheet** - visit: www.heartuk.org.uk/UCLP.

Cut down on... — **Instead try...**

Apple pie with dairy cream
9.1g SAT FAT

Apple oatly crumble with soya alternative to single cream
4.8g SAT FAT

- Full fat milk and yogurts.
- Cream.
- Butter, ghee, lard, coconut and palm oil.
- Coconut cream and full cream canned coconut milk.

- Lower fat milk and yogurts and plant-based alternatives to milk and yogurt.
- Lower fat varieties of cheese e.g. cottage cheese.
- Soya single alternative to cream.
- Vegetable oils e.g. olive, sunflower and spreads made from these.

Chocolate covered digestives
4.4g SAT FAT

- Sweet and savoury biscuits - flavoured, fancy, filled and chocolate coated.

Rich tea biscuits
0.7g SAT FAT

- Plain crackers and biscuits like rich tea, garibaldi.

2 pork sausages
13.8g SAT FAT

- Fatty and processed meats e.g. sausages, tinned meat, visible fat on meat and skin on poultry.

Grilled chicken breast (skin removed)
0.4g SAT FAT

- Lean meat, remove visible fat / skin, meat replacements e.g. soya mince, white or oil-rich fish, beans and pulses.

Chocolate eclair
14.5g SAT FAT

- Cakes, rich desserts and chocolate.

Hot cross bun
0.9g SAT FAT

- Fruit, unsalted nuts, popcorn, (unsweetened / unsalted), hot cross / currant buns, teacakes, scones, low-fat dairy or soya desserts.

Pastry meat pie
13.4g SAT FAT

- Pastry, creamy curries, cream and cheese based pasta sauces, extra cheese and fatty meat toppings on pizzas.

Potato topped meat pie
7.7g SAT FAT

- Potato topped pies, vegetable and tomato sauce based curries and pasta sauces, plain and vegetable topped pizzas.

- **At least 5-a-day:** three portions of vegetables and two portions of fruit daily. Canned, frozen, fresh and dried - all count! A serving is 80g, a handful or 3 tbsp. of fresh, frozen or canned fruit and vegetables and a tablespoon of dried fruit. More details in our **At Least 5-a-Day information sheet** - visit: www.heartuk.org.uk/UCLP.



- **Oil-rich fish:** one to two 140g servings per week e.g. mackerel, salmon, pilchards, sardines, trout. Oil-rich fish contain long-chain omega-3 oils which, as part of a healthy diet and lifestyle, can help maintain a healthy heart.



The UCLP[®] at a Glance

STEP 3 – Four UCLP[®] foods to choose from

The following four foods and drinks, when consumed as part of your healthy diet and lifestyle, contribute to healthy cholesterol levels. Start by choosing one food to add to your heart healthy foundation diet and build up slowly to include more of the UCLP[®] foods.

Which of the following UCLP[®] foods would you like to try first?

SOYA FOODS

Many soya foods are naturally low in saturated fat. Reducing saturated fat, as part of a healthy diet and lifestyle, can help maintain healthy cholesterol levels.

Select one or a combination of the following options to achieve a daily soya score of 4 or more:

- 4 One handful of soya nuts (roasted Edamame beans).
- 4 100g soya mince or chunks (as served).
- 4 85g marinated tofu.
- 3 75g silken hard tofu.
- 3 One soya burger.
- 2 One large (250ml) glass soya alternative to milk.
- 2 200g serving of simply plain or plain with almond or vanilla alternative to yogurt.
- 2 3-4 tablespoons (85g) fresh or frozen young soya beans (Edamame).
- 2 One soya sausage.
- 1 125g soya custard.
- 1 125g pot soya dessert: chocolate, caramel, vanilla.
- 1 125g pot soya alternative to fruit yogurt.



NUTS including peanuts – UNSALTED / UNSWEETENED



ONE handful (30-35g) every day of any of the following: almonds, pistachios, walnuts, pecans, cashews and peanuts. Have as a snack or as part of a meal. Nuts are a great source of unsaturated fats. Replacing foods high in saturated fat with foods high in unsaturated fat, as part of a healthy diet and lifestyle, has been shown to lower cholesterol levels.

Oat and Barley Beta-Glucans

Oats and barley contain a specific type of soluble fibre called beta-glucan, that, as part of a healthy diet and lifestyle, has been proven to help lower cholesterol levels.

Beta-glucans

Any TWO to THREE of the following daily:

- A bowl of porridge (25g or 3 tbsp oats) or a serving of oat-based breakfast cereals e.g. Oatibix, Mornflakes*.
- 3 plain oatcakes.
- 2 slices Hovis[®] Hearty Oats[™] or other oaty breads*.
- 2 tablespoons oatbran – sprinkled over cereals, soups, stews and yogurts.
- 75g cooked pearl barley.



*Check the food label: one serving should provide at least 1g beta-glucans

Foods fortified with PLANT STEROLS / STANOLS*

Plant sterols / stanols help reduce the amount of cholesterol our body absorbs. Include ANY ONE of the following options daily - ALWAYS WITH A MEAL:

- ONE mini-drink (65-100g bottle) - milk, yogurt or dairy-free varieties - fortified with sterols / stanols.



OR

TWO to THREE servings daily of ANY combination of the following products fortified with sterols / stanols:

- 2 tsp (10g-12g) margarine / spread.
- 1 (120g) pot yogurt.
- 1 (250ml) glass milk.



OTHER SOLUBLE FIBRE SOURCES

Other wholegrain 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 tbsp cooked brown rice / pasta.



Beans or pulses

One 80-100g serving (cooked weight): Baked beans, haricot beans, chick peas, lentils, dhal, kidney beans, Cannellini beans etc.

* NOTE: Sterol / stanol containing products

• Should only be used for those needing to lower their blood cholesterol • Daily intake of sterols / stanols should not exceed 3g • Should be used as part of a diet, which includes plenty of fruit and vegetables to help maintain carotenoid levels • Are not appropriate for pregnant and breastfeeding women and children under the age of five years unless advised by a health professional.