Salford Heart Care

THE "PULSE" NEWSLETTER

February 2019

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

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

The Queen's Award for Voluntary Service

Salford Heart Care Committee:
J. Collins – Chair, A. Rowe – Treasurer,
G. McKay – Secretary, V. Bailey – Director,
V. Clifford – Director, B. Walker – Director,
J. Clough – Director, J. Chubb – Director,
S. Rice – Coordinator
Registered charity no: 1136710
Registered company no: 7204528

Happy New Year!

We would like to wish you all a very Happy and Healthy New Year. Thank you to everyone involved in organising our Christmas parties.

We wish to acknowledge donations received from the following members (rather than sending Christmas cards): Fred Gorvett, Hilda Anderson, Kath Hardman, Betty Hibbert, Val Hawes, Teresa Saunders, Rita Bannister, Christine Hudson and Maureen Chapman. David Royle has donated £40 from candle sales. We would like to thank Pat Massey for making a beautiful Christmas cake for the Raffle at Irlam. Thank you to the following local businesses for donating raffle prizes:

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

The Great Christmas Get Together

Thank you to Forever Manchester who donated £200 towards our Christmas Parties at Eccles and Irlam.

Where We Meet

Eccles Healthy Heart Club

Patricroft URC Hall
Shakespeare Crescent M30 0PE
Tuesdays 10 am - 12 noon
with NEW Chair Yoga sessions

➔ Closed Tuesday 5th March (trip day)
➔ Closed Tuesday 2nd April (trip day)
➔ Closed Tue 28th May (dance week)

~

Little Hulton Healthy Heart Club

St. Paul's Peel Community Hall
Manchester Road Little Hulton M38 9EG
Fortnightly Wednesdays
10:30am – 12:30pm

➔ 13th & 27th February
➔ 13th & 27th March
➔ 10th & 24th April
➔ 8th & 22nd May

~

Irlam & Cadishead Healthy Heart Club

Irlam Steel Club
Liverpool Rd M44 6AJ
Wednesdays & Fridays 9:30am – 12pm
with NEW Chair Yoga sessions

➔ Closed Friday 19th April (Good Friday)

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Bereavement Support Group

Cadishead Band Room
Locklands Lane Irlam M44 6RB
Fortnightly Tuesdays 10 am–12 noon

➔ 5th & 19th February
➔ 5th & 19th March
➔ 2nd, 16th & 30th April
➔ 14th & 28th May

OUR DAY TRIPS …..

Departing Eccles & Little Hulton:

Tiffany's Blackpool

Tuesday 5th March - £24

Includes lunch & entertainment

Calf's Head & Boundary Mill

Tuesday 2nd April - £24

Includes 2 course lunch

See Dot & Mavis for more details

Irlam & Cadishead Trips & Events:

Oswaldtwistle Mills "Funday"

Thursday 7th February – full

Boundary Mill & Olympus Bolton

Thursday 7th March - full

NEW! Freeport, Fleetwood & The Lindum Hotel, Lytham

Thursday 28th March - £20

Shopping followed by 3-course lunch

See Serena & Betty for more details

Lots more new trips coming soon!

Indian Head Massage & Reiki at Salford Heart Care

Have you ever tried Reiki or Indian Head Massage? *If not, why not?*

Do you think it's not for you or are you worried that you can't have it because of your health condition or medication? – This is very unlikely.

If you would like to know more please speak to Julia – our holistic therapist at Eccles and Irlam. Here are some of the benefits of holistic therapies:

- lower blood pressure
- reduce effects of stress and tension
- relax tight muscles
- improve sleep
- increase circulation
- improve immune system

**Head Massage/Reiki is done over clothing.*

Fundraising for Salford Heart Care: Yorkshire Three Peaks Challenge

On Saturday 6th July 2019, Serena Rice along with husband Stephen, brother-in-law Paul Wilson, and friends Claire Mather, Karen & Dave Burrows, and Des Boyd will be taking part in the BHF's Yorkshire Three Peaks Challenge. This involves **Hiking 24 miles and climbing over 5,000 feet**, tackling Pen Y Ghent, Whernside and Ingleborough! They will be raising money for Salford Heart Care.

Please show your support by sponsoring them. You can do this at the clubs using our sponsor form, or via:https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=salfordheartcare&pageUrl=4

We really appreciate all your support and thank you for any donations.

New Guide: "Health & Wellbeing Practical Information for Independent Living"

Download Salford City Council's new guide: *'Health and Wellbeing – Practical Information for Independent Living'*. The guide is for you if everyday tasks are becoming more difficult. It is about support & services that are in your community. As well as family & neighbours, many groups & organisations in Salford can help you stay independent & well. The guide has details of these organisations and how to contact them.

https://www.salford.gov.uk/media/393248/winter-welfare-2018-booklet.pdf

NOTICE: Dorothy Butt from Eccles passed away in January 2019 aged 89 years. Her funeral takes place on Thursday 24th January 1:40pm at Peel Green Crematorium. Dorothy will be missed by all her friends at Eccles Healthy Heart Club. Our sincere condolences go to her family and friends at this sad time.

The Ultimate Cholesterol Lowering Plan©

A healthy cholesterol level helps to keep our hearts healthy. The Ultimate Cholesterol Lowering Plan 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 – Building Strong Foundations

- **Cut Down on <u>Saturated Fat</u>** - too much saturated fat will increase our cholesterol levels. It's important to cut down as much as possible. Here are 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 eg. 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 (sausage 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 and trout). Oil-rich fish contain long chain omega-3 oils which can help maintain a healthy heart.

STEP 2 – 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 marinaded 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 & 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.

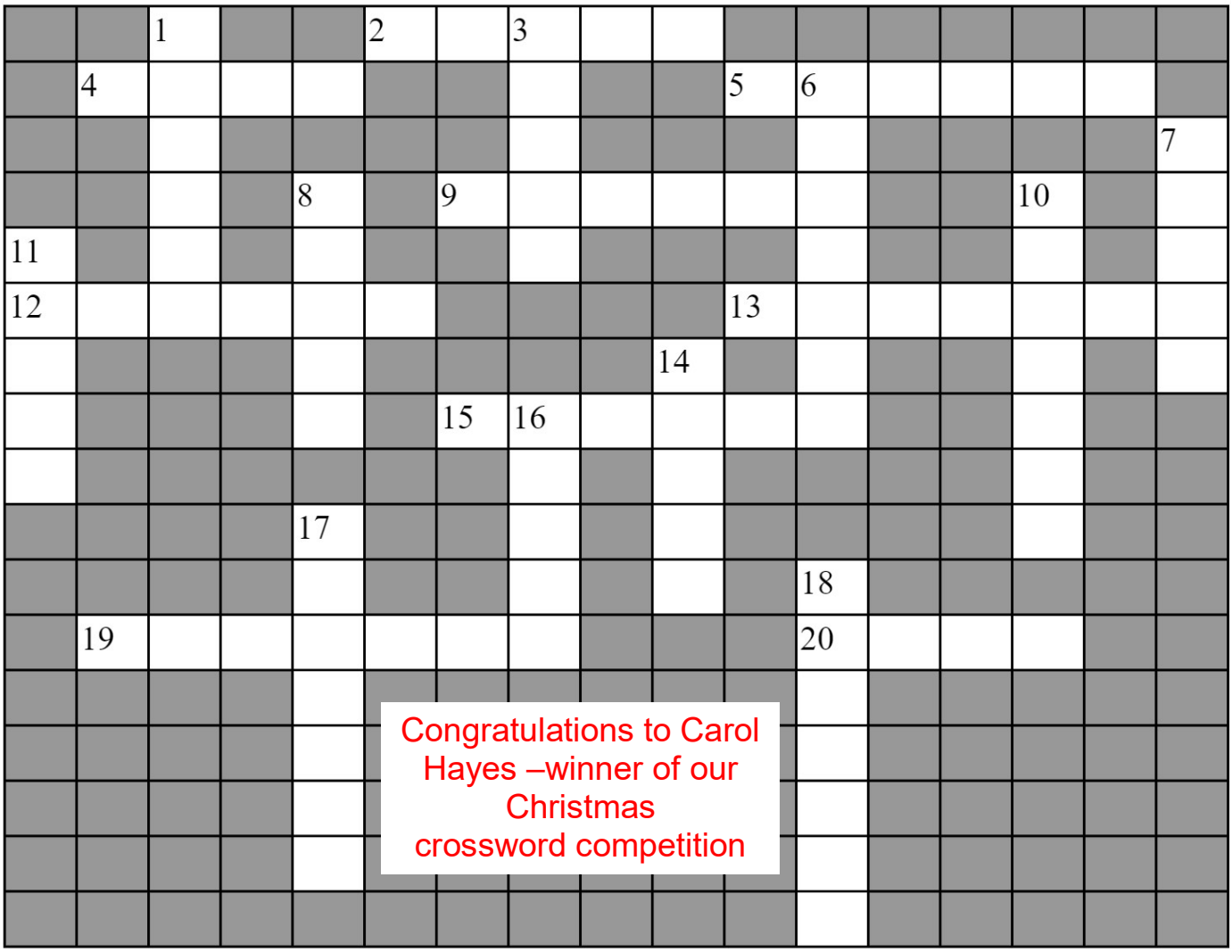
SOLUBLE FIBRE

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.

Brendan's February Crossword Competition

All correct entries received by **Friday 22nd February** will be entered into the prize draw with the chance to **win a £5 gift voucher**. Return completed crosswords to Serena or one of our volunteers at the club. ***Please include your name.***



Congratulations to Carol Hayes –winner of our Christmas crossword competition

ACROSS

2. Watch over, protect from harm (5)
4. After the due time (4)
5. Record of events (6)
9. Walk on the balls of your feet (6)
12. Tree bearing pink or white blossom and juicy fruits (6)
13. Interval of relief (7)
15. Song of grief (6)
19. Fatty substance occurring in Sheep's wool (7)
20. Buddy, pal (4)

DOWN

1. Building for a car (6)
3. Stay clear of (5)
6. Heating coil of a kettle (4)
7. Nude (5)
8. Deserve, earn (5)
10. Obvious, clear (7)
11. Atlantic or Pacific for instance (5)
14. Reddish hair dye (5)
16. Crime of burning property (5)
17. Footwear holder (7)
18. Scamper (7)

Answers for December Crossword: **Across:** 5. Mulled, 7. Coal, 8. Paris, 9. Wizzard, 11. Carpenter, 13. Stocking, 14. Elves, 16. Hogmany, 18. Gift, 19. Noel, 20. Nevada, 21. Boxing Day, 22. Beard. **Down:** 1. Balthazar, 2. Reindeer, 3. Yule-tide, 4. Mexico, 6. Chimney, 7. Carols, 10. Decorations, 12. North Pole, 13. Snowflake, 15. Seven, 17. Narnia.

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