



Salford Heart Care

"The Pulse" Newsletter

July 2016



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



**The Queen's Award
for Voluntary Service**

Announcements



It is with regret and sadness that we announce the death of one of our most long standing members, **George Chapman** (pictured above with his wife **Maureen**). George regularly attended our club at Eccles. He passed away peacefully at Abbydale Nursing Home on 15th June aged 85. His funeral took place on Thursday 30th June at St Mary Magdalene's Church.

Our thoughts are with Maureen and her family at this very sad time.

We also announce the death of **Carole Edwards** who attended our club at Eccles during 2014-2015. She passed away last month aged 70.

Our thoughts are with Carole's family.

Salford Heart Care

Evening Presentation with Dr Fitchet

Patron of SHC & Cardiologist, SRFT

Wednesday 13th July, 7pm

Patricroft URC, Franklin Street M30 0QZ

Light refreshments provided. All welcome.

Confirm your attendance: Tel 0161 707 7402

Email: admin@salfordheartcare.co.uk

Little Hulton

Healthy Heart Club - Update

Please note that the entrance charge for Little Hulton Healthy Heart Club has been reviewed – for simplicity, a flat rate of **£2.00** entrance per person now applies and this includes a raffle ticket and refreshments (the charge has not increased).

Funding from Coalfields Regeneration Trust ends next month. The Committee are looking at potential new funding sources to help support the future of the club.

♥ Last month we received a donation of £200 from **RS Brownless Charitable Trust** to support activities at our branches!

We would like to thank the Trust for supporting us.



Salford Heart Care's "Golden Oldies" Fundraising Night

**50's, 60's & 70's Music
with "Golden Oldies" DJ Sinclair**

Thursday 29th September

**7.30pm at De La Salle Sports & Social Club
(off Lancaster Road, Salford)**

Tickets: £7.00

includes Hot Pot Supper

Plus raffle & dancing

**See Jim Collins or Serena Rice
for tickets or call 0161 707 7402**

New Dementia app to help people in Salford living with the disease

A NEW app is set to help thousands of people with dementia and their carers navigate their way around Salford.

The **Salford Way dementia app** has been designed by Salford CVS to provide a guide to shops, services and businesses in the city that are dementia-friendly.

The app is accessible on IOS (Apple) and android platforms and can be downloaded for free by people with dementia, their carers, friends and family to know which organisations within Salford welcome people with dementia and have an understanding of the disease.

Lesmond Taylor, from Salford CVS, who is leading the development on the Salford Way dementia app, said: "More than 2,250 people are living with dementia across Salford and this app will help those people, along with their carers and extended family and friends to find dementia-friendly services from bars and restaurants, to medical and health services, transport and much more.

The app has been funded by NHS Salford Clinical Commissioning Group's (CCG) innovation fund.



Jane Hamilton

**Salford Heart Care's
Resident Consultant
Psychotherapist
& Hypnotherapist**

BACP Member: 514718

- Hypnotherapy - Psychotherapy -
Cardiac Therapist – Stress Management –
Relaxation -
Corporate, Community Groups & One to one
Guide price £60-£70 per session
27 Years' Experience
Enquiries: 0776 203 2077



SOCIAL OCCASIONS

Trips departing from Eccles & Little Hulton:

Llandudno – coach only - full
Tuesday 12th July - £13 per person

29th Anniversary Trip: The Millstones

Tuesday 9th August - £27 per person
*Includes morning tea/coffee & biscuits, 3 course
lunch & afternoon entertainment*

**This trip is subsidised because it's our
Anniversary*

Carnforth & Kendal - full

Tuesday 20th September - £24 per person
*Includes 2 course lunch in Carnforth and on to Kendal
for the afternoon*

See Dot or Mavis for more details



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: linnyslawgarden@btconnect.com

Proud sponsors of Salford Heart Care

Trips Departing from Irlam & Cadishead

Chester Meal & Boat Cruise

Thursday 21st July - full

Thursday 8th September

£20 per person (£25 non-members)

*Includes coach & canal cruise with 4-course
meal. Short stop at the garden centre in the
morning, and Chester in the afternoon*

Llangollen &

The Bryn Howel Hotel -full

Thursday 11th August 2016

£20 per person (£25 non-members)*

*Includes return coach to Llangollen with time to
browse the shops or stroll along the riverside,
then onto the Hotel for a 2-course carvery lunch*

*Returning again this year due to
popular demand.....*

**Christmas at The Rivington Barn
with The Houghton Weavers**

Thursday 17th November

**£25 per person (members)*
£28 non-members**

*Includes coach, 3 course Christmas meal
& afternoon entertainment*

See Serena or Betty - payment in full

Coming up later in the year (departing Irlam):

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

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



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

Salford Heart Care members get **5% discount**
(excludes items on promotion or special offer).

*Congratulations to our June Crossword Competition
winner: Ann Bate from Cadishead.*

*You could win £5 voucher by completing this month's
crossword on page 6.*

Pension Credit

If you're on a low income, pension credit can boost the amount of state pension you receive. Yet many people don't realise they're missing out on cash they're entitled to.

Pension credit is an income-related benefit. It's an extra payment that guarantees most people over 62 a minimum income. According to the Government, around four million people are entitled to pension credit but a third of those fail to claim it. Even if you find out you're only entitled to a small amount of pension credit, it's still worth claiming it as it can enable you to qualify for other benefits and help with council tax.

How much can I get?

Pension credit comes in two parts. The first part is a guaranteed top up for all. How much you'll get for the second part will depend on how much you have in savings.

Guarantee credit

- ♥ For single pensioners with a weekly income (including pension) below £155.60, pension credit will top you up to £155.60.
- ♥ If you have a partner and your joint weekly income is below £237.55, it'll top you up to £237.55.

When you apply for guarantee credit, the Government looks at all of your income. This includes both your basic and additional state pension, any income from other pensions, income from any jobs you have and any savings above £10,000.

Savings credit (for those 65 and over)

The savings credit is a reward for those with a modest income who have saved for retirement. After all, if saving means you end up with little more than those who don't save, it'd discourage people from providing for themselves.

- ♥ Most people who reach state pension age on or after 6 April 2016 won't be eligible for savings credit. But you can continue to get it if you're in a couple and one of you reached state pension age before 6 April 2016, or you were getting savings credit up to 6 April 2016. If you stop being eligible for savings credit for any reason from 6 April 2016, you won't be able to get it again.
- ♥ To qualify you have to have a minimum income of £133.82 a week if you're single, and £212.97 a week if you're in a couple.
- ♥ The way it's calculated works like this: for every £1 by which your income exceeds the

savings credit threshold (£133.82 for a single person and £212.97 for a couple), you'd get 60p of savings credit. The maximum you can get per week is £13.07 for a single person and £14.75 for couples.

To qualify for guarantee credit:

- ♥ You or your partner must have reached pension credit qualifying age. This is the same as the state pension age for women - around 63 in April 2016. It will keep gradually increasing until reaching 66 in 2020.

To qualify for extra savings credit:

- ♥ You or your partner must turn 65 on or before 6 April 2016. You can still apply for savings credit after 6 April 2016 if you reached State Pension age before that date.
- ♥ You're treated as partners if you live with your husband, wife or partner. You don't have to be married or in a civil partnership.

To find out more, or to see if you qualify, call the Pension Service on 0800 99 1234.

The Pension Service will complete the application form for you. You'll need:

- Your national insurance number
- Information about your income, savings and investments
- Your bank account details
- The earliest you can start your application is four months before you reach pension credit qualifying age.
- You can claim any time after you reach Pension Credit qualifying age, but your claim can only be backdated for three months.

Eating more wholegrains linked with lower risk of death from heart and circulatory disease

The American Heart Association (AHA) has reviewed 12 studies into the association between a diet rich in wholegrain with lower risk of death from heart and circulatory disease and cancer.

The results showed that eating at least 3 portions of wholegrain a day was associated with a lower risk of death from heart and circulatory disease and cancer.

Wholegrains are a great way of increasing the level of fibre in our diets.

- ♥ Choosing brown rice, whole-wheat pasta, wholemeal or granary bread instead of white and swapping to wholegrain breakfast cereals like porridge are all simple ways to help us up our fibre and wholegrain intake.

Admiral Nurses: National Dementia Helpline

Experienced Admiral Nurses can give you specialist advice about dementia and counselling when things are difficult. Earlier this year they extended the opening hours of their **Admiral Nursing Direct helpline** and employed more nurses so they could be there for more families when they needed them.

Telephone: **0800 888 6678**
or email **direct@dementiauk.org**

Opening hours:

- ♥ Monday/Tuesday/Friday/Saturday/Sunday
9:00am – 5:00pm
- ♥ Wednesday/Thursday
9:00am – 5:00pm, 6:00pm – 9:00pm

Healthy Recipe

"Sardines & Pasta"

For all you disbelievers and avoiders of oily fish this recipe is surprising delicious. The hardest step in this recipe is filleting the fish, so ask your fishmonger to do it for you or if you prefer you can substitute with smoked mackerel or canned sardines.

Ingredients (Serves 2)

- ♥ 1-2 tbsp olive oil
- ♥ 1 onion, finely chopped
- ♥ 3 fresh sardines, cleaned, scaled, filleted & cut into bite sized chunks (or a can of sardines, or 2-3 smoked fillets of mackerel skin removed)
- ♥ 2 tbsp tomato puree
- ♥ 1 roasted red pepper – roughly sliced
- ♥ 1 tbsp currants
- ♥ 1 tbsp sun dried tomato puree
- ♥ ½ bag pasta (wholemeal preferably)
- ♥ 1 tablespoon toasted pine nuts
- ♥ Fennel fronds

Method

1. Using a large frying pan, cook the onion in the olive oil for a few minutes until softened.
2. Add the sardine pieces, tomato and a ladle of water. Stir and cook gently for a few minutes.
3. Add the toasted pine nuts, currants and red pepper. Cook for a further 10-15 minutes.
4. Meanwhile, cook the pasta in boiling water until tender but still firm (al dente).
5. Add the cooked pasta to the sardine mix, season, stir and dish up in warm bowls garnished with fennel.

*Serve with fresh or Italian bread
and a green side salad.*

POETRY CORNER

"Kindness"

Guard well within yourself that
treasure, kindness.

Know how to give without hesitation,
how to lose without regret,
how to acquire without meanness.

George Sand (French writer 1804-1976)

.....

"Ionian Jewel"

Corfu, Corfu,
oh how I love you.
Your crystal clear waters.
Your lush green mountains.
Your pretty water fountains.

Olive trees, cypress trees
sway gently in the breeze;
fragrancing the warm air
of this island so fair.
Aromatic wild herbs abound
just waiting to be found.

Pretty villages sleep in the hills
where many a happy canary trills.
Hidden from the tourist's view
in oldern times the enemy too.
The narrow streets when laid
were not meant for cars to invade.

A jewel in the Ionian Sea
Inspiration you are to me;
with brilliant sunsets to behold,
the beauty of which must be told.
Beautiful days, beautiful nights
Both have their wondrous sights.

J. Nugent



OUR HEALTHY HEART CLUBS July-September 2016

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

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

Highlights.....

- Tuesday 12th & 26th July, 9th & 23rd August, 6th & 20th September - Tai Chi sessions
- Tuesday 5th & 26th July, 9th, 16th & 30th August, 6th & 27th September - Relaxation
- Tuesday 5th & 19th July, 2nd, 16th & 30th August, 13th & 27th September
- Cardiac exercise with Maureen

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 & bingo (50p), weight management support, books & bric a brac stall, & regular social trips

Weaste/Claremont Healthy Heart Club

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



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

Fortnightly on Wednesdays 10:30 am - 12.30 pm

- Wednesday 13th & 27th July
- Wednesday 10th August
- Wednesday 7th September
- Wednesday 21st September - Energy Advice presentation
- **No group on Wednesday 24th August - hall closed for maintenance**

Currently
Supported by:



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 Rd. Irlam Every Wednesday & Friday 10 am - 12 noon

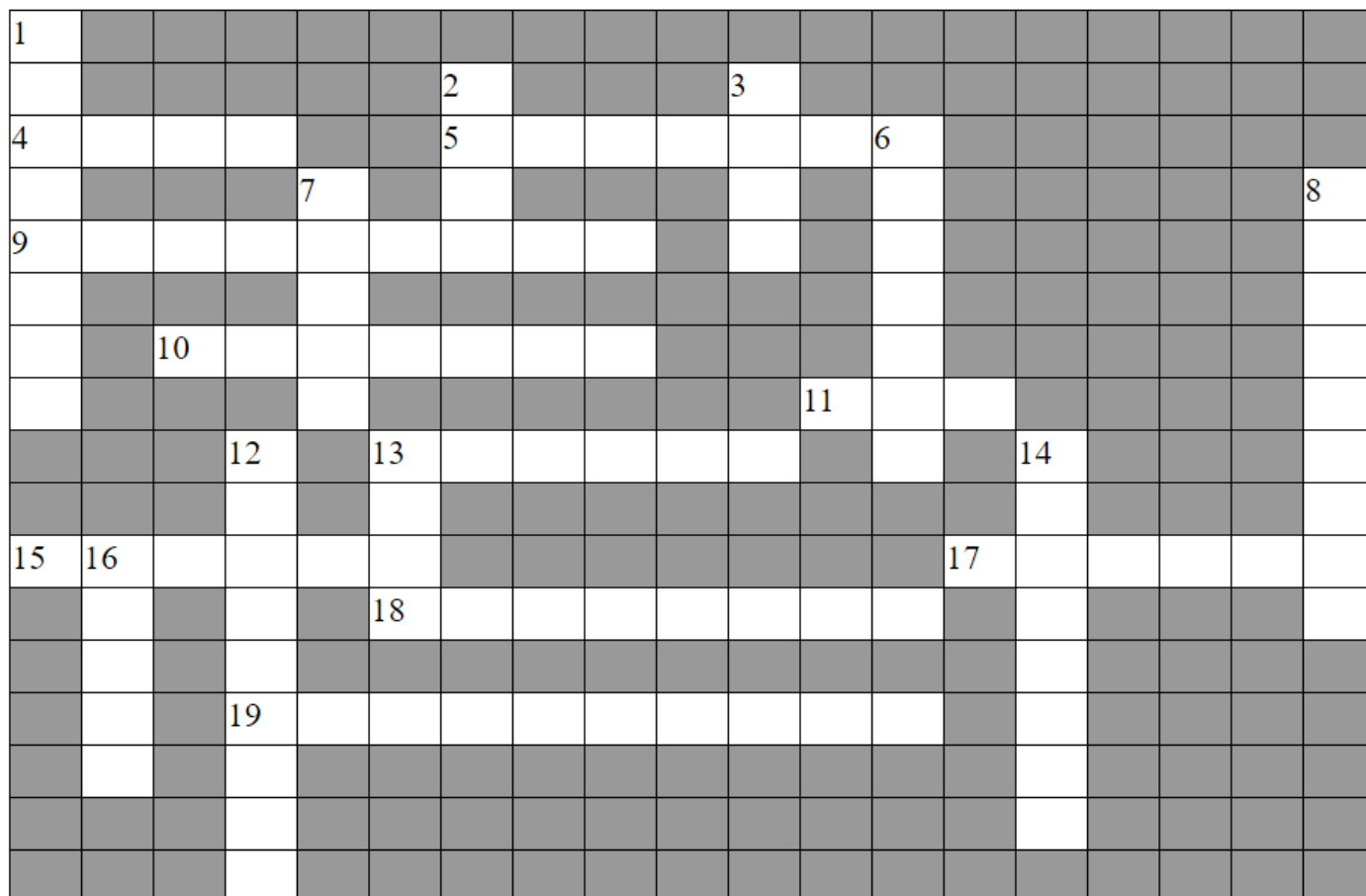
Highlights.....

- Friday 1st July, 5th & 26th August, 9th & 23rd September - Relaxation sessions

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 July - Themed Crossword*

All correct entries received by **Friday 22nd July** 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

4. July birthstone (4)
5. National Day of the Isle of Man (7)
9. On 1 July 2007, England introduced a new law to make virtually all enclosed public places and workplaces in England what? (5,4)
10. Seasonal small, yellow/orange fruit with a stone (7)
11. Animal at 3 down
13. July zodiac sign (6)
15. "Dominion Day" is associated with this country (6)
17. Correctional facility associated with 18 across (6)
18. "___ Day" - French national holiday to mark the beginning of the French Revolution (8)
19. Location of the German F1 Grand Prix (10)

DOWN

1. July flower (8)
2. Sirius is the name given to this large, bright what? (4)
3. This is missing from the Manx feline (4)
6. Capital of 5 across (7)
7. First name of the founder of the Ford Motor Company born July 30, 1863 (5)
8. Author of the best-selling book series in history (1,1,7)
12. System of racial segregation in South Africa from 1948 to 1994 (9)
13. Symbol for 13 across (4)
14. This "great ship" sank in July 1545 (4,4)
16. Fruit associated with St. Swithun's Day (5)

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virginmoneygiving.com or post: **Salford Heart Care, c/o Patricroft URC, Franklin St, Eccles M30 0QZ**
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