



Salford Heart Care

THE "PULSE" NEWSLETTER

July 2019



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

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Fundraiser: Yorkshire Three Peaks Challenge

Well the time has finally arrived!..... This month, on Saturday 6th July, Serena Rice along with 7 family members & friends will be taking part in the Yorkshire Three Peaks Challenge.

This involves hiking 24 miles and climbing over 5,000 feet, tackling Pen Y Ghent, Wharfedale and Ingleborough! The group are raising money for Salford Heart Care. Please show your support by sponsoring them.

You can donate at the clubs using our sponsor form, or online via: <https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=salfordheartcare&pageUrl=4>

We really appreciate your support & thank you for donating.

Proudly supported by Salford Car & Van Hire

www.salfordvanhire.com

Tel: 0161 833 0771

We would like to thank Salford Car & Van Hire for supporting us during this event.

Where We Meet

St. Luke's Community Hall

Swinton Park Road M6 7WR

Every Monday 1.30pm-2.30pm
(Except Bank Holidays)

Eccles Healthy Heart Club

Patricroft URC Hall

Shakespeare Crescent M30 0PE

Tuesdays 10am - 12 noon

- Closed Tue 9th July (trip day)
- Closed Tue 6th August (trip day)
- Closed Tue 3rd September (trip day)

Little Hulton Healthy Heart Club

St. Paul's Peel Community Hall

Manchester Road Little Hulton M38 9EG

Fortnightly Wednesdays

10:30am – 12:30pm

- Wed 3rd, 17th & 31st July
- Wednesday 14th August
- **Closed Wed 28th August**
- Wednesday 11th & 25th September



Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Rd M44 6AJ

Wednesdays & Fridays 9:30am – 12pm

Bereavement Support Group

Cadishead Band Room

Locklands Lane Irlam M44 6RB

Fortnightly Tuesdays 10am – 12 noon

- 9th & 23rd July
- 6th & 20th August
- 3rd & 17th September



SALFORD
CAR HIRE

Fleet Logistic
Solutions

50th
1965
2015
Anniversary

Throughout
the UK

SALFORD
VAN HIRE



OUR DAY TRIPS & EVENTS

Departing from

Eccles & Little Hulton:

Liverpool & Mersey Boat Trip

Tuesday 9th July - full

Blackpool Anniversary Special!

Tiffany's & Blackpool Ice Show

Tuesday 6th August - full

Trentham Gardens & Village

Tuesday 3rd September - full

The Talbot Hotel Southport

Tuesday 1st October - £24

3 course lunch & entertainment

Christmas Party Afternoon at Ryecroft Hall

Tuesday 10th December - £32

*3 course festive lunch &
entertainment*

See Dot & Mavis for more details

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### Announcement: David Royse



It is with great sympathy that we announce the death of our member, **David Royse** from Walkden, aged **75 years**.

David attended our clubs at Walkden and Little Hulton

with his wife, Diane, for many years. Sadly, David passed away in hospital on 1<sup>st</sup> June 2019.

We wish to thank David's family and friends for their kind donation to Salford Heart Care in his memory.

*We send our deepest sympathy to  
David's family & friends.*

### Day Trips & Events in

#### Irlam & Cadishead:

#### Southport – Coach Only

Thursday 11<sup>th</sup> July - full

#### Bakewell (Market Day) Coach Only

Monday 22<sup>nd</sup> July -full

#### Shrewsbury Coach Only

Thursday 1<sup>st</sup> August -full

#### Windermere Coach Only

Thursday 8<sup>th</sup> August £8 (members)

#### Settle Market & The Calf's Head

Tuesday 3<sup>rd</sup> Sept £20 (members)

*Includes 3 course carvery lunch*

#### Chester & The Mill Hotel Boat Trip

Thursday 26<sup>th</sup> Sept £28 (members)

*Includes garden centre stop, 4 course meal on the boat & time in Chester*

#### Halloween at The Hanging Gate

Monday 28<sup>th</sup> October £20 (members)

*Includes 3 course meal &  
Halloween themed entertainment*

#### Christmas at Rivington Barn

Monday 25<sup>th</sup> November - full

See Serena & Betty for more details

*\*Please remember booking cards\**

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Announcement: Nora Kelso

It is with great sympathy that we announce the death of Nora Kelso from Eccles, aged **88 years**.

Nora attended our club at Eccles for many years with her friends. She passed away at home on 18th May 2019.

*We send our deepest sympathy to
Nora's family & friends.*

Ultra-Processed Foods Linked To CVD & Early Death

People who frequently eat more heavily processed foods are more likely to develop heart or circulatory disease, and to die, than those who eat less, according to new research.

Unprocessed or minimally processed foods	Fruit, vegetables, eggs, meat & grains
Processed culinary ingredients	Sugar, salt, butter, lard, oils, vinegar
Processed foods	Freshly made bread, tinned fruits & vegetables, salted nuts, ham, bacon, tinned fish & cheese
Ultra-processed	Ice cream, ham, sausages, crisps, mass-produced bread, breakfast cereals, biscuits, carbonated drinks, fruit-flavoured yogurts, instant soups, & some alcoholic drinks like whisky, gin & rum.

- In the Spanish study, people in the group eating the most ultra-processed foods were 62% more likely to have died after an average of 10.4 years than people in the low consumption group.
- In the French study, each 10% increase in the intake of ultra-processed foods was linked to a 12% increase in cases of heart and circulatory disease.

We already recommend people adopt a Mediterranean-style diet, which includes plenty of minimally or unprocessed foods such as fruit, vegetables, fish, nuts and seeds, beans, lentils and wholegrains. This, along with exercising regularly and not smoking, has been shown to be beneficial for lowering risk of heart and circulatory disease.



Stains: Only half of people taking statins reduce their cholesterol effectively

New research from Nottingham University shows that around half of people taking statins do not see their cholesterol drop within two years.

The UK based researchers followed 165,000 people who were prescribed statins between 1990 & 2016. 51% did not see their cholesterol levels fall to the recommended levels within two years of starting their statin.

People who did not see their cholesterol effectively lowered after taking statins were more likely to develop heart and circulatory disease than those who did.

While the findings show that not all people who are prescribed statins manage to lower their cholesterol to the desired levels, it can't tell us why. The researchers were unable to say whether patients who did not reach the desired cholesterol levels were taking their statins as prescribed. It's possible that a higher dose, or a different statin would have worked for them.

Statins are an important & proven treatment for lowering cholesterol & reducing the risk of a potentially fatal heart attack or stroke.

If you have been prescribed statins you should continue to take them regularly, as prescribed. If you have any concerns you should discuss your medication with your GP. There are now other drugs available to help lower cholesterol levels, & it may be that another type of medication will be an effective addition or alternative for you.

Salford Heart Care Committee:

J. Collins – Chair, A. Rowe – Treasurer,
V. Bailey – Director, V. Clifford – Director,
B. Walker – Director, J. Clough – Director,
J. Chubb – Director, S. Rice – Coordinator.

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