



Salford Heart Care

"THE PULSE"

July 2022

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

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Volunteer Celebration Event 2022

We had a lovely afternoon at The Club House last month, celebrating the commitment and ongoing support of our Salford Heart Care volunteers. More than 80 members and volunteers joined us for a delicious 3-course meal, followed by entertainment with live singing from Sheila Diamond, bingo and a raffle (raising £191). We would like to thank our members for their support donating raffle prizes for the event. The event was also supported by Salford CVS as part of their Volunteer Week celebrations, Salford Heart Care and Irlam &

Cadishead Healthy Hearts Social Club. For more photos visit our website:

<http://www.salfordheartcare.co.uk/news/volunteer-celebration-event-june-2022/>



Freda Peeling at our Volunteer Celebration



<http://www.salfordheartcare.co.uk/news/volunteer-celebration-event-june-2022/>

Irlam Live Fundraiser June 2022

We had a really busy Jubilee Celebration Week of fundraising at Irlam & Cadishead Healthy Heart Club last month. We would like to thank all of our volunteers, members and the wider community for supporting us, and the organisers of "Irlam Live": Phil Brookes and Darren Goulden, for allowing us to have a stand at Irlam Live. Everyone involved had a fantastic time and the weather was kind too!

- Our special Jubilee raffle included 2 Irlam Live tickets, wine, champagne & chocolates raised **£209**
- The Club House Jubilee Raffle raised **£265**
- We received donations during Irlam Live totalling **£175**
- Our tombola stall at Irlam Live raised **£461.40** over 4 days

The grand total raised = **£1,110.40** which is amazing!

Thank you to everyone who supported us!



Pat, Sheila & Barbara volunteering on our tombola stall at Irlam Live

Where We Meet

New members always welcome - First visit **FREE**

Simply turn up on the day or give us a call on **0161 707 7402** for more information

St Luke's Salford

St. Luke's Community Hall
Swinton Park Road
Irlams o' th' Height M6 7WR

Mondays 1.30pm - 2.30pm

Closed: Monday 29th August
(bank holiday)

*Chair yoga, bingo, raffle,
day trips & refreshments*

Little Hulton

Healthy Heart Club

St. Paul's Peel Community Hall,
Manchester Road
Little Hulton M38 9EG

Fortnightly Wednesdays
10am – 12pm

- Wednesday 6th & 20th July
- Wednesday 3rd, 17th & 31st August
- Wednesday 14th & 28th September

*Chair yoga, line dancing, reiki, bingo,
weight management, blood pressure &
pulse testing, books & bric a brac stall,
refreshments & day trips*

Eccles Healthy Heart Club

Winton Bowling, Tennis & Social Club
off Grange Road, Winton M30 8JW

Most Tuesdays* 10am - 12 noon

Closed on:

Tuesday 27th September (trip day)

*Chair yoga, reiki, bingo, "Play Your
Cards Right", weight management,
blood pressure & pulse testing, books &
bric a brac stall, refreshments, day trips*

Irlam & Cadishead Healthy Heart Club



Irlam Steel Club

Liverpool Road, Irlam M44 6AJ

Wednesdays & Fridays
9:30am – 12pm

Closed:

Wednesday 14th September (trip day)

*Chair yoga, chair exercise, dancing,
reiki, bingo, "Play Your Cards Right",
weight management, blood pressure &
pulse testing, books & bric a brac stall,
refreshments, day trips & party days*

Bereavement Support Group

Cadishead Band Room
Locklands Lane Irlam M44 6RB

Fortnightly Tuesdays
10am – 12 noon

- Tuesday 12th & 26th July
- Tuesday 9th & 23rd August
- Tuesday 6th & 20th September
- Tuesday 4th & 18th October



*Group discussion with qualified
counsellor, relaxation & raffle*

(Photo right) Anne Sutcliffe, Pauline & Gordon McKay volunteering at our Jubilee Party at Winton Bowling, Tennis & Social Club last month. Thank you also to David Royle for baking a special Jubilee Celebration cake!





Our Events & Day Trips

**Trips departing from
Eccles & Little Hulton:**

**Young at Heart Party Afternoon,
Bedford Hotel, St Annes**

Wednesday 13th July: £40

*glass of fizz on arrival, 3 course lunch
with tea/coffee & entertainment*

Llangollen

Wednesday 10th August: £30

*Short coffee stop then onto
Llangollen, followed by 2-course lunch*

**Fish & Chips Barton Grange Boat
Trip & Scorton Barn**

Tuesday 27th September: £30

*Sail along the canal with fish & chips
for lunch, then onto Scorton Barn*

*See Dot or Mavis for details & to book
*£5 non-refundable deposit required**

Save the date....

**Healthy Heart Club
Christmas Party Days**

- **Eccles (Winton) Healthy Heart Club**
Winton Bowling, Tennis & Social Club:
Tuesday 13th December
Entertainment with "Kevin Kay"
- **Little Hulton Healthy Heart Club**
St Paul's Peel Hall:
Wednesday 14th December
- **Irlam & Cadishead Healthy Heart Club**
Irlam Steel Club:
Friday 16th December
Entertainment with "Sheila Diamond"

Tickets will be on sale soon!

Reminder: £20 & £50 Paper Notes

Old paper £20 & £50 notes will go out of
circulation on **30th September 2022.**

After this date your bank or Post Office
should accept notes as deposits from
customers.

**Trips Departing from
Irlam & Cadishead:**

Bakewell Market

Monday 4th July - FULL

Lytham Market

Thursday 21st July - FULL

**Kettlewell Scarecrow Festival
& Grassington**

Thursday 18th August - FULL

Otley Market & Ilkley

Tuesday 27th September - FULL

**Kirkby Lonsdale Market
& The Calf's Head**

Thursday 6th October - FULL

Includes 2-course carvery lunch

**Tiffany's & Blackpool
Illuminations**

Thursday 3rd November: £25

*4-course Christmas meal &
entertainment followed by a drive
through Blackpool Illuminations
10am pick-up due to late return*

See Pat or Serena for details & to book

In Memory of Dot Taylor

Dot Taylor, from Irlam, passed away peacefully at home on Wednesday 25th May, aged 85. Dot had recently joined our club at Irlam and attended with her daughters, Ann and Janice. Dot had many friends in the local area. Her funeral took place on Friday 24th June at St John's Church and Peel Green Crematorium. Daughters Ann and Janice have chosen to support the work of Irlam & Cadishead Healthy Heart Club in Dot's memory.

*We acknowledge receipt of donations
totaling £127. Thank you to everyone
who donated in Dot's memory.
We send our deepest sympathy to
Dot's family and friends.*

Health News

Daily beetroot juice could help people with common heart condition.

A regular glass of beetroot juice can reduce signs of inflammation in blood vessels that are known to be increased in people with coronary heart disease, according to new research.

Nitric oxide is produced naturally by the body and it's vital for our health. In addition to its role in regulating blood pressure, nitric oxide has important anti-inflammatory effects. However, levels of nitric oxide are lower in people with heart and circulatory conditions as the enzyme that produces it is less active.

Researchers at Queen Mary University of London investigated whether a daily beetroot juice high in inorganic nitrate would increase levels of nitric oxide in a different way, and whether this would impact inflammation.

The team studied 114 healthy volunteers – 78 were given a typhoid vaccine to temporarily increase inflammation in their blood vessels. 36 were given a cream to create a small blister on their skin to look at more localised inflammation. The volunteers drank 140ml beetroot juice every morning for 7 days – half drank juice that was high in nitrate, while the other half drank juice that had the nitrate removed.

In the group given the typhoid vaccine, those that drank the nitrate-rich beetroot juice had higher levels of markers of nitric oxide in their blood, urine, and saliva compared to those that consumed the low nitrate juice. They also had lower circulating levels of a type of white blood cell called the inflammatory monocyte, and the monocytes that remained in their blood became more anti-inflammatory.

The high nitrate juice also appeared to restore the function of the endothelium, the cells that line the inside of all blood

vessels. The endothelium is crucial to keep blood vessels functioning normally, but this is lost in inflammation.

The team found that blisters healed more quickly in the group who drank the nitrate-rich beetroot juice, and the numbers of inflammatory white blood cells in fluid samples taken from their blisters were lower after 3 days.

Researchers believe that the increased levels of nitric oxide helped to speed-up how quickly the volunteers were able to recover from inflammation by switching key immune cells from a state that promotes inflammation to become more anti-inflammatory. They think this could have benefits for people with coronary heart disease, a condition which affects 1 in 30 people in the UK.

Warm Mackerel & Beetroot Salad

Ingredients:

- 450g new potato cut in small chunks
- 3 smoked mackerel fillets, skinned
- 250g pack cooked beetroot
- 100g bag mixed salad leaves
- 2 celery sticks, finely sliced
- 50g walnut pieces

For the dressing

- 6 tbsp good-quality salad dressing
- 2 tsp creamed horseradish sauce

Method:

1. Boil the potatoes for 12-15 minutes until just tender. Meanwhile, flake the mackerel fillets into large pieces and cut the beetroot into bite-size chunks.
2. Drain the potatoes & cool slightly. Mix the salad dressing & horseradish sauce together in a salad bowl & season. Tip in the warm potatoes.
3. Add the salad leaves, mackerel, beetroot, celery & walnuts, & toss gently. Serve with crusty bread.