



Salford Heart Care

"The Pulse" Newsletter

June 2016

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



The Queen's Award
for Voluntary Service

We are pleased to confirm that The Oglesby Trust have awarded our second year grant payment. The funds will continue to support general running costs and administration of Salford Heart Care.



Announcements

It is with regret and sadness that we announce the death of our member, Lesley Shallcross. Lesley attended our clubs at Walkden & Little Hulton. She passed away last month aged 66.

Our thoughts are with Lesley's family at this very sad time.

Defibrillator & First Aid Training

at Little Hulton Healthy Heart Club

St. Paul's Peel Hall

Wednesday 15th June

10:30am until 12:30pm

Salford Heart Care

Evening Presentation with Dr Alan 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

Free Online Course

about rarer forms of Dementia

Dr Tim Shakespeare, an Alzheimer's Research UK Research Fellow at UCL's Institute of Neurology has developed a free 'Massive Open Online Course' – 'The Many Faces of Dementia' which is aimed at anybody with an interest in rarer forms of dementia. It features videos of people affected by rarer forms of dementia sharing their experience, as well as interviews and discussions with leading doctors and researchers. The course is now open and over 14,500 people have already signed up. Sign up at: www.futurelearn.com/courses/faces-of-dementia

Thank you to everyone who supported **Sandra Dickenson's** fundraising evening on Friday 20th May at Irlam Catholic Club in aid of **Genesis** - preventing breast cancer. The event was a great success and tickets sold out very quickly. Our members helped to raise more than £200 in advance of the evening by purchasing tickets and raffle tickets and we had several prize winners on the evening! More than **£2,000** was raised on the night! Well done Sandra and thank you to everyone who supported the evening!



Fuel Debt & Energy Advice

In some areas of Salford fuel poverty affects 25% of households. **Salford Foundation's Fuel Debt and Energy Advice Project** aims to reduce fuel poverty through actions to improve service users' financial situation and increase awareness of low and no-cost energy efficiency measures.



A Salford Foundation Energy Adviser is able to:

- ✓ negotiate payment plans for energy arrears,
- ✓ make charitable fund applications to remove fuel debt
- ✓ advise and assist clients on switching providers in order to maximise household incomes
- ✓ The Energy Adviser may be able to exchange pre-pay gas and electric meters for credit meters, potentially saving a client hundreds of pounds per year.

Funded by The Scottish Power Energy People Trust, the Energy Adviser is able to give one-to-one tailored energy efficiency advice as well as provide a booklet. The booklet is full of energy saving tips, advice and contact details of other local frontline service providers.

Salford Foundation will be visiting our clubs at Eccles (Tues 7th June), Irlam (Fri 10th June) & Little Hulton (Wed 24th September) - look out for them if you would like more information.



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:

Lancaster Canal Cruise & Lunch - full

Tuesday 14th June - £28 per person
1 & ½ hour cruise with tea & coffee, followed by a 2-course lunch. Visiting Barton Grange Garden Centre on the way home.

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*

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



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 May Crossword Competition winner: Gladys Cooper Smith from Irlam. You could win £5 voucher by completing this month's crossword on page 5.

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

Retuning 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.

Study links loneliness & heart disease

There is a link between loneliness and heart disease, according to a new study from the Universities of York, Liverpool and Newcastle published in the journal Heart.



The research showed that loneliness and social isolation was associated with a 29% increased risk of coronary heart disease and a 32% increased risk of having a stroke.

Loneliness has previously been linked to higher blood pressure and depression, and an increased risk of Alzheimer's disease and dementia, but its potential effect on heart disease and stroke risk has remained unclear. Previous research has also shown an association between social isolation and increased risk of dying.

Taking steps to reduce isolation

There are lots of small steps people can take to help them feel less lonely, from volunteering, to joining a book club or taking up a new hobby.

Social isolation is a serious issue that affects many thousands of people across the UK. We know that loneliness, and having few social contacts, can lead to poor lifestyle habits such as smoking which can increase your risk of heart disease and stroke.

It's important for anyone affected by loneliness to remember that they can reach out to their GP for help and advice and also take further steps to improve their wellbeing such as joining a local community group or possibly volunteering in their free time.

Could testosterone explain why men are at increased heart disease risk?

A BHF study suggests a link between testosterone and heart disease, which may explain why men are more at risk of heart disease than women. The discovery offers hope of treatments to reduce that risk.

The researchers have found that the hormone testosterone may be linked to the hardening of blood vessels associated with heart disease. The results, published in the journal *Scientific Reports*, might help explain why men have a greater risk of heart attacks than women of a similar age.

Each year in the UK around 188,000 people visit hospital suffering from a heart attack, which is around one person every three minutes. Around 119,000 of those people are men compared with 69,000 women. Researchers are keen to understand why men are at such increased risk and this study offers a possible explanation.

Bone-like deposits

Scientists at the University of Edinburgh examined the effects of testosterone on blood vessel tissue from mice. They found that the hormone triggers cells from the blood vessels to produce bone-like deposits – a process called calcification.

Calcification causes blood vessels to harden and thicken, which means the heart has to work harder to pump blood around the body. It is strongly linked to increased risk of heart attack and stroke. Calcification can also affect the heart's valves, meaning that the valves cannot open and shut properly and may need to be replaced.

Dr Vicky MacRae, who led the research at the University of Edinburgh said: "Calcification is particularly difficult to treat, as the biological processes behind the disease are similar to those used by our body to make and repair bone. By finding this link between testosterone and calcification we may have discovered a new way of treating this disease and also reducing heart disease."

While the research is at an early stage, and more evidence is needed to conclusively show that testosterone causes increased heart disease risk, men should not be unduly concerned. But it is important for both men and women to adopt the simple lifestyle changes that can help reduce a person's risk of heart disease and stroke.

Healthy Recipe:

Mackerel Pate with Horseradish

Cooked fresh or canned mackerel fillets can be used for this recipe. This pâté makes a tasty sandwich filling, or try it with oatcakes and vegetable sticks for a packed lunch or picnic.

Ingredients (Serves 2)

- ♥ 115g (4oz) cold cooked (skinless) mackerel fillet
- ♥ 3 tbsp low-fat soft cheese (3% fat)
- ♥ 1½ tsp hot horseradish sauce
- ♥ ½ tsp finely grated lemon zest
- ♥ 1 tbsp snipped fresh chives
- ♥ Freshly ground black pepper, to taste

Method

1. Flake mackerel into a bowl.
2. Add soft cheese, horseradish sauce & mash together.
3. Add lemon zest, chives & black pepper; mix well.
4. Serve mackerel pâté with baguette slices, watercress or rocket leaves and lemon wedges alongside.



OUR HEALTHY HEART CLUBS June-August 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 7th June - Energy Support & Advice with Salford Foundation
- Tuesday 14th & 28th June, 12th & 26th July, 9th & 23rd August - Tai Chi sessions
- Tuesday 21st & 28th June, 5th & 26th July, 16th & 30th August - Relaxation
- Tuesday 7th & 21st June, 5th & 19th July, 2nd, 16th & 30th August
- 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 1st June
- **Wednesday 15th June - Defibrillator & CPR (first aid) training**
- Wednesday 29th June
- Wednesday 13th & 27th July
- Wednesday 10th August
- **No group on Wednesday 24th August - hall closed for maintenance**

Charge: £1.50 entrance (includes raffle ticket). Suggested donation of 50p towards refreshments.

Activities: Line dancing, Reiki therapies (£1 charge), Tai Chi for Health, relaxation, indoor games, & social trips

Currently
Supported by:



the coalfields
regeneration trust

Irlam & Cadishead Healthy Heart Club, Irlam Steel Club Liverpool Rd. Irlam Every Wednesday & Friday 10 am - 12 noon

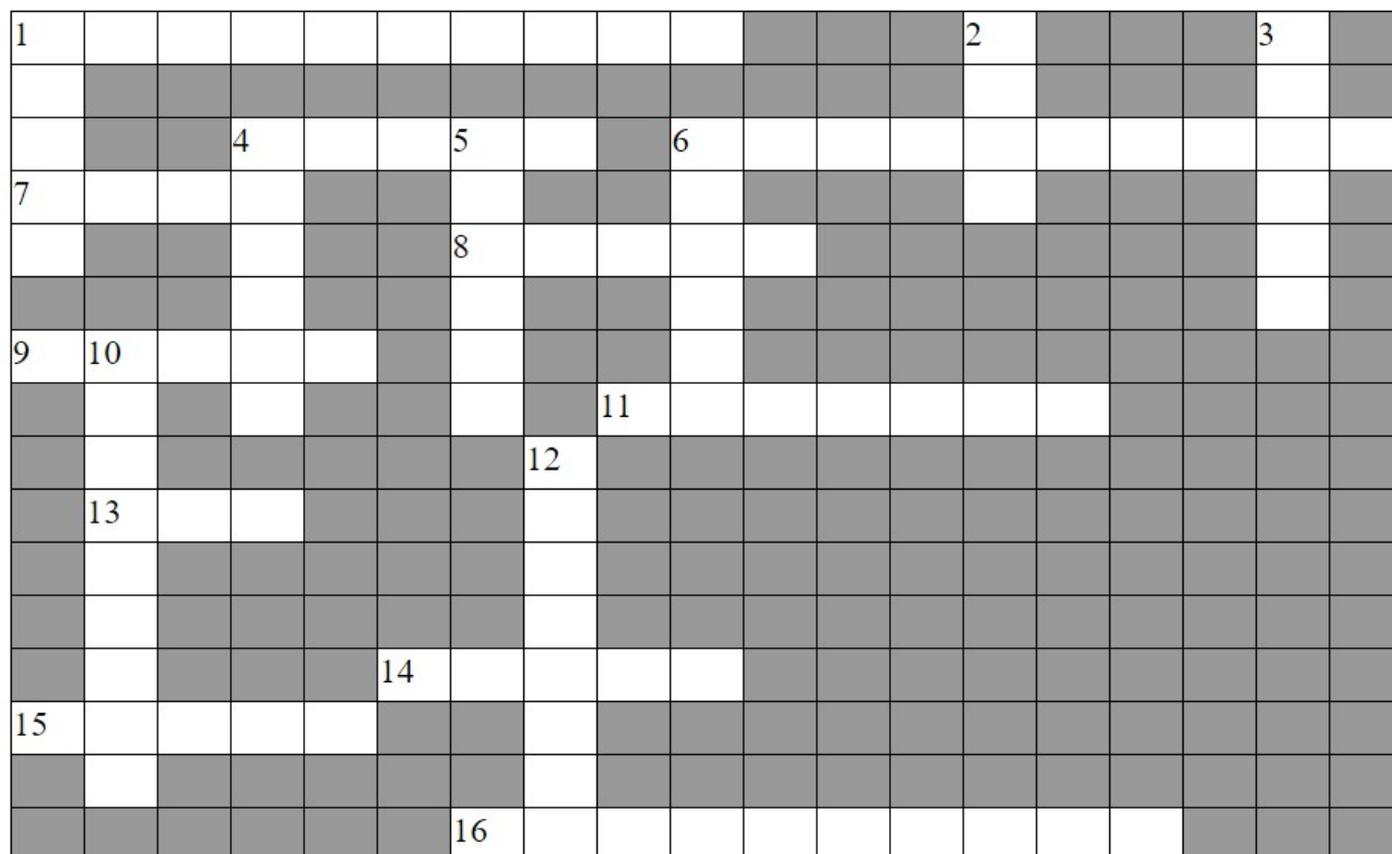
Highlights.....

- Friday 3rd & 24th June, 1st July, 5th & 26th August - Relaxation sessions
- Friday 10th June - Energy Support & Advice with Salford Foundation

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 June - Themed Crossword*

All correct entries received by **Friday 24th June** 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

1. Birthplace of Charles Dicken's, died in June 1870 (10)
4. "___ Expectations" associated with 1 across? (5)
6. Country hosting the Formula 1 Grand Prix at Baku (10)
7. June flower (4)
8. Largest city in Africa (5)
9. Symbol for 4 down (5)
11. Observed by Muslims as a month of fasting to commemorate the first revelation of the Quran to Muhammad according to Islamic belief (7)
13. Most common Father's Day gift (3)
14. The patron saint of fishermen (5)
15. Another name for a priest or ancient religious leader (5)
16. Winners of the first European Cup final that took place on 13 June 1956? (4,6)

DOWN

1. June's birthstone (5)
2. London Metro system (4)
3. Host country of the UEFA Euro 2016 (6)
4. Zodiac sign for June (6)
5. The 8th June is "World Ocean Day".....what is the smallest ocean? (6)
6. Continent with 54 countries (6)
10. County where you will find Stonehenge (9)
12. "Summer ___" - term given to the longest day (8)

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