



Salford Heart Care



"THE PULSE"

June 2022



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

Tel: 0161 707 7402

email: admin@salfordheartcare.co.uk www.salfordheartcare.co.uk

Where We Meet

St Luke's Salford

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

Mondays 1.30pm - 2.30pm

*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 8th & 22nd June

→ 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 14th June (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 on:

**Wednesday 1st June & Friday 3rd June
(Jubilee Party Day & Bank Holiday)**

*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 day*

Bereavement Support Group

Cadishead Band Room
Locklands Lane Irlam M44 6RB

**Fortnightly Tuesdays
10am – 12 noon**

→ Tuesday 14th & 28th June

→ Tuesday 12th & 26th July

→ Tuesday 9th & 23rd August

→ Tuesday 6th & 20th September

*Group discussion with qualified
counsellor, relaxation & raffle*



New members welcome - First visit FREE

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



Our Events & Day Trips

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

Tuesday 14th June: £40

*2-course meal at The Inn on The Lake,
then a 1-hour boat trip on the Lake*

**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**

**Trips Departing from
Irlam & Cadishead:**

**Grange Over Sands
& Ulverston Market**

Thursday 16th June - FULL

Conwy & Llandudno

Thursday 30th June - FULL

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

**Jubilee Celebration at Eccles
Healthy Heart Club**

**Winton Bowling,
Tennis & Social Club**

Brookside (off Grange Road),
Winton M30 8JW

on:

**Tuesday 7th June
10-2pm**



Light buffet lunch provided

Plus our usual activities:

*bingo, Play Your Cards Right, blood
pressure testing, reiki & chair yoga*



**Jubilee Celebrations at Irlam &
Cadishead Healthy Heart Club**

Health News

Osteoporosis sufferers should do more exercise, rather than less, to strengthen bones and prevent falls

Of the three million people in the UK with osteoporosis, some have expressed concerns that they could sustain injuries from over-exertion. However, the guidelines set out in a consensus statement from academics, led by experts at Loughborough University, stated that they should exercise as much as people with healthy bones.

Exercise 20 minutes per day

Standard NHS advice for the public says you should do 150 minutes of aerobic activity every week, or around 20 minutes per day, plus two muscle strengthening bouts. The key recommendations set out in the paper, published in the British Journal of Sports Medicine, advised precisely the same. This should include "progressive muscle resistance training", with all muscle groups targeted.

➤ *Daily physical activity is recommended, spread across the day, with prolonged periods of sitting avoided.*

The advice said that people with osteoporosis should also participate in activities to improve strength and balance to reduce falls. This could include tai chi, dance, yoga and Pilates.

For those who are already having falls, exercise interventions should be tailored by a local falls service, so that the individual does not increase their risk.

To reduce risk of vertebral fracture and improve posture, people are advised to improve muscle strength in the back to help posture and support the spine.

The experts wrote: "Physical activity and exercise have an important role in promoting bone strength, reducing falls risk and managing vertebral fracture

symptoms, so they should be part of a broad approach that includes other lifestyle changes, combined with pharmaceutical treatment where appropriate. People with osteoporosis should be encouraged to do more exercise, rather than less. The evidence indicates that physical activity and exercise is not associated with significant harm, including vertebral fracture. In general, the benefits of physical activity outweigh the risks."

World Heart Rhythm Week

World Heart Rhythm Week is an opportunity to shine a spotlight on & educate the public & healthcare professionals about atrial fibrillation (AF). The "Know Your Pulse" campaign promotes the need for us to be aware of our pulse and for the need to include routine manual pulse checks.

If pulse checks were routine, thousands of lives could be saved yearly, through the prevention of AF-related stroke.

- More than 2 million people have a heart rhythm disorder in the UK
- Arrhythmias cause up to 100,000 sudden cardiac deaths each year in the UK; over 250 every day, more deaths than breast cancer, lung cancer & AIDS combined
- There's no national programme of pulse rhythm checks or heart rhythm screening
- Nearly 500,000 people in the UK have undiagnosed AF & are at increased risk of a debilitating or life threatening AF-related stroke – the most severe type of stroke
- 120,000 people experience unexplained loss of consciousness each year, a common sign of a heart rhythm disorder

Salford Heart Care offers pulse testing at our clubs in Little Hulton, Irlam & Eccles – ask for a pulse check today!

Scam Alert

Scam Ofgem email offering fake energy refunds

Fraudsters are posing as the energy regulator Ofgem to dupe the public into handing over personal details and payment information.

Emails using the Ofgem logo claim to offer an 'energy bill rebate scheme' worth up to £450 per household, directing recipients to a fake online portal. There, victims are urged to share personal and payment details in order to claim their refund. The fake website “**rebate-ofgem.com**” has already prompted urgent warnings from the real Ofgem. The deceptive email comes from “**info@rebate-ogem.com**” & informs you that 'you are eligible to apply for an energy bill rebate'. It instructs you to click a link in the email, taking you to a fake site.

On arriving at the fake site, victims are confronted with a webform in order to 'set up a direct debit', which initially requests your full name, date of birth and email. Anyone providing these details to the scam site is likely to find their card fraudulently debited and would also be at grave risk of their identity and online accounts being taken over.

Free Tech & Tea Courses

Tech and Tea is a programme that has been running for over 7 years, helping Salford people aged 50+ use technology safely and with confidence. New courses are starting in June. The courses are free, for 1 hour a week for 5 weeks and delivered in libraries across the city. Learners are provided with a tablet for £30 which is then theirs to keep, or can be returned & refunded at the end of the course. **Contact Freya Pigott Tel: 07535586372, or email:**

freya@inspiringcommunitiestogether.co.uk

Healthy Recipe

Asparagus and salmon risotto

Ingredients (serves 2):

- 2 teaspoons olive oil
- 1 small leek, washed & thinly sliced
- 115g chestnut mushrooms, sliced
- 150g arborio risotto rice
- About 550ml vegetable stock
- 100ml dry white wine
- 115g peas
- 115g fine asparagus tips, trimmed & each tip cut into 3 lengths (about 4cm)
- 150g poached or canned skinless salmon fillet, flaked (or flaked tuna)
- 2–3 tablespoons chopped fresh parsley
- Freshly ground black pepper, to taste

Method:

1. Heat oil in a non-stick saucepan. Add leek; cook over a medium heat for about 5 minutes or until softened, stirring occasionally. Add mushrooms; cook for 1 minute, stirring. Add rice; cook for a further 1 minute, stirring. In a separate small pan, bring stock to the boil; cover and keep stock simmering.
2. Add wine to rice mixture; cook for 1–2 minutes or until wine is almost all absorbed, stirring. Reduce heat to medium-low. Gradually add hot stock to rice, a ladleful or so at a time (allowing each addition to be absorbed before adding more), and cook for about 20 minutes, adding peas and asparagus halfway through (after about 10 minutes). Cook until rice is tender and liquid has been absorbed (you may not need to add all of stock), stirring continuously.
3. Fold in flaked salmon; heat gently for a couple of minutes until salmon is hot. Stir in parsley; season with black pepper. Serve immediately.

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Donations welcome by cash, cheque or PayPal: Email admin@salfordheartcare.co.uk

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