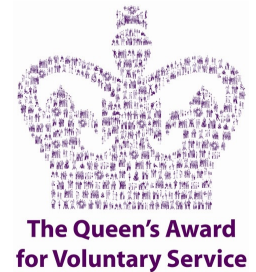




Salford Heart Care

"The Pulse" Newsletter

March 2015



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



Gold Level CardiacSmart Winners 2013

Welcome to the March edition of our Newsletter!



New Tai Chi Sessions

Members at Eccles, Little Hulton and Walkden may have noticed that we have a new Tai Chi Instructor, Anne Chrichton. We are very pleased that Anne

has agreed to support us and you will be seeing more of her over the coming months. Anne trained Serena in Introductory Tai Chi as part of her "Healthy Hips and Hearts" training 6 years ago. Anne is a Qualified Instructor and Senior Trainer in Dr Lam's Tai Chi for Arthritis, Diabetes and Osteoporosis.

Serena completed her training to become a Certified Instructor for Tai Chi for Arthritis in February.

The Sun Style Tai Chi classes are suitable for all levels of ability and will help people to improve their muscle strength, balance and flexibility.

Studies have shown that Tai Chi works to improve conditions such as arthritis, heart disease, diabetes, respiratory diseases and other chronic illnesses. In addition it improves balance, prevents falls, aids good posture and helps build immunity to disease.



Bernard Featherstone (2008)

Announcements

It is with regret and sadness that we announce the death of Bernard Featherstone.

Bernard passed away suddenly at his home in Eccles on Saturday 17th January, aged 67. A Dearly loved Father and

Grandfather who will be sadly missed. The service and committal took place at Peel Green Crematorium on Thursday 29th January. Bernard had a history of heart disease. He helped to develop the online website and Heart Care Support Group **Hearts of Salford** until it merged with Salford Heart Care several years ago. He won "Silver Surfer of the Year Award" in 2008 and helped to write articles for our newsletter.

Our deepest sympathy goes to Bernard's family & friends

British Summer Time begins on the last Sunday in March. Don't forget to change your clocks and adjust the time 1 hour FORWARD on Sunday 29th March! We may lose an hour of our precious sleeping time....but we gain an extra hour of daylight in the evening.



WEAR RED DAY COMPETITION!



Congratulations to the winners of our "Wear Red competition" held in February:

- ♥ Joan, Marjorie, Anne & Mark (Irlam, left)
- ♥
- ♥ Angela and Maureen (Eccles, right)





SOCIAL OCCASIONS 2015

Departing from Eccles,
Walkden & Little Hulton:

**Chester Boat Cruise
with afternoon tea**

Tuesday 24th March

£22 per person

*Includes transport & afternoon tea
See Dot or Mavis for more details*

Departing from Eccles:

York – coach only

Tuesday 21st April

£13 per person

See Dot or Mavis for more details

Departing from Irlam & Cadishead:

Chester Meal & Boat Cruise

Thursday 23rd July -full

Thursday 3rd September

£20 per person (members)*

£25 non-members

*Includes coach & river cruise with 4-course meal
See Serena or Betty for more details*

Events at Irlam & Cadishead

Healthy Heart Club:

“Christmas in May” Party

Friday 22nd May 12-3pm

£3 per person*

Includes buffet, dancing & entertainment

Please see Betty or Serena to book

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

Thanks to David Royle (right) for baking two lovely cakes for our “Wear Red Day” event at Eccles!



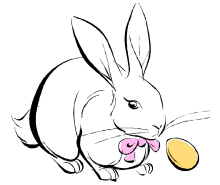
Easter Events.....

Easter falls early in April this year. We will be holding “Easter” themed competitions at the end of March.

Just like last year, we’d love it if you could take part so here’s some advanced noticed to help you get creative! Don’t forget we have **weekly craft sessions at Eccles** to help you.

*Decorate a hat, cakes,
biscuits, eggs.....
or come in fancy dress!*

You could win a prize!



♥ **Irlam & Cadishead: Fri 27th March**

♥ **Eccles: Tue 31st March**

Free Dementia Law Clinic

As part of the *Live Well Dementia* initiative, a Dementia Law Clinic has been set up in collaboration with The University of Manchester’s Legal Advice Centre (School of Law). The clinic provides **free information and support services for people living with dementia and their families or carers**. The Clinic deals with dementia-related legal issues including:

- Legal Power of Attorney (LPA)
- Provision of care (in relation to care homes)
- Deprivation of Liberty Safeguards (DoLS)
- Community Care Assessments
- Continuing Healthcare
- Trust and Inheritance probate
- Court of Protection
- Disputes of Mental Capacity
- Disputes of Best Interests for those who lack capacity
- Advance Decisions to refuse treatment

Trained student advisors offer free written legal advice following an initial meeting. The students are professionally supervised throughout the process to ensure accurate information is provided. For more information contact:

Tel: 0161 306 1264 / 0161 275 7976 or

email: free.legal@manchester.ac.uk

Website:

<http://www.livewelldementia.co.uk/school-of-law-legal-advice-centre-dementia-law-clinic/>

*Congratulations to February’s Crossword Competition
Winner: Margaret Hill from Cadishead!*

Why not enter this month’s competition on page 5? You could win £5 gift voucher!

YOUR HEALTH



Raising awareness of breathlessness as a sign of heart disease

The British Heart Foundation is backing a new Public Health England campaign to raise awareness of breathlessness as a sign of possible heart disease.

The campaign urges people to visit their doctor if they become breathless doing everyday tasks like walking up stairs, mowing the lawn or getting dressed as it could be an early warning sign of a serious heart condition.

Coronary heart disease – a common cause of heart attacks, heart failure, and abnormal heart rhythms like atrial fibrillation, can all cause breathlessness.

Professor Peter Weissberg, BHF Medical Director, said: "It's easy to ignore breathlessness as a sign that we're simply getting old or unfit. But feeling out of breath whilst doing everyday activities, could be a sign of a potentially serious heart condition. Common, treatable heart conditions such as coronary heart disease (the cause of heart attacks), heart failure and abnormal heart rhythms like atrial fibrillation can all cause breathlessness."

It's important to take breathlessness seriously and talk to your doctor as soon as possible. Most heart disease is treatable, but it is important to have it diagnosed before it is too late.

Heart disease risk substantially lower in moderately active women

New research shows middle-aged women could significantly lower their risk of heart disease and stroke by exercising just 2-3 times a week.

The Million Women Study - funded by BHF, Medical Research Council and Cancer Research UK, analysed the physical activity habits of more than one million UK women.

Researchers at the University of Oxford found that women who did strenuous physical activity 2-3 times per week, or any activity up to 4-6 times per week, had around a 20% lower risk of coronary heart disease, stroke and blood clots, compared to women who were inactive.

Different types of physical activities were associated with lower risk, including walking, gardening and cycling.

However, the study also found the benefits of strenuous activity were not linear. The risk of heart disease was no lower among the small proportion of women who did strenuous activity more than 3 times a week, than among women who did strenuous activity 2-3 times a week.

Doireann Maddock, Senior Cardiac Nurse, BHF, said: "This research further reinforces the evidence

that you don't have to run marathons or spend hours at the gym to improve your heart health. Even if you don't have much time to spare, just a couple of weekly sessions to get your heart rate going can help to reduce your risk of heart disease and stroke."

Viruses, Infections & Illnesses: A Polite Notice to Members

Do you have a virus or an infection that is contagious (such as a chest infection, cough, cold, flu etc.)? Please remember that it's important to stay away from others until the infection has completely cleared.

These infections are usually spread when an infected person coughs or sneezes and the virus or bacteria is then breathed in by others. The infections can also be spread to others if you cough or sneeze onto your hand, an object or a surface, and someone else touches it before touching their mouth or nose.

We have vulnerable people attending our groups and many have weakened immune systems. We are keen to reduce the risk of infection and to help people keep well.

Please stay at home until you are no longer infectious - speak to your GP or pharmacist for advice about this if you are unsure.

Healthy Recipe: Chorizo, Butter Bean & Spinach Stew

This is a rich, warming & healthy stew. Simple to make from scratch & takes about 30 mins. The flavoursome chorizo & tangy tomato sauce is delicious!

Ingredients (serves 4)

- 130g diced chorizo
- ½ tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, chopped
- 2 rosemary sprigs (or dried rosemary)
- 2 x 400g tins butter beans (drained)
- 1 x 400g tin chopped tomatoes
- 600ml chicken stock
- 200g bag of spinach leaves
- 2tbsp chopped flat-leaf parsley

Method:

1. Fry the chorizo in the oil for 2-3 minutes.
2. Add the onion and cook for 10 minutes. Add the garlic and rosemary for the final 2 minutes.
3. Add the butter beans, tomatoes and stock and bring to the boil. Simmer for 10 minutes.
4. Stir in the spinach and most of the parsley (until spinach is just wilted).
5. Season to taste and garnish with the rest of the parsley. Serve with crusty bread.

Tip: You can also substitute the butter beans with chick peas if you prefer!



SALFORD HEART CARE WHAT'S ON: March - May 2015

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

Weaste - De La Salle Sports & Social Club, Wilton Road, Salford

Every Tuesday 10 am - 11 am

£2 entrance. Cardiac exercise session with relaxation & refreshments

Little Hulton - St. Paul's Peel Community Hall, Manchester Rd, Little Hulton

11 am - 1 pm

→ Wed 11th & 25th March

→ Wed 8th & 22nd April

→ Wed 6th & 20th May

£1.50 entrance. Line dancing, tai chi, relaxation, reiki, indoor games, free raffle, weight management, & social trips

Langworthy - Emmanuel Centre

174 Langworthy Rd **10am-12 noon**

→ Thur 12th March - Relaxation

→ Thur 26th March - "Salt & Fibre"

→ Thur 9th April - Relaxation

→ Thur 23rd April - Stroke Talk

→ Thur 7th & 21st May

£1 entrance. Dance exercise, tai chi, relaxation, bingo, reiki & weight management

Walkden - St. Paul's Youth & Community Hall, Manchester Road, Walkden

M28 3LN

10 am - 12 noon

→ Mon 2nd March - Tai Chi & Relaxation

→ Mon 16th March - Stroke Association Talk

→ Mon 30th March - Tai Chi & Relaxation

→ Mon 13th Apr - Relaxation & Dementia

→ Mon 27th April - Bingo & Tai Chi

→ Mon 11th May - Tai Chi & Relaxation

→ **Mon 25th May - Bank Holiday - no session**

£1 entrance. Dance exercise, relaxation, tai chi, reiki, bingo & indoor kurling, social trips, weight management



Eccles - Patricroft URC Hall

Franklin Street, Patricroft

Every Tuesday* 10 am - 12 noon

Highlights....

→ Tue 17th March - Stroke Association Talk

→ Tue 3rd March & 28th April - Line Dancing

→ Tue 31st March - Easter Competition

→ Tue 14th April - Dementia Talk

→ Tue 12th May - "Tax, Care & Toy Boys" Talk

→ ***Tue 26th May - branch closed, no session**

£1.50 entrance with raffle, tai chi, exercise, weekly craft sessions, reiki, relaxation, indoor games, weight management, books & bric a brac stall, social trips

Irlam & Cadishead: Irlam Steel Club, Liverpool Road, Irlam

Highlights....

Every Wednesday* & Friday* 10 am - 12 noon

→ Friday 27th March, 17th April & 29th May - Relaxation Session

→ Friday 6th March - Dementia Talk

→ Friday 20th March - "Fuel Poverty & Health" Talk & St. Patricks Day Fancy Dress

→ Friday 27th March - Easter Competition

→ Friday 10th April - "Tax, Care & Toy Boys" Talk

→ Friday 24th April - St. George's Day Fancy Dress

*** Wednesday 11 March - No meeting due to day trip**

*** Friday 3rd April: Good Friday Bank Holiday - No meeting**

£1 entrance. Dancing, healthy hips & hearts chair exercise (Wednesdays), tai chi, reiki, relaxation, weight management, bingo, raffle, stalls, social activities & day trips

COMPETITION CORNER: *Try our "March" Themed Crossword*

All correct entries received by **Friday 20th March** 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!**

1	2									3			4				
5								6				7					
											8					9	
10																	
													11				
12						13											
14																	
				15													
													16				
17																	

ACROSS

1. March flower (8)
3. First King of Great Britain in March 1603 (5)
5. Patron Saint of Wales (5)
7. Symbol associated with 12 across (4)
10. Patron Saint of Ireland (7)
11. Capital associated with 17 across (5)
12. March zodiac sign (6)
14. Surname of the telephone inventor born March 1874 (4)
15. Traditional breakfast cereal first served in March 1897 (4,6)
16. Light fruit cake with two layers of almond paste or marzipan, one in the middle and one on top, that is toasted, and eaten during Easter (6)
17. Tower completed in March 1889 and took 2 years, 2 months, and 5 days to build (6)

DOWN

2. March birthstone (10)
4. This "King" made his first television appearance on 3 March 1955 (5)
6. Country associated with 8 down (9)
8. Location of the 2018 Commonwealth Games (4,5)
9. Dry stout associated with Ireland (8)
13. National emblem of Ireland (8)
14. Surname of famous German composer and pianist who gave his first know public performance aged 7, in March 1778 (9)

"THE PULSE" NEWSLETTER IS PRINTED & PUBLISHED BY SALFORD HEART CARE

Salford Heart Care is a registered charity (number 1136710) Donations welcome via virginmoneygiving.com or post: **Salford Heart Care, c/o Patricroft URC, Franklin St, Eccles M30 0QZ**
Email: admin@salfordheartcare.co.uk TEL: 0161 707 7402 Follow us on Twitter: @Salford_HeartC
 Copies of the newsletter can be downloaded from our website: www.salfordheartcare.co.uk

