



Salford Heart Care

"The Pulse" Newsletter

March 2016



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



The Queen's Award
for Voluntary Service

Our February "WEAR RED DAY" Competitions



(Above) Wear Red Day at Eccles Healthy Heart Club

(Left) David Royle (Eccles) with his homemade red "Love Heart" cake



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

Eccles:
Sue Collins
Brian Minor
Margaret Steele

Irlam:
Joan Davies
Marjorie Neill
Ann Richards



Wear Red Day at Irlam & Cadishead Healthy Heart Club

Reminder: British Summer Time on the way!

You may have noticed that the mornings are already starting to get lighter earlier.....**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 27th March.

We may lose an hour of our precious sleeping time....but we gain an extra hour of daylight in the evening and summer is on the way!



SOCIAL OCCASIONS

Trips departing from Eccles & Little Hulton:

Freeport & Cleveleys

Tuesday 22nd March - £26 per person
Includes coach, 3 course lunch & entertainment

Buxton & Bakewell

Tuesday 17th May - £16 per person
Includes coach, morning coffee & scone at Buxton Pavilion, then onto Bakewell in the afternoon

See Dot or Mavis for more details

Easter Competition.....

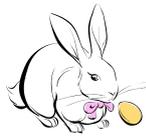
We will be holding our "Easter" competition at:

- ♥ Irlam on **Friday 18th March**
- ♥ Eccles on **Tuesday 29th March**

Just like last year, we'd love it if you could take part so here's some advanced notice to help you get creative!

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

You could win a prize!



Trips Departing from Irlam & Cadishead

Ryecroft Hall (The Bourne Poacher)

Monday 14th March 2016 - full

Skipton Market & Rendezvous Hotel

Wednesday 27th April 2016

£18 per person (£23 non-members)*

Includes return coach to Skipton with time to browse the markets, then onto the Hotel for a 2-course carvery lunch

Chester Meal & Boat Cruise

Thursday 21st July (almost 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

See Serena or Betty - payment in full

Coming up later in the year (departing Irlam):

- ♥ Thur 11th Aug- Llangollen & Bryn Howel Hotel
- ♥ Thur 17th November 2016 – Houghton Weavers Christmas Party at Rivington Hall Barn
- ♥ Thur 15th December 2016 – Christmas Party at The Millstones, Harrogate

Irlam & Cadishead Healthy Heart Club

St. George's Day Party

Friday 22nd April 12-3pm

£3 per person*

Includes buffet, dancing & entertainment

Please see Betty to book

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

Congratulations to our February Crossword Competition winner: Janet Ball from Irlam. You could win £5 voucher by completing this month's crossword on page 5.



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

Ableworld are offering Salford Heart Care members **5% discount** on goods purchased (excluding items on promotion or special offer).

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: linnyshawgarden@btconnect.com

Proud sponsors of Salford Heart Care

Healthy Recipe: Chicken Nuggets

This month's recipe has been provided by Shauna Rice (aged 12) who made these delicious chicken nuggets in food technology at school and continues to make them at home! These are much healthier, cheaper and by far tastier than the popular fast food versions.

Serves 3-4

Ingredients

- ♥ 2 skinless chicken breasts, cut into bite-size pieces
- ♥ 50g cheese (parmesan or cheddar), grated
- ♥ 1 tsp mixed herbs
- ♥ 2 cloves garlic (crushed)
- ♥ 4 slices of wholemeal bread (seeded or granary works just as well), blended to produce breadcrumbs
- ♥ 1 egg, beaten (in a small bowl)
- ♥ 2 tbsp plain flour (on a plate)
- ♥ ½ tsp of any additional herbs or spices you like such as chilli flakes, curry powder, cumin, paprika etc.
- ♥ Black pepper

Method

1. Combine the grated cheese, crushed garlic, mixed herbs and spices, black pepper and breadcrumbs in a large bowl and mix well.
2. Place the flour on a plate and roll the chicken pieces through the flour so that each side of the chicken is evenly coated.
3. Dip each chicken piece in the beaten egg.
4. In batches, transfer the chicken pieces into the breadcrumb and cheese mixture and mix well to ensure each piece of chicken is well coated.
5. Place the bread-crumbed chicken pieces on a greased baking tray and bake in the oven for least 20 minutes (until fully cooked) at 200°C or gas mark 6.

Suggestion: Serve in warm pitta breads or wholemeal wraps with salad and cous cous.

Health News

600 extra deaths each week from heart disease & strokes during winter months

An extra 600 people die each week from heart disease and strokes between December and March across England and Wales, according to latest statistics.

- ♥ Around 3,000 people die every week from cardiovascular disease (CVD) between December and March in England and Wales, 23% more than the rest of the year.

- ♥ Last winter (2014/15) saw 9,900 excess winter deaths from CVD, the highest number for six years. However, excess winter deaths have halved since the late 1990s.

During particularly cold weather, we are warning vulnerable people, such as heart patients and the elderly, to look after their health and keep warm.

Very cold weather can affect your heart by increasing your heart rate and blood pressure. Your heart also has to work much harder to keep your body warm.

Cold temperatures may also cause changes to your blood that can increase the risk of developing blood clots and lead to heart attack and stroke.

Elderly people are particularly vulnerable to a drop in body temperature in the winter months.

Stress in early adulthood may lead to heightened risk of high blood pressure

A new study from the online journal *Heart* suggests a link between the tendency to become easily stressed in adolescents and a heightened risk of developing high blood pressure in later life.

The research looked at more than 1.5 million 18-year-old men with normal blood pressure, who had been conscripted to the army in Sweden between 1969 and 1997 until the end of 2012 and were assessed for their levels of stress resilience.

At the end of the study, those who were more prone to stress at the age of 18 were associated with a heightened risk of high blood pressure.

The study also shows an increase in the number of cases of high blood pressure, if a young person is overweight.

Managing stress

British Heart Foundation Senior Cardiac Nurse, Emily Reeve, said: "This is an interesting study which highlights that how we manage stress can contribute to our individual risk of developing high blood pressure in later life. It also indicates that the ways that we manage stress are complex and include both behavioural and physiological factors."

The study also demonstrated that being overweight was linked with an increased risk of developing high blood pressure. However, further research is needed to consider how this impacts on different population groups and with consideration of how other risk factors may impact the results.

It is important that people reduce their risk of being overweight by staying active and eating a healthy well balanced diet to improve your chances of not developing high blood pressure.

- ♥ **We raised £77 at Irlam on Friday 26th February for Genesis UK – supporting Breast Cancer Prevention. Thanks to everyone who took part!**



OUR HEALTHY HEART CLUBS March-May 2016

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

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

Highlights.....

- Friday 11th March & 1st & 29th April, 11th & 20th May - Relaxation sessions
- Friday 18th March - **St. Patrick's Day / Easter Fancy Dress Competition**
- Friday 22nd April - St. George's Day Party 12 noon - 3pm (£3 per person)



No group on Friday 25th March (Good Friday) & Wednesday 27th April (Skipton Trip)

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

Eccles Healthy Heart Club Patricroft URC Hall Franklin St. Patricroft Every Tuesday 10 am - 12 noon

Highlights.....

- Tuesday 15th March - Chester University follow up Cholesterol Research
- Tuesday 29th March - **Easter Competition**
- Tuesday 8th & 22nd March, 5th & 19th April, 3rd & 17th May - Tai Chi sessions
- Tuesday 1st, 8th & 29th March, 5th & 26th April - Relaxation sessions
- Tuesday 1st, 15th & 29th March, 12th & 26th April - Cardiac exercise with Maureen

No group on Tuesday 31st May (hall out of use for dance week)

*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*

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 9th & 23rd March
- Wednesday 6th & 20th April
- Wednesday 4th & 18th May

Currently Supported by:



*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*

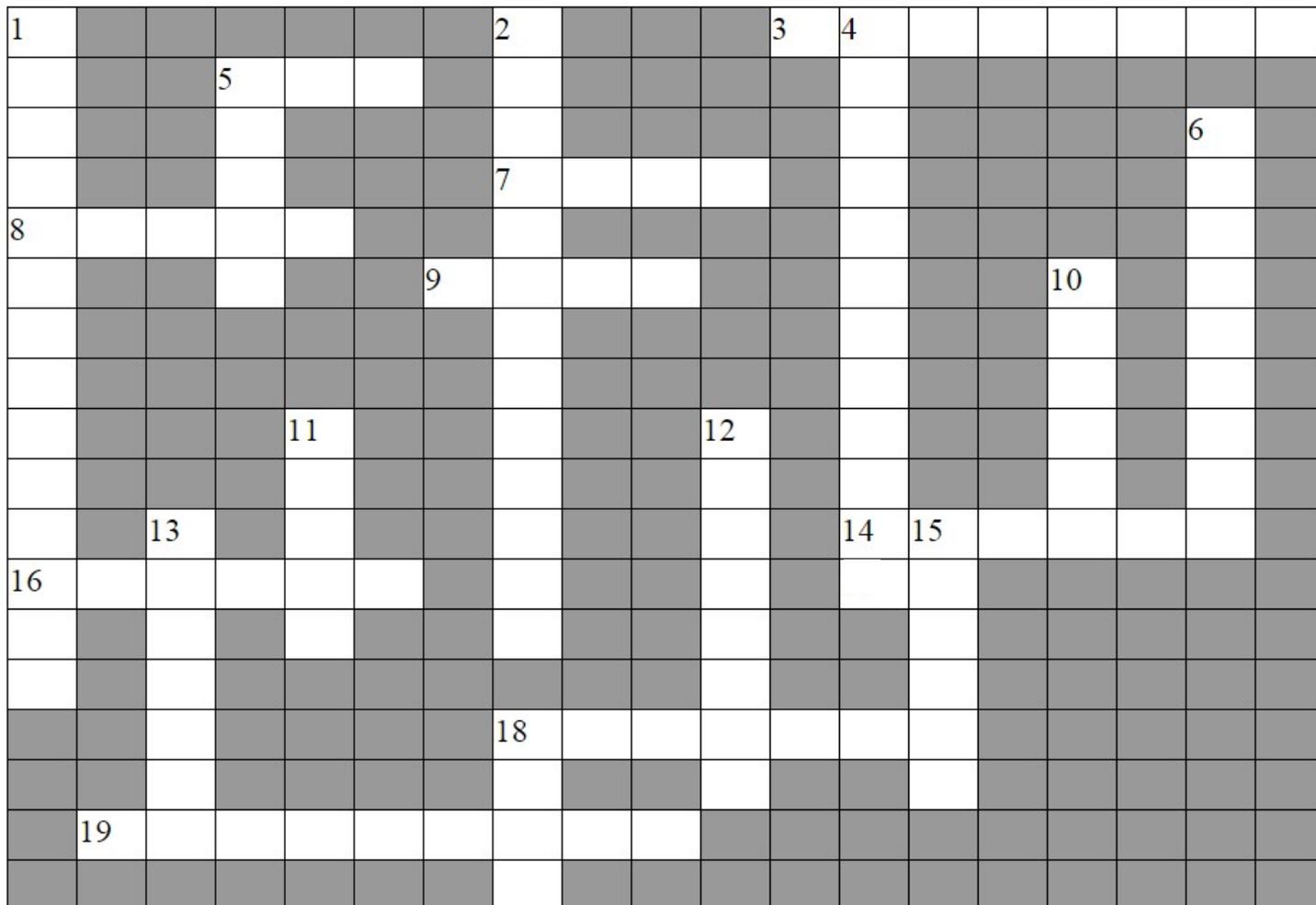
Weaste/Claremont Healthy Heart Club

De La Salle Sports & Social Club, Wilton Road, Salford
Every Tuesday 10 am

Charge: £2.50 Activities: Cardiac exercise session with relaxation & refreshments

COMPETITION CORNER: *Try our March - Themed Crossword*

All correct entries received by **Friday 25th 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!**



ACROSS

3. National emblem associated with 8 across (8)
5. Used to symbolise life, purity and fertility (3)
7. "John ____" - the national personification of Great Britain, especially in political cartoons. He is usually depicted as a stout, middle-aged, country dwelling, jolly, matter-of-fact man (4)
8. Patron Saint of Wales (5)
9. First producer of chocolate Easter Egg, 1873 (4)
14. Mount of ____? The place from which Jesus ascended to heaven (6)
16. Mythical creature featuring on the country's flag associated with 8 across (6)
18. Born in Italy in 1874 and known as "the father of radio" – he sent the first international radio transmission (7)
19. Location of the Formula 1 opening race (9)

DOWN

1. Day of the Last Supper (6,8)
2. ____ Egg - the most popular chocolate egg worldwide (8, 5)
4. The day when the angel Gabriel is said to have appeared to Mary to tell her she'd been chosen to be the mother of Jesus (12)
5. Famous American musician and actor who made his first TV appearance in March 1955 (5)
6. The first monarch to rule both England and Scotland and the first to call himself 'King of Great Britain' in 1603 (4,5)
10. Surname of the first space walker (6)
11. Key ingredient in chocolate (5)
12. Young sprig of clover, used as a symbol of Christianity in Ireland (8)
13. Russian jewelled egg (7)
15. First name of the German composer and pianist who died in March 1827 (6)
18. Queen who sentenced Thomas Cranmer to be burnt to death in March 1556 (4)

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