



Salford Heart Care

"THE PULSE" NEWSLETTER

March 2017

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



The Queen's Award
for Voluntary Service

Reminder: British Summer Time on the way!



It's nice to see that the mornings are starting to get lighter earlier. This is a reminder that British Summer Time begins on **Sunday 26th March** so don't forget to change your clocks and adjust the time **1 hour FORWARDS** (it's also Mothers' Day!). We may lose an hour of our precious sleeping time....but we gain an extra hour of daylight in the evening & summer is on the way!

Membership Reminder

Salford Heart Care Membership Subscriptions are due for 2016/17

Membership remains at £10.00 per annum
If you haven't renewed your membership yet please ask for a "Membership Form" at the club

"Thank You" for your Donations....

- We would like to acknowledge receipt of £10 from Mrs Matthews & £20 donated by Eccles Ladies Bowling Club in memory of Leslie Roberts, who passed away in January.
- We acknowledge receipt of £50 from Mavis & Norman Yarwood donated for their wedding anniversary. Congratulations to you both!



Regina "Gina" Grannell 13.02.17



It is with great sympathy that we announce the death of our dear member Regina ("Gina") Grannell, who passed away in hospital on 13th February aged 76 years. Gina attended our club at Irlam on Wednesdays and enjoyed taking part in our chair exercise sessions and tai chi. She also enjoyed our recent day trip to The Millstones with her friend Mary, and our Christmas Party at the Steel Works. Her funeral was held on Monday 27th February at St. John's Church, Irlam.

Gina will be missed by us all. We send our deepest sympathy and best wishes to Gina's family & friends.

BHF News Update

"Obesity leads to harmful activation of the immune system"

Obesity & a diet high in fat could lead to a harmful activation of the immune system, increasing a person's risk of heart disease according to a study funded by the BHF and published in the journal Cell Metabolism.

Previous research has shown that obesity increases blood pressure and cholesterol – both risk factors for heart disease.

But now researchers believe obesity could also trigger an immune response that leads to inflammation in the coronary arteries, increasing a person's risk of a heart attack.

- The researchers took blood samples from 1,172 lean, overweight or obese people. They found that a certain type of white blood cell, or T-cell was present in higher levels in obese people.
- When the team measured the fat distribution of these same people they also found that those carrying more fat around the middle had higher levels of these cells than those carrying fat on their thighs and bottom.
- These T-cells are essential for the immune response as they protect the body from infections. However, they also cause inflammation which can make a number of cardiovascular diseases worse. For example, they can contribute to the build-up of fatty plaques in arteries in atherosclerosis, which can lead to a heart attack or stroke.

Higher levels of these T-cells were also present in mice fed a high fat diet, leading the researchers to conclude that a high fat diet, which leads to obesity, is a cause of this harmful inflammation.

The researchers also identified a crucial molecule, found within our T-cells, which was responsible for increasing the number of this type of T-cell. They hope that by targeting this molecule it may be possible to develop treatments to reduce the harmful effect that obesity has on the heart.





SOCIAL OCCASIONS

Bookings now being taken!



Salford Heart Care's



"30th Anniversary" Trip

Departing from Eccles, Little Hulton,
Irlam & Cadishead

"Viva Blackpool"

Cabaret Show & Lunch

Tuesday 22nd August 2017

£21 per person

(This trip is subsidised

- priority given to members first)

*Calling at the garden centre, then onto Viva
Blackpool for a 2-course carvery meal &
afternoon "show time" entertainment*

Trips from Eccles & Little Hulton:

Llandudno & The Queen's Hotel

Tuesday 21st March - £25 per person

Coach, 2-course lunch & entertainment

Millstones & Harrogate – full (waiting list)

Tuesday 18th April - £18 per person

Llangollen & The Bryn Howel Hotel

Tuesday 16th May - £25 per person

*Coffee stop then 2-course carvery lunch
followed by free time in Llangollen*

Trips from Irlam & Cadishead

Dobbies & The Lindum Hotel

Thursday 16th March 2017

£20 (£25 non-members)

Entertainment & 3-course meal

Skipton Market & The Calf's Head

Wednesday 26th April 2017

£18 (£23 non-members)

Coach & 3-course carvery with tea/coffee

Boundary Mill & Olympus Fish & Chips

Thursday 11th May 2017

£18 (£23 non-members)

Coach & 2-course meal with tea/coffee

Chester Meal & Boat Cruise

Thursday 27th July (limited places)

£23 per person

*Includes coach & canal cruise with 4-course
meal. Short stop at the garden centre in the
morning & Chester in the afternoon*

Irlam & Cadishead Day Trips - Save the date

- Thursday 9th November – Oswaldtwistle Mills "Ace of Clubs Cabaret Show" & 3-course meal
- Tuesday 12th December – Christmas at Rivington Barn (limited places)
- Monday 18th December – "Viva Blackpool" Christmas Cabaret Show & 3-course carvery

HEART-HEALTHY RECIPE:

Turkey Burritos

Ingredients (makes 6)

- 100g brown rice, cooked
- 400g tinned red kidney beans (drained)
- Juice of 1 lime
- A little oil
- 500g turkey steaks (cut in strips)
- 1 onion, sliced
- 2 red or yellow peppers (de-seeded/sliced)
- 6 wholemeal tortilla wraps
- Grated cheddar cheese



Method:

1. Preheat the oven to 180C/160C Fan or Gas mark 4. Mix the cooked brown rice with the kidney beans and lime juice and set aside.
2. Heat a little oil in a frying pan and cook the turkey for 4-5 minutes, stirring often.
3. Add the onions & peppers & cook for 5 minutes.
4. Mix the rice into the turkey mixture.
5. Spoon onto the tortilla wraps & roll up. Place in an ovenproof dish (with folds underneath) and sprinkle over the grated cheese.
6. Bake for 15-20 minutes until heated through.
7. Serve with salad and lime wedges.

Tip! Substitute wholemeal pita breads for tortilla wraps. Try turkey mince instead of turkey steaks. Try serving with a simple salsa dip of chopped tomatoes, tomato puree, garlic, onions & lemon juice. You could also serve with a low-fat plain yoghurt dressing.

Helping Hands: Mobility Aids

Walkers, perching stools, commodes, utility trolley, over bed trolley, electric bath lifts, shower/bath stools/seats, toilet frames, walking sticks, zimmer frames, crutches, chair/settee raisers & wheelchairs

**Pick up from: Unit 4, 125 Swinton Hall
Road, Salford M27 4AU**

Delivery available Tel: 0161 793 9419



OUR HEALTHY HEART CLUBS March - May 2017

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

website: www.salfordheartcare.co.uk

Eccles Healthy Heart Club

Patricroft URC Hall Shakespeare Crescent Patricroft M30 0PE

Most Tuesdays 10 am - 12 noon

- Tuesday 7th, 14th & 28th March
- Tuesday 4th, 11th & 25th April
- Tuesday 2nd, 9th & 23rd May
- **Closed:** Tuesday 21st March & 18th April, 16th May - trip days
- **Closed:** Tuesday 30th May - hall closed for dance week

Charge: £1.50 entrance (includes raffle) 50p for refreshments

Activities: Tai Chi, dancing, crafts, reiki (£1 charge), relaxation, blood pressure monitoring, games & bingo, weight management, books & bric a brac stall & social trips

Weaste & Claremont Healthy Heart Club

De La Salle Sports & Social Club Lancaster Road Salford M6 8AQ

Every Tuesday 10 am

Charge: £2.00 (members) £2.50 (non-members)

Little Hulton Healthy Heart Club

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

Fortnightly Wednesdays 10:30am - 12:30pm

- Wednesday 1st, 15th & 29th March
- Wednesday 12th & 26th April
- Wednesday 10th & 24th May

Charge: £2 includes refreshments & raffle

Activities: Dancing, Reiki (£1 charge), Tai Chi, games, relaxation, blood pressure checks, crafts, social trips

Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Road Irlam M44 6AJ

Wednesdays & Fridays 9:30 am - 12 noon

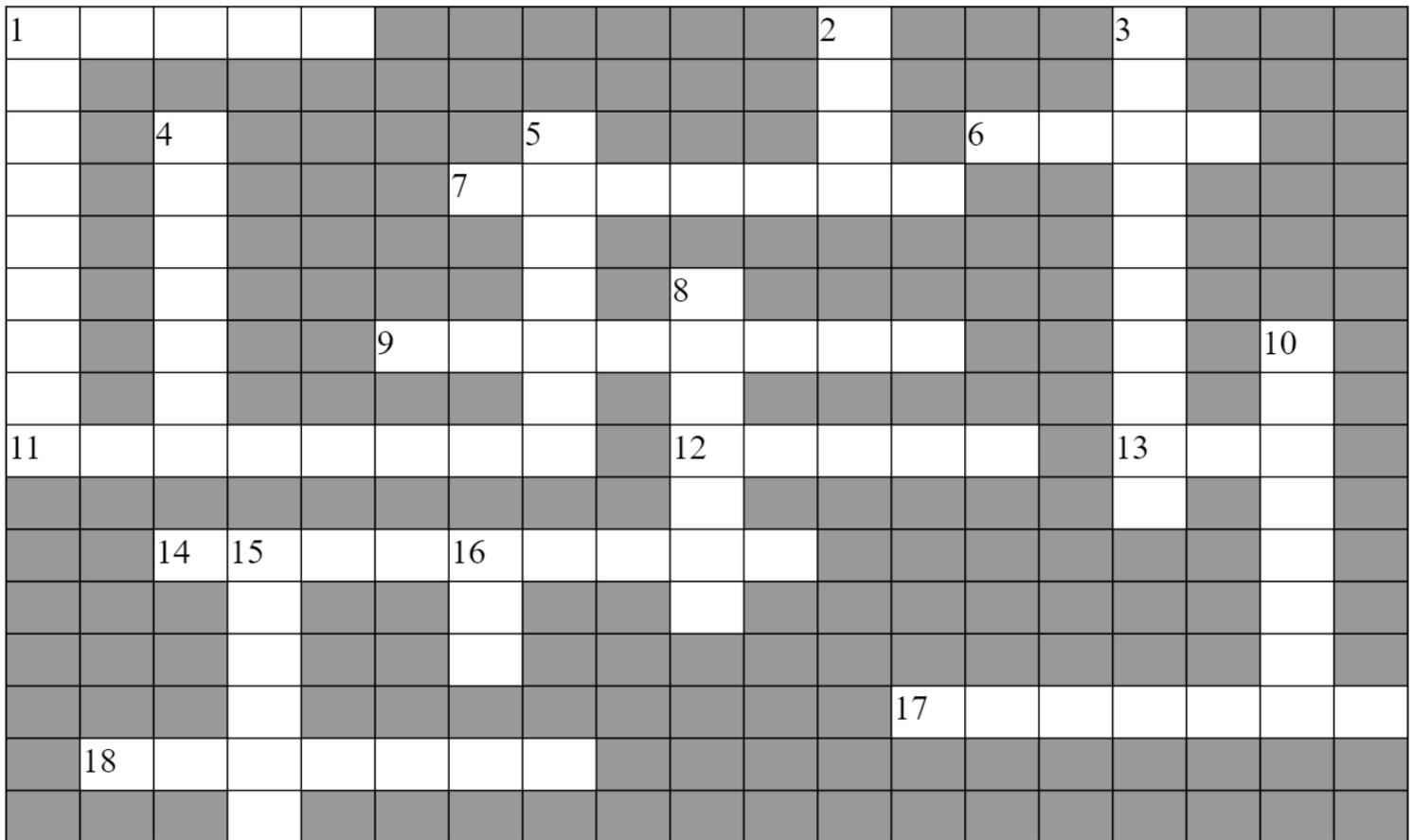
- Friday 21st April - St. George's Fancy Dress Competition
- **Closed:** Wed 26th April (trip), Fri 14th April (Good Friday) & Wed 31st May

Charge: £1 entrance, 50p for refreshments. Activities: Dancing, chair exercise, Tai Chi, reiki (fortnightly, £1 charge), relaxation, weight management, blood pressure checks, crafts, bingo, raffle, books & bric-a-brac-stall, subsidised day trips



MARCH COMPETITION CORNER

All correct entries received by **Friday 24th 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 at the club). **Please include your name & address!**



ACROSS

1. Patron Saint of Wales (5)
6. Complete the expression "As mad as a March ____" (4)
7. He sent the first international radio transmission across the English Channel (7)
9. Traditional drink of 5 down (8)
11. Emblem associated with 5 down (8)
12. March zodiac sign (5)
13. St Piran discovered this metal (3)
14. Country hosting the first round of the F1 Grand Prix Championship (9)
17. Short-period comet visible from Earth every 75–76 years (7)
18. The Daily _____ - Britain's first newspaper (8)

DOWN

1. National emblem associated with 1 across (9)
2. Complete the saying "In like a _____, out like a lamb" (4)
3. Famous poet who writes about 1 down (10)
4. In March 1848 the flow of water at these falls stopped completely due to an ice jam in the upper river for several hours (7)
5. Patron Saint of Ireland (7)
8. Canadian province bordering 4 down (8)
10. Board game about economics, taxation and land ownership (8)
15. 7th planet from the sun discovered March 1781 (6)
16. Animal associated with 12 across (3)

Sylvia Eckersley (Irlam) won our February crossword competition!

"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

