



Salford Heart Care

"The Pulse" Newsletter

May 2015



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

Gold Level CardiacSmart Winners 2013



**The Queen's Award
for Voluntary Service**



Welcome to the May edition of Salford Heart Care's "The Pulse" Newsletter.

This month many of our members will be going on vacation to Ilfracombe. The annual group holiday is organised by our volunteers, Dot and Mavis, who support our branches at Eccles and Little Hulton. We hope the weather is lovely and warm and sunny and that you all have a great time!

Please note that several branches will have one day closures this month so please make a note of this in your diaries:

- ♥ **Eccles Healthy Heart Club:**
Tuesday 26th May – branch closed (annual dance competition in the church hall)
- ♥ **Irlam & Cadishead Healthy Heart Club:**
Wednesday 27th May – branched closed due to holidays
- ♥ **Weaste Healthy Heart Club:**
Tuesday 26th May – branched closed due to holidays

Please also remember that our **Healthy Heart Clubs in Walkden and Langworthy are closed from May 2015**. Members who attended these clubs are welcome to come along to our other branches – see page 4 for more details.

Please note that Dance Instructor, Annelies Merrells, will commence a weekly "Exercise & Movement" class at St Paul's Youth & Community Hall in Walkden – **every Monday from 11th May 10:30am-11:30am**.

£2.00 charge per session

*The winner of the April crossword competition was **Margaret Jones from Irlam**. Take part in this month's crossword competition on page 5 and you could win a £5 gift voucher!*

FREE 6-Week Stress Management & Wellbeing Course

Manchester Mind is a local mental health charity providing services to people in Greater Manchester. Manchester Mind would like to work in partnership with Salford Heart Care to offer our members the opportunity to take part in a FREE 6-week stress management course.

We expect the course will run for 2 hours each week and will take place during the drop-in at Eccles Healthy Heart Club (Patricroft URC).

The course is open to anyone with diabetes or long-term heart conditions who would like to learn new skills to help manage stress and stay well. The course will help you to:

- ♥ improve your general wellbeing
- ♥ learn how to identify & handle stress
- ♥ boost your confidence
- ♥ identify the benefits of "me time"
- ♥ practice techniques to help challenge & manage difficult thoughts & emotions
- ♥ experience different relaxation exercises
- ♥ discuss and share experiences with others

The course is open to both members and non-members with diabetes or heart disease. We need a minimum of 8 people to run the course.

The course is funded by the Department of Health and independently evaluated by Leeds University. Feedback from previous courses has been extremely positive.

We anticipate the course taking place in June-July during the drop-in sessions (Tuesdays 10am-12 noon). Please note that trip days will be avoided.

To register interest or book a place please speak to Serena Rice: 0161 707 7402 or email admin@salfordheartcare.co.uk



SOCIAL OCCASIONS 2015

Trips Departing from Eccles & Little Hulton:

**Ambleside & Hays Garden World
– coach only**

Tuesday 16th June

£13 per person

**Skipton Market &
Keighley to Howarth Railway**

Wednesday 8th July

£17 per person includes train fare

**SHC Anniversary Celebration Day:
The Lindum Hotel (2 course lunch)
& Blackpool Ice Show followed by
afternoon tea**

Tuesday 11th August

£28 per person (£10 deposit required)

See Dot or Mavis for more details
about any of the above trips or to book a place

Trips 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

**Christmas at The Rivington Barn
with The Houghton Weavers**

Thursday 12th November

£23 per person (members)*

£25 non-members

Includes coach, 3 course meal & entertainment

**Christmas at The Lindum Hotel,
Lytham St. Anne's**

Monday 14th December

£17 per person (members)*

£20 non-members

*Includes coach, drink on arrival, 3 course meal,
coffee & mince pies & entertainment*

See Serena or Betty for more details
or to book a place

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

We Need Your Support!

We're finding it more and more difficult to obtain funding to help us continue our important, charitable work in the local community. We've recently announced the closure of our branches in Walkden and Langworthy due to funding cuts. However we are keen to protect our remaining branches in Eccles, Irlam, Little Hulton and Weaste.

We need your support more than ever to keep our remaining branches open. We'd love to hear your ideas for fundraising and it would be fantastic to get family and friends involved too...after all our young people will still need support in years to come. We've been around for almost 28 years and we'd like to be here for another 28!

Here are some simple actions that you could take to support our fundraising efforts:

- ♥ Ensure your annual membership subscription is up to date – this is a once a year payment of £10 per member
- ♥ Organise a coffee morning, bake cakes & biscuits, make cards & gifts to sell
- ♥ Car boot sales & table top sales
- ♥ Ask family members to organise a sponsored walk, run, hike or swim
- ♥ Sponsored weight loss plan – what better incentive to help you reach your goal!
- ♥ Young people taking part in supermarket bag packing & coin collections
- ♥ Donate unused gifts & items to our raffles & stalls
- ♥ Attend our fundraising events...or even better, help us to organise fundraising dinners/events
- ♥ Consider donating directly to Salford Heart Care in lieu of flowers in memory of a loved one
- ♥ Consider leaving a gift to Salford Heart Care in your Will
- ♥ Join Salford City Red's Golden Bond Lottery Scheme through our club or purchase tickets during the drop-ins

Donations & sponsor money can also be paid online via virginmoneygiving.com just look for "Salford Heart Care".

Please note that donations left to The British Heart Foundation **do not** support us. We are a separate organisation and the BHF do not fund our work. Please speak to Serena or a Committee Member if you have any fundraising ideas.

YOUR HEALTH

Mindfulness as good as drugs for preventing depression relapse?

"Mindfulness-based cognitive therapy may be as good as pills at stopping people relapsing after recovering from major bouts of depression," The Guardian reports.

Researchers wanted to see if a type of therapy known as mindfulness-based cognitive therapy (MBCT) could be an effective alternative treatment to antidepressants for people with major depression at high risk of relapse.

MBCT combines the problem-solving approach of cognitive behavioural therapy (CBT) with mindfulness techniques. These are designed to fix your awareness on the "here and now" instead of having unhelpful thoughts about the past and the future.

In a 2-year clinical trial, people already taking antidepressants were assigned to a MBCT programme with a view to reducing or stopping their medication, or were asked to continue antidepressants alone. With support from their GP and therapist, around 70% of the mindfulness group were able to stop taking antidepressants.

The trial suggests MBCT might help some people with major recurrent depression reduce or cut out their medication. However, between 4 and 5 people out of every 10 in the trial relapsed within 2 years, regardless of their treatment. Depending on your perspective, the treatments were equally good or equally bad.

Research does suggest that mindfulness can benefit all of us, not just people with a history of severe depression.

Physical Activity Guidelines For Older Adults (from www.nhs.co.uk)

Older adults (aged 65 plus), who are generally fit and have no health conditions that limit their mobility, should try to be active daily and should do:

- ♥ at least 2 hours & 30 minutes of moderate-intensity aerobic activity such as cycling or fast walking every week, and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms), **or**
- ♥ 1 hour & 15 minutes of vigorous-intensity aerobic activity such as running, or a game of singles tennis every week, and muscle-strengthening activities on two or more days a

week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms), **or**

- ♥ an equivalent mix of moderate and vigorous-intensity aerobic activity every week (for example, two 30-minute runs, plus 30 minutes of fast walking), and muscle-strengthening activities on two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms)
- A rule of thumb is that 1 minute of vigorous-intensity activity is about the same as 2 minutes of moderate-intensity activity.
- ♥ You should also try to break up long periods of sitting with light activity as sedentary behaviour is now considered an independent risk factor for ill health, no matter how much exercise you do.
 - ♥ Older adults at risk of falls, such as people with weak legs, poor balance and some medical conditions, should do exercises to improve balance and co-ordination on at least two days a week. Examples include yoga, tai chi and dancing.

Summer Salmon Pasta Recipe

Inject a bit of health into your mealtime with this veg-packed pasta full of goodness!

Ingredients (serves 2):

- ♥ 175g penne pasta
- ♥ 1 salmon steak
- ♥ ½ tbsp olive oil
- ♥ 1 tbsp pine nuts
- ♥ 1 small red pepper, deseeded & chopped
- ♥ 150g mushrooms, sliced
- ♥ 50g cherry tomatoes, halved
- ♥ handful fresh basil leaves

Method:

1. Cook the pasta according to pack instructions, adding the salmon to the water 6 minutes before the end of the cooking time.
2. Heat the oil in a pan, then cook the pine nuts until toasted. Add the pepper & fry until softened. Add the mushrooms & tomatoes & stir until they start to soften, then add a ladleful of the pasta water.
3. When the pasta is cooked, remove the salmon to a plate, then drain the pasta. Fork the salmon into flakes and add to the vegetables along with the pasta and the basil leaves. Season with pepper & lightly toss together before serving.



OUR HEALTHY HEART CLUBS May - July 2015

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

Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Road Irlam
Every Wednesday* & Friday 10 am - 12 noon

Highlights....

- ***Wednesday 27th May - branch closed**
- Friday 22nd May - Party (10 am - 3 pm) £3 for tickets
- Friday 29th May, 19th June, 17th July - Relaxation Session
- Friday 5th June - "Salt & Fibre" Healthy Eating Talk



Charge: £1 entrance & 50p towards refreshments. Activities: Dancing, healthy hips & hearts chair exercise, Tai Chi for Health, reiki therapies (£1 charge), relaxation session, weight management support, bingo, raffle (£1 ticket), bric-a-brac-stalls, books, subsidised social activities & day trips.

Eccles Healthy Heart Club

Patricroft URC Hall Franklin Street Patricroft
Every Tuesday* 10 am - 12 noon

Highlights....

- Tuesday 12th May - "Tax, Care & Toy Boys" Talk
- **Tuesday 26th May - branch closed**
- Tuesday 23rd June - "Salt & Fibre" Healthy Eating Talk

*Charge: £1.50 entrance (includes raffle) & 50p towards refreshments.
Activities: Tai Chi for Health, 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 11 am - 1 pm

- Wednesday 6th May - Tai Chi & Relaxation
- Wednesday 20th May - Dementia Awareness Talk
- Wednesday 3rd June - Relaxation
- Wednesday 17th June - Tai Chi & "Sugar" Healthy Eating Presentation
- Wednesday 1st, 15th & 29th July

*Charge: £1.50 entrance includes raffle & 50p towards refreshments.
Activities: Line dancing, Tai Chi for Health, relaxation, reiki therapies, indoor games, & social trips*

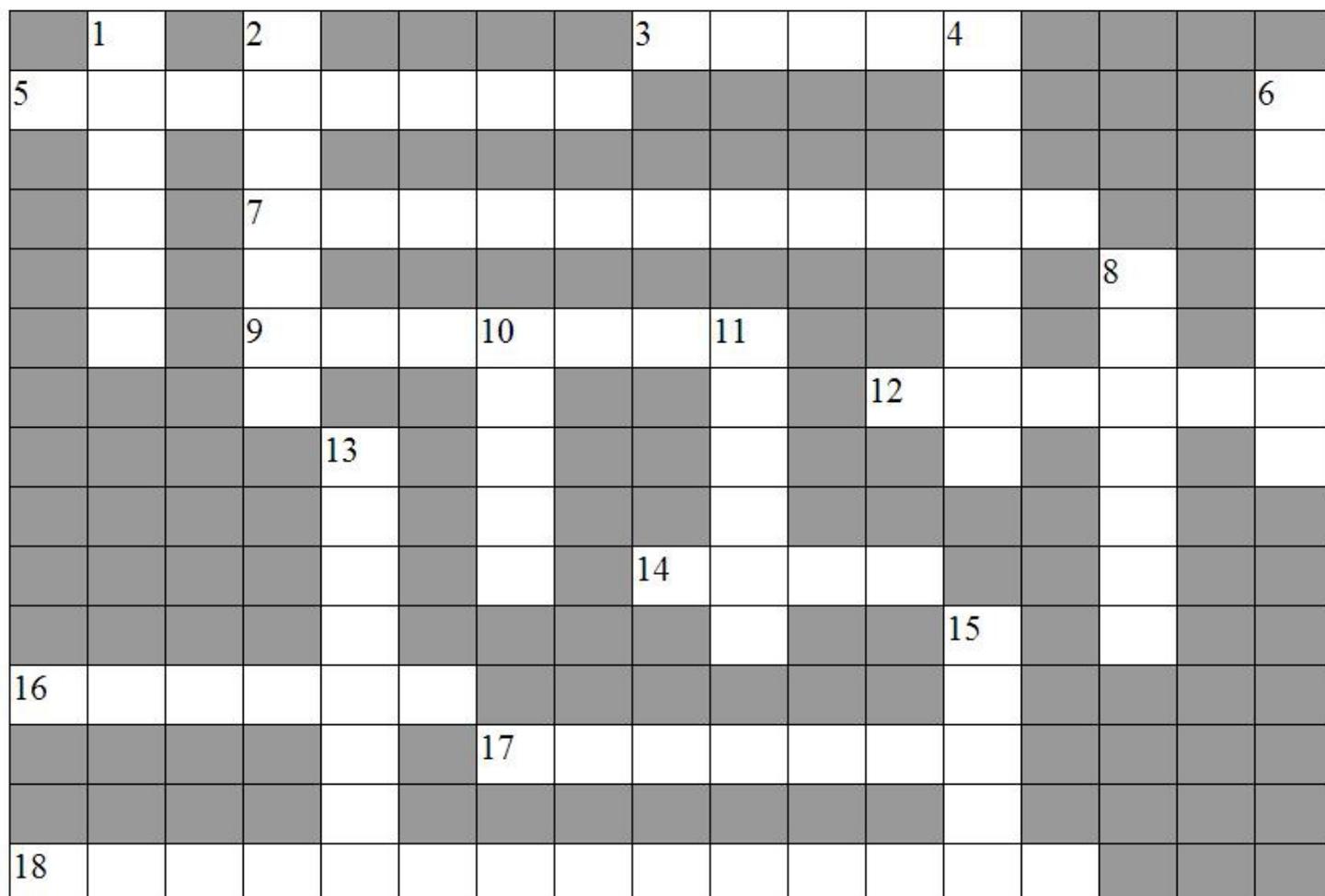
Weaste/Claremont Healthy Heart Club

De La Salle Sports & Social Club, Wilton Road, Salford
Every Tuesday 10 am - 11 am (Except Tuesday 26th May)

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

COMPETITION CORNER: *Try our May-Themed Crossword*

All correct entries received by **Friday 22nd May** 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. Alternative name for map of the world, first created in May 1570 (5)
5. "Water Monster" first spotted in May 1933 (4,4)
7. Surname of famous nurse born in Italy on 12 May 1820 (11)
9. British woman, Alison Hargreaves, became the first woman to conquer this mountain without oxygen or the help of sherpas on 13 May 1995 (7)
12. Surname of Queen beheaded in May 1536 (6)
14. Symbol for 11 down (4)
16. Large 4-faced chiming clock that first began ticking on 31 May 1859 (3,3)
17. President of South Africa in May 1994 (7)
18. This London building was severely damaged in May 1941 (5,2,7)

DOWN

1. Traditional type of dancing by men and women on May Day (6)
2. Tunnel officially opened on 6th May 1994 (7)
4. Edward Jenner, a British doctor, born May 1749 invented this vaccine (8)
6. Surname of the creator of the best known fictional spy, born 28 May 1908 (7)
8. May gemstone (7)
10. Forename of the man who ran a mile in less than 4 minutes in May 1954 (5)
11. May zodiac sign (6)
13. City name after 7 across (8)
15. Country of Formula 1 Grand Prix motor race to be held in early May 2015 (5)

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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**
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