



# Salford Heart Care

## "The Pulse" Newsletter

November 2015

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



The Queen's Award  
for Voluntary Service



### Welcome to the November edition of our newsletter.....

There's only a few weeks left until Christmas and we have lots of festive activities planned at our branches in December – see page 2 for more details of our **Christmas parties!**

Please remember that some of our branch sessions will be cancelled due to Christmas parties and the branches will be closed over the Christmas holidays (see page 4 for details as well as re-opening dates for 2016).

### Hot Pot Supper Fundraising Evening A Great Success!

Thank you to everyone who supported our Hot Pot Supper fundraising evening on 22<sup>nd</sup> October. We had a lovely evening with lots of dancing and entertainment and raised £704 on the night!

We would particularly like to thank Jim and Sue Collins for organising this fantastic event, and all those who kindly donated raffle prizes.

We would also like to acknowledge and thank the following organisations for their support and donations towards raffle prizes:

- ♥ Morrison's
- ♥ Wilko's
- ♥ Manchester United Foundation

### 2015-2016 Membership Subscriptions

Subscriptions are now due for 2015/16 for **all** members attending our Healthy Heart Clubs. Membership remains at £10.00 per annum.

**Please request a "Membership Form" at any of our branches.**

### Candles for Gifts?

David Royle at Eccles is now taking orders for his made-to-order candles. They make great gifts for Christmas or thank you presents for friends. David donates a proportion of all sales to Salford Heart Care.



### Salford Red Devils: Lottery Winner

Congratulations to last month's Red Devils' Lottery winners: Betty Hibbert – Cinema tickets, Joyce Brent – Annual Gym Membership, and Vincent Clifford £10.

*Tickets are on sale every week!*

### Shopping Bags on sale!

There's never been a better reason to buy our shopping bags! These are good quality black shopping bags bearing Salford Heart Care's logo. They are light and fold away into your handbag so you'll never be without a bag when you need one! This is a great opportunity to raise awareness of our charity and raise funds at the same time! The bags are on sale at our branches: £2.00 each or 2 for £3.00.



### Good News!

We have recently heard from **The Booth Charities** that our funding application has been accepted. We requested support with room hire costs for branches at Irlam & Cadishead, Eccles and Weaste/Claremont. The funding will commence from January 2016 covering a period of 12 months.

### Hand-Made Christmas Cards for Sale



Our crafty ladies at Eccles and Little Hulton have been very busy making good quality hand-crafted Christmas Cards over the past few months. Cards are on sale at Eccles and are very reasonably priced (many are 2 for £1.00).

*All proceeds go to the club.....*

- Diane Royse raised £19.80 from the sale of hand-made cards at Little Hulton Healthy Heart Club. Thanks Diane!

*Congratulations to the winner of our October Crossword Competition: Ann Bate from Cadishead.*

You could win a £5 gift voucher by completing this month's crossword on page 5!



## SOCIAL OCCASIONS 2015

### Trips Departing from Eccles & Little Hulton:

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

Tuesday 1<sup>st</sup> December - £26 per person  
*Includes drink on arrival, 3 course meal, coffee & mince pies & entertainment*

#### The Calf's Head & Oswaldtwistle Mill

Tuesday 23<sup>rd</sup> February - £23 per person  
*Includes coach, 2 course carvery lunch, tea & coffee*

#### Freeport & Cleveleys

Tuesday 22<sup>nd</sup> March - £26 per person  
*Includes coach, 3 course lunch & entertainment*  
*See Dot or Mavis for more details*

### Trips Departing from Irlam & Cadishead

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

Thursday 12<sup>th</sup> November – full  
*Includes coach, 3 course meal & entertainment*

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

Monday 14<sup>th</sup> December – a few places left  
£17 per person (£20 non-members)\*  
*Includes drink on arrival, 3 course meal, coffee & mince pies & entertainment*

#### Ryecroft Hall (The Bourne Poacher)

Monday 14<sup>th</sup> March 2016  
£20 per person – members only  
*Includes coach, 3 course meal & entertainment*

*See Serena or Betty - payment in full*

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

### 2016 Annual Holiday

#### Isle of White & The Shanklin Beach Hotel

- ♥ Monday 18<sup>th</sup> April 2016 (7 days)
- ♥ Twin rooms £309 per person (plus insurance)
- ♥ £50 deposit required
- ♥ See Dot or Mavis for details

### To RENT!

#### Ground Floor Retirement Apartment at Swithun Wells Court

Old Wells Close, Little Hulton M38 9PQ

- ♥ Rent from £115 per week (includes heating, hot water, support & service charge)

*Contact Scheme Manager Joanne Busuttill on 0161 799 6161 for more details.*

## Salford Heart Care's Branch Christmas Parties:

### ♥ Irlam & Cadishead Healthy Heart Club:

Friday 18<sup>th</sup> December

10 am – 3 pm, Irlam Steel Club

**Tickets: £5.00**

*Includes free raffle ticket, live singer, dancing, entertainment & hot buffet lunch*

**\*Raffle prizes & hamper food wanted\***



### Eccles Healthy Heart Club

Tuesday 15<sup>th</sup> December

10.00 am - 2 pm Patricroft URC

**Tickets: £6.50**

*Includes hot & cold buffet lunch & entertainment*

**\*Raffle prizes & hamper food wanted\***

### ♥ Little Hulton Healthy Heart Club

Wednesday 16<sup>th</sup> December

10:30-12.30pm at St. Paul's Peel Hall

**Tickets: £5.00**

### Gordon's Walking Group & Choir Xmas Party

Friday 27<sup>th</sup> November 7.30pm

Brackley Conservative Club

(1 Hazelhurst Fold Worsley)



*Buffet, music, dancing & entertainment*

**Tickets are limited: £10.00**

**Contact Gordon or Pauline McKay**

on 0161 788 9181 or email: [gmckay@talk21.com](mailto:gmckay@talk21.com)

### Macmillan Coffee Mornings

Anne Sutcliffe & Pauline McKay would like to thank everyone who sent donations and to all those who turned up to support the Macmillan Coffee Morning on Friday 25<sup>th</sup> September. **A total of £500 was raised!**

- ♥ Mavis Yarwood won the arrangement of flowers and the box of sweets with £5.
- ♥ Doreen Cosgrove won the lovely painting donated by Kath Ward (thanks to Kath).
- ♥ Matthew from Cavendish Road won "Name The Bear".

Thanks to everyone who made delicious cakes. The weather stayed fine and all in all everyone had a good time!

Well done to **Margaret O'Reilly** for her hard work organising the Macmillan Coffee Day at Irlam Pavilion on Saturday 26<sup>th</sup> September. **Margaret raised £605.** Well done Margaret. She would like to thank everyone who came along and supported her.

WE ARE  
MACMILLAN.  
CANCER SUPPORT

## Linnyslaw Garden Centre

Moss Lane, Walkden

Tel: 0161 799 2050



*Christmas Trees, perennials, shrubs, trees, bedding plants, composts, 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**

[www.linnyslawgarden.co.uk](http://www.linnyslawgarden.co.uk)

email: [linnyslawgarden@btconnect.com](mailto:linnyslawgarden@btconnect.com)

*proud sponsors of Salford Heart Care*

### Healthy Recipe: Autumn Succotash

*This delicious warming American-inspired dish is full of seasonal butternut squash, sweetcorn, broad beans & a medley of herbs.*

#### Ingredients

- 1 tbsp olive oil
- 1 onion, finely sliced
- 2 garlic cloves, finely chopped
- 1/2 butternut squash, cubed
- 4-5 sage leaves, roughly chopped, plus extra to garnish
- 2 thyme sprigs, plus extra to garnish
- 450ml (3/4pt) vegetable stock
- 100g (3 1/2oz) frozen broad beans
- 100g (3 1/2oz) frozen sweetcorn
- crusty bread, to serve (optional)

#### Method

1. Heat the oil in a large pan set over a medium heat. Add the onions and a little seasoning, and cook for 5-10 minutes, until softened.
2. Add the garlic, cook for 1 minute, then stir in the squash, sage and thyme. Season with a little black pepper, then increase the heat and cook for 2 minutes, or until the vegetables start to colour.
3. Pour in the stock and bring to the boil. Reduce the heat and simmer for 10-12 minutes, until the squash is tender.
4. Add the broad beans and sweetcorn and cook for a further 3-4 minutes, until all the ingredients are warmed through; season to taste.
5. Spoon into a serving bowl and garnish with extra sage and thyme. Serve with crusty bread for mopping up the juices, if you like.

## HEALTH NEWS

### Could increasing physical activity reduce the risk of heart failure?

Research published in the American Heart Association's journal *Circulation* suggests increasing physical activity above the minimum recommended amount could decrease the risk of developing heart failure.

The research suggests that to improve prevention, higher levels of physical activity, up to twice the minimum recommended dose, are needed. It was found that doubling the minimum recommended levels of physical activity would lower the risk of developing heart failure by 20% and quadrupling the minimum recommended levels would lower the risk by 35%.

Heart failure can be a devastating condition and the number of those affected in the UK remains stubbornly high. There are lots of reasons why you might be diagnosed with heart failure, with the most common cause being damage left behind after a heart attack. While there is currently no cure for heart failure, there are lots of positive steps you can take to reduce your risk such as quitting smoking, maintaining a healthy weight and taking regular exercise.

### Get the winter flu vaccine!

**People living with heart disease are at a much higher risk of becoming severely ill if they catch flu.** In fact, people with chronic heart disease are approximately 11 times more likely to die if they develop flu compared to healthy individuals.

Maureen Talbot, Senior Cardiac Nurse at the British Heart Foundation, said: "Worryingly, just half of people living with heart disease had the flu vaccination last year – proof that we desperately need to raise awareness amongst people at increased risk. We urge all heart patients to contact their GP to get their free flu vaccine this winter and avoid putting your health and life at risk."

If you know someone with heart disease, please encourage them to visit their GP.

Who else is at risk?

Those who are considered to be at risk include:

- ♥ **older people**
- ♥ **pregnant women**
- ♥ **those with a long-term health condition, even one which is well-managed**
- ♥ **As well as these groups, children from the ages of 2-4 & those in school years 1 & 2 are encouraged to get the flu vaccine**



# OUR HEALTHY HEART CLUBS November 2015 - Jan 2016

Tel: 0161 707 7402 Email: [admin@salfordheartcare.co.uk](mailto:admin@salfordheartcare.co.uk) website: [www.salfordheartcare.co.uk](http://www.salfordheartcare.co.uk)

## Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Road Irlam

Every Wednesday & Friday 10 am - 12 noon

### Highlights....

- Friday 20<sup>th</sup> November & 4<sup>th</sup> December - Relaxation Session
- Friday 18<sup>th</sup> December - Christmas Party (booking essential)
- **Wed 23<sup>rd</sup> & 30<sup>th</sup> Dec, Fri 25<sup>th</sup> Dec & 1<sup>st</sup> Jan - Closed for Christmas**
- Wednesday 6<sup>th</sup> January - Re-open

*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, 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

- Tuesday 3<sup>rd</sup> November - ANNUAL GENERAL MEETING
- Tuesday 24<sup>th</sup> November - Weight Management Presentation
- Tuesday 15<sup>th</sup> December - Christmas Party (booking essential)
- **Tuesday 29<sup>th</sup> December - Closed for Christmas**
- Tuesday 5<sup>th</sup> January - Re-open (Maureen's Exercise)
- Tuesday 12<sup>th</sup> January - Tai Chi

*Charge: £1.50 entrance (includes raffle) & 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 (new start time)

- Wednesday 4<sup>th</sup> November - Tai chi, relaxation & dancing
- Wednesday 18<sup>th</sup> November - Tax, Care & Toy Boys Talk
- Wednesday 16<sup>th</sup> December - Christmas Party (booking essential)
- **Wednesday 29<sup>th</sup> December - NO session - closed for Christmas**
- Wednesday 13<sup>th</sup> January - Re-open after Christmas break

*Charge: £1.50 entrance includes raffle & 50p towards refreshments.*

*Activities: Line dancing, Reiki therapies, Tai Chi for Health, relaxation, indoor games, & social trips*

Currently Supported by:



the coalfields  
regeneration trust

## Weaste/Claremont Healthy Heart Club

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

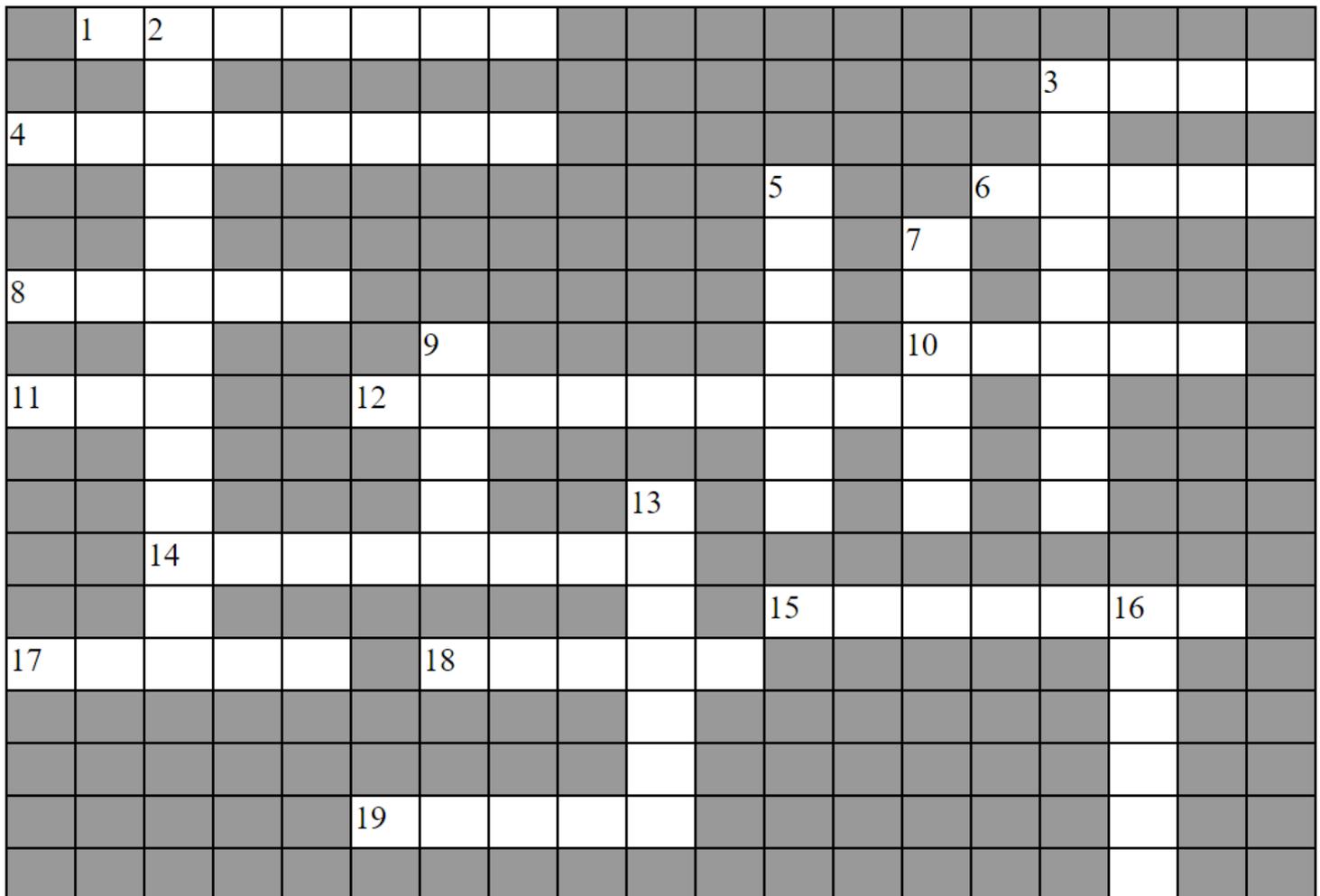
Every Tuesday 10 am - 11 am

- **Tuesday 8<sup>th</sup> December - closed for Xmas Trip & 29<sup>th</sup> December - closed**

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

## COMPETITION CORNER: *Try our November - Themed Crossword*

All correct entries received by **Friday 27<sup>th</sup> November** 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

1. November zodiac sign (7)
3. Longest canal opened in November 1869 (4)
4. On 1st November 1993 this Union was born? (8)
6. The Hajj is associated with which City (5)
8. Biggest Christmas shopping "Friday" in America? (5)
10. Coin associated with Guy Fawkes (5)
11. This King was discovered in November 1922 (3)
12. Adolph Sax invention (9)
14. Sandwich creator's surname (8)
15. President assassinated on 22 November 1963 (7)
17. King at the time of the Gunpowder Plot (5)
18. Basic unit of measurement for describing radioactivity and surname of famous Chemist who discovered it (5)
19. Country associated with 16 down (5)

### DOWN

2. November flower (13)
3. "Treasure Island" Author born November 1850 (9)
5. Computer operating system created November 1983 (7)
7. Famous yellow checked trouser wearing comic strip bear born in November 1920 (6)
9. Russian dog - first living creature to orbit the earth (5)
13. Patron Saint of Musicians (7)
16. Festival of lights (6)

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

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