



Salford Heart Care

"THE PULSE" NEWSLETTER

November 2017

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



The Queen's Award
for Voluntary Service



Elsie, Eccles (2014)

Announcement: Elsie Sharpe

It is with great sadness that we announce the death of our dear long-standing member, Elsie Sharpe from Eccles. Elsie passed away in hospital on Monday 16th October aged 93. Elsie regularly attended Eccles Healthy Heart Club and

enjoyed the day trips and annual holidays. Elsie was diagnosed with dementia several years ago and continued to attend the club as much as possible, sometimes with her niece, Pamela. Elsie's funeral takes place on **Tuesday 7th November at 11:40am, Peel Green Crematorium and then onto Patricroft Conservative Club.** Members of Salford Heart Care are welcome to attend.

Our sincere sympathy goes to Elsie's family & friends. She will be missed by us all.

Reminder:

Salford Heart Care's AGM
Tuesday 7th November, 11:00am
Patricroft United Reformed Church

All members are welcome to attend the meeting. There will be no therapies or exercise at this drop in. You can access the agenda and Annual Report here: salfordheartcare.co.uk/news/agm-2017/



Our Christmas Parties: Tickets £5

- ♥ **Little Hulton: Wed 6th December**
10:30 am-12.30 pm, St. Paul's Peel Hall
 - ♥ **Eccles: Tuesday 19th December**
11am-3pm De La Salle Sports & Social Club
 - ♥ **Irlam: Friday 22nd December**
10 am – 3 pm, Irlam Steel Club
- *Raffle prizes & hamper food wanted***
Limited availability - tickets must be purchased in advance.

The Haemochromatosis Society is raising awareness of "Haemochromatosis" – a genetic condition caused by Iron Overload where the body absorbs more iron than is needed & is unable to process the excess.

Symptoms could include fatigue, arthritis, diabetes, liver problems, bronzed skin, abdominal pain and/or heart irregularities.

It is one of the most common yet under diagnosed genetic conditions in Britain. Diagnosis is simple and inexpensive but the cost of late diagnosis can be financially high....but more importantly the cost to the individual's quality of life can be debilitating and unnecessary. **For further information please contact: The Haemochromatosis Society Advice line: 03030 401 102 or visit: haemochromatosis.org.uk For local support visit: <http://northwest.haemochromatosis.org.uk/>**

Eccles Service of Remembrance

The War Memorial,
Peel Green Cemetery 10.50am
Friday 10th November



2018 Holiday - Kingussie Scotland

We are going to Kingussie near Inverness for our annual holiday on Wednesday 2nd May 2018. The cost is £365 plus insurance and includes bed/breakfast, 5 course evening meal, coach travel, day trips and evening entertainment.

Twin & double rooms available (waiting list for single rooms). Please see Dot or Mavis for more details if you are interested.

Congratulations to Doreen Matthews who celebrated her 80th birthday in October. Doreen is the sister of our founder, the late Bernard Hamilton. To celebrate, Doreen held a party at Swinton Golf Club with donations going to Salford Heart Care. We understand that she has raised more than £500! (£135 donated via Virgin Money Giving). Thank you to everyone who has supported us.



SOCIAL OCCASIONS

Trips from Eccles & Little Hulton:

Christmas at Ryecroft Hall

Tuesday 12th December - £30 per person
3-course meal & entertainment

Calf's Head & Oswaldtwistle Mills

Tuesday 20th February - £24 per person
Includes 2-course carvery

See Dot & Mavis for more details

Trips from Irlam & Cadishead

Oswaldtwistle Mills & Show

Thursday 9th November full

Rivington Barn Tues 12th Dec - full

Viva Blackpool Christmas Cabaret

Monday 18th December 1 space £25

Ormskirk Market & Briars Hall Hotel

Thursday 8th February 2018

£20 per person (£25 non-members)

3-course meal & afternoon entertainment

Clitheroe & The Calf's Head

Thursday 15th March 2018

£22 per person (£25 non-members)

Market day in Clitheroe followed by a 3-course carvery at the Calf's Head

Botany Bay & Olympus Restaurant

Wednesday 25th April 2018

£18 per person £20 non-members

Includes afternoon tea, dancing & pianist at The Olympus Fish Restaurant in Bolton

Bakewell & The Monsal Head Hotel

Monday 14th May 2018

£22 per person (members only)

Market day in Bakewell then onto The Monsal Hotel for a 2 course late-lunch

See Serena & Betty for more details

Gordon's Christmas Party

Friday 1st December 7.30pm

Brackley Conservative Club

1 Hazelhurst Fold, Worsley

Buffet, music, dancing & entertainment

Tickets: £10.00 Contact Gordon McKay
0161 788 9181 email: gmckay@talk21.com



Recipe: Stuffed Butternut Squash

Ingredients (Serves 4)

- 2 x Butternut Squash
- 1 x onion – peeled & diced
- 1 x courgette
- 2 x cloves garlic – peeled & minced
- 70g sundried tomato
- 100g feta cheese – crumbled
- 1 x 220g sachet wholegrain and Quinoa
- 1 x heaped teaspoon paprika
- 40g grated Parmigiano cheese
- 30ml olive oil Sea salt and black pepper

Method:

1. Preheat the oven to 200c/400f/gas mark 6.
2. Cut the butternut squash in half lengthways.
3. Scoop out the seeds & score the flesh with a sharp knife (don't cut through the skin).
4. Place the halves cut side down on a baking sheet & cook for 45 minutes.
5. Meanwhile, sauté the onions in the olive oil till soft but not browned.
6. Add the garlic to the onion & cook for a couple of minutes. Transfer to a mixing bowl.
7. Grate the courgette & add to the mix along with the wholegrain quinoa.
8. Chop the sundried tomatoes finely & add this & the crumbled feta cheese.
9. Season with some salt, pepper & paprika.
10. Remove the squash from the oven & carefully scoop out the flesh. Keep a thin wall of squash in the shell. Chop the flesh & add to the mix in the bowl.
11. Stuff the shells with the mixture. Sprinkle over the Parmigiano & bake for 15 minutes.

Well Done Des!

Las month, Irlam man Des Boyd took part in the Manchester Half Marathon. He completed the 13 mile run in 2 hours 5 minutes! He has raised in excess of £800 for Irlam & Cadishead Healthy Hearts Social Club in memory of his good friend, Sophie Wilson.



Local Honey

Donations from local Honey Sales at the club stand at £65. Thank you to Joy & Vincent Jackson for supporting us.

Honey is £4 per jar with 50 pence towards Salford Heart Care.



OUR HEALTHY HEART CLUBS November - Dec 2017

0161 707 7402 admin@salfordheartcare.co.uk 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, 21st & 28th November, Tuesday 5th December

→ Tue 7th November - Salford Heart Care's AGM (no exercise/therapies)

→ Tue 12th December - closed for trip day

→ Tue 19th December - closed - Christmas Party @ De La Salle Social Club

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 & regular social trips

Little Hulton Healthy Heart Club

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

Fortnightly Wednesdays 10:30am - 12:30pm

→ Wednesday 8th & 22nd November

→ Wednesday 6th December - Christmas Party - tickets only

→ Wednesday 20th December - closed for Christmas break



Charge: £2 includes refreshments & raffle Activities: Dancing, Reiki (£1 charge), Tai Chi, games, relaxation, blood pressure checks, crafts, regular social trips

Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Road Irlam M44 6AJ

Reminder:

Wednesdays & Fridays 9:30 am - 12 noon

→ Friday 24th November, 15th December - Relaxation

→ **Closed: Wed 27th Dec & Fri 29th Dec (holidays)**

→ Friday 22nd December - Christmas Party 9:30am - 3pm - tickets only

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, regular day trips

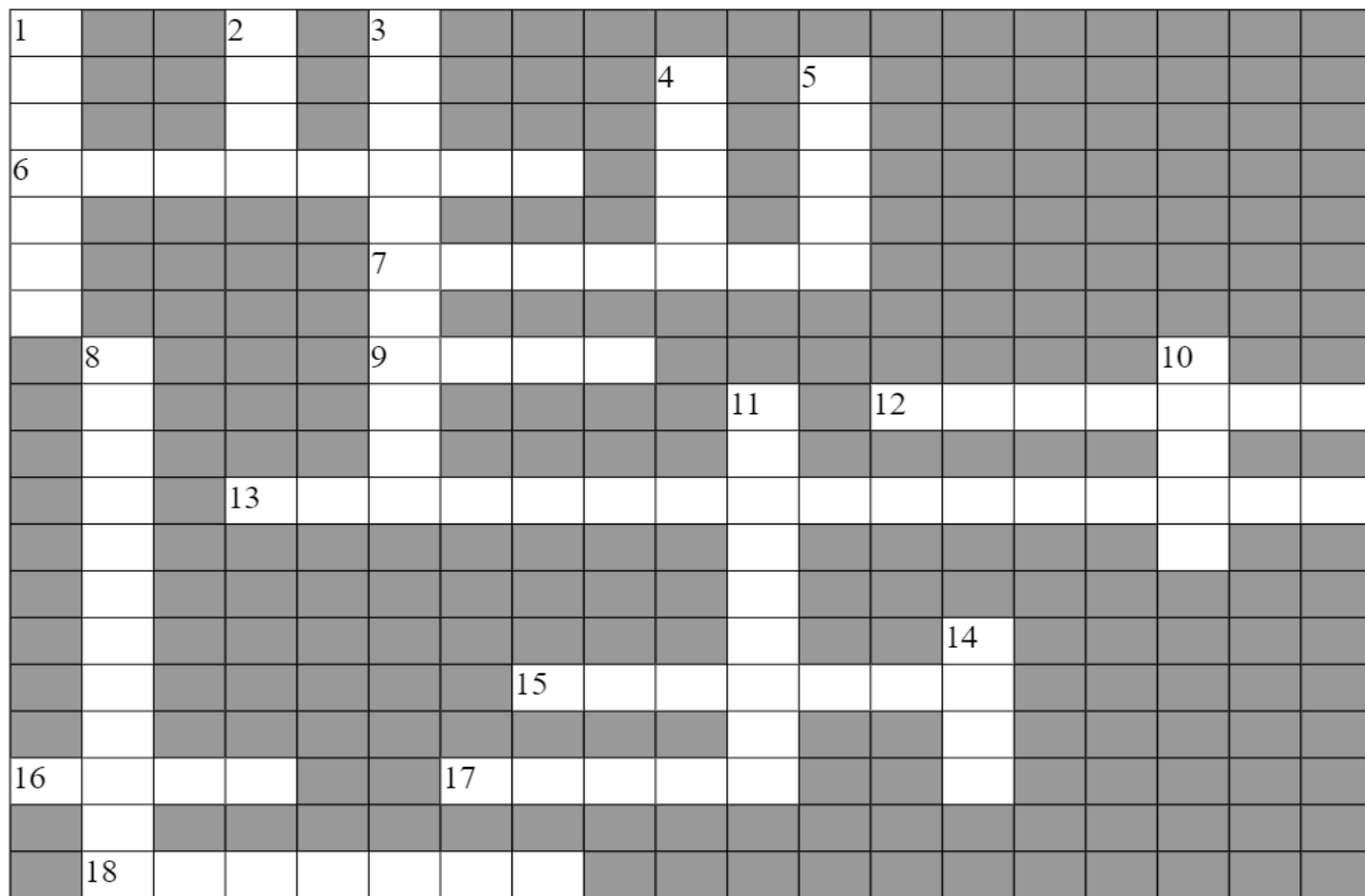
Notice: Weaste & Claremont Healthy Heart Club

(De La Salle Sports & Social Club)

Weaste Healthy Heart Club will be closed during November/December 2017 for floor maintenance, and due to our instructor, Maureen, under-going a hip operation. We send Maureen our best wishes and hope she has a speedy recovery.

November Crossword Competition

All correct entries received by **Friday 24th 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 at the club). **Please include your name** (and address if you're not a member).



ACROSS

6. St. Andrew is the Patron Saint here (8)
7. Royal spouse (7)
9. Remember, remember the 5th of November - Gunpowder, Treason & ___? (4)
12. Small round leafy green vegetable from Belgium perhaps? (7)
13. Traditionally made on "Stir-Up Sunday" (9,7)
15. November zodiac sign (7)
16. Billy Joel said they didn't start this? (4)
17. How much for the guy? (5)
18. Performs the function of a pocket for 2 down (7)

DOWN

1. National emblem associated with 6 across (7)
2. National dress of 6 across (4)
3. Can be seen on every post box in the UK indicating the Monarch at the time of the installation (5,6)
4. Guy Fawkes real first name (5)
5. Famous French painter of impressionism (5)
8. Technical term for the art of making and displaying fireworks (12)
10. Basic unit of measurement for describing radioactivity (5)
11. Seasonal fruit often used in sauce to accompany turkey (9)
14. Birthplace of Guy Fawkes (4)

Congratulations to Gladys Cooper Smith – winner of our October 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

