



# Salford Heart Care

## "The Pulse" Newsletter

October 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 October edition of our newsletter.....



**REMEMBER!** British Summer Time ends on the last Sunday in October. Don't forget to change your clocks and adjust the time **One hour BACKWARDS** on **Sunday 25th October!** This means that we lose an hour of daylight....but we gain an extra hour in the morning and can look forward to a lie in!



### ADVANCED NOTICE:

## SALFORD HEART CARE'S ANNUAL GENERAL MEETING

Tuesday 3<sup>rd</sup> November, 11:00am

Patricroft United Reformed Church

*All members who have paid their subscription for 2014-15 are welcome to attend the meeting.*

### Management Committee Meeting

A meeting of the Management Committee is scheduled for Monday 12<sup>th</sup> October, 10am at Patricroft URC – if any members would like to attend this meeting, or if you are interested in joining the Committee, please speak to Serena (0161 707 7402).

### Coast to Coast Sponsored Cycle Challenge Whitehaven to Newcastle - Update

Well done Peter Royse! He cycled 140 miles from Whitehaven to Newcastle last month and raised **more than £245** for Salford Heart Care and Little Hulton Healthy Heart Club.

*Diane Royse is now collecting sponsor money from those who have not yet paid.*

**Salford Red Devils: Lottery Winner**  
Congratulations to last month's Red Devils' Lottery winner: Hilda Swann (Cinema tickets).

*Let us know if you would like to buy a ticket – on sale every week!*

There's still time to buy a ticket.....

### Salford Heart Care's "Golden Oldies" Fundraising Night



50's, 60's & 70's Music with "Golden Oldies" DJ Sinclair

**Thursday 22<sup>nd</sup> October**

8pm at De La Salle Social Club  
(off Lancaster Road, Salford)

**Tickets: £7.00**

**includes Hot Pot Supper**

*Plus raffle & dancing*

This is a fun, social get-together to raise funds for Salford Heart Care.

**See Jim Collins or Serena Rice for tickets or call 0161 707 7402**

### Self Care Event



Are you living with Diabetes, CVD, Liver disease, Kidney disease, COPD or Cancer? Do you live with a long term condition? Would you like to find out more about how to look after yourself and be as healthy and well as you can be?

If yes, come & join Salford Clinical Commissioning Group at their 'Self Care' Event:

**Buile Hill Park Hall, Salford**

**Tuesday 27<sup>th</sup> October**

**1-3.30 pm or 5-7.30 pm**

**Information stalls, presentations & taster activities**

If you would like to reserve a place please email [sandra.lindsay1@nhs.net](mailto:sandra.lindsay1@nhs.net) or call 0161 212 6278.



## 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 coach, drink on arrival, 3 course meal, coffee & mince pies & 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 – waiting list only  
£23 per person (£25 non-members)\*  
*Includes coach, 3 course meal & entertainment*

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

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

*See Serena or Betty for more details  
payment in full*

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

### Salford Heart Care's Branch Christmas Parties:

#### ♥ Irlam & Cadishead Healthy Heart Club:

**Friday 18th 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 15th December**

Patricroft URC

**Tickets: £6.50**

*Includes hot & cold buffet lunch & entertainment*

#### ♥ Little Hulton Healthy Heart Club

**Wednesday 16th December**

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

More details to follow

## Linnysshaw Garden Centre

Moss Lane, Walkden

Tel: 0161 799 2050

*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.linnyshawgc.co.uk](http://www.linnyshawgc.co.uk)

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

*proud sponsors of Salford Heart Care*

### £5 Gift Voucher Winner

Congratulations to Pauline Davies from Cadishead - winner of our September Crossword Competition.

See page 5 for this month's quiz.

### Gordon's Walking Group & Choir - Christmas 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**

*Salford Heart Care members welcome*

**Contact Gordon or Pauline McKay**

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



### Retirement Apartments to Rent in Little Hulton

*Retirement should be about **Relaxing...***

♥ *Do you want to feel safe?*

♥ *Do you feel lonely & isolated?...We can help!*

**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 Busuttil***

*on 0161 799 6161 for more details.*

### Stoptober & Go Sober for October!

There's never been a better time to quit smoking or cut out alcohol. We would like to wish good luck to Heather Jewell from Irlam who has pledged to stop smoking in October, and Heather's mother Joan who has pledged to Go Sober for October. Let us know how you get on and if anyone else is taking part – well done and keep us posted!

## HEALTH NEWS

### Life expectancy in England increases by 5 years following fall in CVD deaths

Research published last month shows that between 1990-2013 life expectancy in England increased by 5.4 years due to a fall in death rates from cardiovascular disease, stroke and other chronic diseases.

The study ranked diseases and risk factors that cause death and disability in England compared with other high income countries. England as a whole performed better on average than other affluent countries in the European Union, and Australia, Canada, Norway, and the USA. However, the findings also showed health disparities between English regions, with South East England having the lowest disease burden.

Source: BHF

### Information about Travel Vouchers



Travel vouchers are for people who are not able to use ordinary buses, trains or Metrolink & who have serious walking difficulties or are registered blind.

They can be used to pay for taxis and for travel on accessible bus services such as Ring and Ride and community transport.

#### Who qualifies for Travel Vouchers?

You may qualify for travel vouchers if you are a resident in Greater Manchester and:

- ♥ you are registered blind with your local authority, or
- ♥ you are in receipt of DLA (Disability Living Allowance Higher Rate Mobility Component), or
- ♥ you are in receipt of Higher Rate (formerly known as 24 hour) Attendance Allowance, or
- ♥ you are in receipt of the War Pensioners Mobility Supplement, or
- ♥ if you do not receive any of the above benefits, you may still be entitled to travel vouchers if you are not able to walk 100 metres or more, or climb steps of 300 millimetres or more. This must be certified by your doctor on your application form.

#### Where can I go using Travel Vouchers?

You can travel anywhere in Greater Manchester and the neighbouring counties using travel vouchers. However, you can only use travel vouchers with taxis, community transport schemes and accessible bus services, such as Ring and Ride, which are authorised. If you use transport that is not part of the scheme your vouchers will not be accepted.

#### How do Travel Vouchers work?

When you join the scheme you will be given a travel voucher user card that shows your name, your photograph and a user number; you must show this card when you pay for a trip using Travel Vouchers. Vouchers are not free but are substantially discounted. Travel Voucher Users can buy up to £120 worth of vouchers for £30, which is just one-quarter of the full value.

If you already have a Free Travel Pass or Concessionary Travel Permit (which provide free or cheap travel on buses, trains and Metrolink in Greater Manchester), you must hand it in when you join the Travel Voucher Scheme. The travel voucher user card provides free or cheap travel on trains and Metrolink in the same way as your pass or permit.

#### How to apply for Travel Vouchers?

For an application form and further information write or phone: **Concessionary Travel, Transport for Greater Manchester, 2 Piccadilly Place, Manchester M1 3BG, telephone 0161 244 1050.**

### Healthy Recipe: Bean & Root Vegetable Pot

#### Ingredients (serves 6):

- 1tbsp vegetable oil
- 2 small onions, chopped
- 4 garlic cloves, crushed
- 1 red chilli, finely chopped
- 2-3 star anise
- 1 cinnamon stick
- 250g dried cannellini beans, soaked overnight
- 500ml vegetable stock
- 5 sprigs thyme
- 150g dried apricots, roughly chopped
- 150g potato, peeled and cut into chunks
- 450g sweet potatoes, peeled and cut into chunks
- 450g butternut squash, peeled and cut into chunks
- 1½tsp rose harissa paste
- large handful parsley, finely chopped

#### Method:

1. Heat the oil in a large casserole over a medium heat, add the onion and cook for 5 minutes or until softened. Add the garlic, chilli, star anise & cinnamon. Cook for 1 minute.
2. Drain & rinse the beans then add with the stock, dried apricots and thyme. Bring to the boil then reduce to a simmer, cover and cook for 1 hour 15 minutes before adding the vegetables, mix well, add more water if needed. Bring back to the boil and allow to simmer for another 20 minutes or until tender.
3. Stir in the harissa, parsley and some seasoning to serve.



# OUR HEALTHY HEART CLUBS October - December 2015

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 23<sup>rd</sup> October, 20<sup>th</sup> November & 4<sup>th</sup> December - Relaxation Session
- Friday 30<sup>th</sup> October - Halloween Fancy Dress Competition
- **Wednesday 28<sup>th</sup> October - Session cancelled due to holiday**
- Friday 18<sup>th</sup> December - Christmas Party (booking essential)

*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 13<sup>th</sup> October - Greater Manchester Devolution Talk
- Tuesday 20<sup>th</sup> October - Stress Management follow up session
- Tuesday 27<sup>th</sup> October - Action On Hearing Loss
- 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)

*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 7<sup>th</sup> October - "Fibre & Salt" Healthy Eating Talk
- Wednesday 21<sup>st</sup> October - Dementia Talk with Joy Watson
- Wednesday 4<sup>th</sup> November - Tai chi, relaxation & dancing
- Wednesday 18<sup>th</sup> November - Tax, Care and Toy Boys Talk
- Wednesday 16<sup>th</sup> December - Christmas Party (booking essential)

*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

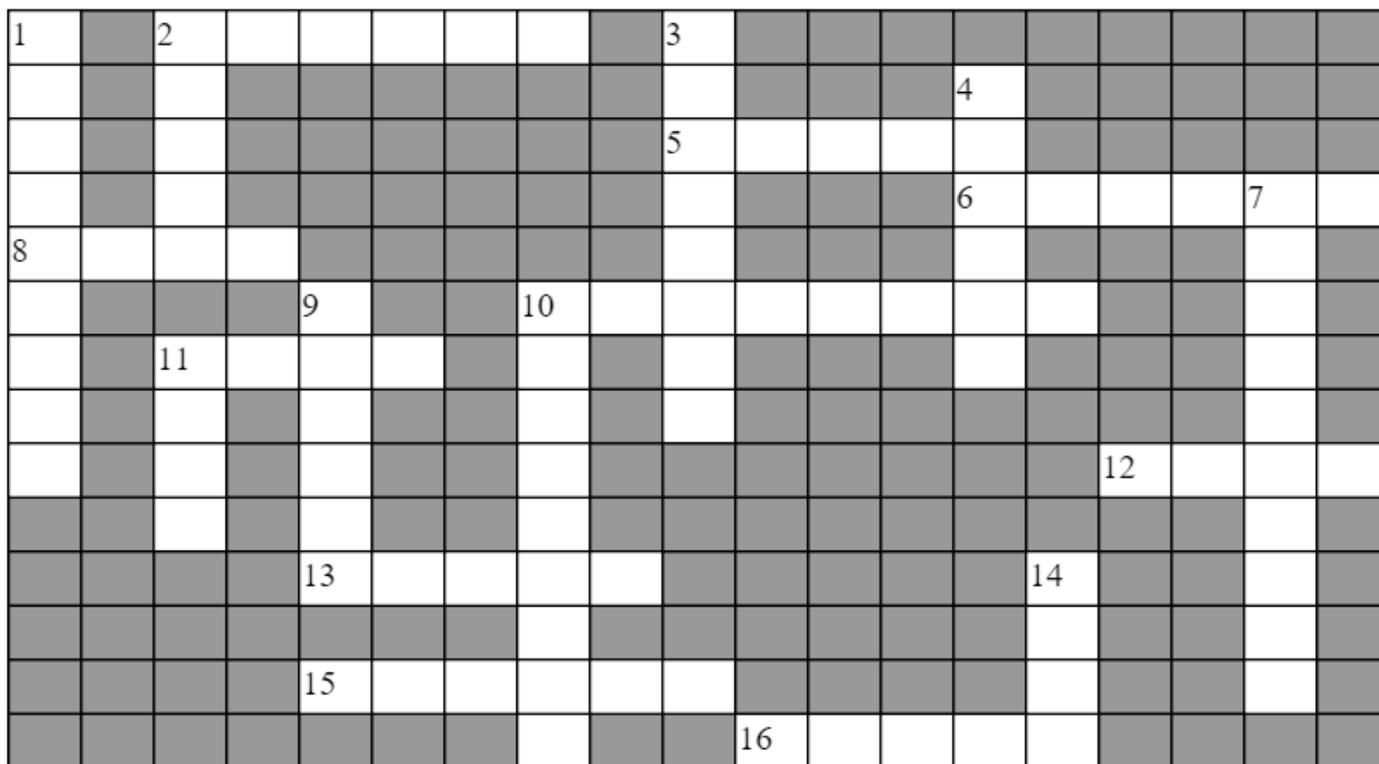
**De La Salle Sports & Social Club**, Wilton Road, Salford

**Every Tuesday 10 am - 11 am**

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

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

All correct entries received by **Friday 23<sup>rd</sup> October** 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

2. Surname of Beatles' member, born October 1940, died 1980 (6)
5. Surname of the actor who played the 11<sup>th</sup> Doctor in the TV series, Doctor Who (5)
6. Season associated with October (6)
8. October birthstone (4)
10. Famous plane that flew for the last time in October 2004 (8)
11. Surname of famous architect born October 1632 (4)
12. This Captain discovered New Zealand in October 1769 (4)
13. A solemn promise (plural) (5)
15. Symbol for 2 down (6)
16. Winnie-the-Pooh author (surname) (5)

### DOWN

1. American festival taking place on 31<sup>st</sup> October (9)
2. Zodiac sign for October (5)
3. This battle took place in October 1066 (8)
4. Famous non-violent political leader of India born in October 1869 (6)
7. Capital of 9 down (6,4)
9. Serena's holiday destination this month? (6)
10. This Prime Minister won the general election for the 2nd time in 1951 (9)
11. Rain in October means what in December, according to the saying? (4)
14. Patron Saint of Hopeless Cases (4)

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

Salford Heart Care is a registered charity (number 1136710) Donations welcome via: [virginmoneygiving.com](http://virginmoneygiving.com) or post: **Salford Heart Care, c/o Patricroft URC, Franklin St, Eccles M30 0QZ**  
 Email: [admin@salfordheartcare.co.uk](mailto: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](http://www.salfordheartcare.co.uk)

