



# Salford Heart Care

## "The Pulse" Newsletter

October 2016

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



The Queen's Award  
for Voluntary Service

### In loving memory of Nora McAlinden 18.07.2016

We would like to thank the family and friends of Nora McAlinden. Nora passed away in July after suffering a stroke.

Nora was a long standing member of Salford Heart Care and regularly attended our clubs at Eccles and Little Hulton. Nora's family have chosen to support Salford Heart Care and requested donations in her memory.

**We can now confirm that a total of £380 has been donated to Salford Heart Care in Nora's memory.**

*We would like to thank Nora's daughter Tricia and her family, and all those who have donated in Nora's memory.*



### Las Vegas "Rock n Roll" Marathon (26.2 miles)

On Sunday 13<sup>th</sup> November 2016, Richard Taylor (Cardiac Rehab Exercise Specialist at Salford Royal Hospital) will be taking part in the Las Vegas Rock n Roll Marathon. He will be raising money for Salford Heart Care. Please show your support by making a donation. You can donate at the club (speak to Serena) or online by visiting:

[virginmoneygiving.com/RichardTaylor50](http://virginmoneygiving.com/RichardTaylor50)



### ADVANCED NOTICE FOR MEMBERS:

## SALFORD HEART CARE'S ANNUAL GENERAL MEETING (AGM)

Tuesday 1<sup>st</sup> November, 11:00am

Patricroft United Reformed Church

*All members who have paid their subscription for 2015-16 are welcome to attend the meeting.*

### Sponsored Walk in Aid of Dementia: Friday 7<sup>th</sup> October 12 noon

Irlam & Cadishead Healthy Heart Club, in partnership with the Health Improvement Service, will be walking in aid of Dementia. The walk will commence at Irlam Steel Club, 12 noon on Friday 7<sup>th</sup> October, heading across Prince's Park, along the Old River towards the Boathouse and returning to Irlam Steel Club for lunch at 1pm.

*If you're interested in taking part please register with Serena & collect a sponsor form. If you are unable to take part you can still make a donation and sponsor a walker!*

**REMEMBER!** British Summer Time ends on Sunday 30<sup>th</sup> October. Don't forget to adjust the time 1 hour BACKWARDS.

### Fundraising Evening Success!

Thank you to everyone who supported our Hot Pot Supper fundraising night on Thursday 29<sup>th</sup> September at De La Salle Sports and Social Club. We had a fantastic evening and raised £460.

Thank you Jim and Sue Collins for organising the event, and all those who kindly donated raffle prizes.

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





## SOCIAL OCCASIONS

Departing from Eccles/Little Hulton:

**Christmas Lunch at Ryecroft Hall**

Tuesday 13<sup>th</sup> December

£28 per person

*Includes lunch, afternoon entertainment & raffle*

*See Dot or Mavis for more details*

Departing from Irlam & Cadishead  
**Christmas at The Rivington Barn &  
The Houghton Weavers**

Thursday 17<sup>th</sup> November - full

*Includes coach, 3 course meal & entertainment*

**Christmas at The Millstones**

Thursday 15<sup>th</sup> December - full

*Includes coach, 3 course meal & entertainment*

**Oswaldtwistle Mills "Frosty Funday"**

Thursday 9<sup>th</sup> February 2017 - full

*Includes coach, 2-course meal & entertainment*

*See Serena or Betty for details*

*payment required in full at the time of booking*

**Coming soon: Skipton Market & The Calf's  
Head Wednesday 26<sup>th</sup> April 2017**

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

## Salford Heart Care Christmas Parties



♥ **Little Hulton Healthy  
Heart Club**

Wednesday 14<sup>th</sup> December

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

**Tickets: £5.00**

♥ **Eccles Healthy Heart Club**

Tuesday 20<sup>th</sup> December

11 am-2 pm at Patricroft URC

**Tickets: £6.50**

*Includes lunch & entertainment*

**\*Raffle prizes wanted\***

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

Wednesday 21<sup>st</sup> December

10 am – 3 pm at Irlam Steel Club

**Tickets: £5.00**

*Includes raffle ticket, entertainment & lunch*

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

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

Friday 2<sup>nd</sup> December 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

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

**Halloween "Dying Matters" Event  
at Irlam & Cadishead**

**Healthy Heart Club**

in partnership with

**The Health Improvement Service**

♥ Friday 28<sup>th</sup> October 10am-1pm

Irlam Steel Club

♥ Halloween Fancy Dress Competition

♥ Dancing & bingo

♥ Lunch from 12pm-1pm



Salford City Council

## Become A Dementia Friend....

A Dementia Friend is someone who has attended an information session and has committed to an action that will make the lives of people living with dementia a little bit better. Anyone can be a Dementia Friend and every action counts - from helping someone to find the right bus to spreading the word about dementia on social media.

Julia O'Reilly is a Dementia Friends Champion. She is a trained volunteer who encourages her family, friends, colleagues and the local community to understand a little bit more about dementia, what it's like to live with dementia and then turn that understanding into action.

Julia will be delivering a **free 1 hour information session** at Irlam & Cadishead Healthy Heart Club on Friday 7<sup>th</sup> October. You will have the opportunity to learn more about dementia and how you can help to create dementia friendly communities. The training will take place in the Annex (next door to the club). Spaces are limited. If you're interested in becoming a Dementia Friend please register with Serena.

♥ **Friday 7<sup>th</sup> October 10:30-11:30am**

♥ **Irlam Steel Club (Annex)**

**Do you have heart disease?  
Are you interested in research?**

**Together we can Help  
BEAT Heart Disease!**



**If you are over 18 and want to help improve heart disease treatments and care, get involved with research...**

- ♥ Visit [www.researchforthefuture.org](http://www.researchforthefuture.org)
- ♥ Call: 0161 206 3636  
(24 hour answerphone)
- ♥ Text "research" & your name to  
81400 (Standard text rate)

**Free Taster Classes!**

**New Members Wanted at**

**Maureen's Healthy Heart Club (Eccles)**

Maureen Lawlor holds a Healthy Hearts Cardiac Exercise Class at Patricroft URC (Shakespeare Crescent, Patricroft) every **Thursday** morning from **10am until 11am**. The club is looking for new members and is offering a **free 10 week taster session (usually £2.50)**. Just turn up and register on the day.

*For more information contact  
Maureen on 07812 184285.*

*Congratulations to our September Crossword Competition winner: **Barbara Rice** from Irlam. **Gladys Coopersmith** from Irlam won the August competition.*

*You could win £5 voucher by completing this month's crossword on page 6.*



**Salford Reds Lucky Devil's  
Lottery Winner: £1,000!**

We've had our biggest winner so far on the Lucky Devil's Lottery.....

**Serena Rice won £1,000** last month! David Royle also won £10. Remember you have to be in it to win! Even better...Salford Heart Care receives 40 pence for every £1 ticket sold.

*Why not set up a standing order – you'll never miss a week & keep the same numbers!*

**Smoked Mackerel Fishcakes Recipe**

Smoked fish is good in all kinds of recipes because of its deep flavour, plus it is nutritious, tasty and fairly cheap. A Smoked Mackerel Fishcake is this and more! Mackerel is not only an economical fish to cook and eat, as an oily fish it also very healthy.

**Ingredients (makes 6)**

- ♥ 400g potatoes, peeled & quartered
- ♥ 2 large eggs, hard-boiled
- ♥ 1 large egg, beaten
- ♥ 15g finely chopped, flat leaf parsley
- ♥ 4 heaped tsp horseradish sauce
- ♥ 160g skinless, boneless, smoked mackerel
- ♥ Sea salt and freshly ground pepper
- ♥ 6 tbsp plain flour
- ♥ Vegetable oil
- ♥ Lemon wedges for garnish

**Method**

1. Place the potatoes in a large saucepan, cover with cold water and add a pinch of salt. Bring to the boil and cook until tender. Drain, then mash and keep to one side.
2. Cut the boiled eggs in half, remove the yolks and cut the white into tiny dice. Place the yolks into a fine sieve and push through using the back of a spoon.
3. In a large baking bowl, add the potato, sieved egg yolks, diced egg white, horseradish sauce and a pinch of salt and pepper. Stir well.
4. Flake the mackerel into large chunks and add to the potato mixture, stir gently until all the ingredients are well mixed.
5. Divide the fish mixture into 6 portions. Roll each one into a ball, dip into the flour and roll until evenly coated. Dip the ball into the beaten egg, again roll to cover evenly, then again dip into the flour and repeat. Flatten the ball into a patty and keep to one side. Repeat with the remaining fishcake mixture.
6. Heat a skillet large enough to hold 3 fishcakes. Pour in enough oil to cover the bottom of the skillet, Heat until hot but not smoking.
7. Add 3 fishcakes. Cook for 3 minutes on each side. Remove from the pan and drain on kitchen paper. Repeat with the remaining 3 fishcakes.

*Serve the fishcakes hot, garnished with lemon wedges & a side salad or fresh vegetables.*



# OUR HEALTHY HEART CLUBS October-December 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)

## Eccles Healthy Heart Club

Patricroft URC Hall Shakespeare Crescent, Patricroft M30 0PE

Every Tuesday 10 am - 12 noon

Highlights.....

- Tuesday 4<sup>th</sup> & 18<sup>th</sup> October, 15<sup>th</sup> & 29<sup>th</sup> November - Tai Chi sessions
- Tuesday 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> October, 8<sup>th</sup>, 15<sup>th</sup> & 29<sup>th</sup> Nov, 6<sup>th</sup> December - Relaxation
- Tue 11<sup>th</sup> & 25<sup>th</sup> Oct, 8<sup>th</sup> & 22<sup>nd</sup> Nov, 6<sup>th</sup> December - Cardiac exercise with Maureen
- **Tuesday 1<sup>st</sup> November - Salford Heart Care's AGM (no therapies or exercise)**
- **Tuesday 20<sup>th</sup> December - Christmas Party - tickets £6.50**

*Charge: £1.50 entrance (includes raffle ticket). Suggested donation of 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*

## 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). Annual membership is £10*

*Activities: Cardiac exercise session with relaxation & refreshments*

## Little Hulton Healthy Heart Club

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

Fortnightly on Wednesdays 10:30 am - 12.30 pm

- Wednesday 5<sup>th</sup> October - Fuel Poverty support
- Wednesday 19<sup>th</sup> October
- Wednesday 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> November
- **Wednesday 14<sup>th</sup> December - Christmas Party - tickets £5.00**



*Charge: £2 includes refreshments & raffle ticket. Activities: Line dancing, Reiki therapies (£1 charge per appointment), Tai Chi for Health, relaxation, indoor games, & social trips*

## Irlam & Cadishead Healthy Heart Club,

Irlam Steel Club Liverpool Road Irlam M44 6AJ

Wednesdays & Fridays 10 am - 12 noon

Highlights.....

- Friday 14<sup>th</sup> October, 4<sup>th</sup> & 18<sup>th</sup> November, 9<sup>th</sup> December - Relaxation sessions
- Friday 7<sup>th</sup> October - Dementia Awareness Training & Dementia fundraising walk
- **Fri 28<sup>th</sup> October - Halloween Event with lunch until 1pm (Health Improvement)**
- **No club: Wednesday 26<sup>th</sup> October (closed for holidays)**
- **Wed 21<sup>st</sup> December - Christmas Party - tickets £5.00**

*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, arts & crafts, bingo, raffle (£1 strip), bric-a-brac-stalls, books, subsidised social activities & day trips*

# Do you have heart disease? Interested in research?

If you are over 18 and want to help improve heart disease treatments and care, get involved with research...



[researchforthefuture.org](http://researchforthefuture.org)



Text **research** and  
**your name** to **81400**  
(Standard text rate)

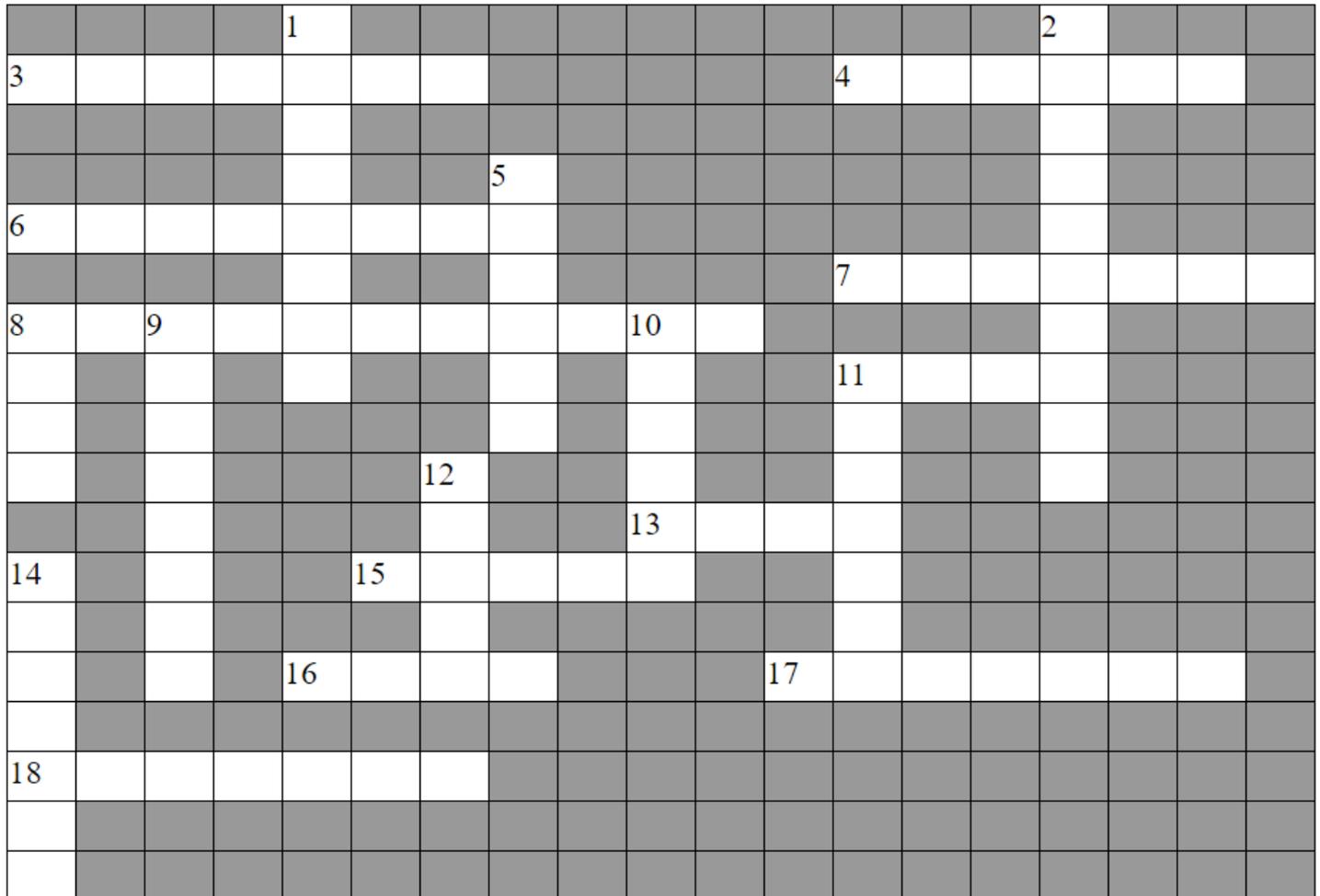


**0161 206 3636**  
(24 hour answerphone)

- Together we can **Help BEAT Heart Disease** -

## COMPETITION CORNER: *October Crossword*

All correct entries received by **Friday 21<sup>st</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

3. He's running the Marathon for us in November (7)
4. Sir Walter Raleigh was famous for bringing this to Britain (6)
6. Capital of rival country in 15 across (8)
7. Influential Spanish artist born October 1881 (7)
8. Format of music storage popular in the 90s and first on sale in October 1982 (7,4)
11. Patron saint of painters, physicians, surgeons, notaries and cuckolds (4)
13. Seasonal vegetable with green or purple leaves, in which the central leaves do not form a head (4)
15. England play against this country in their first football match of October (5)
16. October birthstone (4)
17. First person to translate & print the Bible in English - he was burnt at the stake in October 1536 on the orders of Henry VIII (7)
18. Popular orange squash this month? (7)

### DOWN

1. Location of event at 3 across (3,5)
2. England's Cricket Team are touring this country (10)
5. Indian October holiday celebrating the birthday of the man known as the 'Father of the Nation' (6)
8. British explorer, navigator & cartographer born October 1728 - he discovered the Hawaiian Islands & brought Australia & New Zealand into the British Empire
9. October flower (8)
10. Location of Japanese F1 Grand Prix (6)
11. Statue gifted to the USA by France in October 1886 (7)
12. Capital of 2 down (5)
14. October zodiac sign (7)

**"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**  
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