



# Salford Heart Care

## "THE PULSE" NEWSLETTER

October 2017

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



The Queen's Award  
for Voluntary Service

### Salford Heart Care's Annual General Meeting (AGM)

Tuesday 7<sup>th</sup> 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.

### Salford Heart Care's Christmas Parties



Little Hulton:

Wednesday 6<sup>th</sup> December

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

**Tickets: £5.00**

♥ Eccles:

Tuesday 19<sup>th</sup> December

11 am-3 pm - *New Venue this Year.*

De La Salle Sports & Social Club

Wilton Road (Off Eccles Old Road) M6 8AQ

**Tickets: £5.00**

Includes lunch & entertainment

*\*Raffle prizes wanted\**

♥ Irlam & Cadishead:

Friday 22<sup>nd</sup> December

10 am – 3 pm at Irlam Steel Club

**Tickets: £5.00**

Includes raffle ticket, lunch & entertainment

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

REMEMBER! British Summer Time ends on Sunday 29<sup>th</sup> October. Don't forget to adjust the time 1 hour BACKWARDS.

### 2018 Annual Holiday to Scotland

Are you interested in joining us for our annual holiday to Scotland in late April/early May? If so, please see Dot or Mavis for more information. The holiday depends on the number of people wanting to go. As usual there are a limited number of single rooms available. The holiday includes coach travel, dinner, bed & breakfast, evening entertainment & day trips.

### Salford Symphony Orchestra

Salford Symphony Orchestra aims to provide local people with interesting programmes & also offers platform opportunities for talented musicians (amateur & professional). They perform 4 concerts per year. Rehearsals are held at St Paul's Church, Moor Lane, Kersal Moor, Salford, M7 3WX on Wednesday evenings, 7:30pm. For more information visit:

<http://www.salfordsymphony.org/>

Sunday 5<sup>th</sup> November 2017 7:30pm

### 70th Anniversary Concert

Peel Hall, Salford University, M5 4WT

This concert will be held in the very same hall the orchestra played its first concert in (back in 1947). The Hall was part of the Royal Technical College before The University of Salford was formed in 1967, making this year the University's 50th Anniversary. **Profits from the concert will be donated to Salford Heart Care.**

### Macmillan Coffee Morning

Thank you to everyone who supported our coffee morning at Irlam on Friday 29<sup>th</sup> September. We raised £129.28 for Macmillan!



### In Memory of Margaret Essue

We would like to acknowledge receipt of £200 donated in memory of Margaret Essue who passed away in August. Margaret was Doreen Cosgrove's sister. We send our deepest sympathy to Margaret's family and friends and would like to thank everyone for supporting us.

### Fuel Poverty & Energy Advice

Trevor & Les from **Salford Foundation** will be visiting Eccles on **Tuesday 10<sup>th</sup> October** & Irlam on **Friday 20<sup>th</sup> October** to offer support with fuel poverty & energy switching.

***Please bring along a recent fuel bill.***



## SOCIAL OCCASIONS

**Trips from Eccles & Little Hulton:**

### **Christmas at Ryecroft Hall**

Tuesday 12<sup>th</sup> December - £30 per person  
*3-course meal & entertainment*

**See Dot & Mavis for more details**

**Trips from Irlam & Cadishead**

**Ryecroft Hall** Thurs 19<sup>th</sup> October - full

### **Oswaldtwistle Mills & Show**

Thursday 9<sup>th</sup> November

£21 per person (£24 non-members)

*3-course meal & entertainment*

**Rivington Barn** Tues 12<sup>th</sup> Dec - full

**Viva Blackpool Christmas Cabaret**

Monday 18<sup>th</sup> December

£25 per person (£28 non-members)

*3-course Christmas meal & Vegas Show*

**Ormskirk Market & Briars Hall Hotel**

Thursday 8<sup>th</sup> February 2018

£20 per person (£25 non-members)

*3-course meal & afternoon entertainment*

### **Clitheroe & The Calf's Head**

Thursday 15<sup>th</sup> 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 25<sup>th</sup> April 2018

£18 per person (members only)

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

**See Serena & Betty for more details**

## **Gordon's Christmas Party**

**Friday 1<sup>st</sup> December 7.30pm**

**Brackley Conservative Club**

**1 Hazelhurst Fold, Worsley**

*Buffet, music, dancing & entertainment*

**Tickets: £10.00**

**Contact Gordon or Pauline McKay**

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



## **Recipe: Pumpkin Soup**

### **Ingredients (Serves 8-10)**

- ♥ 1 x 4kg/8lb 13oz pumpkin
- ♥ 125g/4oz butter
- ♥ 2 medium onions, peeled, finely chopped
- ♥ 1 cinnamon stick
- ♥ freshly grated nutmeg
- ♥ salt and freshly ground black pepper
- ♥ 1.7 litres/3 pints chicken stock
- ♥ 3 tablespoons sherry

### **Method:**

1. Use a sharp knife & spoon to carefully hollow out the pumpkin & roughly chop the flesh. Discard the seeds & fibres.
2. Melt the butter in a large pan with a lid over a low heat & add the onions. Cook gently for 10-15 minutes, until the onions are soft & golden.
3. Add the pumpkin flesh, cinnamon & nutmeg. Season to taste with salt & freshly ground black pepper. Increase the heat to medium & cover with the lid. Cook for 40-45 minutes, stirring occasionally to prevent the base from burning, until the pumpkin is cooked through.
4. Add the stock & bring to the boil. Remove from the heat & allow to cool slightly. Transfer the soup to a food processor in batches & blend until smooth.
5. Return the soup to the pan. Bring to a low simmer & cook for a further half an hour, add the sherry & stir to combine.

### **BHF: "Record number of hospital visits by women with heart disease & stroke"**

Latest figures show that the number of hospital visits by women with CVD in England – which includes heart disease and stroke – reached 642,000 for 2015/16, an increase of 93,000 on the number 10 years ago (549,000).

The number of hospital visits by women with CVD has grown by 50% in the 20 years since it hit 420,000 in 1995. The number has more than doubled since the 1980s.

These figures reveal the high and growing burden of heart and circulatory disease. They highlight that women are not immune to heart diseases and there is a need for more awareness so they receive better, prompt care.

The BHF says that the rise in hospital visits is partly due to the population getting older and becoming more at risk of developing coronary heart disease – the build-up of fat in their arteries – as well as heart failure, stroke and heart rhythm problems.



# OUR HEALTHY HEART CLUBS October-December 2017

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

## Eccles Healthy Heart Club

Patricroft URC Hall Shakespeare Crescent Patricroft M30 0PE

Most Tuesdays 10 am - 12 noon

- Tuesday 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> & 31<sup>st</sup> October
- Tuesday 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> November, Tuesday 5<sup>th</sup> December
- Tue 7<sup>th</sup> November - Salford Heart Care's AGM (no exercise/therapies)
- Tue 12<sup>th</sup> December - closed for trip day
- Tue 19<sup>th</sup> 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

## Weaste & Claremont Healthy Heart Club

De La Salle Sports & Social Club Lancaster Road Salford M6 8AQ

Every Tuesday 10 am

- Closed: Tuesday 10<sup>th</sup> October (trip) & Tues 12<sup>th</sup> & 19<sup>th</sup> December (party)

Charge: £2.00 (members) £2.50 (non-members)

## Little Hulton Healthy Heart Club

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

Fortnightly Wednesdays 10:30am - 12:30pm

- Wednesday 11<sup>th</sup> & 25<sup>th</sup> October
- Wednesday 8<sup>th</sup> & 22<sup>nd</sup> November
- Wednesday 6<sup>th</sup> December - Christmas Party
- Wednesday 20<sup>th</sup> 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:

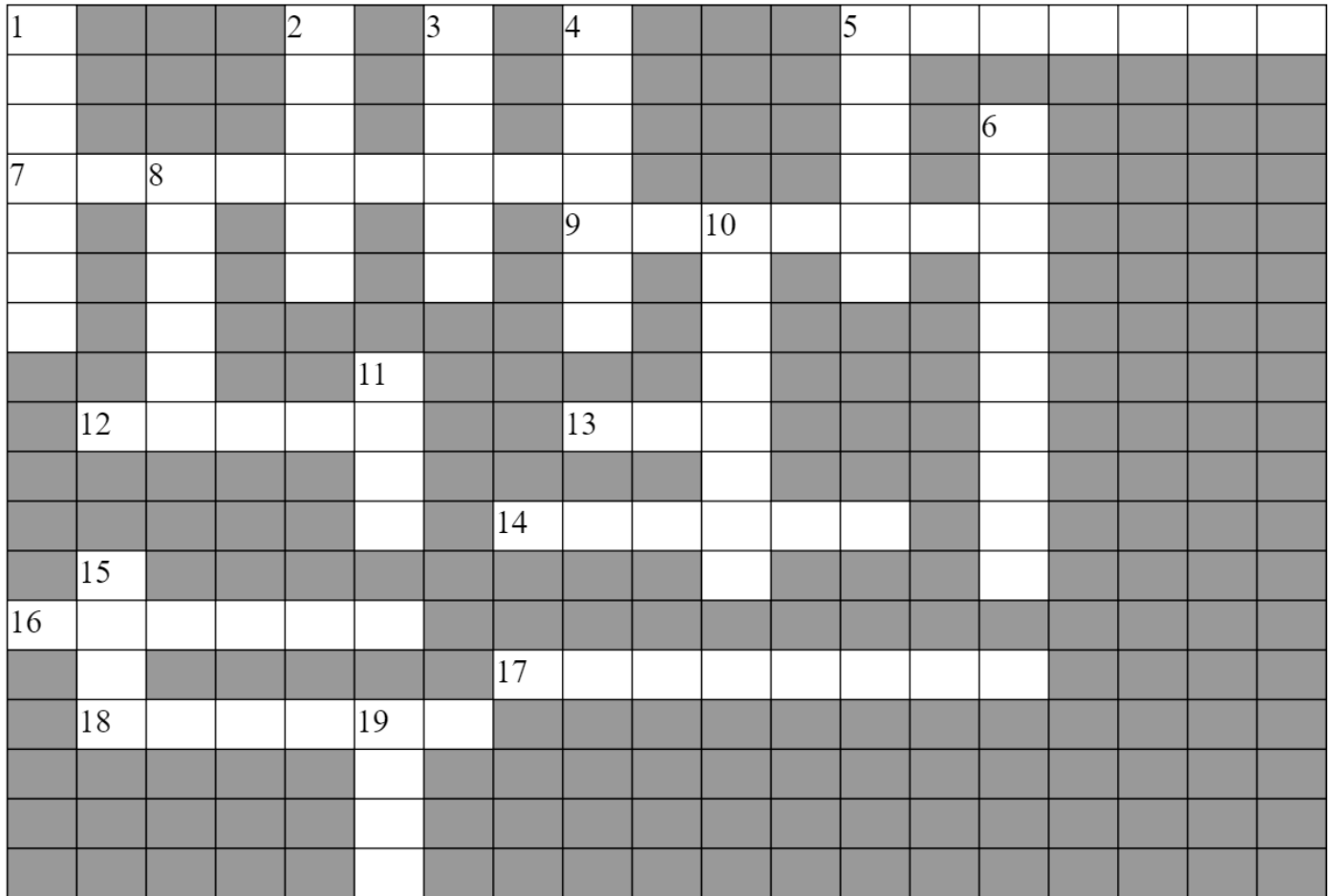
Wednesdays & Fridays 9:30 am - 12 noon

- Friday 6<sup>th</sup> & 27<sup>th</sup> Oct, 24<sup>th</sup> November, 15<sup>th</sup> December - Relaxation
- Friday 20<sup>th</sup> October - Fuel Poverty & Energy Switching Support
- Closed: Wed 25<sup>th</sup> October, Wed 27<sup>th</sup> Dec & Fri 29<sup>th</sup> Dec (holidays)
- Friday 22<sup>nd</sup> December - Christmas Party 9:30am - 3pm

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

## October Crossword Competition

All correct entries received by **Friday 27<sup>th</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 at the club). **Please include your name** (and address if you're not a member).



### ACROSS

5. Gaelic festival marking the end of the harvest season and the beginning of winter or the "darker half" of the year (7)
7. In October 1974 this popular fast-food chain opened its first British outlet in London (9)
9. This vegetable is often hollowed out and a candle placed inside (7)
12. October star sign (5)
13. Seasonal fruit with green or deep purple skin & vibrant deep pink flesh & a high sugar content (3)
14. Symbol for 12 across (6)
16. In October 1936 this organised march took place to protest against the unemployment and poverty suffered in this town (6)
17. Miles in a half-marathon (8)
18. Jewish Feast of Tabernacles (6)

### DOWN

1. In October 1990 East & West of this country was re-united (7)
2. Seasonal fruit similar in appearance to a pear, and bright golden-yellow when mature often cooked & used as food (6)
3. Capital of 1 down (6)
4. Saint of shoemakers (7)
5. Japanese Grand Prix location (6)
6. Half Marathon will take place here on 15th October (10)
8. Hindu and Sikh New Year festival (6)
10. October flower (8)
11. Seasonal green leafy vegetable - part of the cabbage family (4)
15. Cartographer draws these (4)
19. October birthstone (4)

***Congratulations to Pat Massey (Irlam) – winner of our September 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](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

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