



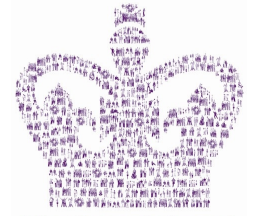
Salford Heart Care

"The Pulse" Newsletter

September 2015

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

Gold Level CardiacSmart Winners 2013



The Queen's Award
for Voluntary Service



Welcome to the September edition of our newsletter.....

Salford Heart Care is now officially **28 years old!**.....On behalf of the members, we would like to thank Dot and Mavis once again for organising a wonderful anniversary day trip to Lytham St. Anne's and the Ice Show at Blackpool. We hope you all enjoyed the day. As you can appreciate, our volunteers commit a lot of time and effort organising these events for the members.

Whilst on the subject of social events, we realise that Christmas isn't too far away! Here are some dates for your diary to remind you when our branch Christmas parties will take place this year:

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

More details to follow

♥ Little Hulton Healthy Heart Club

Wednesday 16th December

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

More details to follow

Salford Red Devils Lottery Winners

Congratulations to last month's Red Devil's Lottery winner: Margaret Smith (£10).

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

ADVANCED NOTICE:

SALFORD HEART CARE'S ANNUAL GENERAL MEETING

Tuesday 3rd November

at 11:00am

Patricroft United Reformed Church

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



Salford Heart Care's

"Golden Oldies"

Fundraising Night

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

Thursday 22nd 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. Tickets are already selling fast following last year's fantastic night!

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

New Start Time at Little Hulton Healthy Heart Club 10:30 am-12:30 pm

From Wednesday 9th September Little Hulton Healthy Heart Club will commence at **10:30 am** instead of 11 am. We have discussed this with the volunteers, members and instructors and the new start time is more convenient for the majority. The club will now run until 12.30 pm (rather than 1 pm).



SOCIAL OCCASIONS 2015

Trips Departing from Eccles & Little Hulton:

Port Sunlight & Southport

Tuesday 8th September – waiting list only
£22 per person

Includes coach & 2-course carvery lunch in Southport, plus free time

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

Tuesday 1st December - £26 per person
Includes coach, drink on arrival, 3 course meal, coffee & mince pies & entertainment

See Dot or Mavis for more details or to book a place (£5 deposit required)

Trips Departing from Irlam & Cadishead

Christmas at The Rivington Barn with The Houghton Weavers

Thursday 12th 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 14th 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 or to book a place – payment in full

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

Linnyslaw 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.linnyslawgc.co.uk

email: linnyshawgarden@btconnect.com

proud sponsors of Salford Heart Care

“Our Lowry”

An exclusive discounted ticket scheme for Salford residents

The Lowry is proud to have been a part of the Salford landscape for almost ten years and are delighted to offer all Salford residents a very unique opportunity.

With the launch of **Our Lowry, free to anyone with a Salford postcode**, residents can access the only theatre membership scheme of its kind, giving them a range of free and discounted tickets at The Lowry throughout the year.

Benefits include:

- ♥ We'll contact you with exclusive theatre offers - anything from **25% discount** to **free tickets**.
- ♥ Special offers for exhibition preview days.
- ♥ Discounts on activity sessions at The Lowry.

It's simple to apply:

- ♥ Email our@thelowry.com and let us know your name, address and mobile telephone number (you can do this at our branches if you don't have access to email or internet at home! – please speak to Serena)
- ♥ Text 'Salford' to 07786200690 and you'll be added to our offers list. Then when you make a booking, Box Office will take your details and send you your Our Lowry membership card.
- ♥ Call 0870 787 5780

Our latest offers for **Our Lowry** members will be updated at www.thelowry.com/olo The Lowry will keep **Our Lowry** members updated with the latest offers via text message.

Christine's Tearoom

New Opening Hours:

Monday - Friday 7.30am - 3.00pm

Saturday 7.30am-2pm

Now serving Breakfast, Lunch, Afternoon Tea & Outside Catering

86 Liverpool Road, Irlam

Christine's Tearoom serves fresh homemade food in a relaxed friendly atmosphere.....Meet with friends for a relaxed lunch or afternoon tea.

Homemade cakes, pies, quiche & desserts

0161 775 2226, www.christines-tearoom.co.uk

Thank you for supporting our work....

Thank you to Aidan (brother of Margot MacDonald) for his kind donation of £55.00 to Salford Heart Care. Aidan has also donated lots of items to our stall at Eccles which has helped to raise funds to support our work.

“Salford Together”

Could you spare a couple of hours a week or so to support older people to complete Salford Together Wellbeing Plans?

Salford Together is a partnership between Salford Council, Salford Royal NHS Trust, Salford Clinical Commissioning Group, and Greater Manchester West Mental Health NHS Trust. The Wellbeing Plans help older people to think about their health and wellbeing and assist to identify where an older person needs some support to reduce social isolation.

Volunteers will be provided with training, expenses, and support. This is an opportunity to volunteer in your community helping local older people, but there will also be opportunity to attend events in other areas of Salford if you so wish.

We are particularly keen to hear from mature people who would like to volunteer for this project as it is a great way to stay engaged and keep active, but all ages are welcome to participate. You could make all the difference to an older person and also help older people to make best use of the social resources in their local community.

If you are interested in this opportunity, please contact:

Siobhan Foley, Salford CVS, The Old Town Hall, 5 Irwell Place, Eccles, M30 0FN Tel: 0161 787 7795 or email siobhan.foley@salfordcvs.co.uk

Polite Reminder: Viruses, Infections & Illnesses

If you have a virus or an infection that is contagious (such as a chest infection, cough, cold, flu etc.), please remember that it's important to stay away from others until the infection has completely cleared.

These infections are usually spread when an infected person coughs or sneezes and the virus or bacteria is then breathed in by others. The infections can also be spread to others if you cough or sneeze onto your hand, an object or a surface, and someone else touches it before touching their mouth or nose.

We have vulnerable people attending our groups and many have weakened immune systems. We are keen to reduce the risk of infection and to help people keep well.

Please stay at home until you are no longer infectious - speak to your GP or pharmacist for advice about this if you are unsure.

Healthy Recipe: Sweet Potato Curry with Spinach & Chick Peas

This is lovely, full flavour vegetarian curry that's low in fat, saturated fat, salt and sugar.

Ingredients (serves 2):

- ♥ 1 sweet potato, peeled & cut into small chunks
- ♥ 2 tsp sunflower oil
- ♥ 1 small red onion, chopped
- ♥ 1 clove garlic, crushed
- ♥ 1 fresh red chilli, seeded & finely chopped
- ♥ 1cm piece fresh root ginger, peeled & chopped
- ♥ 1 tsp medium or hot curry powder (or to taste)
- ♥ 1/2 tsp ground cumin
- ♥ 1/2 tsp turmeric
- ♥ 227g can chopped tomatoes
- ♥ 100ml vegetable stock
- ♥ 215g can chick peas, rinsed & drained
- ♥ 115g baby spinach leaves, rinsed & well-drained
- ♥ 1 tbsp chopped fresh coriander (optional)

Method:

1. Cook the sweet potato chunks in a pan of boiling water for about 7 minutes or until tender. Drain well and set aside.
2. Heat the sunflower oil in a non-stick saucepan; add the onion and cook gently for about 5 minutes or until softened.
3. Add the garlic, chilli and ginger; cook gently for 3 minutes, stirring occasionally.
4. Stir in the ground spices; cook gently for 1 minute, stirring.
5. Stir in tomatoes, stock, chick peas and sweet potato chunks. Bring to the boil; reduce heat and simmer for 5 minutes, stirring occasionally.
6. Stir in spinach, cover and cook gently for 2-3 minutes or until spinach has wilted. Stir in chopped coriander (if using); serve with cooked hot rice.

£5 Gift Voucher Winner

Congratulations to **Sylvia Eckersley** from Irlam - winner of our August Crossword Competition. See page 6 for this month's quiz!

ADVICE ON FATS

Conflicting advice on what to eat and what not to eat regularly hits the headlines. This can be confusing. This healthy eating guidance is based on decades of evidence from research.

Trying to eat a healthy diet can be difficult when newspaper headlines are telling us certain foods or types of nutrient are bad for us one day and good for us the next. The latest headlines are about fats after a new study published in the BMJ found there to be no association between saturated fat and cardiovascular disease. It also, more importantly, reminds us of the risks associated with trans fats.

Although the study may be new, the findings aren't. Last year, research suggested there wasn't enough evidence to support current guidelines on which types of fat to eat. *While both studies don't show saturated fat is associated with cardiovascular disease, they also don't show that eating more of it is better for your heart health.*

Is saturated fat bad for our heart health or not?

It's very difficult for scientists to understand the relationship between diets & health. That's because, unlike a clinical trial to assess a medicine, studies on diet & disease are very difficult to conduct. This is because, unlike regulating whether a person takes a tablet every day, it's incredibly difficult to carefully control the diets of thousands of people over many years.

In June, research from the University of Reading was published that involved giving people at moderate risk of heart disease 1 of 3 different types of diet and monitoring its impact of 4 months. That study involved less than 200 people but was the largest of its kind showing how difficult it is to do studies like this. **The researchers found that replacing saturated fats with unsaturated ones reduced the participant's cholesterol & blood pressure. These are two important risk factors for heart and circulatory disease.**

At the crux of this debate is the role of different types of fat in our diet. Diets that are high in saturated fat have been shown, for example in the Reading study, to increase cholesterol. A high cholesterol level is linked to an increased risk of cardiovascular disease, so that's why current recommendations emphasise the importance of reducing the saturated fat in our diets.

Replacing saturated fat

Where the issue becomes complicated is what you fill that 'saturated fat gap' with. Contrary to some of the reporting on this issue, cutting saturated fat doesn't necessarily mean lowering all fat. We all need some fats in our diet and, over time, the very low fat diets recommended in the past have been put to one side as our understanding of the effect of this nutrient has developed. **So, current guidance tells us to switch from saturated to unsaturated fats rather than cutting the fat completely.**

However, it is still important to talk about processed foods and what is in them. A lot of the food we eat is pre-prepared, and while sometimes the processing is as simple as canning tomatoes, processed foods also include foods like ready meals, sweet treats or processed meats where food manufacturers can alter the amounts of different fats, salt or sugar.

As with our diets, when one thing goes out, something else will take its place. The concern is what saturated fat is replaced with when it is removed. Replacing saturated fat with refined carbohydrates, like sugary foods, or trans fats won't improve our health, but replacing them with unsaturated fats seems to have a positive benefit.

We also know that we're already eating too much salt & sugar on average so, while we welcome changes to reduce saturated fat in our everyday products, we also want manufacturers to be mindful of what they replace it with. As consumers, we still need to keep an eye on food labels to understand what is in the foods we are buying & make the best choices for ourselves, too.

What about trans fats?

This new study is reminder that trans fats should be avoided wherever possible. We are fortunate in the UK that trans fats are very rarely included in foods. Trans fats are not likely to be found in UK margarine for example. So if you want to reduce the amount of saturated fat in your diet by switching from butter to a margarine spread, you should not be worried about trans fats and this is something we recommend.

Look at the big picture

All this is a good reminder that individual changes to one nutrient can have a knock-on effect on another. Eating well isn't just about making single changes to a food or food group. When we are making adjustments to our diets we need to think about the overall balance of the food and nutrients that we are eating.

The answer to a healthy diet isn't only about whether you eat more or less sugar and fat. We need to consider our whole diet and the amount of salt we eat, how many portions of fruit and vegetables we include and the variety of foods in our diets are all important to make sure we get the right balance.

So, rather than arguing over which is the worst dietary offender, perhaps it's more helpful to focus on the foods that we want to include more of in our diets. **Eating a diet rich in fruit & vegetables, pulses, beans, whole grains, unsaturated oils and fish means there is less room for the foods high in saturated fat and salt like fatty or processed meats and sweet treats.**

Lots of research studies have shown that people who follow this type of Mediterranean-style diet have a lower rate of heart disease as well as maintaining a healthy weight and better quality of life and even though there are still unanswered questions about why this diet is so much better for us, this does seem to be one area where there is agreement.

Source: BHF



OUR HEALTHY HEART CLUBS September–November 2015

Tel:0161 707 7402 Email:admin@salfordheartcare.co.uk website:www.salfordheartcare.co.uk

Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Road Irlam

Every Wednesday & Friday 10 am – 12 noon

Highlights...

- Friday 25th September - Action On Hearing Loss - returning for second visit
- Friday 25th September, 30th October, 20th November - Relaxation Session
- Friday 30th October - Halloween Fancy Dress Competition

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 1st September - Power of Attorney & Legal Information & Cholesterol Research with Chester University
- Tuesday 20th October - Stress Management follow up session (Manchester Mind)
- Tuesday 27th October - Action On Hearing Loss
- Tuesday 3rd November - ANNUAL GENERAL MEETING

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 9th September - Action on Hearing Loss
- Wednesday 23rd September - "Fats" Healthy Eating Talk
- Wednesday 7th October - "Fibre & Salt" Healthy Eating Talk
- Wednesday 21st October - Dementia Talk with Joy Watson
- Wednesday 4th November
- Wednesday 18th November - Tax, Care and Toy Boys Talk

Currently Supported by:



the coalfields
regeneration trust

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

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

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 September - Themed Crossword*

All correct entries received by **Friday 24th September** 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!**

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ACROSS

4. Last night of the Proms is held at this Royal Hall (6)
6. Lane where the Great Fire of London started in September 1666 (7)
7. Surname of famous British Author of children's books, born September 1916 (4)
9. Egyptian needle erected in London in September 1878 (10)
11. London Borough famous for "GMT" (9)
12. September Zodiac sign (5)
14. Capital of country at 15 across (4)
15. Location of the F1 Italian Grand Prix (5)
16. He discovered Penicillin in September 1928 (7)
17. Contest using distorted facial expressions (7)
18. Retailer associated with the first "Penny Bazaar" (5,3,7)

DOWN

1. Rosh Hashanah is observed by this faith group in September (6)
2. German composer of "Messiah" in September 1741 (6)
3. Term for the day when day and night are of equal length (7)
5. Award instituted in September 1940 for acts of the greatest heroism or of the most conspicuous courage in circumstances of extreme danger (6,5)
8. September flower (5)
10. Nelson's Column can be found in this Square (9)
13. September birthstone (8)

"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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