



# Salford Heart Care

Registered charity number: 1136710

**"THE PULSE"**

**August 2024**

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

**Tel: 0161 707 7402**

email: [admin@salfordheartcare.co.uk](mailto:admin@salfordheartcare.co.uk)

[www.salfordheartcare.co.uk](http://www.salfordheartcare.co.uk)



## Announcements

It is with great sadness that we announce the death of our former patron, Fred Fielder MBE, aged 75 from Irlam, Salford.

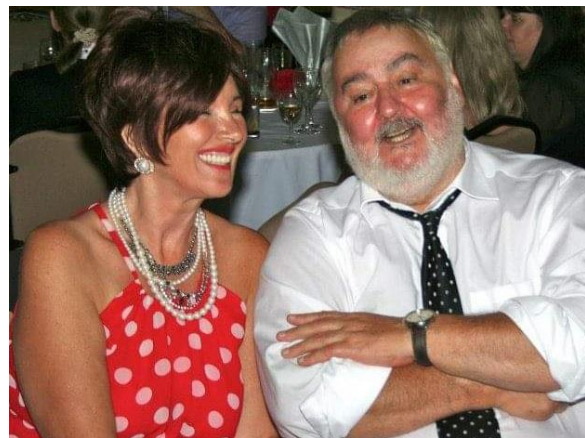
Fred passed away peacefully in Salford Royal Hospital during the early hours of Thursday morning, 18<sup>th</sup> July.

Fred was the former patron of Salford Heart Care and joined us at many Christmas parties and fundraising events. He supported our 25<sup>th</sup> Anniversary celebration at Buile Hill in 2012.

Fred faced ongoing health difficulties and passed away after a short spell at Salford Royal Hospital. He is survived by his long-term partner, Joan Fielder.

Born in Salford, Fred is described as "legendary Salford Radio DJ, BBC radio presenter, explorer, hot air balloonist, MBE, musician, coal miner, friend to the stars, raconteur, plasterer and charity fundraiser." His funeral takes place on Monday 5<sup>th</sup> August, 2.20pm at Peel Green Crematorium.

*We send our deepest sympathy to Joan Fielder, and the family and friends of Fred at this very sad time.*



Joan & Fred Fielder at our 25<sup>th</sup> Anniversary party in 2012

It is with great sadness that we announce the death of Anne Perkins, aged 88 from Cadishead.

Anne passed away peacefully in Salford Royal Hospital on Wednesday 24<sup>th</sup> July, following a stroke. Anne attended Irlam & Cadishead Healthy Heart Club for a short

time from 2022, before being diagnosed with dementia and moving into a care home for more support.

*We send our deepest sympathy to Anne's family and friends at this very sad time.*

### **£1,000 Grant Awarded to Little Hulton Healthy Heart Club**

We're delighted to announce that Little Hulton Healthy Heart Club has been awarded a grant of £1,000 from **Barchester Charitable Foundation**. The grant will be used to support room hire and activities such as reiki and chair yoga at the club.

*We would like to thank Barchester Charitable Foundation for supporting our vital work in the community.*



**Thank you Little Hulton members.....** We would like to thank members of Little Hulton Healthy Heart Club for their help raising **£85** last month by having a tombola stall at the club. The fundraiser was a great success and there were some fabulous prizes donated by our members! The funds will be used to support activities at Little Hulton, such as bingo, reiki and exercise. A special “thank you” to our volunteers, **Diane Royse, David & Jo Lees** for their help organising the event & running the stall.

## Where We Meet

### Irlams o’ th’ Height & Claremont Healthy Heart Club

**St. Luke’s Community Hall**  
Swinton Park Road  
Irlams o’ th’ Height M6 7WR

*\*Closed Monday 26<sup>th</sup> August Bank Holiday\**

**1.30pm - 2.45pm**

*Chair yoga, bingo, raffle, refreshments & day trips \*Now only £2 per session\**

### Eccles Healthy Heart Club

**Winton Bowling, Tennis & Social Club**

Brookside, off Grange Road  
Winton M30 8JW

**Tuesdays 10am - 12 noon**

**Tuesday 5<sup>th</sup> November - AGM**

*Chair yoga, reiki, bingo, “Play Your Cards Right”, weight management, blood pressure & pulse testing, books & bric a brac stall, refreshments, day trips*

### Bereavement Support Group

**Cadishead Band Room**

Locklands Lane  
Irlam M44 6RB



**Fortnightly Tuesdays**  
**10am – 12 noon**

- Tuesday 6<sup>th</sup> & 20<sup>th</sup> August
- Tuesday 3<sup>rd</sup> & 17<sup>th</sup> September
- Tuesday 1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup> October
- Tuesday 12<sup>th</sup> & 26<sup>th</sup> November
- Tuesday 10<sup>th</sup> December

*Group discussion with qualified counsellors, relaxation, & refreshments*

*\*\*Supported by Salford City Council & Cadishead Public Band\*\**

### Little Hulton Healthy Heart Club

**St. Paul’s Peel Community Hall,**  
Manchester Road, Little Hulton  
M38 9EG

**Fortnightly Wednesdays**  
**10am – 12 noon**

- Wednesday 7<sup>th</sup> & 21<sup>st</sup> August
- Wednesday 4<sup>th</sup> & 18<sup>th</sup> September
- Wednesday 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> October
- Wednesday 13<sup>th</sup> & 27<sup>th</sup> November
- Wednesday 11<sup>th</sup> December

*Chair yoga, line dancing, reiki, bingo, “Play Your Cards Right”, weight management, blood pressure & pulse testing, books & bric a brac stall, refreshments & day trips*

*\*\*Supported by Barchester Charitable Foundation\*\**



### Irlam & Cadishead Healthy Heart Club

**Irlam Steel Club**

Liverpool Road, Irlam, M44 6AJ

**Wednesdays & Fridays**  
**9:30am – 12 noon**

*Chair yoga, chair exercise, dancing, reiki, bingo, “Play Your Cards Right”, weight management, blood pressure & pulse testing, books & bric a brac stall, refreshments, day trips & party days*

**New members always welcome & your first visit is FREE** - turn up on the day or call **0161 707 7402** for more information. Everyone welcome & you do not need to have a heart condition or a referral.



## EVENTS & DAY TRIPS

### Coach Trips Departing from Irlam & Cadishead

#### Lytham – coach only

Thursday 15<sup>th</sup> August - £10 - full

#### Hebden Bridge (Market Day) & The Olympus Fish Restaurant, Bolton

Thursday 5<sup>th</sup> September - £25

\*Non-members welcome to book\*

*Includes 2-course fish & chips late lunch*

#### Southport & The Cheshire Lines Party Afternoon

Monday 28<sup>th</sup> October - £20 - full

*See Pat or Serena to book*

### Coach Trips Departing from Eccles (Monton) & Little Hulton

#### Lytham, Blackpool Ice Show & Afternoon Tea

Monday 12<sup>th</sup> August - £35 – full

#### Skipton (Market Day) & Pendle Village & Garden Mill

Wednesday 11<sup>th</sup> September - £12

Coach only

#### Tiffany's, Blackpool

Tuesday 8<sup>th</sup> October - £25

*Includes 3-course lunch & entertainment*

*See Dot or Mavis to book*

### Pensioners' Party at The Boat House

Ferry Road, Irlam M44 6DN

**Monday 12<sup>th</sup> August**

12 noon – 3:30 pm

**£10 per person**

\* Afternoon tea

\* Live entertainment

\* bingo & raffle included

*See Pat or Serena to book*

**\*\*Every 2<sup>nd</sup> Monday of the month\*\***

*Food menu to be confirmed*

### Pensioners' Party at Ye Olde Red Lion, Hollins Green

**Thursday 29<sup>th</sup> August**

12 noon – 3:30 pm

**£12 per person**

**(subsidised members' price)**

\* 3 course set menu

\* bingo & raffle included

*See Pat or Serena to book*

### Coach Trips Departing from St. Luke's Salford

#### Thornton Cleveleys, The Working Men's Club & The Blackpool Illuminations

Thursday 10<sup>th</sup> October - £13 - full

*\*Coach only price\**

\*Food available if required:

£8.50 for main course, £12 for main & dessert. Pre-order required\*

*See Sue or Jim Collins for information*

### Healthy Heart Club Christmas Party Dates

#### Eccles Healthy Heart Club Winton Bowling, Tennis & Social Club

Tuesday 17<sup>th</sup> December 11am - 3pm  
*Buffet & Live Entertainment with "Sheila Diamond"*

#### Irlam & Cadishead Healthy Heart Club Irlam Steel Club

Friday 20<sup>th</sup> December 10am - 3pm  
*Buffet & Entertainment with "Terry Kelly"*

**\*\*Current Irlam members will be given  
priority due to limited spaces\*\***

*Tickets on sale from September!*





### 5 cholesterol-lowering foods

#### 1. Unsaturated fats

A low-fat diet may be the first thing you think about when it comes to lowering cholesterol. But rather than reducing all fats, it's more important to get the right types of fats in your diet. Too much saturated fat is linked to raised cholesterol levels, and national dietary surveys tell us that most of us eat more than is recommended.

Swapping saturated fats like butter, lard and ghee for unsaturated fats such as olive oil, rapeseed oil or sunflower oil can help to maintain healthy cholesterol levels. It's also important to be aware of the amount of saturated fat in foods we eat. Some of the top sources in our diet are foods like fatty meats, biscuits, cakes, pastry and chocolate.

Check the labels of food you buy for high levels of saturated fat. Think of foods you could try instead, for example, more oily fish instead of red and processed meats.

#### 2. Oats & barley

Oats and barley contain a type of soluble fibre called beta glucans. This forms a gel in the gut which helps to stop cholesterol from being absorbed into the body. When we eat 3g a day, it can help to maintain healthy cholesterol levels. To give you an idea of what this means for your diet, a bowl of porridge made with 40g of oats will provide around 1.4g of beta glucans. So, aim for 2-3 portions of oat or barley foods a day.

Try having porridge or muesli made with oats for breakfast, oatcakes instead of wheat-based crackers at lunch or as a snack and try pearl barley instead of rice in soups and risotto.

#### 3. Beans & lentils

Beans, peas and lentils are good sources of soluble fibre too. You can also swap red and processed meat for plant-based proteins like these, which will lower the saturated fat in your diet. Cook dried beans or lentils or use those tinned in water for convenience.

Baked beans count too – they are based on haricot beans – and are a good option if you're not used to including beans and lentils in your diet. Just try to use ones that have reduced sugars and salt.

#### 4. Nuts & seeds

Nuts are a good source of unsaturated fats as well as fibre and other nutrients. They are filling to eat and make a tasty and convenient swap for snacks like chocolate, cakes and biscuits, which are usually high in saturated fat. Used in this way they can help lower your cholesterol levels. Just make sure you choose plain ones to avoid adding extra salt or sugar to your diet.

A portion is a small handful – about 30g. Choose whichever nuts you like or, even better, a mixture of nuts and seeds to benefit from a wider range of nutrients.

#### 5. Fruit & vegetables

We should all be eating at least our 5-a-day but while this is a well-known recommendation, most of us still aren't managing to eat this much fruit & veg. One benefit to eating more is that they are a source of fibre & eating more fibre is linked to a lower risk of heart and circulatory diseases. Fruit and vegetables contain both insoluble and soluble fibre which makes them a great choice that could also help to reduce your cholesterol levels.

Fresh, frozen, tinned & dried all count. Try fruit & vegetables as snacks to help reduce the biscuits, cake and chocolate you eat. Adding more fruit and vegetables to your meals can also help make them more filling, meaning you might snack less.