



Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

July 2024

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

Tel: 0161 707 7402

email: admin@salfordheartcare.co.uk

www.salfordheartcare.co.uk



Thank You Freda!....

We would like to acknowledge and thank our friend and member, **Freda Peeling** from Salford, for her generous donation of £300 to Salford Heart Care's Eccles Healthy Hearts Social Club.



Freda Peeling

Freda wanted to make the donation because she appreciates the days out and group holidays and wanted to say thank you for the support provided by the club.

We are very grateful for Freda's donation. The money will be used to support forthcoming day trips.

Salford Royal Diabetes Team Talk: "Food & Type 2 Diabetes"

Have you ever asked yourself "What Can I Eat for Type 2 Diabetes?"

Due to high demand, Salford Royal Diabetes Team will be running a free NHS workshop solely focused on "Food and Type 2 Diabetes" in Irlam.

The Diabetes Team has worked in partnership with Irlam Leisure Centre to secure a space on Wednesday 17th July, at Irlam Leisure Centre.

If you have a Salford GP and have been diagnosed with Type 2 diabetes you can book onto this workshop. Places are limited so if you are interested in attending, please call 0161 206 8802, or email: diabetes.admin1@nca.nhs.uk

Top tips to stay cool this summer

- ✓ Keep hydrated – water is best but milk, squash, fruit juice, tea & coffee all count
- ✓ Avoid alcohol as it can make you more dehydrated
- ✓ Eat cold foods such as salads & fruit, which have a high water content and are good sources of vitamins & minerals
- ✓ Keep your home cool - cover windows exposed to direct sunlight. Open windows if it's cooler outside than inside. Turn off lights or electrical equipment you don't need
- ✓ spend time in the coolest part of your house, especially for sleeping
- ✓ wear light, loose fitting clothes
- ✓ stay out of the sun in the hottest part of the day between 11am and 3pm
- ✓ it can be cooler to go out, especially if you can spend time in the shade. Apply sunscreen, wear a hat and carry some water with you
- ✓ avoid extreme physical exercise

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

Mondays (Except Bank Holidays)

Closed Monday 26th 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 5th 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 9th & 23rd July
- ➔ Tuesday 6th & 20th August
- ➔ Tuesday 3rd & 17th September
- ➔ Tuesday 1st, 15th & 29th October
- ➔ Tuesday 12th & 26th November
- ➔ Tuesday 10th December

Group discussion with qualified counsellor, 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 10th & 24th July
- ➔ Wednesday 7th & 21st August
- ➔ Wednesday 4th & 18th September
- ➔ Wednesday 2nd, 16th & 30th October
- ➔ Wednesday 13th & 27th November
- ➔ Wednesday 11th 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



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 are always welcome and 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 to attend.



EVENTS & DAY TRIPS

Coach Trips Departing from Irlam, Cadishead & Hollins Green

Keswick (Market Day)

Thursday 25th July - £10 - full

Lytham – coach only

Thursday 15th August - £10 - full

Hebden Bridge & The Olympus Fish Restaurant, Bolton

Thursday 5th September - £25

Non-members welcome to book

*Market day in Hebden Bridge,
then late-lunch fish & chips, dessert,
tea/coffee at the award winning
“Olympus Fish Restaurant” in Bolton*

Southport &

The Cheshire Lines Party Afternoon

Monday 28th October - £20

*Includes 2-course meal & entertainment
Free time in Southport in the morning*

See Pat or Serena to book

Coach Trips Departing from Eccles (Monton) & Little Hulton

Keswick (Market day)

Thursday 4th July - £12 - full
Coach only

Lytham, Blackpool Ice Show & Afternoon Tea

Monday 12th August - £35 – full

Skipton (Market Day) & Pendle Village & Garden Mill

Wednesday 11th September - £12
Coach only

Tiffany’s, Blackpool

Tuesday 8th October - £25
Includes 3-course lunch & entertainment

See Dot or Mavis to book

Coach Trips Departing from St. Luke’s Salford

Thornton Cleveleys, The Working Men’s Club & The Blackpool Illuminations

Thursday 10th October - £13
Coach only

See Sue or Jim Collins to book

Save the date....

Healthy Heart Club Christmas Party Days

Eccles (Winton) Healthy Heart Club at Winton Bowling, Tennis & Social Club

Tuesday 17th December 11am - 3pm
*Buffet & Live Entertainment
with “Sheila Diamond”*

Irlam & Cadishead Healthy Heart Club Irlam Steel Club

Friday 20th December 10am - 3pm
Buffet & Entertainment with “Terry Kelly”

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

Tickets on sale soon!

Pensioners’ Party at The Boat House

Ferry Road, Irlam M44 6DN

Monday 8th July

12 noon – 3 pm

£10 per person **full**

** Afternoon tea*

** Live entertainment*

** bingo & raffle included*

See Pat or Serena to book

****Every 2nd Monday of the month****

Food menu to be confirmed

Homemade Hummus Recipe

Ingredients (serves 4):

- 420g canned chick peas, rinsed & drained
- Juice of 1 lemon
- 4 tablespoons extra-virgin olive oil
- 2 tablespoons light tahini
- 1-2 cloves garlic, crushed (optional)
- ½ -1 teaspoon ground coriander
- ½ -1 teaspoon ground cumin
- Freshly ground black pepper, to taste
- A selection of prepared fresh vegetable crudités (e.g. pepper, carrot & cucumber sticks, baby sweetcorn, cherry tomatoes, etc)

Method:

1. Blend chickpeas, lemon juice, olive oil, tahini, garlic, coriander, cumin and black pepper together in a food processor until they form a coarse paste.
2. Arrange prepared vegetable crudités on one large or four smaller serving plates. Spoon hummus into one larger or four smaller serving bowls; serve with the vegetable crudités.

Tip: Hummus is also delicious served with hot toasted bread fingers, breadsticks or crackers. Halve the quantities given in the recipe above, using a 215g canned chick peas, if desired.

“THE PULSE” IS PUBLISHED BY SALFORD HEART CARE

**Your independent, local charity
established 1987**

Registered charity number: 1136710

Website:

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Email: admin@salfordheartcare.co.uk

Telephone: **0161 707 7402**

Follow us on Facebook:

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Donations welcome

Community Art Project in Eccles

Global art producers **Wild in Art** are working with Salford City Council to breath some colour and vibrancy into Eccles town centre this summer.

They are looking for groups to work with professional artists to make a considerable contribution to the public art project in the town centre.

A section of Eccles Shopping Centre and the multi storey car park is due to be demolished later this year. Change will not happen overnight, and so in late July, hoardings will be erected and will remain in place for a period of time around the site.

A range of experienced artists will work with different age groups during the next few months to create artwork for a series of outdoor galleries that will be printed onto vinyl and attached to the hoardings.

We are delighted to announce that artist Lauren will be visiting Winton Healthy Heart Club during July and August to deliver some creative art sessions with our members. Serena will keep you up to date with dates that Lauren will be visiting so you can bring along memorabilia and items to create collages and murals.

For more information about the project contact Ben Reed, Head of Creative Development,

email: ben@wilinart.co.uk

Website: www.wildinart.co.uk