



Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

May 2024

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

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FREE Sessions in May

As part of Salford Heart Care's ongoing support to help our members during the cost of living crisis, we will be holding free sessions at all our clubs this month. This means that on the following dates, there will be no door entrance fee, and refreshments, bingo, reiki therapies* and the raffle will be free of charge (*reiki subject to availability due to limited appointment slots).

Free session dates:

Irlam: Wednesday 1st & Friday 3rd May

St Luke's: Monday 13th May

Winton/Eccles: Tuesday 14th May

Bereavement Group: Tuesday 14th May

Little Hulton: Wednesday 15th May

Final Request for Prizes

Irlam Live Music Festival

**Friday 31st May – Sunday
2nd June,**

Prince's Park, Irlam



Thank you to everyone who has donated items already – you're fantastic and we now have some lovely items for our stall! This is our final request for donations for our tombola stall, to be held at Irlam Live Music Festival at the end of this month. We can accept many items: new/unused gift sets, new toys, toiletries, stationery items, jewellery, chocolates & household items. Speak to Serena for more details.

*For information about Irlam Live,
or to purchase tickets visit:*

<https://irlamlive.co.uk/>

Indian Head Massage & Reiki at Salford Heart Care

Have you ever tried Reiki or Indian Head Massage?

Do you think it's not for you, or are you worried that you can't have it because of your health condition or medication? This is very unlikely. If you would like to know more, please speak to Julia, our holistic therapist at Eccles/Winton, Little Hulton and Irlam. £2 per 15-minute appointment, and your first appointment is free of charge. Here's some of the benefits of holistic therapies:

- ♥ lower blood pressure
- ♥ reduce effects of stress and tension
- ♥ relax tight muscles
- ♥ improve sleep
- ♥ increase circulation
- ♥ improve immune system

**Note that head massage & reiki are done over clothing, seated in a chair.*

Announcement

Sadly, we have been informed that **Andrew Youd, aged 58, from Winton**, passed away at home on Tuesday 16th April. His family were by his side. Andrew was a member of Winton Healthy Heart Club and attended from August 2021.

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

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)
1.30pm - 2.45pm

****Closed on Monday 10th June for trip****

*Chair yoga, bingo, raffle,
refreshments & day trips*

Now only £2 per session

Little Hulton Healthy Heart Club

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

Fortnightly Wednesdays
10am – 12 noon

- ➔ Wednesday 1st, 15th & 29th May
- ➔ Wednesday 12th & 26th June
- ➔ Wednesday 10th & 24th July
- ➔ Wednesday 7th & 21st August

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

Eccles Healthy Heart Club

Winton Bowling, Tennis & Social Club

Brookside, off Grange Road
Winton M30 8JW

Tuesdays 10am - 12 noon

Closed for trips:

Tuesday 7th May & 4th June

*Chair yoga, 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

**Kate & Natalie from B Johnson
Funeralcare, Cadishead (Co-op), will
be visiting us on Wednesday 15th May**
*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*

Bereavement Support Group

Cadishead Band Room
Locklands Lane,
Irlam M44 6RB



Fortnightly Tuesdays

10am – 12 noon

- ➔ Tuesday 14th & 28th May
- ➔ Tuesday 11th & 25th June
- ➔ Tuesday 9th & 23rd July
- ➔ Tuesday 6th & 20th August

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

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

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

Llandudno

Thursday 16th May - £10 - full

Southport

Thursday 13th June - £10 – 1 space

Keswick (Market Day)

Thursday 25th July - £10 – 3 spaces

Lytham – coach only

Thursday 15th August - £10 - full

Hebden Bridge & The Olympus Fish Restaurant, Bolton

Thursday 5th September - £25

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

See Pat or Serena to book

Coach Trips Departing from Eccles (Monton) & Little Hulton

Chester & Cheshire Oaks

Tuesday 7th May - £12
Coach only

Llandudno & The Tweed Mill

Tuesday 4th June - £12
Coach only

Keswick (Market day)

Thursday 4th July - £12
Coach only

Lytham, Blackpool Ice Show & Afternoon Tea

Monday 12th August - £35

Limited spaces - priority given to those who went to the Calf's Head in February

Skipton (Market Day) & Pendle Village & Garden Mill

Wednesday 11th September - £12
Coach only

See Dot or Mavis to book

Pensioners' Party at The Boat House

Ferry Road, Irlam M44 6DN

Monday 10th June

12 noon – 3 pm

£10 per person

*** 3-course lunch**

*** Live entertainment**

*** bingo & raffle included**

See Pat or Serena to book

**Open for booking after this month's party on Monday 13th May **

Green Pesto Pasta Recipe

Ingredients (serves 2):

- 200g (7oz) wholewheat spaghetti
- 150g (5oz) frozen peas
- 75g (3oz) spinach
- 25g (1oz) walnuts
- 25g (1oz) grated Parmesan
- 75g (3oz) fat-free fromage frais
- 2 teaspoons of lemon juice
- Small bunch fresh basil

Method:

1. Cook the spaghetti in boiling water for 11 minutes or until tender.
2. Boil the peas for 2-3 minutes and drain. Place half the peas in a food processor with the spinach, walnuts, Parmesan, fromage frais, lemon juice & most of the basil. Blitz until almost smooth.
3. Drain the spaghetti and toss with the sauce and the remaining peas. Serve topped with a few basil leaves.

“THE PULSE” IS PUBLISHED BY SALFORD HEART CARE

Your independent, local charity established 1987, Registered charity number: 1136710

Website: <https://www.salfordheartcare.co.uk/>

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Donations welcome

Best & Worst Foods for High Blood Pressure

If you have high blood pressure (hypertension), one of the tools you can use to help keep it under control is your diet.

4 foods that lower blood pressure

1. Fruit & vegetables

Research has suggested beetroot juice might help lower blood pressure. Beetroot juice can be a concentrated source of nitrates and it's thought that one of their effects is to lower blood pressure. You can also find nitrates in other fruits and vegetables too including spinach, celery, kale, bananas and strawberries.

As well as nitrates, all fruit and vegetables provide us with potassium, which can also help lower blood pressure. It's best to get the potassium we need through foods, rather than supplements.

2. Wholegrains

Wholegrains such as brown rice, wholemeal bread and oats contain more nutrients and fibre than refined starchy carbs like white bread, pasta and rice. Eating more fibre has been linked to a lower risk of heart and circulatory diseases. Soluble fibre from oats may help in lowering blood pressure.

A diet higher in fibre is advised if you are trying to lose weight, which will also help lower your blood pressure.

3. Lean protein

Lean sources of protein are lower in calories than fattier sources but are still filling. This can help you to manage your weight, which is helpful in lowering blood pressure.

Choose chicken, turkey, fish, eggs and beans instead of red and processed meats.

4. Low-fat dairy

Including milk and dairy foods as part of a healthy, balanced diet could help with lowering blood pressure. Dairy products contain a complex combination of nutrients, including calcium which has been linked to blood pressure reduction.

What else can help lower my blood pressure?

It is important to take any medicines that you have been prescribed and consider other changes that could help lower your blood pressure, such as:

- ✓ being more physically active
- ✓ stopping smoking
- ✓ maintaining a healthy weight.

4 foods to avoid with high blood pressure

You don't necessarily need to completely exclude these foods, but be mindful about how much you eat.

1. Salty foods

We should have no more than 6g of salt a day, which is about a teaspoon. But many of us eat more than this.

2. Sugary and fatty foods

Sugar and fat may not directly affect your blood pressure, but foods that are high in fat and sugar are high-calorie foods. Eating too much of them can lead to weight gain, which is linked to raised blood pressure.

3. Alcohol

If you drink alcohol, do so in moderation. Too much can raise blood pressure and lead to weight gain over time.

4. Excess caffeine

Caffeine can raise blood pressure but its effect is usually short lived and lessens when you drink it regularly. That means a moderate intake, 4-5 cups a day, should not be a problem for most people. However, some people are more sensitive to caffeine than others and drinking too much caffeine may affect blood pressure.