



# Salford Heart Care

Registered charity number: 1136710

**"THE PULSE"**

**October 2024**

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

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



## Good News – Funding Award Voicescape Community Fund

Forever Manchester has awarded Salford Heart Care a grant from Voicescape's Community Fund of £1,000 to support room hire for the next 2 months. This is fantastic news for our charity and means that we can continue to provide a range of activities for our members, such as chair yoga, reiki and bingo. We would like to thank Forever Manchester and Voicescape for their support.

### About Voicescape:

Voicescape Community Fund focuses on projects which support those most affected by the cost-of-living crisis, as well as projects that provide education and skills development.

At Voicescape they have been developing technology solutions for over twenty years. Using a combination of technology, expertise and experience, they create customer communications technology that helps increase efficiency, improve service levels and keep their client's businesses on the front foot by helping to get the best possible results out of customer interaction.

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

**Takes place on:  
Tuesday 5<sup>th</sup> November, 11am  
at Winton Bowling,  
Tennis & Social Club**

Members from all branches are welcome to attend. *Note: Entrance is free. There will be no therapies or exercise available at this session.*



## Julia's Annual Charity "Race Night"

**Saturday 12<sup>th</sup> October 7.30pm**

**Irlam Steel Club**

**£3 pay on the door**

**All welcome**



Featuring animated horse racing,  
musical bingo & raffle  
with Quiz Master & DJ Simon

**Supporting the Willow Foundation  
in memory of Lisa**



**REMEMBER!**

The clocks go **BACKWARDS** 1 hour on **Sunday 27<sup>th</sup> October 2024**

## 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 1.30pm - 2.45pm**

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

*\*Now only £2 per session\**

### Eccles (Winton) 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 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 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**

**Closed: Wednesday 18<sup>th</sup> December  
for Club House Party**

*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

### Parties & Trips Departing from Irlam & Cadishead

#### Southport & The Cheshire Lines

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

#### Christmas Lunch at The Red Lion

Thursday 12<sup>th</sup> December - £15

3-course Christmas lunch, bingo & raffle

#### Bereavement Group

#### Christmas Party at The Club House

Tuesday 10<sup>th</sup> December - £15

Includes 3-course Christmas lunch, tea/coffee & entertainment

**\*\*Non-Bereavement Group members welcome to attend\*\***

#### Christmas Party at The Club House

Wednesday 18<sup>th</sup> December - £15 - full

Includes 3-course lunch & entertainment

#### Irlam & Cadishead Healthy Hearts

#### Christmas Party, Irlam Steel Club

Friday 20<sup>th</sup> December 10am-3pm - £5

Includes buffet, raffle & entertainment

**\*Strictly I&C members only – spaces limited\***

See Pat or Serena to book

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

#### Tiffany's, Blackpool

Tuesday 8<sup>th</sup> October - £25

Includes 3-course lunch & entertainment

#### Christmas Party Afternoon at The Bedford Hotel, Lytham St. Anne's

Thursday 5<sup>th</sup> December - £38

Includes 3-course lunch & entertainment

See Dot or Mavis to book

## Salford Heart Care's



### Christmas Party

#### Winton Bowling, Tennis & Social Club

Brookside, Off Grange Road,  
Winton M30 8JW

## Tuesday 17<sup>th</sup> December

11 am – 3 pm

**£8.00 - Tickets on sale now**

\* Buffet lunch

\* Entertainment with Sheila Diamond

\* Bingo & raffle

\* Bar will be open to purchase drinks

\* Members from all clubs welcome

Please see Marion for tickets

or contact Serena: 0161 707 7402

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



### Raffle prizes needed for our Christmas Parties!

~ unwanted gifts ~ toiletries ~ bottles ~ chocolates etc. will all be gratefully received to raise funds for our clubs

### Forthcoming Pensioners' Parties at The Boat House

Ferry Road, Irlam M44 6DN

**Monday 14<sup>th</sup> October - full**

**Monday 11<sup>th</sup> November**

**Monday 2<sup>nd</sup> December**

*(Christmas Party no 1)*

**Monday 9<sup>th</sup> December**

*(Christmas Party no 2)*

12 noon – 3:30 pm

**£10 per person**

\* 3-course set menu

\* Live entertainment

\* bingo & raffle included

See Pat or Serena to book

### Research reveals hidden dangers of high saturated fat diet

A diet high in saturated fat is more dangerous for the heart than a diet high in unsaturated fat, even when there has been no weight gain, according to new research funded by The British Heart Foundation.

The study found concerning changes to heart health in people who ate a high saturated fat diet and didn't see a change in their body weight. People on this diet had a roughly 20% rise in fat in their liver and around 10% higher blood cholesterol levels after just 24 days, compared to before they started the diet.

On the other hand, there were protective effects if a person ate a diet high in polyunsaturated fat. The findings so far suggest that even when you are not gaining weight, different fats can have drastically different effects on health in a short time frame.

#### Heightened risks

Saturated fats are found in foods including butter, fatty meats, cakes, pastries and biscuits. Polyunsaturated fats, including omega-3 and omega-6, supply the body with essential nutrients and are found in foods including oily fish, like mackerel and salmon, sunflower oil, and some nuts.

During the study, 24 participants were asked to follow a diet high in either saturated fat or polyunsaturated fat for up to 24 days. Each participant had an MRI scan and blood test at the beginning and end of the study to assess the impact of the type of fat they consumed on known risk factors for heart and circulatory diseases.

Body weight was unchanged in both groups after 24 days, yet the participants who ate more saturated fat had test and scan results that are linked to an increased risk of heart disease. This group's levels of

total cholesterol and non-HDL cholesterol (known as 'bad' cholesterol) in the blood were approximately 10% higher than before the study.

The saturated fat group also saw a roughly 20% increase in the amount of fat stored in their livers. Too much fat being stored in the liver heightens the risk of a person developing type 2 diabetes and cardiovascular diseases.

#### Protective role for some fats

The group which ate a diet high in polyunsaturated fat saw very different changes after 24 days. They experienced a drop in total blood cholesterol and 'bad' cholesterol levels of around 10%, and an increase in energy reserves in their heart muscle, compared to before the study.

### 2025 Weymouth Group Holiday

There are a couple of twin rooms available for the group holiday to Weymouth. Here's the details if you are interested & have someone to share a room with:

- 7th - 15th May 2025 (9 days, 8 nights)
- £530 plus £27 insurance, if required
- Includes, coach transport, bed, breakfast, 3 course evening meal, 3 days out & evening entertainment

See Dot or Mavis for more information.

### "THE PULSE" IS PUBLISHED BY SALFORD HEART CARE

Your independent, local charity  
established 1987

Registered charity number: 1136710

Website:

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Donations welcome