



# Salford Heart Care

## "THE PULSE" NEWSLETTER

December 2015- January 2016

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



The Queen's Award  
for Voluntary Service



### "Season's Greetings" from Salford Heart Care

Serena & the Directors of Salford Heart Care would like to wish all of our members, volunteers & partners a very "Happy Christmas" & best wishes for 2016.

Thank you for all your support this year. It's been a tough year in terms of funding, yet our groups are thriving more than ever!

Please remember that some of our branch sessions this month will be cancelled due to Christmas parties. The branches will also be closed over the festive holidays and we look forward to seeing you all again in the New Year!

We're open on **Tuesday 22<sup>nd</sup> December** (Patricroft URC) for mince pies and Christmas carols if you would like to come along and join us!



*See page 4 for re-opening dates for 2016 or refer to our 2016 calendar.*

### Salford Heart Care's AGM - Update

Our AGM took place on 3<sup>rd</sup> November. The meeting was attended by 43 members. Thank you to everyone who attended. Members voted to retain the following Directors of Salford Heart Care:

- ❖ Jim Collins (Chairman)
- ❖ Gordon McKay
- ❖ Alan Rowe (Treasurer)
- ❖ Victor Bailey
- ❖ Vincent Clifford
- ❖ Barbara Walker
- ❖ Jean Chubb

❖ Jim Clough applied to be a Director of Salford Heart Care. His application was accepted.

❖ Lesley & James Roberts expressed interest in joining the Management Committee.  
*If you are interested in joining the Management Committee please speak to Serena.*



Last month **Salford Reds Lottery** presented us with a cheque for **£1,000** from the sale of lottery tickets. We receive 40 pence for every ticket sold.

### 2015-2016 Membership Subscriptions

Subscriptions are now due for 2015/16 for all members attending our Healthy Heart Clubs. Membership remains at £10.00 per annum.

*Please request a "Membership Form" at your club*

### Salford Heart Care's Christmas Parties:

#### ♥ Eccles Healthy Heart Club

**Tuesday 15th December**

10.00 am - 2 pm Patricroft URC **Tickets: £6.50**

*Includes hot & cold buffet lunch & entertainment*

#### ♥ Little Hulton Healthy Heart Club

**Wednesday 16th December**

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

**Tickets: £5.00**

#### ♥ 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*

♥ Thank you to all our craft enthusiasts at Eccles for making Christmas cards & greetings cards over the past few months. **Margaret & Marjorie** handed over £50 in November from the sale of hand-made Christmas cards. This amounts to more than £100 raised in recent weeks from card sales alone! Well done to you all. (We still have a few cards left)

♥ Thank you also to **Maureen & George Chapman** for their donation of £20 instead of sending cards this year. Maureen & George send you all their very warmest wishes for Christmas & New Year!

♥ We are very sorry to hear that **Mavis Walsh** (Eccles member) is not well. We send Mavis

our best wishes and hope that she is better soon. Mavis is missed at the club.



## SOCIAL OCCASIONS

**Trips departing from Eccles & Little Hulton:**

### The Calf's Head & Oswaldtwistle Mills

Tuesday 23<sup>rd</sup> February - £23 per person  
*Includes coach, 2 course carvery lunch, tea & coffee*

### Freeport & Cleveleys

Tuesday 22<sup>nd</sup> March - £26 per person  
*Includes coach, 3 course lunch & entertainment*

*See Dot or Mavis for more details*

**Trips Departing from Irlam & Cadishead**

### Christmas at The Lindum Hotel

Monday 14<sup>th</sup> December – a few places left  
£17 per person (£20 non-members)\*

*Includes drink on arrival, 3 course meal, coffee & mince pies & entertainment*

### Oswaldtwistle Mills "Frosty Funday"

Thursday 11<sup>th</sup> February 2016

£15 per person (£20 non-members)\*

*Includes coach, 2-course meal at the Mill with afternoon entertainment - games & cash prizes*

### Ryecroft Hall (The Bourne Poacher)

Monday 14<sup>th</sup> March 2016

£20 per person (£25 non-members)\*

*Includes coach, 3 course meal & entertainment*

### Skipton Market & Rendezvous Hotel

Wednesday 27<sup>th</sup> April 2016

£18 per person (£23 non-members)\*

*Includes coach & 2-course carvery at the Hotel*  
*See Serena or Betty - payment in full*

**Coming up next year (departing from Irlam):**

- ♥ Thur 21<sup>st</sup> July – Chester & Boat Trip
- ♥ Thur 11<sup>th</sup> Aug- Llangollen & Bryn Howel Hotel
- ♥ Thur 15<sup>th</sup> December 2016 – Christmas Party at The Millstones, Harrogate

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

## Ableworld Salford

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

Wheelchairs, power chairs, scooters, telecare, back supports, bathing accessories, riser recliner chairs, continence care, walking aids, arthritic supports, slippers, stair lifts.

Visit: Burrows House, 10 Priestley Road,

Wardley Industrial Estate, Worsley M28 2LY email:

[info@ableworldsalford.co.uk](mailto:info@ableworldsalford.co.uk) Tel: 0161 728 1880

Ableworld are offering Salford Heart Care members **5% discount** on goods purchased (excluding items on promotion or special offer).

*Congratulations to our November Crossword Competition winner: Sue Collins. You could win £5 voucher by completing this month's crossword (p.5)*

## The Eccles Tea Dance Group

### "Christmas Tea Dance"

Wednesday 16<sup>th</sup> December

12 noon - 3pm

Eccles Town Hall, Church Street, Eccles

*Everyone welcome*

**Tickets £5 (available from Louise Ashworth)**

*entertainment, dancing, raffle & light refreshments*

**Contact Louise: 07928522308**

## Christmas Puzzle:

Unscramble the words to find a special Christmas message:

UJSSE

13

RAMENG

7

BTLHEEEHM

11

YRMA

1

EIEERPNNK

18

12

REDSHSPEH

2

17

JPEOSH

6

ASTR

3

GAELN

9

SRAVIO

4

16

WNSEIME

5

AEANHTZR

8

TVAYNITI

14

EASBLT

10

15

TGSFI

1

2

3

4

5

6

7

8

9

10

11

12

13

15

16

17

18

## Christmas Jokes....

Why is The Great British Bake-Off like the nativity?  
- *Because the Star is in the Yeast*

I got a Ukip advent calendar.

*It's rubbish, all the doors keep slamming shut!*

Why won't Santa visit Nigel Farage?

- *Because he only comes if you sleep, not if Ukip*

What did the snowman say to the aggressive carrot?

- *"Get out of my face!"*

What do the royal family play at Christmas instead of musical chairs?

- *Game of Thrones*

What do they sing at a snowman's birthday party?

*"Freeze a jolly good fellow"*

Why was the snowman looking through the carrots?

*He was picking his nose*

What did Adam say the day before Christmas?

*"It's Christmas Eve"*



### Linnyslaw Garden Centre Moss Lane, Walkden

*Christmas Trees, perennials, shrubs,  
bedding plants, compost, 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 Tel: 0161 799 2050**

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

email: [linnyshawgarden@btconnect.com](mailto:linnyshawgarden@btconnect.com)

## Curried Lentil, Parsnip & Apple Soup

*This spicy soup combines red lentils, apples & parsnip for a smooth, warming soup - a low fat meal that you can make ahead & freeze (will keep for up to 3 months once frozen).*

### Ingredients

- ♥ 3 tablespoons medium curry paste
- ♥ 2 medium onions, roughly chopped
- ♥ 500g parsnips (around 5 medium parsnips), peeled & cut into chunks
- ♥ 140g dried red lentils
- ♥ 2 Bramley apples (about 400g), peeled, cored & cut into chunks
- ♥ 1½ litres vegetable or chicken stock, made with 1 stock cube
- ♥ Natural yogurt, to serve (optional)
- ♥ chopped coriander, to serve (optional)

### Method

1. Heat some oil in a large saucepan. Fry the curry paste & onions over a medium heat for 3 minutes, stirring.
2. Add the parsnips, lentils & apple pieces. Pour over the stock & bring to a simmer. Reduce the heat slightly & cook for 30 minutes, stirring occasionally, until the parsnips are very soft & the lentils mushy.
3. Remove from the heat & blitz with a hand blender until smooth. (Or leave to cool for a few minutes, then blend in a food processor.) Season to taste.
4. **To Serve:** heat through & ladle into bowls. Serve with natural yogurt. Garnish with fresh coriander.

## Healthy Christmas Dinner Tips

Here's a few tips to help you reduce the amount of calories & fat in your traditional Christmas dinner without sacrificing the taste....

- ♥ **Turkey** - Remove the skin to save around 40 calories per portion. Light meat also has slightly fewer calories than dark meat, so choose breast instead of leg or thigh. Before you cook your bird, prick the skin to allow the fat to drain out. Cook it on a trivet or on an upturned ovenproof plate so it's not sitting in the fat.
- ♥ **Stuffing** - chestnuts are low in fat and a good source of potassium, which we need for healthy kidneys. Choose a chestnut or fruit-based stuffing instead of sausage meat.
- ♥ **Roast potatoes** - Potatoes are a good source of carbohydrate and are almost fat free (before they're roasted in oil or fat). Baked potatoes are just as tasty but much better for you.
- ♥ **Gravy** - To make low-fat gravy, pour the turkey juices into a jug and wait for the fat to rise to the surface. Then carefully pour or spoon off the fat before using the juices to make gravy. Gravy can be high in salt. Too much salt may increase blood pressure. If you have gravy, try not to add salt to your meal.
- ♥ **Bread sauce** - Use semi-skimmed milk for the sauce & add a clove of garlic to the milk to add flavour.
- ♥ **Vegetables** - Brussels sprouts are a good source of folate (B vitamin) and vitamin C, which may help to protect against heart disease and cancer. They contain fibre, which helps to keep the digestive system healthy. Serve plenty of vegetables as they're low in calories & fat, but don't smother them in butter!
- ♥ **Christmas pudding** - Christmas pudding is fairly low in fat and high in carbohydrate. It provides some fibre, B vitamins, potassium, iron and calcium. But have just one small portion after lunch as it's high in sugar. Boost your calcium intake by eating it with low-fat custard or fat-free Greek yoghurt instead of brandy butter or double cream.





# OUR HEALTHY HEART CLUBS Dec 2015 - February 2016

Tel: 0161 707 7402 Email: [admin@salfordheartcare.co.uk](mailto:admin@salfordheartcare.co.uk) website: [www.salfordheartcare.co.uk](http://www.salfordheartcare.co.uk)

## **Irlam & Cadishead Healthy Heart Club, Irlam Steel Club** Liverpool Rd. Irlam Every Wednesday & Friday 10 am - 12 noon

- Friday 4<sup>th</sup> December - Diabetes Testing (Health Improvement Team)
- Friday 4<sup>th</sup> December, 29<sup>th</sup> January & 19<sup>th</sup> February - Relaxation Sessions
- Friday 18<sup>th</sup> December - Christmas Party (booking essential £5.00)
- **Wed 23<sup>rd</sup> & 30<sup>th</sup> Dec, Fri 25<sup>th</sup> Dec & 1<sup>st</sup> Jan - Closed for Christmas**
- Wednesday 6<sup>th</sup> January - Re-open

*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 St. Patricroft Every Tuesday 10 am - 12 noon

- Tuesday 8<sup>th</sup> December - Tai Chi & Cholesterol Research (Chester University)
- Tuesday 15<sup>th</sup> December - Christmas Party (booking essential £6.50)
- Tuesday 22<sup>nd</sup> December - We're open for mince pies & Christmas Carols!
- **Tuesday 29<sup>th</sup> December - Closed for Christmas**
- Tuesday 5<sup>th</sup> January - Re-open (Maureen's Exercise)
- Tuesday 12<sup>th</sup> January - Tai Chi will take place every fortnight



*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

- Wednesday 2<sup>nd</sup> December
- Wednesday 16<sup>th</sup> December - Christmas Party (booking essential £5)
- **Wednesday 30<sup>th</sup> December - NO session - closed for Christmas**
- Wednesday 13<sup>th</sup> & 27<sup>th</sup> January & 10<sup>th</sup> & 24<sup>th</sup> February

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

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

Currently Supported by:



## **Weaste/Claremont Healthy Heart Club**

**De La Salle Sports & Social Club, Wilton Road, Salford**

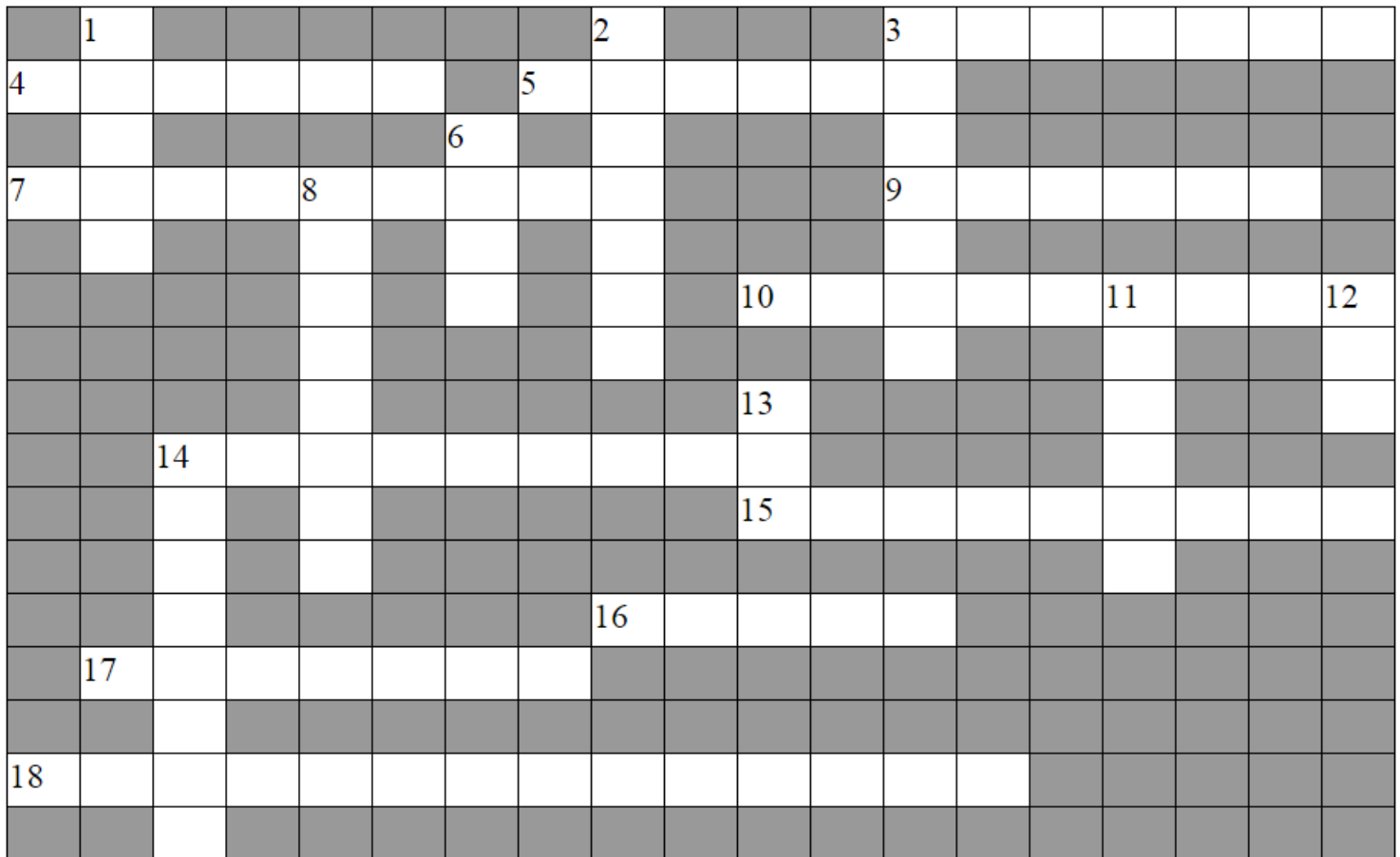
Every Tuesday 10 am

- **Tuesday 8<sup>th</sup> December - closed for Xmas Party & 29<sup>th</sup> December - closed**
- Re-opens Tuesday 5<sup>th</sup> January

*Charge: £2.50 Activities: Cardiac exercise session with relaxation & refreshments*

## COMPETITION CORNER: *Try our Christmas - Themed Crossword*

All correct entries received by **Friday 18<sup>th</sup> December** 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!**



### ACROSS

3. Author of "How the Grinch Stole Christmas" (2,5)
4. Jesus's bed (6)
5. \_\_\_\_\_ Wonderland (6)
7. Santa's home (5,4)
9. Surname of Scrooge's business partner (6)
10. You can roast these on the fire (9)
14. Italian cake eaten at Christmas (9)
15. Christmas Island is a territory of this country (9)
16. Fastest milkman in the west (5)
17. Servant in Cinderella (7)
18. Christmas condiment made from "marshworts"? (9,5)

### DOWN

1. Christmas song (5)
2. They followed a star (4,3)
3. The Little \_\_\_\_\_ Boy (7)
6. You could find this in a naughty child's stocking! (4)
8. New Year's Eve in Scotland (8)
11. Christmas Tree provider for Trafalgar Square (6)
12. Points on a snowflake (3)
13. "Driving home for Christmas" singer (surname)?
14. Father Christmas is known as "Pai Natal" in this country? (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](http://virginmoneygiving.com) or post: **Salford Heart Care, c/o Patricroft URC, Franklin St, Eccles M30 0QZ**  
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