



Salford Heart Care

THE "PULSE" NEWSLETTER

March 2020



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

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Welcome to the November edition of our newsletter. Due to the current restrictions in place to reduce the spread of Covid-19, our clubs will remain closed until further notice. Please call or email us if you have any questions or need some support. We may be able to help with shopping or collecting medication. Or perhaps you just want to have a chat and hear a friendly voice? Telephone Serena: **0161 707 7402 or email: admin@salfordheartcare.co.uk**

Announcements

It is with deepest sympathy that we announce the passing of our dearly loved tai chi teacher, Anne Chrichton, aged 76, from Monton.



Anne passed away on Saturday 3rd October following a short illness. Her partner and son were by her side.

Anne was extremely talented and had a beautiful soul – she was full of enthusiasm teaching tai chi at our clubs in Walkden, Little Hulton and Eccles. She was without a doubt the best tai chi instructor we could have had and we will truly miss her.

We send our deepest sympathy to Anne's family and friends.



It is with great sadness that we announce the death of our lovely, kind friend and member, Maureen Chapman, aged 89 from Eccles. Maureen was one of our most long-standing members at Eccles, along with her late husband, George.

Maureen passed away on Wednesday 14th October in hospital. Maureen was a skilled baker and very talented crafts person. She made lots of gifts and cards for our stalls. Maureen would often purchase cuddly toys from our stall at Eccles and hand them out to children whilst shopping in town. We will all miss Maureen's fun spirit at the club.

"Our sympathy to Maureen's family. Maureen was a great supporter of Salford Heart care and I knew her and George for many years. She enjoyed her time with us and loved life making everybody feel welcome. She will be missed by all her friends. God bless."

Jim Collins, Chair, Salford Heart Care

We send our deepest sympathy to Maureen's family and friends.

Covid-19 Update

New Lockdown Restrictions

Until Thursday 5th November, Salford's Local Covid Alert Level measures will continue to apply (this is Tier 3 "Very High Covid Alert Level").

From Thursday, the national restrictions replace local restrictions. The new measures will apply for 4 weeks, up to 2nd December.

At the end of the period, the government will look to "return to a regional approach", based on the latest data. Here are the main restrictions and advice:

- Only leave your home for specific purposes: for childcare or education, work if you cannot work from home, to exercise outdoors or visit an outdoor public place, medical reasons, to avoid/escape risk of injury or harm, shopping for food and essentials, to provide care for vulnerable people, or visit people in your support bubble, or as a volunteer.
- No mixing of different households inside homes, except for childcare and other support.
- No mixing of households outside, except for exercise or visiting a public place with one other person (outdoor exercise is encouraged).
- People who shielded in March do not have to shield again, but those who are clinically vulnerable, or those over 60, are advised to limit social contacts and follow the rules carefully.
- All pubs, bars and restaurants to close – takeaway and delivery allowed, but no takeaway alcohol.
- All non-essential retail to close, but deliveries/click & collect can continue.
- Food shops, supermarkets, garden centres and certain other retailers

providing essential goods and services can remain open.

- International travel (except for work) is banned.
- Overnight stays and holidays away from home are not allowed.
- Manufacturing/construction to continue.
- Childcare, schools, colleges and universities to remain open.
- Services in places of worship are banned but private prayer is permitted.
- Funerals can continue with a maximum of 30 people, with only close family and friends advised to attend.
- Wedding ceremonies are not permitted (except for exceptional circumstances).
- People can sit on a park bench and have a picnic so long as it is with their household.
- Parks and playgrounds to remain open.

There is advice for people who are **'clinically extremely vulnerable'**:

- stay at home as much as possible
- avoid all but essential travel
- significantly reduce shopping trips

The Big Reset Survey

Please support Salford Council and Salford Clinical Commissioning Group (CCG) by completing their survey: <https://www.smartsurvey.co.uk/s/BigReset/>

Salford's health and care system has launched "Salford's Big Reset Conversation" - asking people to have their say on the future of health and care services in the city. Over the last few months, changes have been made to the way health and care services are delivered in the city due to the coronavirus outbreak. However, they now want to engage with people living and working in Salford to find out what is working well and what needs to be improved. *By taking part you could win £100 gift voucher!*

5 Steps to Prepare your Health for Winter

Cold weather can increase the risk of heart attacks and strokes, as well as flu and colds – it could even make coronavirus more severe. Following these 5 steps will help to get your mind and body prepared to better cope with winter.

1. Manage your heart or circulatory condition

Your heart needs to work much harder in colder temperatures to keep blood pumping around your body. If your heart health and underlying conditions are well managed, you're less likely to have problems if you do get a cold. An important way to support your heart health is by taking your medication on time. Keeping to a schedule, setting reminders and getting a repeat prescription can help you to keep on top of your routine.

2. Protect yourself from the flu

This isn't a typical year and we all want to protect ourselves and those close to us. Flu can be deadly and is easily spread. You're more at risk if you have an existing heart condition and are over 65, but there may be other reasons to get it, such as living with a vulnerable person or working in a job where you're dealing with lots of people. The NHS flu jab is being offered to more people than ever this autumn.

3. Eat well

If you have a heart condition, a cold could bring about complications such as pneumonia in more extreme cases. Supporting your immune system with essential vitamins and minerals can help supply it with the tools it needs to fight off colds. The best way to do this is to eat a varied and balanced diet with lots of fruit and veg. Try starting the day with porridge - porridge oats are wholegrains

and are great for keeping you fuller for longer. Adding fruit to your porridge will also add vitamins to support your immune system.

Get your daily vitamin D. To make sure that we're getting enough year-round it's recommended that we all consider taking a 10 microgram supplement in autumn & winter. This is even more important if you don't go outside very much or cover most of your skin.

4. Keep to a healthy weight

Being overweight puts strain on your body, heart and immune system and may make it less effective at fighting infections. It also puts you more at risk of complications should you catch the coronavirus.

Along with eating well, now is a good time to get into an exercise routine which can carry you through the winter and help you to feel strong and healthy.

Avoid sugary hot drinks. When it's colder many of us are tempted to buy coffees and stodgy drinks that are full of insulin triggering sugar and calories.

Wrap up and go for an atmospheric autumn walk whilst topping up your vitamin D.

5. Look after your mental health

Shorter days, darker nights and more time indoors can make us feel low. Being active and keeping in touch with friends and family can help improve your mood. Many people also find practicing mindfulness or meditation useful - try putting 10 minutes a day in your diary.

Managing stress is particularly important in the winter, as too much can affect how our immune system works. Hormones from stress may suppress immune function and increase blood pressure. It might also lead to us reaching for sugary snacks and drinking too much alcohol which will impact your overall mood.

Co-Op Local Community Fund



It's what we do

We're very pleased to announce that the Co-Op has chosen Salford Heart Care's Bereavement Support Group as one of three Local Community Fund causes. This means that until 23rd October 2021, Co-Op Members can choose to donate a percentage of what they spend on Co-Op branded products and services to our cause. If you don't chose a cause the funds are automatically shared between all local causes.

♥ You can become a member, or select your cause by visiting:

<https://www.coop.co.uk/membership>

♥ You can also download the new Co-Op App: <https://www.coop.co.uk/coop-app>

Brendan's November Crossword.... Just for fun 😊

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ACROSS

1. Plum-like fruit (9)
7. Sweat-room (5)
8. Edible entrails (5)
11. Variety of silica (5)
13. Of the kidneys (5)
15. Become mature (4-2)
16. November star sign (8)
18. River island (4)
19. Disastrous (7)

DOWN

2. Musical piece (5)
3. Possessors (6)
4. Slightly open (4)
5. Small Island (4)
6. Officially permit (9)
9. Tart (4)
10. Swellings (5)
12. Respiration (6)
14. Medicinal sweet (7)
17. Do well (2-3)

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