



# Salford Heart Care

Registered charity number: 1136710

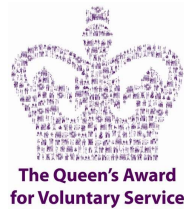
## "THE PULSE"

### April 2023

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

**Tel: 0161 707 7402**

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



## 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 - 2.30pm**

Except Monday 10<sup>th</sup> April, 1<sup>st</sup>, 8<sup>th</sup> 22<sup>nd</sup> May

\*Open on 29<sup>th</sup> May\*

*Chair yoga, bingo, raffle & day trips*

### Little Hulton Healthy Heart Club

St. Paul's Peel Community Hall,

Manchester Road

Little Hulton M38 9EG

**Fortnightly**

**Wednesdays 10am – 12 noon**

→ Wednesday 12<sup>th</sup> & 26<sup>th</sup> April

→ Wednesday 10<sup>th</sup> & 24<sup>th</sup> May

→ Wednesday 7<sup>th</sup> & 21<sup>st</sup> June

*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

off Grange Road, Winton M30 8JW

**Tuesdays 10am - 12 noon**

(closed for trip days: Tuesday 13<sup>th</sup> June, 11<sup>th</sup> July, 15<sup>th</sup> August, 5<sup>th</sup> September)

*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**

(closed Wednesday 5<sup>th</sup> April – trip day & Friday 7<sup>th</sup> April – Bank Holiday)

*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 4<sup>th</sup> & 18<sup>th</sup> April

→ Tuesday 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> May

→ Tuesday 13<sup>th</sup> & 27<sup>th</sup> June

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

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



**New members always welcome**  
**First visit is FREE** - turn up on the day or call **0161 707 7402** for more information.



## EVENTS & DAY TRIPS

**Trips Departing from Irlam,  
Cadishead & Hollins Green**

**Skipton Market & Calf's Head**

Wednesday 5<sup>th</sup> April £25 - full

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**Piece Hall, Hebden Bridge &  
Olympus Fish Restaurant**

Thursday 18<sup>th</sup> May £20 - full

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**Bakewell Market (Coach only)**

Monday 19<sup>th</sup> June £10 (2 spaces)

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**Conwy & Llandudno (Coach only)**

Thursday 13<sup>th</sup> July £10 - full

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**Frodsham & Chester (Coach only)**

Thursday 10<sup>th</sup> August £10 - full

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**Ramsbottom & Bury Steam Train**

**"Dining with Distinction"**

Friday 27<sup>th</sup> October £50 (1 space)

\*Members from other clubs & non-  
members welcome to join us\*

*1 ½ hour steam train ride through the  
Irwell Valley. Includes a hearty locally  
produced 2-course lunch on the train*

*\*\*\*All trips subsidised using funds  
from Irlam raffles\*\*\**

**Trips Departing from Eccles  
(Monton) & Little Hulton**

**Garstang Market & 2 course lunch**

Thursday 13<sup>th</sup> April £28 - full

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**Bakewell Market (coach only)**

Monday 22<sup>nd</sup> May £12 - full

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**British Iron Works/Sculpture Park,  
Aston (near Oswestry) & lunch**

Tuesday 13<sup>th</sup> June £25

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**The Lakes: Ambleside & Bowness**

Tuesday 11<sup>th</sup> July

£15 with boat trip Ambleside - Bowness  
£10 no boat-remain on coach to Bowness

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**Trentham Gardens & lunch**

Tuesday 15<sup>th</sup> August

£25, or £30 with gardens entrance - full

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**Llandudno (Coach Only)**

Tuesday 5<sup>th</sup> September £10 - full

*\*All trips subsidised this year using  
donations of raffle income from Salford  
Heart Care & Eccles Healthy Hearts  
Social Club\**



**St George's Day  
Party Afternoon**



Sunday 23<sup>rd</sup> April, 1pm

at

**De La Salle Sports &  
Social Club**

Entertainment from Bob Young

Tickets £2 (proceeds to charity)

*Please see Jim & Sue Collins*

**Eccles Healthy Heart Club**

**King's Coronation Lunch**

Tuesday 9<sup>th</sup> May, 12 noon

*(after club meeting at Winton)*

£2 (booking essential) - see Marion

*Subsidised by Eccles HH Social Club*

**Tombola Prizes Wanted**

**Irlam Live Music Festival**

Friday 2<sup>nd</sup> – Sunday 4<sup>th</sup> June

We're still collecting prizes for our  
tombola stall to be held at Irlam

Live Music Festival in June. For info or  
tickets visit: <https://irlamlive.co.uk/>



## Announcements

It is with great sadness that we announce the deaths of two members of Salford Heart Care: Lynda Waring and Kathleen Clare.



### Lynda Waring, Cadishead, aged 76

Our dearly loved friend, hardworking volunteer and member, Lynda Waring, passed away peacefully at home with her loved ones by her side, on Tuesday 7<sup>th</sup> March. Lynda was diagnosed with a rare form of leukaemia last summer, after feeling unwell for several months.

Lynda was a beautiful, caring lady who made friends everywhere she went. Always smiling, she was fun and vibrant and cheered everyone up. She had such a kind heart and did a lot to support our work as well as the local community. Lynda joined Irlam & Cadishead Healthy Heart Club in 2015 and became our resident bingo caller soon after joining. She had the

ability to get the whole room crying with laughter, or singing along to number 17, "Dancing Queen". Lynda helped us to establish the Bereavement Support Group following the sudden passing of her husband, John, over 7 years ago. She helped to organise several group holidays to the Salfordian for Bereavement Group members, and they had a fantastic time. Lynda also helped to set up the charity shop at Prince's Park Garden Centre with her friend Pauline Watson - the shop has raised thousands of pounds to support the Garden Centre, thanks to Lynda and Pauline's hard work. Lynda assisted as Mayoress in 2014/15, supporting her sister, Councillor Christine Hudson, who was Ceremonial Mayor of Salford. I'm sure you will agree Lynda leaves a valuable legacy that will be remembered and treasured by many friends and local people.

Lynda's funeral took place on Friday 24<sup>th</sup> March, at St John's Church and Peel Green Crematorium. Around 200 people attended the church service, showing just how well loved Lynda was. Donations in Lynda's memory will continue to support the work of Irlam & Cadishead Healthy Heart Club, The Bereavement Support Group & St. Ann's Hospice.

*\*\*Irlam & Cadishead Healthy Heart Club collected £368 from members at the club. We handed the donations over to Lynda's family on the day of the funeral – thank you for your support. \*\**

***Lynda will be missed by everyone at the club. We send our deepest sympathy to Lynda's family and friends at this very sad time.***

### Kathleen Clare, Eccles, aged 81

Kathleen Clare passed away on the morning of Tuesday 28<sup>th</sup> February. Kath was a long standing member of Salford Heart Care and attended Eccles Healthy Heart Club for many years. She joined us on many day trips and had lots of friends at the club. Sadly, Kath's health deteriorated during the pandemic and she was unable to return to our new club in Winton when we reopened. Her funeral took place on Friday 31<sup>st</sup> March at Peel Green Crematorium.

***We send our deepest sympathy to Kath's husband, Lee, and the rest of Kath's family & friends at this sad time.***



## Good News – Funding Awards



### Healthy Heart Clubs awarded £6,500 from National Lottery

Salford Heart Care's Healthy Heart Clubs are celebrating after receiving £6,500 in funding from The National Lottery Community Fund.

The funding will be used to support our Healthy Heart Clubs across Salford over the next 4 months, enabling us to continue providing a range of activities and support for our members, including gentle exercise sessions, holistic therapies and bingo.

National Lottery players raise over £30m a week for good causes across the UK. The National Lottery Community Fund distributes a share of this to projects that support people and communities to prosper and thrive. To find out more about National Lottery funding visit: [www.TNLCommunityFund.org.uk](http://www.TNLCommunityFund.org.uk)

### Bereavement Support Group awarded £12,000

Salford City Council

We're delighted to announce that Salford Heart Care's Bereavement Support Group has been awarded £12,000 in funding. Salford City Council's Bereavement Service nominated our service to receive a donation from The Institute of Cemetery & Crematorium Management (ICCM).

The funding will be used to further develop the work of our Bereavement Support Group so that we can help more people in Salford. We would like to thank Salford City Council and ICCM for their generous donation and for supporting our work once again.

## Full Circle Funerals: Bereavement Support & Art After Loss

Full Circle Funerals (Altrincham), have created an online art gallery to celebrate and share some of the beautiful and meaningful ways that people use art to help them after a loss or bereavement. It provides a platform for people to share their art and may inspire others to use art to support them after loss or bereavement.

### Pop-Up "Art After Loss" Exhibition

Full Circle Funerals have received some beautiful pieces for their Altrincham based pop-up "Art After Loss" exhibition. If you've created art to support with wellbeing after bereavement and would like it to be displayed to encourage gentle conversations and awareness, please get in touch – they would love to hear from you. Contact Sara, 0161 928 6080 or email [sara.fixter@fullcirclefunerals.partners](mailto:sara.fixter@fullcirclefunerals.partners)

Deadline for submissions is 7<sup>th</sup> April. The pop-up exhibition will be running from 24<sup>th</sup> April- 20<sup>th</sup> May in and around Altrincham. Venues include: Altrincham Library, Trafford College's Altrincham Campus and The Counselling & Family Centre. For more information visit:

<https://fullcirclefunerals.co.uk/bereavement-support/>



Dave Roddy (centre) from Vac-Away visited Irlam's Bereavement Support Group last month to tell them about the new "memories post box" in St. John's Graveyard, and to present them with cake.