Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

April 2025

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

Tel: 0161 707 7402

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Good News: More Funding Awards

This month we have some more good news after being awarded the following grants to support our work:

ForHousing has awarded a grant of £500 to support The Bereavement Support Group.

Manchester Guardian Society has awarded a grant of £3,000.

The Charity Service has awarded a grant of £1,000.

Once again, this is fantastic news for our charity and will help to ensure we can continue to provide a range of activities for our members without raising charges.

We would like to thank ForHousing, Manchester Guardian Society and The Charity Service for their support.

Tombola Prizes Urgently Required

Irlam Live Music Festival Friday 30th May – Sunday 1st June Prince's Park, Irlam

We've started collecting donations for our tombola stall, to be held over 3 days at Irlam Live Music Festival at the end of May. Last year was a great success, however, we quickly ran out of prizes, so we need to be better prepared this year!

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 more information about Irlam Live or to purchase tickets visit:
https://irlamlive.co.uk/

"Happy Birthday" to You!.....

Lots of our members are reaching special birthday milestones this year. We would like to wish the following members, celebrating special birthdays this month, a very "Happy Birthday" from all of us at Salford Heart Care and our Healthy Heart Clubs:

Irlam & Cadishead members: Janet Nelson (March birthday), Barbara Rice, Jean Corder & Christine Hudson

Winton members: Fred & David Gorvett

Little Hulton members: Denise Yates

Committee member: Jean Chubb

"Your Home Better"

Your Home Better is an independent and unbiased service backed by GMCA, offering the people of Greater Manchester support to improve the energy efficiency of their homes. They can help you to find available grants or get quotes from trusted installers to complete retrofitting.

Energy bills are too high?
Have damp or mould in your property?
Heating isn't effective?

You may be entitled to a FREE Home Improvement Grant!

Home owners and private tenants may be able to receive free home improvements. To see if you qualify for discounted or free upgrades, check your eligibility by visiting:
https://gmca.retrofitportal.org.uk/home
or for more information visit:
https://yourhomebetter.co.uk/
Email: LEAD@yourhomebetter.co.uk
Telephone: 0161 883 7979

Representatives from Your Home Better will be visiting our clubs on the following dates:

Winton: Tuesday 22nd April

Irlam & Cadishead:Friday 9th May

Easter Party
The Club House
Barton Airport

New venue now open

Monday 7th April



12 noon – 3pm

£15 per person
full (waiting list operating)

3-course lunch, raffle & entertainment with Terry Kelly

Social Events & Day Trips

Coach trips departing from Eccles (Monton) & Little Hulton:

Clitheroe, The Calf's Head & Oswaldtwistle Mill
Tuesday 22nd April, £35
Includes coach & 2-course carvery meal

Trentham
Tuesday 3rd June, £35
Includes coach, 2 course lunch & free time to visit shops & gardens (garden entrance not included)

Pontcysyllte Aqueduct, Llangollen
Tuesday 1st July, £35
Includes coach, 2 course lunch & 45 minute canal cruise

See Dot or Mavis to book (£5 deposit)

Coach trips departing from Irlam & Cadishead:

Llandudno

Thursday 15th May £10 - full

More trips coming soon!

Pensioners' Party at The Boat House

Ferry Road, Irlam M44 6DN

Monday 14th April - full
Monday 12th May – open
Monday 9th June – opening soon

12 noon – 3:30 pm
£10 per person

3 course meal, entertainment, bingo & raffle
See Pat or Serena to book a place

MSV Housing Vacancies

Notice from MSV Housing:
60+ years “Later Living” vacancies are now available at Swithun Wells Court, Little Hulton, M38 9PQ.

Single occupancy apartments are available to rent.

- ♥ On site laundry
- ♥ communal garden
- ♥ community room with weekly social events

For more information, viewings or enquiries, please contact the Scheme Co-Ordinator, Rachel Yarwood on 07931972884.



Swithun Wells Court, Little Hulton has single occupancy vacancies

Rotary Club of Irlam

Community Fun Day & VE Day 80th Commemoration



Bank Holiday Monday 5th May 2025

10 am - 4 pm

at Irlam Steel Club,
Liverpool Road, Irlam

Stalls, 999 displays, fair rides, bouncy castle, rugby, football, dominoes & darts competitions, Cadishead Band, Samba drums, Bocchia, bowls, community groups, bars open, hot dogs, ice cream, sea cadets, scouts, brownies, Corps of Drums, VE Day exhibition & much, much more!

Fun for all the family!

Parking available at Tesco

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https://www.salfordheartcare.co.uk/
Email: admin@salfordheartcare.co.uk Telephone**: 0161 707 7402**
Follow us on Facebook: https://www.facebook.com/SalfordHeartCare
Follow us on X: **@Salford_HeartC**
Donations welcome via PayPal Giving:
https://www.paypal.com/GB/fundraiser/charity/3206114

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

Closed: Easter Monday 21st April,
Bank Holidays: 5th & 26th May
& 25th August

Chair yoga, bingo, raffle, refreshments & day trips

Winton (Eccles) Healthy Heart Club

Winton Bowling, Tennis & Social Club
Brookside, off Grange Road
Winton M30 8JW

Tuesdays 10am - 12 noon

Chair yoga, 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 1st & 15th & 29th April
➔ Tuesday 13th & 27th May
➔ Tuesday 10th & 24th June
➔ Tuesday 8th & 22nd July
➔ Tuesday 5th & 19th August
➔ Tuesday 2nd, 16th & 30th September
➔ Tuesday 14th & 28th October
➔ Tuesday 11th & 25th November
➔ Tuesday 9th December

Group discussion with qualified counsellors, relaxation & refreshments

Little Hulton Healthy Heart Club

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

Fortnightly Wednesdays
10am – 12 noon

*please note **closure** on Wednesday 14th May due to group holiday

➔ Wednesday 2nd, 16th & 30th April
➔ Wednesday 28th May
➔ Wednesday 11th & 25th June
➔ Wednesday 9th & 23rd July
➔ Wednesday 6th & 20th August
➔ Wednesday 3rd & 17th September
➔ Wednesday 1st, 15th & 29th October
➔ Wednesday 12th & 26th November
➔ Wednesday 10th December

Chair yoga, line dancing, 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: Good Friday 18th April

Chair yoga, chair exercise, dancing, 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
First visit FREE
Just turn up on the day or call
0161 707 7402 for more information.
You do not need to have a heart condition
No referral needed.