Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

April 2026

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

Tel: 0161 707 7402

email: admin@salfordheartcare.co.uk www.salfordheartcare.co.uk

In Memory of Jim Collins

We would like to acknowledge receipt of £641 donated in memory of Jim Collins, who passed away on Sunday 4th January 2026, aged 78.

Jim had been living with Parkinson's disease for several years, and his health had declined in recent months. He was a much-valued and long-standing member of Salford Heart Care, serving as a volunteer and as Chairman for many years. His dedication, kindness, and leadership helped shape the warm, supportive community we are proud of today.

Jim's funeral took place on Thursday 22nd January at St Luke's RC Church. Donations in his memory raised a total of £1,035, which has been shared between Salford Heart Care and Parkinson's Research, continuing his commitment to helping others.



Jim (James) Collins 1947-2026

We would like to express our heartfelt thanks to Sue, and to Jim's family and friends, for supporting our work and honouring Jim's legacy in such a meaningful way.

Social Events & Day Trips

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

The Sheraton Hotel, Blackpool

Tuesday 21st April £35

2-course lunch & entertainment

Ambleside/Bowness

Tuesday 2nd June

£30 (with boat trip included)

£18 (without boat trip included)

Trip to Ambleside with 45-minute boat trip to Bowness & free time afterwards

Llandudno (coach only)

Tuesday 14th July £18

See Dot or Mavis to book (£5 deposit)

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Coach trips departing from Irlam, Cadishead & Hollins Green:

Boundary Mill & The Olympus Fish Restaurant, Bolton

Thursday 30th April £25

Boundary Mill & 2-course lunch in Bolton

Llandudno (coach only)

Thursday 21st May £10 (full - waiting list)

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Lunch party (transport not provided):

Ye Olde Red Lion, Hollins Green

Thursday 16th April (12 – 3pm) £13

3-course lunch & raffle

See Pat or Serena to book

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 on Bank Holiday Monday
6th April, 4th & 25th May & 31st August

Chair yoga, bingo, raffle, refreshments & day trips

Winton 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 14th & 28th April
➔ Tuesday 12th & 26th May
➔ Tuesday 9th & 23rd June
➔ Tuesday 7th & 21st July

Group discussion with qualified counsellors, relaxation & refreshments

** Kindly supported by Cadishead Band Room providing the venue **

Little Hulton Healthy Heart Club

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

Fortnightly Wednesdays
10am – 12 noon

➔ Wednesday 1st, 15th & 29th April
➔ Wednesday 13th & 27th May
➔ Wednesday 10th & 24th June
➔ Wednesday 8th & 22nd July

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 3rd 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**

♥ **No referral needed**

♥ **First visit is <u>FREE</u>**

♥ **You <u>do not</u> need to have a heart condition to attend**

Just turn up on the day or call Serena on **0161 707 7402** for more information.

Notice: NEW blue mobility aid Rollator Walker available

We have a new "Drive DeVilbiss Healthcare R8 Lightweight Aluminium Rollator Walker". Features padded flip-up seat with backrest, under-seat storage bag, loop-lock brakes. Lightweight aluminium frame that folds for easy storage. Adjustable handle height for posture support, strong enough to support significant user weight (up to 21 stone). If you're in need of a rollator in exchange for a small donation, speak to Serena, Dot or Mavis.