# Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

## August 2025

*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

## Announcement

**In Loving Memory of Pauline Hudson. It is with great sadness that we announce the passing of Pauline Hudson, aged 88, from Winton, Eccles.**



**Pauline Hudson**

Pauline died peacefully at Salford Royal Hospital on the evening of Sunday 6th July 2025.

A beloved member of Winton Healthy Heart Club since 2018, Pauline will be fondly remembered by her many friends for her candour, warmth, and wit - never afraid to speak her mind.

**Pauline's funeral will take place on Tuesday 5th August, 2:20pm at Peel Green Crematorium.**

*We extend our deepest sympathy to Pauline's family and friends during this profoundly sad time.*
*Her presence in our lives was a gift and she will be dearly missed.*

## Birthday Wishes




We're wishing "Happy Birthday" to some of our cherished members who are celebrating their special day this August.

From Irlam & Cadishead, we celebrate the milestone birthday of: **Margaret O'Reilly.**

From Winton, we send birthday cheer to: **Freda Peeling, Olwyn Dootson and Anne Sutcliffe**.

## A Heartfelt Thank You to Muriel Taylor

Following her generous £100 birthday donation last month, we are delighted to acknowledge a further gift of **£350** from Muriel Taylor.

Muriel has kindly designated **£350** to support the meaningful work of our **Bereavement Support Group**, ensuring it continues to offer comfort and connection to those navigating loss.

Her earlier **£100 donation** will help fund **social activities at Irlam and Cadishead Healthy Heart Club**, bringing joy and togetherness to our members.

Thank you, Muriel, for your continued kindness and support — your generosity makes a lasting impact in our community.

## Funding Award: £2,000 Grant from J.T. Blair's Charity

We're delighted to share that Salford Heart Care has been awarded a generous grant of £2,000 from J.T. Blair's Charity to support exercise classes across our Healthy Heart Clubs. This funding will help us continue promoting physical activity and wellbeing among our members.

Founded in memory of **James Thomas Blair**, the charity supports older and disadvantaged people in **Manchester and Salford**. Today, it offers pensions and grants to organisations improving the lives of older residents across the region.

We are incredibly grateful to J.T. Blair's Charity for their support. This grant will make a meaningful difference in helping us keep our members active, connected, and healthy.

## "Singing From The Heart"

An uplifting music initiative supporting individuals affected by heart disease and heart health concerns - including their families, friends, and carers.

*Boost your health with singing & breathing techniques*

*Build connections & community through shared experiences*

**Time: 2pm - 3pm**

**Venue: Eccles Library, M30 0TU**

**Every Monday in September**

*No prior singing experience is needed*

For more information or to get involved contact Emily at Intergenerational Music Making (IMM)

email: emily@imm-music.com

Tel: 07305422116

www.imm-music.com

## Norman's Community Garden

Over the last couple of months, the team at B Johnson (Coop Funeralcare) have been working with local residents and businesses to create a small garden to be enjoyed by the community. Timber, pots, plants, compost, gardening equipment, skills and time have all been donated to help grow the project.

Norman's Garden was inspired by the late Norman Lowndes, grandson of Bert Johnson - who established the funeral home in 1914 - also greengrocer to the Irlam & Cadishead community for many years.

The focus is on growing fruit & vegetable plants together, and sharing whatever is produced. The garden provides a tranquil, sunny space to sit and reflect, to enjoy nature and to meet other people.

You're welcome to call in and enjoy the garden at any time. It's to the left-hand side of the front door, & is accessible 24/7 even when the funeral home is closed.

***Coop Funeralcare, 169 Liverpool Rd, Cadishead M44 5XH***
***0161 775 2173***

## Christine's Tea Room

**86 Liverpool Road, Irlam M44 6FN**
**Tel: 0161 775 2226**

*Family run traditional tearoom serving homemade meals, cakes & bakes*

*Breakfast ~ Hot lunches*
*Afternoon tea ~ Cake boxes*
*Take-away available ~ Buffet catering*
*Pop-up events for the local community*

Opening hours:
Wednesday 12pm-4pm
Thursday & Friday 9am – 4pm
Saturday (breakfast only) 9am – 1pm

*We would like to thank Christine's Tea Room for donating two complimentary afternoon tea vouchers for our raffle at Irlam & Cadishead Healthy Heart Club.*

# Social Events & Day Trips

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

**Affinity Fleetwood & Lytham**
Tuesday 12th August £14
*Coach only*

**Bakewell Market & Peak Village**
Monday 15th September £14
*Coach only*

**Inn on The Prom, Lytham St. Anne's Christmas Lunch**
Tuesday 25th November £40
*Includes 3-course lunch & entertainment*

*See Dot or Mavis to book (£5 deposit)*

## Coach trips departing from Irlam & Cadishead:

**Keswick**

Thursday 14th August – £10 – full
*Coach only*

**Boundary Mill & The Olympus Fish Restaurant**

Thursday 2nd October - £25 - full

*Free time at Boundary Mill then late 2-course fish & chip lunch with tea/coffee at the award winning Olympus Fish Restaurant in Bolton*

## Pensioners' Party at The Boat House

Ferry Road, Irlam M44 6DN

Monday 11th August
Monday 8th September
12 noon – 3:30 pm
£10 per person
*meal, entertainment, bingo & raffle*
*See Pat or Serena to book a place*

## Ye Olde Red Lion Lunch

Hollins Green, Warrington WA3 6JT

Thursday 21st August
12 noon

£12 per person
*3 course meal & raffle*
*See Pat or Serena to book a place*

## Treading The Bored

presents:

**"Murdered To Death"**

*By Peter Gordon*

Hilarious murder mystery
Will you guess who dunnit?

**15th - 16th August**
**Doors open 7pm (starts 7:30pm)**
at
Rixton & Glazebrook Community Hall

*Tickets £7*
*Enquiries 07840516203*

## "THE PULSE" IS PUBLISHED BY SALFORD HEART CARE

**An independent, local charity established 1987**
**Registered charity number: 1136710**

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

*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 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

➔ 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

*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 <u>FREE</u>**
Just turn up on the day or call **0161 707 7402** for more information.
You <u>do not</u> need to have a heart condition
No referral needed.