# Salford Heart Care

Registered charity number: 1136710

## "THE PULSE"

## August 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

## 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 Bank Holiday Mon 31st August

*Chair yoga, bingo, raffle, refreshments & day trips*

### Winton Healthy Heart Club

**Winton Bowling,Tennis & Social Club**

Brookside (Grange Rd),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*



### 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*

### Bereavement Support Group

**Cadishead Band Room**

Locklands Lane Irlam M44 6RB



Fortnightly Tuesdays
10am – 12 noon

➔ Tuesday 4th & 18th August
➔ Tuesday 1st, 15th & 29th September
➔ Tuesday 13th & 27th October
➔ Tuesday 10th & 24th November
➔ Tuesday 8th December

*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 5th & 19th August
➔ Wed 2nd, 16th & 30th September
➔ Wednesday 14th & 28th October
➔ Wednesday 11th & 25th November
➔ Wednesday 9th December

*Chair yoga, line dancing, bingo, "Play Your Cards Right", weight management, blood pressure & pulse testing, books & bric a brac stall, refreshments & day trips*

## New Members Welcome!

We welcome new members at all our clubs. Come along and see what we offer. There's no pressure to join as a member immediately (£10 annual membership).

- ♥ No referral needed
- ♥ First visit is **FREE** (then just **£1.50-£2.50** per session)
- ♥ You do not need to have a heart condition to attend

Turn up on the day or call Serena: **0161 707 7402** for more information.

## Announcement



**It is with great sadness we announce the death of Jean Cornes.**

Jean, aged 85, from Irlam, passed away on Thursday 9th July 2026. She attended Irlam & Cadishead Healthy Heart Club from 2016 up until April 2025. Her funeral took place on Tuesday 28th July at St John's Church.

*We send our deepest sympathy to Jean's family and friends at this very sad time.*

## Little Hulton Live Well Healthy Hearts Fund

Salford Heart Care has been awarded Live Well Healthy Hearts Funding of £1,000 on behalf of GMCA and Salford CVS. The funding will be used to support Little Hulton Healthy Heart Club, with the aim of improving health and wellbeing, and raising awareness of CVD.

## Notice for members

To respect everyone's privacy, we will no longer publish special birthdays in the newsletter without your explicit permission. If you have a special birthday coming up and would love a mention, we would be delighted to celebrate you! Please reach out to Serena to give us the green light, and we will happily arrange it!

## Social Events & Day Trips

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

Lytham & Blackpool Ice Show
Monday 10th August £25
*Lytham in the morning then onto Blackpool Ice Show to watch "Alice in a Wonderland of Dreams"*

Southport
Tuesday 8th September £18

Christmas Party Afternoon at Inn on The Prom, Lytham
Tuesday 15th December £43
*3 course lunch & entertainment*

*See Dot or Mavis to book*
*(£5 deposit, full payment 2 weeks prior)*

### Day trips departing from Irlam, Cadishead & Hollins Green:

Shrewsbury
Thursday 6th August £12 (full)

Frodsham Market Day & Chester
Thursday 24th September £10 (full)

*See Pat or Serena to book a place, or add your name to the waiting list*

### Christmas Parties

Open for booking from September:

**Eccles (Winton) Christmas Party:**
Tuesday 8th December, 11am - 3pm
Entertainment with Sheila Diamond
Winton Bowling, Tennis & Social Club

**Irlam & Cadishead Christmas Party:**
Friday 18th December, 10am - 3pm
Entertainment with Sheila Diamond
Irlam Steel Club

**Ye Olde Red Lion (Hollins Green) Christmas Lunch Party:**
Thursday 3rd December, 12 noon – 3pm

**The Club House (Barton Airport) Christmas Party:**
Monday 21st December, 12 noon – 4pm
Entertainment with Terry Kelly