



Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

December 2023-January 2024

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

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Season's Greetings

We would like to wish all our members, volunteers and supporters a very "Happy Christmas" and best wishes for a healthy and prosperous New Year!

We hope everyone enjoys the festive celebrations over the next few weeks – we have lots of Christmas parties scheduled to keep our members warm and entertained.

Best wishes from Serena and all the team at Salford Heart Care!

Please remember that we're closed during the Christmas holidays – see table below for final meeting dates and reopening dates (telephone/email will be accessible) :

Branch/Club	Final Meeting Date in 2023	Reopen 2024
St Luke's, Salford	Monday 18 th December	Monday 8 th January
Winton (Eccles)	Tuesday 19 th December	Tuesday 9 th January
Bereavement Group	Tuesday 12 th December	Tuesday 9 th January
Little Hulton	Wednesday 20 th December	Wednesday 10 th January
Irlam & Cadishead	Friday 22 nd December	Wednesday 10 th January



We would like to thank everyone who has donated gifts for our Christmas raffles – we've got some fabulous prizes thanks to generous donations from our members and supporters.

We would like to thank **Kingsland Drinks, Irlam**, for their donation to Irlam and Cadishead Heathy Heart Club. Kingsland Drinks have supported our local community parties for many years and their support is very much appreciated again this year.



We're delighted to announce that **Forever Manchester** has donated £100 to each of our social clubs to support Christmas parties at De La Salle and Irlam Steel Club. The funding is part of their **Connecting Communities at Christmas** award.

Our Christmas parties have been organised by our hard working volunteers, and we would particularly like to thank **Marion El Qasem, Jim & Sue Collins, Patrica Massey, Dot Highcock and Mavis Rothwell** for their help.

Christmas Greetings from your friends at our clubs...

The following members have donated to our clubs instead of sending Christmas cards to friends this year. Thank you for your donations.

"We would like to wish all our friends at the club a very Merry Christmas and a Happy and Healthy New Year!"

Irlam & Cadishead Healthy Heart Club (£235 donated):

Patricia Massey	Sheila Sedgwick
Marie Burgess	Pat Healey
Barbara Walker	Gladys Coopersmith
Sylvia Eckersley	Barbara Rice
Joan Jones	Sheila Sedgwick
Carol Hayes	Beryl Bloor
Anita Rosser	Teresa Saunders
Bev Heaton	Brenda & Ken Richley
Nancy Towey	Mike & Joan Givens
Hilda Swann	Maureen & Alec Hughes
Alan & Joan Davies	

Eccles (Winton) Healthy Heart Club (£220 donated):

Anne Sutcliffe & Roger Feather would like to wish everyone "A Very Happy Christmas from Japan!"

Yasma Osman & her brother, Hussein Ali: "We would like to wish everyone a very Happy Christmas! We love coming to the club and look forward to seeing you all again in the New Year!"

David & Josephine Lees	
Fred Gorvett	David Gorvett
Paul Wilcock	David & Ann Royle
Jean Denton	Patti Harnett
Margaret & Keith Steele	

Salford Heart Care's AGM on 7th November - decisions that were agreed:

- ✓ Membership subscriptions have been waived for the second year (usually £10 per person, per year) due to the cost-of-living crisis and its impact on members.
- ✓ Day trips will be subsidised using funds raised from raffles at the clubs.
- ✓ Additional raffle prizes or gift vouchers provided to help with grocery shopping.
- ✓ Free sessions for all members will be held at our clubs on selected dates in 2024.

New members are still required to complete a registration form.

Existing members - please let us know if your contacts details need updating.

Announcements

It is with great sadness we announce the death of Beryl Curran, aged 83, from Partington.

Beryl passed away peacefully in hospital on Sunday 29th October, with her daughter, Tracey Large, at her side. Beryl frequently joined us at local parties and events and always had a great time.

We send our deepest sympathy to Tracey and the family and friends of Beryl at this very sad time.



Beryl Curran at our Coronation Party, May 2023

£110 Donation in Memory of Nephie Ashton

We would like to thank and acknowledge receipt of £100 donation from the family and friends of Nephie Ashton.

Nephie passed away on 24th October, and his funeral took place on Wednesday 15th November. Nephie's wife, Joan, chose to support the work of Winton (Eccles) Healthy Heart Club, along with two other charities.

Nephie regularly attended our club at Eccles, and then Winton, and was one of our longest attending members.

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

(Except Bank Holidays)

Reopen Monday 8th January 2024

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

Now only £2 per session!

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 December
- ➔ Reopen Wednesday 10th January 2024
 - ➔ Wednesday 24th January
 - ➔ Wednesday 7th & 21st February
 - ➔ Wednesday 6th & 20th March

*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: Tuesday 5th December

Closed for Christmas Holidays:

Tuesday 26th December & 2nd January

Reopen: Tuesday 9th January 2024

*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

Note: Friday 15th December –
Christmas Party Day
(booking essential)

Last session: Friday 22nd December
Reopen Wednesday 10th January 2024

*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 12th December
- ➔ Reopen Tuesday 9th January 2024
 - ➔ Tuesday 23rd January
 - ➔ Tuesday 6th & 20th February

*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.

Everyone welcome - you do not need to
have a heart condition to attend.



EVENTS & DAY TRIPS

Day Trips Departing from Irlam, Cadishead & Hollins Green

Christmas @ The Auckland Hotel

Tuesday 5th December £30 - full

Irlam & Cadishead Healthy Hearts Christmas Party, Irlam Steel Club

Friday 15th December £5 – full

Club House Christmas Lunch Party

Tuesday 12th December £15 - full

Thursday 21st December £15 - full

*Enquiries: Pat or Serena
(waiting list operating)*

NEW! Tiffany's Blackpool Lunch & Entertainment

Thursday 14th March 2024 - £15

*Includes set 3-course meal &
entertainment. Priority given to current
Irlam & Cadishead HHC members
attending regularly, as this trip is heavily
subsidised using funds raised from raffles
that they have supported.*

Trips Departing from Eccles (Monton) & Little Hulton

Christmas @ The Bedford Hotel

Tuesday 5th December

3-course meal & entertainment £35

See Dot or Mavis to book

**All trips and events are subsidised using
funds raised from raffles**

**Watch this space for more day
trips and events in 2024!**

**“THE PULSE” IS PUBLISHED BY
SALFORD HEART CARE**

Your independent local charity established in
1987 Registered charity number: 1136710

Visit: www.salfordheartcare.co.uk

email: admin@salfordheartcare.co.uk

Telephone: **0161 707 7402** Follow us on
Facebook and X @Salford_HeartC

Donations welcome

Salford Heart Care's

Christmas Party Afternoon

De La Salle Sports & Social Club

Playing Fields, Lancaster Road,
Salford M6 8AQ

Thursday 14th December

12:30pm – 4:30pm

Ticket only event

** Buffet lunch*

** Live entertainment*

** Bingo & raffle*



** Bar will be open to buy
hot & cold drinks*

Enquiries to Marion or Serena: 0161 707 7402

email: admin@salfordheartcare.co.uk



Pensioners' Christmas Party Afternoons at The Boat House

Ferry Road, Irlam M44 6DN

**Monday 11th December
& Monday 18th December**

12 noon – 3 pm

£10 per person – booking essential

** 3-course lunch*

** Live entertainment*

** bingo & raffle*



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