Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

The Queen's Award for Voluntary Service

December 2025 - January 2026

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

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Season's Greetings

We wish you all a very Happy Christmas and a joyful New Year!

We hope our members enjoy the festive celebrations over the coming weeks. To keep spirits high, we have several Christmas parties planned - full of fun, laughter, and community cheer.

Holiday Closure Notice: Please note that we will be closed during the Christmas holidays (dates in table below).

We would like to extend our sincere thanks to everyone who has donated prizes for our Christmas raffles. Your generosity has helped us gather some truly fabulous gifts for our parties. We would also like to thank the following organisations for their support:

- **Tesco Extra Irlam**
- **Tesco Extra Walkden**
- **Tesco Extra Salford**
- **Kingsland Drinks Irlam**

Your kindness and support make our celebrations extra special!

Club	Final Meeting in 2025	Reopen 2026
St Luke's, Salford	Monday 15th December	Monday 5th January
Winton (Eccles)	Tuesday 16th December	Tuesday 6th January
Bereavement Group	Tuesday 9th December	Tuesday 6th January
Little Hulton	Wed 10th December (party day)	Wednesday 7th January
Irlam & Cadishead	Friday 19th December (party day)	Wednesday 7th January

Christmas Greetings from your friends…

This year, several of our members have chosen to make a donation instead of sending Christmas cards to friends. We are truly grateful for their generosity. Together, they share this heartfelt message: *"We would like to wish all of our friends at the club a very Merry Christmas and a Happy and Healthy New Year!"*

Irlam & Cadishead members: Hilary Stracey, Pat Massey, Sheila Sedgwick, Rebecca Wilkinson, Margaret Devine, Anne Ashley, Barbara Rice, Alan Barlow, Heather & Stuart Jewell, Alan & Joan Davies, Maureen & Alec Hughes, Paul Brent & Tracey Large, Glenys Royle, Ken Blay, Hazel Connor, Marie Burgess, Joan & Mike Givens.

Winton/Eccles members: Paul Wilcock, David & Anne Royle, Jean Denton, Keith & Margaret Steele, Jo & David Lees, Mavis Yarwood, Fred Gorvett, Patricia Harnett, Yasma Osman & Ali Hussain, Paul Brent & Tracey Large.

Highlights from our AGM held on 4th November

♥ Membership remains at £10 per member, per annum. Forms are available from your Healthy Heart Club. If you pay tax on your income, please complete the reverse side of the form so we can claim Gift Aid (we can claim an extra 25p for every £1 donated from HMRC). Your subscription helps cover essential administration costs such as printing and insurance – these types of costs have doubled in recent years.

♥ We received £11,000 in grant funding this financial year. Combined with donations, investments, and door entrance charges, this meant we broke even. This is a much stronger position compared to last year's £7,000 loss.

♥ A total of 366 people attended our clubs or bereavement group over the past 12 months, which is similar to last year's figures.

♥ Our services are delivered with the help of 1 member of staff, 46 volunteers, 6 directors, 4 therapists/instructors. Importantly, our Directors and volunteers do not receive remuneration or claim travel expenses - their time and dedication are freely given to support our community.

Announcements

It is with great sadness we announce the death of our dear member, Diane Royse (photo), aged 79, from Walkden.



Diane Royse

Diane passed away at home with her family around her, on Friday 24th October 2025.

A cherished member of Salford Heart Care, Diane joined us in 2011 alongside her beloved husband David (who sadly passed away in 2019), attending Walkden Healthy Heart Club. Together, they later became familiar faces at Eccles and Little Hulton Clubs. Diane's warmth and dedication shone through in her volunteer work, especially with fundraising and helping to organise bingo sessions at Little Hulton.

Diane's funeral took place on 17th November at Peel Green Crematorium. Diane kindly asked her family to donate £200 to Salford Heart Care in her memory.

We extend our heartfelt condolences to Diane's family and friends at this difficult time. Diane was a valued member of our community, and her kindness and friendship will be deeply missed.

"Happy Birthday"

We would like to wish a belated Happy 70th Birthday to volunteer and Irlam member, Peter Houghton. Peter celebrated his milestone birthday last month. We hope you had a truly wonderful time marking this special occasion.

This December and January, we would like to wish a very special Happy Birthday to the following members:

Pat Healey, Jackie Oliver, Lynn Whitworth, Anita Rosser & Lilian Goodwin.

Good News: Funding Awards

We're thrilled to share that Salford Heart Care has recently received two generous funding awards to support our work:

- £2,000 grant from **Zuto's Make a Difference Fund**, in partnership with Forever Manchester
- £500 award from the **Equilibrium Foundation**

These contributions will help cover essential costs associated with running our Healthy Heart Clubs across Salford. We're incredibly grateful for this support - it truly makes a difference.

Social Events & Day Trips

Salford Heart Care's



Christmas Party
Winton Bowling Tennis & Social Club

Brookside, Off Grange Road,
Winton M30 8JW

Tuesday 9th December

11 am – 3 pm

£8.00 per person – tickets still available

** Hot & cold buffet lunch*
** Live entertainment with Sheila Diamond*
** Bingo & raffle*
** Bar open to purchase drinks*

Please see Marion for tickets
or contact Serena



Raffle Prizes Wanted

We're still accepting donations of raffle prizes for our Christmas parties including….

~ unwanted gifts ~ toiletries ~ bottles ~ chocolates

"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

Lunch parties:

Christmas Lunch
The Red Lion, Hollins Green
Thursday 4th December - £13
3-course Christmas lunch & raffle

Christmas Party The Club House
Monday 15th December - £15 - full
Includes 3-course Christmas lunch, bingo, raffle & entertainment with Terry K

Irlam & Cadishead Healthy Heart Club
Christmas Party, Irlam Steel Club
Friday 19th December 10am-3pm - full (members only)
Includes buffet, bingo, raffle & entertainment with Sheila Diamond

NEW for 2026:
Coach trips departing from Irlam & Cadishead:
Tiffany's, Blackpool
Monday 16th March, £20
open for booking in January
Includes coach, 3-course set meal & afternoon entertainment

Little Hulton Healthy Heart Club
Christmas Party
St Paul's Peel Hall, Little Hulton
Wednesday 10th December
10am onwards - £10 (members only)
Includes buffet lunch, raffle & bingo

See Dot or Mavis to book a place

Pensioners' Christmas Party at The Boat House

Ferry Road, Irlam M44 6DN

Monday 8th December
12 noon
£10 per person - full
meal, entertainment, bingo & raffle

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 22nd & 29th December

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
Closed 23rd & 30th December

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 9th December
➔ Closed Tue 23rd December
➔ Tuesday 6th & 20th January
➔ Tuesday 3rd & 17th February
➔ Tuesday 3rd, 17th & 31st March

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

➔10th December (party day tickets only)
➔Closed Wed 24th December
➔ Wednesday 7th & 21st January
➔ Wednesday 4th & 18th February
➔ Wednesday 4th & 18th March

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: 24th, 26th & 31st December & 2nd January

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.