



Salford Heart Care

"THE PULSE"

December 2022-January 2023

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. Please remember that we are closed during the Christmas holidays (final meeting Wednesday 21st December at Irlam – see next page for more details). We look forward to seeing you all again in the New Year! Best wishes to you all..... Keep warm and stay safe!

We would like to thank everyone who has donated gifts for our Christmas raffles – we've got some fabulous prizes! The following local businesses have also promised to make a donation: **Tesco Extra** (Irlam), **Kingsland Drinks** (Irlam), and **Morrisons** (Eccles).



Christmas Greetings from your friends at our clubs...

The following members made a donation to their club instead of sending Christmas cards to friends. Thank you for your donations.

The following members would like to wish all their friends "A very Merry Christmas and a Happy and Healthy New Year!"

Irlam & Cadishead Healthy Heart Club:

Glenys Royle	Sandra Glynn
Val Fleet	Bev Heaton
Nancy Towey	Pat Massey
Sheila Sedgwick	Teresa Saunders
Alan Davies	Joan Davies
Heather Jewell	Betty Hibbert
Brenda Richley	Ken Richley

Eccles (Winton) Healthy Heart Club:

Jean Denton	David Gorvett
Fred Gorvett	Mavis Yarwood
Ann Royle	David Royle

Salford Heart Care's AGM

We held our AGM las month and the following decisions were agreed:

- ✓ Membership subscriptions have been waived this 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 in January (see p2 for dates)

New members are still required to complete a registration form.

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

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 - 2.30pm
(except bank holidays)

- Last session Mon 19th December 2022
- Reopening Mon 9th January 2023
- Free session: Monday 16th January

*Chair yoga, bingo,
raffle & day trips*

Little Hulton Healthy Heart Club

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

Fortnightly
Wednesdays 10am – 12pm

- Wednesday 7th December
- Party day: Wednesday 14th December
- Reopening: Wed 4th January 2023
- Free session: Wed 18th January

*Chair yoga, line dancing, reiki, bingo,
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

Most Tuesdays* 10am - 12 noon

→ **Closed** Tue 6th December
& 7th March (trip days)

- Last session Tue 20st December 2022
- Reopening Tue 3rd January 2023
- Free session Tuesday 31st January

*Chair yoga, reiki, 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



- Last session Tue 13th December 2022
- Reopening Tue 10th January 2023
- Free session Tuesday 24th January

*Group discussion with qualified
counsellor, relaxation, raffle &
refreshments*

****Supported by
Cadishead Public Band****

Irlam & Cadishead Healthy Heart Club



Irlam Steel Club

Liverpool Road, Irlam M44 6AJ

Wednesdays & Fridays
9:30am – 12pm

- Party day: Friday 16th December
- Last session Wed 21st December
- Reopening Wed 4th January 2023
- Free sessions:

Wednesday 25th & Friday 27th January

*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*

New members always welcome
First visit is FREE - turn up on the
day or call **0161 707 7402** for more
information



EVENTS & DAY TRIPS WITH SALFORD HEART CARE

Trips from Eccles & Little Hulton

**Dobbies Garden Centre &
The Bedford Hotel, Lytham**

Tuesday 6th December - full

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**Eccles (Winton) Healthy Heart  
Club Christmas Party,**

**Winton Bowling, Tennis & Social Club**

**Tuesday 13<sup>th</sup> December, 11am-4pm  
ticket only event (full)**

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**2023 Trips Departing from
Eccles (Monton) & Little Hulton
Pendle Village & The Calf's Head**

Tuesday 7th March £28

Includes 2-course carvery lunch

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**Garstang Market, Hotel for  
2- course lunch & Daisy Clough  
Nurseries**

**Thursday 13<sup>th</sup> April £28**

*Includes 2-course lunch at a hotel (tbc)*

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**Bakewell Market Day
(coach only)**

Monday 22nd May £12

****Note:***

***All forthcoming trips are subsidised
using donations from Salford Heart
Care & Eccles social funds****

Events in Irlam & Cadishead:

**Ye Old Red Lion Christmas Party
Thursday 8th December, 12 noon – full**

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**Irlam & Cadishead Healthy Heart  
Club Christmas Party,  
Irlam Steel Club**

**Friday 16<sup>th</sup> December, 10am-3pm  
ticket only event (full)**

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**The Club House Christmas Party
Monday 19th December, 12 noon – full**

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**2023 Trips Departing from Irlam  
Cadishead & Hollins Green:  
Lytham & The Bedford Hotel**

**Thursday 16<sup>th</sup> March £30**

*Short stop in Lytham then onto the hotel.  
Includes fizz on arrival, 3-course meal,  
tea/coffee, afternoon entertainment.*

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**Ramsbottom & Bury Steam Train
“Dining with Distinction”**

Wednesday 5th April &

Friday 27th October £50

*Short stop at Ramsbottom, then 1 ½ hour
steam train ride through the Irwell Valley.
Includes hearty locally produced 2-course
lunch on the train, followed by tea/coffee.
Free time in Bury afterwards.*

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**Piece Hall, Hebden Bridge &  
Olympus Fish Restaurant**

**Thursday 18<sup>th</sup> May £20**

*Includes late afternoon meal: fish, chips,  
mushy peas, bread, butter, apple pie or  
sponge pudding & custard, tea & coffee.*

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****NOTE: Priority given to current Irlam &
Cadishead Healthy Heart Club members
attending on a regular basis. These trips are
subsidised using funds raised from Irlam's
raffles****

It's not too late.....

**Raffle Prizes Wanted
for our Christmas parties**

~ unused gifts~toiletries~

bottles~chocolates etc. will all be

*gratefully received & will help to raise
funds for our clubs*

Announcements

It is with great sadness that we announce the deaths of four friends and members of Salford Heart Care: Harry Morris, Dave Owen, Pat McKenna and Anne Fletcher.

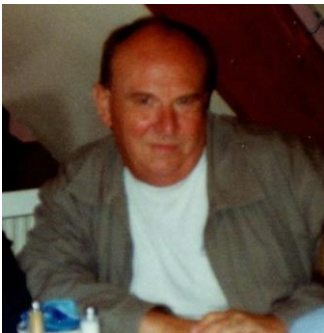
Harry Morris (Eccles)

Harry Morris, aged 85 from Winton, passed away on Friday 11th November in Salford Royal Hospital. Harry was a cheerful and friendly character with a kind heart. He joined our Eccles Club in 2015 after completing cardiac rehabilitation. Harry had many friends at the club and enjoyed joining us on day trips. He was well known for his good luck with horse racing. Kind-hearted Harry used to save up his spare change and donate it to Salford Heart Care on a regular basis.



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### **David Owen (Salford)**



Dave Owen passed away with ischaemic heart disease last month aged 75. Dave volunteered for Salford Heart Care many years ago and served on the

Management Committee until 2007. He drove the minibus we used at Patricroft URC, before resigning from the club to become a volunteer for Age Concern.

Dave's funeral took place at Agecroft Crematorium on Monday 28<sup>th</sup> November.

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Anne Fletcher (Irlam)

Anne Fletcher, aged 83 from Irlam, passed away on Friday 28th October. Anne was diagnosed with dementia several years ago and attended Irlam and Cadishead Healthy Heart Club from 2012 until 2018.



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### **Pat McKenna (Cadishead)**

Pat McKenna, aged 80 from Cadishead, passed away in October. Pat attended Irlam and Cadishead Healthy Heart Club with her husband Vincent, from 2018 until 2020. Pat was always smiling and loved to dance. Her funeral took place on Friday 4<sup>th</sup> November.



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We send our deepest sympathy to the family and friends of Harry, Dave, Anne and Pat at this very sad time.

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

An 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 Twitter **@Salford_HeartC**

Donations always welcome