



Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

February 2024

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

Tel: 0161 707 7402

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Announcements



It is with great sadness we announce the death of **Marjorie (Madge) Williams**, aged 88 from Cadishead.

Madge passed away peacefully in hospital on Wednesday 17th January, with her family by her bedside.

Madge Williams

Madge joined our club at Irlam in 2018, and attended until March 2020. She joined us on many group lunches and day trips out - where she would frequently purchase a new handbag! She enjoyed meeting up with friends at the club. Madge had a cheeky smile and liked to dye her hair blue. Sadly, Madge's health deteriorated over the last couple of years and she became quite frail, although she continued to visit her hairdressers every week. Madge was admitted to hospital several weeks ago after having a fall.

We send our deepest sympathy to Madge's family & friends at this sad time.

We have been informed that **Lesley Paine**, aged 70, from Little Hulton, passed away on Saturday 6th January 2024. Lesley was a member of Little Hulton Healthy Heart Club and attended from January 2023.

We send our deepest sympathy to Lesley's family & friends at this sad time.



Electricity North West's Free "Extra Care Register"

"Extra Care Register" is the new name for Electricity North West's priority services register. You're eligible to join the free register if you:

- have reached state pension age
- are disabled or have a long-term medical condition
- are recovering from an injury
- have a hearing or sight condition
- have a mental health condition
- are pregnant or have young children
- have extra communication needs
- need to use medical equipment that requires a power supply
- have poor or no sense of smell
- would struggle to answer the door or get help in an emergency

You may still be able to register for other reasons if your situation isn't listed - for example, if you need short-term support after a stay in hospital.

To sign up to the Extra Care Register, or to update your details, telephone:

0800 1954141 or visit the website:

<https://www.enwl.co.uk/power-cuts/extra-care/register-or-update-your-details/>

For more information visit:

<https://www.enwl.co.uk/power-cuts/extra-care/our-extra-care-register/>

If you need help signing up, please speak to Serena at the club

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)

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

Now only £2 per session

Eccles Healthy Heart Club

Winton Bowling, Tennis & Social Club

Brookside, off Grange Road
Winton M30 8JW

Tuesdays 10am - 12 noon

**Closed for trips: Tuesday 27th February &
Tuesday 26th March**

*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

- Tuesday 9th & 23rd January
- Tuesday 6th & 20th February
- Tuesday 5th & 19th March
- Tuesday 2nd, 16th & 30th April
- Tuesday 14th & 28th May
- Tuesday 11th & 25th June

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

***Supported by Salford City Council &
Cadishead Public Band***

Little Hulton Healthy Heart Club

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

Fortnightly Wednesdays
10am – 12 noon

- Wednesday 10th & 24th January
- Wednesday 7th & 21st February
- Wednesday 6th & 20th March
- Wednesday 3rd & 17th April
- Wednesday 1st, 15th & 29th May
- Wednesday 2nd & 26th June

*Chair yoga, line dancing, 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

Closed Good Friday: Friday 29th March
Closed for trip: Wednesday 17th April
*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.
Everyone welcome - you do not need to
have a heart condition to attend.



EVENTS & DAY TRIPS

Events & Coach Trips Departing from Irlam, Cadishead & Hollins Green

Tiffany's Blackpool

Thursday 14th March - £15 - full
Includes 3-course set meal & entertainment

Skipton Market & The Calf's Head

Wednesday 17th April - £30
Non-members welcome
Includes 2-course carvery lunch with dessert table, plus tea/coffee

See Pat or Serena to book

All trips and events are subsidised using funds raised from raffles

Pensioners' Party Afternoon at The Boat House

Ferry Road, Irlam M44 6DN

Monday 12th February 2024

12 noon – 3 pm

£10 per person

****NOW FULLY BOOKED****

- * 3-course lunch
- * Live entertainment
- * bingo & raffle

Enquiries: Pat or Serena 0161 707 7402
email: admin@salfordheartcare.co.uk

Next date: Monday 11th March 2024

Coach Trips Departing from Eccles (Monton) & Little Hulton

The Calf's Head, Clitheroe

Tuesday 27th February 2024 - £30
Includes 2-course carvery lunch

Tiffany's Blackpool

Tuesday 26th March 2024 - £20
Includes 3-course set meal & entertainment

See Dot or Mavis to book

All trips and events are subsidised using funds raised from raffles

Free Creative Bereavement Group With Inch Arts in Altrincham

Commencing 31st January

11.45am - 1.15pm

- Explore, using a number of creative projects, how creativity can be used to support wellbeing following bereavement
- Open to adults who have experienced bereavement
- No previous experience of art or creative skill is required
- Free to attend, all materials included
- Limited spaces, please book a place here: <https://www.eventbrite.co.uk/e/creative-bereavement-group-tickets-791010933997?aff=oddtcreator>

*For more information contact Sara Fixter, Independent Funeral Director, Full Circle Funerals Partners Altrincham
Email: sara.fixter@fullcirclefunerals.partners
Or Telephone: 0161 928 6080*

Wondering what to do with your unwanted Christmas gifts?

If you're having a declutter to kick start 2024, why not donate any unwanted Christmas gifts to us here at Salford Heart Care?

Rather than let your unwanted items gather dust, simply take them along to your local Healthy Heart Club. We can use gifts as raffle prizes to raise funds to support our work.

65 yr + Men of Greater Manchester & East Cheshire

Can you spare 10 minutes?
It could save your life

Abdominal Aortic Aneurysm Screening

Who?

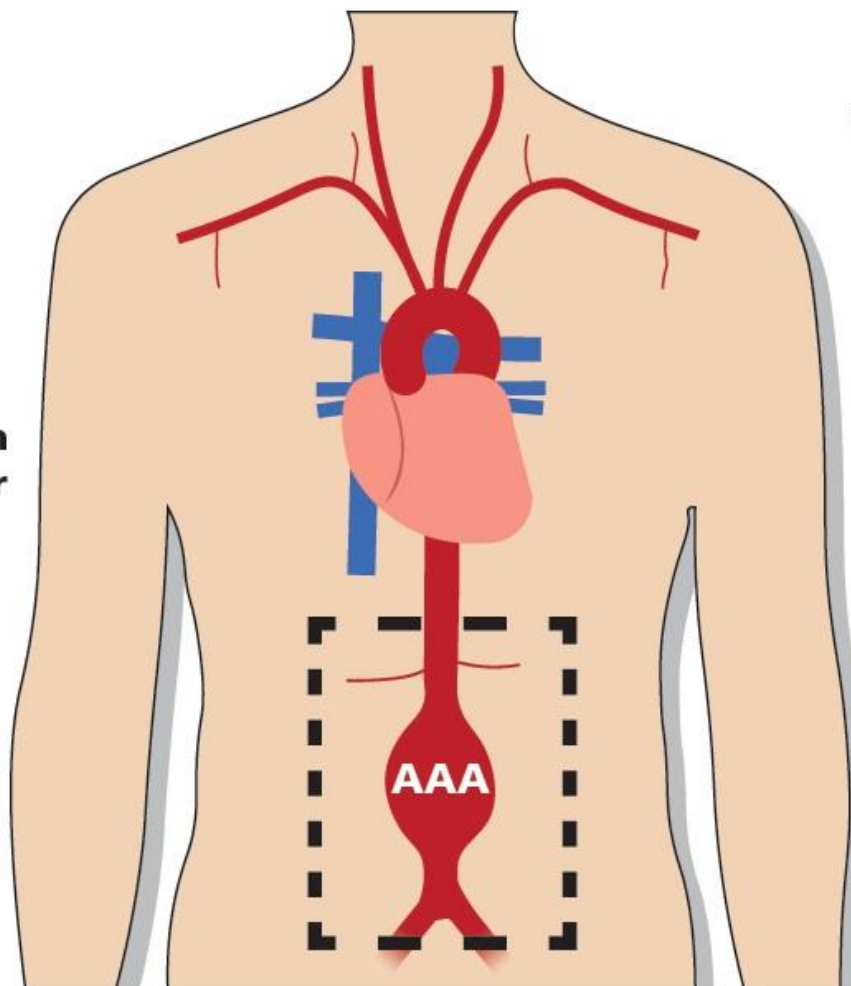
All men
aged 65+

When?

In your 65th
year or over

Why?

1 in 70
men will
have an
AAA



What?

Weakening of
the artery
wall

Where?

NHS sites
near you

How?

Ultrasound
scan. It's
safe, quick
and pain
free

For further information search the internet for NHS AAA Screening

Men over 65 contact the AAA screening programme on:

0161 291 5716