Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

February 2025

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

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

Chair yoga, bingo, raffle, refreshments & day trips

Winton Healthy Heart Club

Winton Bowling, Tennis & Social Club
Brookside, off Grange Road
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

Bereavement Support Group

Cadishead Band Room
Locklands Lane
Irlam M44 6RB



Fortnightly Tuesdays
10am – 12 noon

➔ Tuesday 4th & 18th February
➔ Tuesday 4th & 18th March
➔ Tuesday 1st & 15th April

Group discussion with qualified counsellors, relaxation & refreshments

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 February
➔ Wednesday 5th & 19th March
➔ Wednesday 2nd & 16th April

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

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
First visit FREE
Just turn up on the day or call **0161 707 7402** for more information.
You do not need to have a heart condition
No referral needed

Social Events & Day Trips

Coach trips departing from Irlam & Cadishead:

Tiffany's, Blackpool

Monday 17th March, £20

Includes coach, 3-course set meal & afternoon entertainment

See Pat or Serena to book a place

Pensioners' Party at The Boat House

Ferry Road, Irlam M44 6DN

Monday 10th February 2025 (full)
Monday 10th March 2025
Monday 14th April 2025

12 noon – 3:30 pm

£10 per person

3 course meal, entertainment, bingo & raffle

See Pat or Serena to book a place

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

Skipton Canal Cruise

Tuesday 11th March, £35

Includes coach, fish & chip lunch & dessert, followed by 1-hour canal cruise

Clitheroe, The Calf's Head & Oswaldtwistle Mill

Tuesday 22nd April, £35

Includes coach & 2-course carvery meal

Limited spaces - see Dot or Mavis to book a place, £5 deposit required

Wondering what to do with your unwanted gifts?

If you're having a declutter to kick start 2025, why not donate unwanted 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.

Announcements

It is with great sadness that we announce the death of **Betty Collinson**, aged 80, from Swinton.

Betty passed away on Sunday 29th December 2024. She attended Eccles and Winton Healthy Heart Club for many years and joined us on lots of day trips and group holidays.

Betty's funeral took place on Monday 20th January 2025, at Peel Green Crematorium.

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



Betty Collinson

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A message from Holistic Therapist, Julia O'Reilly:

"17 years with Salford Heart Care has come to an end!

I'm very fortunate to have had this regular work for so long and to have met some lovely people and made some friends along the way.

The time is right for me to scale down my work. I'm still doing treatments and mindfulness /meditation.

For more information, find me on Facebook: "**Julia's Holistic Therapies**" https://www.facebook.com/juliasholistics

Thank you Serena, the Committee and Salford Heart Care group members."
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