Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

February 2026

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

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Announcement

It is with deepest sympathy that we announce the passing of Jim Collins.



Jim (James) Collins
1947-2026

Jim, aged 78, passed away peacefully at home in Salford on Sunday 4th January 2026. He had been living with Parkinson's disease for several years, and his health had declined in recent months.

Jim was a much-valued and long-standing member of Salford Heart Care, serving as a volunteer and Chairman for many years. His dedication, compassion and leadership played a major role in helping our charity survive and thrive into the successful organisation it is today. Jim's energy, enthusiasm, optimism and fun-loving nature will be missed by us all. He was knowledgeable, generous and mischievous, with many, many friends. Always ready with a joke, a story or a wise word, he was affectionately known to many as Jimmy "Picnic" Collins.

Jim was the heart, humour and spirit of Salford Heart Care. He helped to raise thousands of pounds for our organisation and many other charities over the years. He brought fresh ideas, supported the opening of new Healthy Heart Clubs across Salford and organised our 25th Anniversary Celebration at Buile Hill in 2012. In 2014, together with Serena and Marion, Jim attended the Queen's Garden Party at Buckingham Palace to celebrate receiving the Queen's Award for Voluntary Service.

His commitment to community life extended far beyond our organisation. Jim was a dedicated volunteer who also supported De La Salle Sports Club & served as a governor at Salford Royal Foundation Trust.

We've received many messages of condolences, and we would like to thank everyone for their kind words of support.

Jim's funeral took place on Thursday 22nd January, with Mass at St Luke's RC Church, followed by burial at Agecroft Cemetery and a wake to celebrate his life at De La Salle Sports Club.

Donations in memory of Jim support Parkinson's Research & Salford Heart Care.

Our sincere condolences go to Sue, and to all of Jim's family and friends.

Rest in peace, Jim. Thank you for your service to Salford Heart Care. May your legacy continue and never fade.

Social Events & Day Trips

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

Oswaldtwistle Mill, Pendle Witch Tour & The Calf's Head

Tuesday 10th March £40

Includes 2-course carvery lunch

The Sheraton Hotel, Blackpool

Tuesday 21st April £35

Includes 2-course lunch & entertainment

See Dot or Mavis to book (£5 deposit)

Raffle & Tombola Prizes Wanted

Wondering what to do with your unwanted Christmas gifts?

If you're having a declutter to kick start 2026, why not donate any unwanted Christmas gifts to Salford Heart Care?

Rather than let your unwanted items gather dust, take them along to your Healthy Heart Club. We can use gifts as raffle prizes to raise funds to support our work. We've also been successful selling items such as clothing, books and shoes on Vinted where we are approaching £1,900 worth of sales in just 4 months!

Irlam Live Music Festival

Friday 29th May – Sunday 31st May

We're collecting donations for our tombola stall, to be held over 3 days at Irlam Live Music Festival at the end of May. Last year was our best ever so we want this year to be just as successful!

We can accept many items: new/unused gift sets, new toys, toiletries, stationery items, jewellery, chocolates & household items. Speak to Serena for more details.

For more information about Irlam Live or to purchase tickets visit:
https://irlamlive.co.uk/

Lunch party (transport not provided):

The Red Lion, Hollins Green

Thursday 12th February £13

3-course lunch & raffle

Coach trips (departing from Irlam & Cadishead):

Tiffany's, Blackpool

Monday 16th March £20

Includes 3-course meal & entertainment

Boundary Mill & Olympus Fish Restaurant, Bolton

Thursday 30th April £25

Free time at Boundary Mill followed by 2-course late-lunch in Bolton

Llandudno (coach only)

Thursday 21st May £10 (full - waiting list)

See Pat or Serena to book

Pensioners' Party at The Boat House

Ferry Road, Irlam M44 6DN

Monday 9th February - full

12 noon

£10 per person

meal, entertainment, bingo & raffle

"Happy Birthday"

This month we would like to wish a very special "Happy Birthday" to the following members:

Peter Frier (Salford) &
Celia Tomlinson (Irlam)

"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

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 Mon 6th April, 4th & 25th May, 31st August)

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

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 3rd & 17th February
➔ Tuesday 3rd, 17th & 31st March
➔ Tuesday 14th & 28th April
➔ Tuesday 12th & 26th May
➔ Tuesday 9th & 23rd June

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

➔ Wednesday 4th & 18th February
➔ Wednesday 4th & 18th March
➔ Wednesday 1st, 15th & 29th April
➔ Wednesday 13th & 27th May
➔ Wednesday 10th & 24th June

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
(except Good Friday, 3rd April)

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 FREE**
♥ **You do not need to have a heart condition to attend**

Just turn up on the day or call Serena on **0161 707 7402** for more information.

High Fibre Foods

Fibre has been linked to a lower risk of heart disease, but most of us do not eat enough. Whole foods like fruit & vegetables are the best source of fibre.

How Much Fibre Should You Eat Each Day?

In the UK, adults are advised to aim for 30g of fibre per day. Most people only reach around 17g, so there's a sizeable gap, and closing it can make a real difference to heart and gut health.

What Fibre Actually Is

Fibre is a type of carbohydrate that your body can't fully digest. It's found only in plant foods, including:

- ♥ Fruit & vegetables
- ♥ Wholegrains (bread, pasta, rice, oats)
- ♥ Beans, lentils, peas
- ♥ Nuts & seeds

Animal products (meat, fish, eggs, dairy) contain no fibre.

Why Fibre Matters for Your Health

Fibre does far more than keep digestion moving. Higher fibre intake is linked to:

- ♥ Lower cholesterol (especially soluble fibre like oat beta glucans)
- ♥ Reduced risk of heart attack & stroke
- ♥ Better weight management (keeps you fuller for longer)
- ♥ Improved blood sugar control & lower risk of type 2 diabetes
- ♥ Lower blood pressure

It's one of the simplest, most evidence-backed ways to support long-term health.

How Much Fibre Is in Foods?

Soluble vs insoluble fibre: both types are important:

Soluble fibre:

- ♥ Dissolves in water, forms a gel
- ♥ Softens stools
- ♥ Helps lower cholesterol
- ♥ Found in oats, barley, rye, fruit, beans, carrots, potatoes

Insoluble fibre:

- ♥ Adds bulk
- ♥ Speeds up digestion
- ♥ Found in wholegrains, nuts, seeds, skins of potatoes and veg

British Heart Foundation

There's no specific target for each type - variety is what matters.

The Bottom Line

- ✓ Aim for 30g of fibre a day
- ✓ Focus on whole foods
- ✓ Increase intake gradually
- ✓ Drink plenty of water
- ✓ Fibre should make you feel better, not worse

To help you reach your daily recommended amount, here are some foods naturally rich in fibre and the approximate amount of fibre per 100g:

Food (100g)	Fibre (g)
Red kidney beans	11.1
Wholemeal bread, toasted	8.2
Porridge oats	7.8
Green & brown lentils, boiled	7.4
Peanuts, dry roasted	7.6
Peas, boiled	5.6
Sweet potato, baked	5.2
Baked beans in tomato sauce	4.9
Wholewheat spaghetti pasta	4.2
Broccoli, steamed	3.8
Raspberries	3.7