Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

The Queen's Award for Voluntary Service

January 2026

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

Happy New Year!

We would like to wish you all a *very happy and healthy New Year*!

A huge thank you to everyone involved in organising our Christmas parties - they were a wonderful success and brought so much joy to our members.

We would also like to thank those who made a donation in lieu of sending Christmas cards. Thanks to your kindness, we raised a fantastic total of **£427**! Here is the full list of those who donated:

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, Teresa Saunders, Liz Price, Bev Heaton, Pat Longbottom, Cythia Elliot, Celia Tomlinson, Gladys Coopersmith, Sylvia Eckersley, Barbara Walker, Pat Healey, Ellie Shaw, Cynthia Farrington.

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.

Thank you…..

We would also like to say a big **thank you to Becky from Care Your Way North Manchester & Salford** for volunteering at one of our Christmas parties and for so generously donating hampers and tins of biscuits for our raffles. Your kindness made a real difference.

"Happy Birthday"

As we welcome in the New Year, this month we would like to wish a very special Happy Birthday to **Anita Rosser (Irlam) & Lilian Goodwin (Walkden).** We hope you both enjoy a wonderful celebration.

Re-opening Dates for 2026

We look forward to welcoming you back at our clubs, which will reopen from **Monday 5th January 2026** (more details overleaf):

Club	Reopening
St Luke's, Salford	Mon 5th January
Winton (Eccles)	Tue 6th January
Bereavement Group	Tue 6th January
Little Hulton	Wed 7th January
Irlam & Cadishead	Wed 7th January

Announcement



It is with great sadness we announce the passing of Olivia Irving, from Irlam.

Olivia, aged 82, passed away at home on Monday 8th December 2025.

She was a much-loved and regular member of Irlam & Cadishead Healthy Heart Club, having joined our Wednesday sessions in 2015. Olivia made many friends over the years and joined us on countless day trips and lunches, always bringing warmth and kindness to those around her.

Olivia's funeral takes place on Friday 16th January at 12 noon, St. Josephs RC Church, Cutnook Lane, Irlam.

We extend our heartfelt condolences to Olivia's family & friends at this sad time.

Social Events & Day Trips

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

See Pat or Serena to book

***All prices are subsidised for Irlam & Cadishead Members only ***

WHERE WE MEET

Irlams o' th' Height/Claremont
St. Luke's Community Hall
Swinton Park Road
Irlams o' th' Height M6 7WR
Mondays 1.30pm - 2.45pm

Irlam & Cadishead
Irlam Steel Club
Liverpool Road, Irlam M44 6AJ
Wednesdays & Fridays
9:30am – 12 noon

Winton (Eccles)
Winton Bowling Tennis & Social Club
Brookside, off Grange Road
Winton M30 8JW
Tuesdays 10am - 12 noon

Bereavement Support Group
Cadishead Band Room
Locklands Lane, Irlam M44 6RB
Fortnightly Tuesdays
10am – 12 noon
➔ Tuesday 6th & 20th January
➔ Tuesday 3rd & 17th February
➔ Tuesday 3rd, 17th & 31st March

Little Hulton
St. Paul's Peel Community Hall
Manchester Road, Little Hulton M38 9EG
Fortnightly Wednesdays
10am – 12 noon
➔ Wednesday 7th & 21st January
➔ Wednesday 4th & 18th February
➔ Wednesday 4th & 18th March

- ♥ 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 or call **0161 707 7402**