Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

July 2025

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

Tel: 0161 707 7402

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🎉 Birthday Wishes 🎉



We're sending a big "Happy Birthday!" to some of our cherished members who are celebrating their special day this month.

Your friendship and dedication to our Healthy Heart Clubs brighten every gathering, and we hope your birthdays bring as much joy as you bring to us all year round!

From Irlam & Cadishead, we celebrate the milestone birthdays of: **Christine Duckworth, Ann Gibson, Joan Jones, Pearl Pickering and Barbara Walker.**

From Winton, we send birthday cheer to: **Pat Bowker and Margaret Steele.**

"May your days be filled with laughter, love, and good health. From all of us at Salford Heart Care - here's to many more happy birthdays together!"

🎉 🎂 🎈

🎉 Thank You, Muriel 🎉

We'd like to extend our heartfelt thanks to Irlam member, Muriel Taylor, for her generous birthday donation of £100 to the Bereavement Support Group.
Muriel marked her 90th birthday last month and, in lieu of gifts, kindly requested donations to charities close to her heart. Thank you, Muriel, for your kindness and continued support - and a very happy 90th birthday from us all!

💖 A Heartfelt Thank You 💖 Rainford Ladies' Choir

We are absolutely delighted to share that the *Rainford Ladies' Choir* of St. Helens has generously donated **£1,000** to Salford Heart Care. This incredibly thoughtful gesture recognises the wonderful work we do — and we are deeply moved by the choir's acknowledgement of the wonderful care one of their members recently received here in Salford.

Each year, Rainford Ladies' Choir carefully selects a number of deserving causes to support through the funds they raise at concerts, coffee mornings, and community events. Their continued dedication to uplifting others reflects the very best of community spirit.

These funds will go a long way in supporting our mission and the continued wellbeing of our members.

From all at Salford Heart Care, thank you to the Rainford Ladies' Choir for their kindness and generosity. Your support truly makes a difference!

For more information about Rainford Ladies Choir visit their Facebook page: https://www.facebook.com/profile.php?id=61552013676992
or website:
https://www.rainfordladieschoir.com/

We're on Vinted
Salford Heart Care is now a registered Vinted Pro Seller!

All proceeds from online sales directly support the work we do in the community. We're calling for **donations of good-quality items** such as clothing and shoes, books and household goods, unwanted gifts and jewellery.

To donate items or find out more, please speak to **Serena**: call **0161 707 7402**, or email admin@salfordheartcare.co.uk

Follow our page and browse items here: vinted.co.uk/member/273474008-salfordheartcare

Turn clutter into care- your unwanted treasures could help make a real difference! 💙

🖊️ New Pens for Sale

We've just stocked up on our colourful Salford Heart Care squiggle pens - now available to purchase for just **60 pence** each. Grab yours at any of our clubs while supplies last. A fun way to support our work and brighten up your writing!

Winter Fuel Payment 2025–2026

If you were born before 22 September 1959 and live in England or Wales, you should receive a £200 or £300 Winter Fuel Payment to help with heating costs this winter.

Please note that **no action is needed** as payments are made automatically. If your income exceeds £35,000, HMRC will recover the amount later.

🚫 **Beware of scams!** Never respond to texts, calls or emails asking you to apply. This is a government benefit and no application is required.

*Stay safe and warm - and when in doubt, check directly with **gov.uk** or a trusted source.*

Health News

Supplement May Help Prevent Heart Failure in People with Type 2 Diabetes

Exciting news has emerged from the British Cardiovascular Society conference held recently in Manchester, where researchers shared the potential of an over-the-counter antioxidant supplement called **mitoquinone (MitoQ)** in helping prevent heart failure among people with Type 2 diabetes.

In a 4-month study, participants who took mitoquinone alongside their regular medication showed **noticeable improvements in heart health** compared to those who did not. Early signs of diabetes-related heart failure were reversed, and heart performance improved both at rest and during exercise.

Dr. Henry Procter, Clinical Research Fellow at the University of Leeds, who led the study, noted: *"These encouraging results are a sign that mitoquinone could keep hearts healthier for longer in people with diabetes."*

While further large-scale trials are needed, this early evidence suggests that mitoquinone could one day become a valuable addition to diabetes care - helping protect the heart before symptoms appear.

As always, members should speak to their GP or healthcare professional before adding any supplements to their routine.

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https://www.salfordheartcare.co.uk/
Email: admin@salfordheartcare.co.uk
Telephone**: 0161 707 7402**
Follow us on Facebook:
https://www.facebook.com/SalfordHeartCare
Follow us on X: **@Salford_HeartC**
Donations welcome via PayPal Giving:
https://www.paypal.com/GB/fundraiser/charity/3206114

At-home 'foot-recognition' AI scanner can prevent heart failure hospitalisations

A new at-home device could be a game-changer for people living with heart failure. Unveiled at the British Cardiovascular Society conference in Manchester, the AI-powered scanner uses 'foot recognition' technology - similar to facial recognition—to detect early signs of worsening heart failure.

The device, developed by Cambridge-based Heartfelt Technologies, is mounted beside the bed and scans the feet and lower legs as soon as someone gets up in the morning. It takes 1,800 images per minute to detect oedema - a build-up of fluid in the feet and ankles, which is one of the key warning signs that heart failure is becoming severe.

Why it matters:

- ♥ The scanner can alert a heart failure team up to 13 days before a hospital admission might otherwise occur.
- ♥ This gives healthcare professionals time to adjust treatment and potentially prevent hospitalisation.
- ♥ It acts like a virtual nurse, offering peace of mind for patients managing complex conditions at home.

Dr. Philip Keeling, consultant cardiologist and senior author of the study, said:

"This scanner, once it is installed, just automatically keeps an eye on you and alerts the heart failure nurse, which is a huge relief."

With over a million people in the UK living with heart failure, this kind of technology could offer a vital lifeline—especially amid a shortage of specialist nurses.

Social Events & Day Trips

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

Pontcysyllte Aqueduct, Llangollen

Tuesday 1st July, £35

Includes coach, 2 course lunch & 45 minute canal cruise

Affinity Fleetwood & Lytham

Tuesday 12th August £14

Coach only

Bakewell Market & Peak Village

Monday 15th September £14

Coach only

See Dot or Mavis to book (£5 deposit)

Coach trips departing from Irlam & Cadishead:

Keswick

Thursday 14th August - full

More trips coming soon!

Pensioners' Party at The Boat House

Ferry Road, Irlam M44 6DN

Monday 14th July - full

Monday 11th August

12 noon – 3:30 pm

£10 per person

meal, entertainment, bingo & raffle

See Pat or Serena to book a place

Ye Olde Red Lion Lunch

Hollins Green

Thursday 21st August

12 noon

£12 per person

3 course meal & raffle

See Pat or Serena to book a place

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

Closed: Bank Holiday Tue 25th 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 8th & 22nd July
➔ Tuesday 5th & 19th August
➔ Tuesday 2nd, 16th & 30th September
➔ Tuesday 14th & 28th October
➔ Tuesday 11th & 25th November
➔ Tuesday 9th December

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 9th & 23rd July
➔ Wednesday 6th & 20th August
➔ Wednesday 3rd & 17th September
➔ Wednesday 1st, 15th & 29th October
➔ Wednesday 12th & 26th November
➔ Wednesday 10th December

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.