Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

July 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 Birthday"

We would like to wish **Tom Pennington** a belated "Happy 70th birthday". Tom, from Irlam, celebrated his birthday with a party at Irlam Catholic Club last month.

~~~~~

This month, the following members celebrate special milestone birthdays:

Irlam member: Doris Haves

St. Luke's member: Pauline Atkinson

We would like to wish you a very "Happy Birthday" and hope you have a lovely time celebrating your special day!

We would like your donations….

Salford Heart Care registered as a charity "Pro Seller" on Vinted in October last year and we have already raised an incredible £2,000 selling items donated by our members!

All proceeds from our 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

7 signs you're not drinking enough water

Water is vital for almost every bodily function - from regulating temperature & aiding digestion, to supporting heart and kidney health. But dehydration doesn't just affect us physically - it can also heighten stress levels.

A recent study found that people who drink less than 1.5 litres of water daily are more likely to feel stressed.

Common signs of dehydration:

- **Persistent thirst**
- **Dark urine**
- **Brain fog**
- **Headaches**
- **Fatigue**
- **Dizziness**
- **Feeling emotionally drained**

How much is enough?

Aim for 1.5 - 2 litres of water daily (around 6–8 glasses). While tea, coffee, milk, & juice contribute to your intake, plain water is best. It's calorie-free, sugar-free & absorbed quickly. Staying hydrated is one of the simplest ways to boost your wellbeing physically and emotionally.

In Memory of Vincent Clifford

We would like to acknowledge receipt of £106.25 donated in memory of our late friend and Director, Vincent Clifford, who sadly passed away on 15th April, aged 70.
~~~~~

"100 Years Celebration Day" at Irlam & Cadishead Healthy Heart Club

On Friday 26th June we held the first of our two Centenary Celebration Days.

We had a fun-packed morning with a Salford-themed quiz, several games of bingo, free raffle and Play Your Cards Right. In the afternoon we enjoyed a delicious hot and cold buffet lunch, followed by live entertainment, with singing and dancing with Sheila Diamond!

2026 marks 100 hundred years since Salford was officially granted city status by a Royal Charter by King George V.

The celebration was attended by around 100 members and volunteers from Irlam & Cadishead Healthy Heart Club and The Bereavement Support Group.

We would like to thank **Salford Council** and **Salford CVS** for funding and supporting the event - and making the day possible, as well as our volunteers for their help on the day. A special thank you to Irlam-based **Kingsland Drinks** for generously donating raffle prizes. A huge thank you to **Jude, Dan, Dominique** and the team at **Irlam Steel Club** for providing the venue, decorating the tables, providing chair covers, flower displays and table cloths – the room looked beautiful with a black and magenta pink colour scheme to match Salford Council's colours!

You might well recall that Friday 26th June turned out to be the hottest day in June on record – so to say we were all struggling with the immense heat would be an under-statement! Despite the heat, we still had a really good turn out and the dance floor was often crowded. Well done to you all – you certainly know how to party! Visit our Facebook page to see all the photos and videos taken on the day.

Our second "Salford Centenary Celebration Day" will be arranged for August/September at Winton Social Club. Details to be announced soon.

The event was funded by Salford City Council with support from Salford CVS

#salfordcentenary
#salfordmemories
@SalfordCVS
@SalfordCouncil



The winners of our Salford-themed Quiz: Ken, Sandra, Janice, Muriel, Peter, Bev, Hazel & Glenys

Social Events & Day Trips

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

Llandudno (coach only)
Tuesday 14th July £18

Lytham & Blackpool Ice Show
Monday 10th August £25
Lytham in the morning then onto Blackpool Ice Show to watch "Alice in a Wonderland of Dreams"

Southport (coach only)
Tuesday 8th September £18

Christmas Party afternoon at Inn on The Prom, Lytham
Tuesday 15th December £43
3 course lunch & entertainment

See Dot or Mavis to book (£5 deposit then full payment 2 weeks prior)

Day trips departing from Irlam, Cadishead & Hollins Green:

York (coach only)
Thursday 16th July (full)

Shrewsbury (coach only)
Thursday 6th August (full)

Frodsham Market Day & Chester (coach only)
Thursday 24th September (full)

See Pat or Serena to book a place, or add your name to the waiting list

The Oddfellows Arms

48 Church Street, Eccles

Charity Fundraising Day
for
Salford Heart Care

Saturday 25th July
2pm onwards

** DJ * Sponsored dares * BBQ*
** Bouncy castle for the kids*

Come along!
Fun for all the family!

Christmas Parties: save the date

Open for booking from September:

Eccles (Winton) Christmas Party:
Tuesday 8th December, 11am - 3pm
Entertainment with Sheila Diamond
Winton Bowling, Tennis & Social Club

Irlam & Cadishead Christmas Party:
Friday 18th December, 10am - 3pm
Entertainment with Sheila Diamond
Irlam Steel Club

Ye Olde Red Lion (Hollins Green) Christmas Lunch Party:
Thursday 3rd December, 12 noon – 3pm

The Club House (Barton Airport) Christmas Party:
Monday 21st December, 12 noon – 4pm

"THE PULSE" IS PUBLISHED BY SALFORD HEART CARE
An independent, local charity established 1987
Registered charity number: 1136710
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

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 on Bank Holiday Monday 31st August

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 7th & 21st July
➔ Tuesday 4th & 18th August
➔ Tuesday 1st, 15th & 29th September
➔ Tuesday 13th & 27th October
➔ Tuesday 10th & 24th November

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 8th & 22nd July
➔ Wednesday 5th & 19th August
➔ Wednesday 2nd, 16th & 30th September
➔ Wednesday 14th & 28th October
➔ Wednesday 11th & 25th November

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 – we have lots of space!
♥ 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.