Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

June 2024

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

Tel: 0161 707 7402

email: admin@salfordheartcare.co.uk www.salfordheartcare.co.uk

Our Group Holiday to Torquay, April 2024

(An appreciation by Marion El-Qasem)

What a fantastic fun holiday we had….filled with day trips out and much laughter!



Buckfast Abbey

Our coach driver, Robert, took us to so many places: Sidmouth, Exmouth, Totnes, Dartmouth, Buckfastleigh and Plymouth. Included was a peaceful boat trip and ferry from Totnes to Dartmouth, followed by travelling on a steam train to Paignton. Added to this, we were treated to a visit to the fabulous Buckfast Abbey and then on to Plymouth. On our free days, we had the choice of what we wanted to do. The train/tram ride all around Torquay and the harbour was a popular choice. Some of us chose a visit to Teignmouth on one of our free days. A few others went to see Kents Cavern Prehistoric Caves in Torquay and were enthralled by what they saw. Daytime was spent in and out of picturesque cafes (some even managed a cream tea), quaint shops and walking cobbled streets. A visit to Babbacombe Theatre for a live show was an unexpected treat.



Entertainment in the hotel was raucously enjoyed by everyone, particularly when Daisy, the Drag Queen, together with Simon Rees appeared. They made us laugh so much!

To sum up, we had a wonderful holiday, organised by Dot and Mavis who are so much appreciated for all their work (and stress).

The final laughter came as we spotted the coach driver, aka "Daisy May", at the service stop on the way home, when everyone burst into song with 'Daisy, Daisy, give me your answer do'. I'm sure the other travellers at the service station thought we were crackers! Roll on next year!

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 (Except Bank Holidays)
1.30pm - 2.45pm

Closed on Monday 10th June for trip

Chair yoga, bingo, raffle, refreshments & day trips
Now only £2 per session

Eccles Healthy Heart Club

Winton Bowling, Tennis & Social Club
Brookside, off Grange Road
Winton M30 8JW

Tuesdays 10am - 12 noon

Closed for trips:
Tuesday 4th June

Chair yoga, reiki, 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 11th & 25th June
➔ Tuesday 9th & 23rd July
➔ Tuesday 6th & 20th August
➔ Tuesday 3rd & 17th September

Group discussion with qualified counsellor, relaxation, & refreshments

Supported by Salford City Council & Cadishead Public Band

Little Hulton Healthy Heart Club

St. Paul's Peel Community Hall,
Manchester Road
Little Hulton M38 9EG

Fortnightly Wednesdays
10am – 12 noon

➔Wednesday 12th & 26th June
➔Wednesday 10th & 24th July
➔Wednesday 7th & 21st August
➔Wednesday 4th & 18th September

Chair yoga, line dancing, reiki, 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, reiki, bingo, "Play Your Cards Right", weight management, blood pressure & pulse testing, books & bric a brac stall, refreshments, day trips & party days

New members are always welcome and your first visit is <u>FREE</u> - turn up on the day or call **0161 707 7402** for more information. Everyone welcome - you <u>do not</u> need to have a heart condition to attend.

EVENTS & DAY TRIPS

Coach Trips Departing from Irlam, Cadishead & Hollins Green

Southport
Thursday 13th June - £10 – full

Keswick (Market Day)
Thursday 25th July - £10 - full

Lytham – coach only
Thursday 15th August - £10 - full

Hebden Bridge & The Olympus Fish Restaurant, Bolton
Thursday 5th September - £25

Market day in Hebden Bridge, then late-lunch fish & chips, dessert, tea/coffee at the award winning "Olympus Fish Restaurant" in Bolton

See Pat or Serena to book

Coach Trips Departing from Eccles (Monton) & Little Hulton

Llandudno & The Tweed Mill
Tuesday 4th June - £12
Coach only

Keswick (Market day)
Thursday 4th July - £12 - full
Coach only

Lytham, Blackpool Ice Show & Afternoon Tea
Monday 12th August - £35 - full

Skipton (Market Day) & Pendle Village & Garden Mill
Wednesday 11th September - £12
Coach only

See Dot or Mavis to book

Irlam Live Fundraising Weekend May/June 2024



Pat Massey, Jean Jackson & Sheila Sedgwick volunteering on our stall at Irlam Live

Once again, we had a fantastic weekend of fundraising at Irlam Live!

We would like to take this opportunity to thank our hard working volunteers, members, and the wider community for supporting us. We would also like to thank the **organisers of Irlam Live: Phil Brookes and Darren Goulden**, for allowing us to have a stand at the event.

Everyone had a great time and the weather was kind and remained dry!

We were fundraising for Irlam & Cadishead Healthy Hearts Social Club and our tombola stall raised an amazing **£660.50** over 3 days. This beats our record for the last 2 years!

Thank you so much to everyone who supported us at the festival, and also to those of you who provided us with some fantastic tombola items.
Thank you to our volunteers at Irlam Live: Pat, Sheila, Jean, Christine, Barbara, Alan, Shauna, Steve, Brenda and Ken who all helped on the stall.

Announcement



Mary White

It is with great sadness that we announce the death of **Mary White**, aged 79, from Irlam.

Mary passed away on Monday 20th May 2024 after a very short period of illness.

Mary joined Irlam & Cadishead Healthy Heart Club in 2014, and attended regularly on Wednesdays. She joined us on many group lunches and day trips out, and enjoyed our chair-based exercise sessions. She was a cheerful and friendly person who always had time for others, and had lots of friends.

Mary's funeral takes place on Thursday 6th June, 1pm at St Teresa's Church, Irlam.

We send our deepest sympathy to Mary's family & friends at this sad time.

Do you think someone is trying to trick you into handing over money?
STOP! HANG UP! CALL 159

If you think someone is trying to trick you into handing over money or personal details - stop, hang up & call 159 to speak directly to your bank.

How 159 works:

159 works in the same way as 101 for the police or 111 for the NHS. It's the number you can trust to get you through to your bank safely and securely, every time. So, if you think someone is trying to trick you into handing over money or personal details - stop, hang up and call 159 to speak directly to your bank.

Background:

159 was launched in 2021. The phone number aims to provide a memorable, simple way to connect UK banking customers safely and securely with their bank if they receive an unexpected or suspicious call about a financial matter.

This breaks the scam 'journey' at the critical moment when you are at most risk of being manipulated into making a payment. So, even if scammers can make contact with you, that link will be broken by your call to 159, before any information is shared, any payment is made, and any harm is done.

Over 400,000 calls have been made to 159. The service is available to almost everyone already, however the plan is to work towards making 159 a universal number offered by all telephone providers, similar to 101, 111 or 999.

What does it cost?

The cost of calling 159 will vary according to your phone provider. In many cases this will be the same as a national rate call. Please ask your provider for details.

Who can use 159?

The banks that can be reached using 159:

Bank of Scotland	Barclays
Co-operative Bank	First Direct
Halifax	HSBC
Lloyds	Metro Bank
Monzo	NatWest
Santander	Starling Bank
Tide	TSB
Ulster Bank	Nationwide
Royal Bank of Scotland	

The telephone companies involved in 159:

BT	EE
Plusnet	Virgin Media
Gamma	O2 (including giffgaff)
Sky	Three
Vodafone	TalkTalk

For more information visit Stop Scams UK:

https://stopscamsuk.org.uk/159