Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

June 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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Our Group Holiday to Weymouth

Once again Dot and Mavis organised our annual group holiday, this year to Weymouth. We had an excellent journey down and arrived in good time for our evening meal.

The Russel is a fine looking Victorian hotel which had disabled access at the rear of the building, and staff were welcoming when we arrived.

We were so lucky to have been blessed with fantastic sunshine the whole of the holiday and everyone made the most of being able to get out in the sun.

Days One, Three, Five and Seven were free days and my friend and I spent most of our time walking along the sea front and around Weymouth Harbour, popping into cafés and in and out of the shops in the Town Centre. A fish and chip meal at a renowned harbour café was something to remember.

Jean Denton enjoying breakfast at the hotel



Day Two was a trip to Lyme Regis. It's such a lovely place although it was quite a downhill trek to get there. Sunning ourselves on the front again. We were so relieved to be able to catch a bus back up the hill to the car park. A bit early for the coach so we enjoyed drinks and ice creams at a newly installed kiosk.

Day Four was a round robin trip. Firstly, to Lulworth Cove where some of our group walked up the hill to view the next bay Doodle Door. Then to Corfe Castle which was a beautiful historic site. Finally, Portland Bill which gave excellent views to finish our trip.

Day Six we headed off on the coach to Poole where we relaxed with coffees before boarding the boat for our journey to Swanage. The water was so peaceful and an ideal day for a trip on the water. On arrival we had a snack and a good look around Swanage. I was particularly interested as Swanage is where my Dad's ancestors came from.

Next, we made our way to the Railway Station for our ride on the Steam Train to Norden, afterwards heading our way back to the hotel on the coach after a perfect day.

On top of all our daytime activities there was bingo and entertainment in the bar area which rounded off the days perfectly.

The journey home was excellent and ended our Weymouth adventure perfectly. The friendly atmosphere of our group made for an enjoyable time! *By Marion El-Qasem*

Irlam Live Fundraising Weekend May/June 2025

We had another brilliant weekend of fundraising at Irlam Live this year. The weather was mainly dry and sunny but our stock of umbrellas came in handy for the quick downpour on Sunday afternoon!



Pat & Barbara volunteering on our stall at Irlam Live

We were fundraising for Irlam & Cadishead Healthy Hearts Social Club and our tombola stall raised an amazing **£781.56** over 3 days. This beats our record for the last 3 years!

We would like 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 this fantastic event.

Thank you so much to everyone who supported us at the festival, and also those who provided us with some really good tombola prizes!

Thank you to our volunteers at Irlam Live:
Pat, Barbara, Alan & Steve - who all helped Serena on the stall.

"Happy Birthday!"….



We would like to wish the following members, celebrating special birthdays this month, a very "Happy Birthday" from all of us at Salford Heart Care and our Healthy Heart Clubs:

Irlam & Cadishead members: Heather Jewell, Joan Gilchrist, Roy Scholes & Muriel Taylor

Winton members: Jean Denton, Jean Franklin & Grace Jarvis

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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

Social Events & Day Trips

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

Trentham

Tuesday 3rd June, £35

Includes coach, 2 course lunch & free time to visit shops & gardens (garden entrance not included)

Pontcysyllte Aqueduct, Llangollen

Tuesday 1st July, £35

Includes coach, 2 course lunch & 45 minute canal cruise

See Dot or Mavis to book (£5 deposit)

Coach trips departing from Irlam & Cadishead:

Bakewell (Market Day)

Monday 23rd June - £10 - full

Keswick

Thursday 14th August - full

More trips coming soon!

Pensioners' Party at The Boat House

Ferry Road, Irlam M44 6DN

Monday 9th June – full

Monday 14th July – open soon

12 noon – 3:30 pm

£10 per person

Afternoon tea, entertainment, bingo & raffle

See Pat or Serena to book a place

Ye Olde Red Lion Lunch

Hollins Green

Thursday 12th June

12 noon

£12 per person - full

3 course meal & raffle

See Pat or Serena to book a place

Save the date…..

We have already started preparing for our Christmas parties this December! Here's some dates you might want to save in your diary:

Eccles (Winton) Christmas Party:
Tuesday 9th December, 11am – 3pm
Entertainment with Sheila Diamond
Winton Bowling, Tennis & Social Club

Irlam & Cadishead Christmas Party:
Friday 19th December, 10am - 3pm
Entertainment with Sheila Diamond
Irlam Steel Club

The Club House (Barton Airport) Christmas Party:
Monday 15th December, 12 noon – 4pm.
Entertainment with Terry Kelly

Irlam & Cadishead Academy Summer Fest

Saturday 14th June

12 pm - 4 pm

at Irlam & Cadishead Academy

Station Road, Irlam M44 5ZR

Stall venders
car boot sale
bouncy castles - Bounce all day wristband £7!
climbing wall
princess meet & greet
Total Wipeout
Manchester United Foundation
Salford Reds Foundation
Creepy Crawly Show
Emergency Services
DJ & Entertainment
Eastern Point
& much more!

Fun for all the family

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 10th & 24th June
➔ 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 11th & 25th June
➔ 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.