



Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

March 2023



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

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 - 2.30pm
(except bank holidays)

Chair yoga, bingo, raffle & day trips

Eccles Healthy Heart Club

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

Tuesdays 10am - 12 noon
(except Tuesday 7th March – trip day)

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 7th & 21st March
→ Tuesday 4th & 18th April
→ Tuesday 2nd, 16th & 30th May
Group discussion with qualified counsellor, relaxation, raffle & refreshments

****Supported by 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 1st, 15th & 29th March
→ Wednesday 12th & 26th April
→ Wednesday 10th & 24th May

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

(except Wed 5th April – trip day & Friday 7th April – Bank Holiday)

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 always welcome
First visit is FREE - turn up on the day or call **0161 707 7402** for more information.



EVENTS & DAY TRIPS

**Trips Departing from Irlam,
Cadishead & Hollins Green**

Lytham & The Bedford Hotel

Thursday 16th March £30 - full

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**Skipton Market & Calf's Head**

Wednesday 5<sup>th</sup> April £25 - full

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**Piece Hall, Hebden Bridge &
Olympus Fish Restaurant**

Thursday 18th May £20 – full

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**Bakewell Market Day (Coach only)**

Monday 19<sup>th</sup> June £10

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Conwy & Llandudno (Coach only)

Thursday 13th July £10

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**Frodsham Market &  
Chester (Coach only)**

Thursday 10<sup>th</sup> August £10

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**Ramsbottom & Bury Steam Train
“Dining with Distinction”**

Friday 27th October £50

**Members from other clubs & non-
members welcome to join us**

*Short stop at Ramsbottom, then 1 ½ hour
steam train ride through the Irwell Valley.*

*Includes a hearty locally produced 2-
course lunch on the train, followed by
tea/coffee. Licensed bar on board.*

Free time in Bury afterwards.

****All trips subsidised using funds
from Irlam raffles****

**Spring is Coming - Remember
to Spring Forwards**

Daylight saving time begins on
Sunday 26th March - remember
to change your clocks and adjust
the time **1 hour FORWARDS**.



**Trips Departing from Eccles
(Monton) & Little Hulton**

Pendle Village & The Calf's Head

Tuesday 7th March £28 - full

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**Garstang Market, 2 course lunch  
& Daisy Clough Nurseries**

Thursday 13<sup>th</sup> April £28 - full

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Bakewell Market (coach only)

Monday 22nd May £12

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*\*Trips subsidised using raffle income from  
Salford Heart Care & Eccles Healthy  
Hearts Social Club\**

**Salford Citizen Panel Event**

Tuesday 21 March, 10.30am - 2.30pm

The Lighthouse Church,

12 Coronet Way Salford M50 1RE

**\*Lunch provided\***

Please book your place here:

[bit.ly/SalfordCitizenPanel2023](https://bit.ly/SalfordCitizenPanel2023)

Hear about the Big Conversation in Salford, what people said was important and plans for improving health and care. Speakers from the Salford Care Partnership will update you about funding and resources, access to health and care, public health and prevention.

The event helps to gather views from a representative section of the community to understand needs and experiences when planning & improving services in Salford. Entertainment, lunch, refreshments and parking provided. Prize draw with the opportunity to win £30 voucher.

If you need support with interpreters, transport or have any dietary requirements, contact:

[sandra.lindsay1@nhs.net](mailto:sandra.lindsay1@nhs.net)

For enquiries, contact:

[caroline.allport@nhs.net](mailto:caroline.allport@nhs.net)

## Announcement

It's with great sadness we announce the passing of our dear friend and member, Nancy Taylor, aged 88.

Nancy, from Irlam, passed away on Tuesday 7<sup>th</sup> February. She was a lovely lady with a kind heart who supported the local community. She volunteered for WVRS at Salford



Royal Hospital for many years and was a member of the WI. She enjoyed knitting and painting and always had something interesting to talk about. Nancy loved her independence and attended Irlam & Cadishead Healthy Heart Club from 2014. She enjoyed taking part in the chair exercise classes and joined us on many day trips. Sadly, Nancy became very frail during the last few years and moved to a nursing home.

A celebration of Nancy's life takes place on Tuesday 28<sup>th</sup> February, 2.20pm at Peel Green Crematorium.

*We send our deepest sympathy to Nancy's family and friends.*

## Tombola Prizes Wanted

**Irlam Live Music Festival**  
**Friday 2<sup>nd</sup> – Sunday 4<sup>th</sup> June**  
**Prince's Park, Irlam**

We've started collecting donations for our tombola stall to be held over 3 days at Irlam Live Music Festival in June. Last year was a great success, however, we ran out of prizes by the end of each day so we need to be more prepared this year!

We can accept many items: new/unused gift sets, new toys, toiletries, stationery items, jewellery, chocolates & household items. For more information about Irlam Live, or to purchase tickets please visit:

<https://irlamlive.co.uk/>

## Thank You!

We're delighted to announce that following the Tesco

**TESCO**  
Community Grants

Community Grant vote in local Tesco stores, **Irlam & Cadishead Healthy Heart Club came First and has been chosen by Tesco Customers to receive a grant of £1,500!** The grant will support exercise sessions at Irlam for 6 months.

Voting was held at Tesco stores between October 2022 - January 2023. Tesco's Community Grants scheme has already provided over £100 million to more than 50,000 projects across Britain. Funding is available to community groups and charities looking to fund local projects that bring benefits to communities. To find out more visit:

[www.tesco.com/communitygrants](http://www.tesco.com/communitygrants)

We would like to acknowledge and thank those of you who continue to support our clubs with donations and birthday fundraising campaigns:

- In January, Alan Davies raised over £110 for Irlam & Cadishead Healthy Heart Club via his Facebook Birthday Fundraising Campaign. Facebook doesn't charge a fee for fundraising, so we receive the whole donation plus gift aid.
- Jim Collins also has a Facebook Birthday Fundraiser in progress.

- Mavis Yarwood (photo) donated £80 to Salford Heart Care for her birthday, and in memory of her mother's birthday and anniversary. Last month, Mavis knitted lots of Valentine's hearts to raise funds for the club.



Mavis Yarwood with her Valentine's hearts

## Post a message to heaven to remember your loved ones

Memories and thoughts of loved ones that have passed on can now be 'penned' and 'posted' in a very special post box that has been installed at St. John's Graveyard in Irlam.



How many times have you wanted to tell your loved ones how you feel about them passing, wanting to say just a few more words to them or to let them know just how much you love and miss them?...Well now you can 'post' your letter, cards and messages in the special 'messages to Heaven' white post box at the graveyard.

The lovely post box has been provided by Irlam man, Dave Roddy, who runs his 'Vac Away' jet washing business locally.

Dave told the Local Mag, *"I saw on Facebook a post from Lisa Seabrook about how people mourn and remember their loved ones in different ways, and how she had seen a story about a post box at a graveyard in Scotland where loved ones could write a message, get their thoughts down on paper and post them in a special postbox as a way of remembering."*

Within the hour Dave had contacted Lisa and promised that he would do his best to get a similar post box for the local St. John's Graveyard. After getting permission from the church committee and sourcing the post box, Dave was able to get the box installed with the help of Adrian Picken and ISM Fabrications based in Cadishead who supplied the post for the box to rest on.

Lisa Seabrook (nee Wilson), originally from Cadishead, is a former pupil at Irlam Endowed School and Irlam High School, she added, *"I have both my brother Michael Wilson and sister Samantha Barker-Wilson buried at St. John's Graveyard. I saw the post on Facebook about the 'memories' post box in Scotland and showed it to my two children Harvey age 8 and Betsy-Mae age 6 and Harvey said, "Mum, can we get one of those so we can write to Auntie Sam".*

*After I had posted, Dave got in touch and as you can see the white post box is absolutely beautiful and very fitting for the graveyard. It really is a fantastic idea and well done to Dave and the others involved for making it possible. The children have written special letters to their Uncle and Auntie and posted them in the box when we recently visited the graveyard."*

Dave said, *"It's such a simple thing but can make such a difference to those who are missing their loved ones. I would like to give my thanks to Frances Henry who has supported the project, and Adrian Picken and ISM Fabrications for all their help."*

Several times a year the post box will be emptied, and the letters, messages and cards will be taken across the road to St. John's Church where they will be blessed, whilst remaining private and unopened.

***Well done to Dave Roddy and Lisa Seabrook,  
a lovely idea that we are sure will be appreciated and used by many!***