Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

March 2025

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

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Announcements

It is with great sadness we announce the death of Linda Pennington, aged 72, from Irlam.

Linda passed away on Friday 31st January 2025. She attended Irlam and Cadishead Healthy Heart Club with her husband Tom for several years, and joined us on lots of day trips. Linda was diagnosed with dementia, and in recent months, had spent time in hospital and in a care home.



Linda Pennington

Linda's funeral took place on Monday 17th February, at Peel Green Crematorium and Irlam Catholic Club. Linda's husband, Tom, would like to thank everyone for attending the funeral and for their support and kind words.

A total of £335 has been donated in Linda's memory. All donations support Dementia UK.

We send our deepest sympathy to Tom, and all of Linda's family and friends at this sad time.

In Memory of Steven Givens

We would like to acknowledge receipt of £250 donated in memory of **Steven Givens**, who tragically died on Monday 30th December 2024.

Steven, from Cadishead, was 53 years old. His parents, Mike and Joan Givens, are members of Irlam and Cadishead Healthy Heart Club.



Steven Givens

Steven's funeral took place on Monday 10th February at St. Helen's Church in Hollins Green.

Donations in Steven's memory raised a total of £500, and this was shared equally between Irlam and Cadishead Healthy Heart Club and Cancer Research.

We would like to thank the family and friends of Steven for supporting our work. We send our deepest sympathy to Mike and Joan, and all of Steven's family and friends.

Reminder: Adjust Your Clocks

This year, daylight saving time begins on **Sunday 30th March** - remember to change your clocks and adjust the time **1 hour FORWARDS**.

Good News: Funding Awards

As you may be aware, we have been struggling financially during the past year or so due to a noticeable reduction in donations and grant funding support, whilst running costs have increased due to the cost of living crisis.

We have been really busy applying for funding, whilst trying to ensure door entrance charges remain as low as possible. It is therefore very good news that we have been awarded the following grants:

ForHousing has awarded a grant of £500 to support activities at our healthy heart clubs across Salford.

Salford CVS has awarded a grant of £1,500 from the Health and Wellbeing Fund to support room hire and exercise sessions at the clubs.

This is fantastic news for our charity and will help to ensure we continue to provide a range of activities for our members, such as chair yoga, exercise and bingo.

We would like to thank ForHousing and Salford CVS for their support at this difficult time.

Wear Red Week

Our "Wear Red Week" last month raised £72.55 to support our clubs. Thank you to sisters Becky & Beth from CareYourWay North Manchester & Salford for providing delicious cakes and balloons for the special occasion!

For more information about CareYourWay and how they could support you, visit: https://careyourway.co.uk/area/north-manchester-salford/

Tombola Prizes Urgently Required

Irlam Live Music Festival
Friday 30th May – Sunday 1st 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 at the end of May. Last year was a great success, however, we quickly ran out of prizes, so we need to be better prepared this year!

We can accept many items: new/unused gift sets, new toys, toiletries, stationery items, jewellery, chocolates & household items. Speak to Serena for more details.

For more information about Irlam Live or to purchase tickets visit: https://irlamlive.co.uk/

£1,000 Lottery Winner!

Congratulations to Margaret Smith from Eccles who won £1,000 last month on Salford Red's Goldline Lottery!

If you would like to join Salford Red's weekly lottery, please contact Serena or Sue for more information. It costs just £1 per week to play. You can either pay cash at the club or set up a direct debit online. For every £1 ticket sold by Salford Heart Care, we receive a donation of 40 pence so you are also supporting a good cause!

"THE PULSE" IS PUBLISHED BY SALFORD HEART CARE

An independent, local charity established 1987. Registered charity number: 1136710

https://www.salfordheartcare.co.uk/

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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

Happy Diamond Wedding Anniversary

We send our very best wishes and congratulations to Keith & Margaret Steele from Eccles, on their 60th Wedding Anniversary last month. They celebrated the occasion with friends on Saturday 22nd February. Keith & Margaret also received a special card from the King & Queen. What a lovely surprise! We wish Keith & Margaret many more happy years together.



Keith & Margaret Steele celebrating 60 years of marriage

Easter Party at The Club House, Barton Airport

New venue now open!

Monday 7th April



12 noon – 3pm

£15 per person

(Irlam & Cadishead members only)

3-course lunch, raffle & entertainment with Terry Kelly

See Pat or Serena to book

Social Events & Day Trips

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

Skipton Canal Cruise

Tuesday 11th March, £35

Includes coach, fish & chip lunch & dessert, followed by 1-hour canal cruise

Clitheroe, The Calf's Head & Oswaldtwistle Mill

Tuesday 22nd April, £35

Includes coach & 2-course carvery meal

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, coffee stop, 2 course lunch & 45 minute canal cruise

See Dot or Mavis to book (£5 deposit)

Coach trips departing from Irlam & Cadishead:

Tiffany's, Blackpool

Monday 17th March, £20 - full

Llandudno

Thursday 15th May £10 - full

See Pat or Serena to book a place

Pensioners' Party at The Boat House

Ferry Road, Irlam M44 6DN

Monday 10th March 2025 -full

Monday 14th April 2025

12 noon – 3:30 pm

£10 per person

3 course meal, entertainment, bingo & 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: Easter Monday 21st April,
Bank Holidays: 5th & 26th May
& 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 4th & 18th March
➔ Tuesday 1st & 15th & 29th April
➔ Tuesday 13th & 27th May
➔ 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 5th & 19th March
➔ Wednesday 2nd, 16th & 30th April
➔ Wednesday 14th & 28th May
➔ 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

Closed: Good Friday 18th April

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.