# Salford Heart Care

Registered charity number: 1136710

## "THE PULSE"

## May 2025

*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

## Announcement

**It is with great sadness we announce the death of Stanley (Stan) Rathbone, aged 79, from Cadishead.**

Stan passed away at home on the evening of Tuesday 15th April 2025.

Stan attended our Bereavement Support Group in 2019 following the passing of his wife, and then he joined Irlam and Cadishead Healthy Heart Club in 2022, where he made many friends and joined us on several day trips and lunch parties. He would have celebrated his 80th birthday this month.

*We send our deepest sympathy to Stan's family and friends at this very sad time.*



**Stanley Rathbone**

## Irlam Rotary Community Fun Day & VE Day 80th Commemoration




**Bank Holiday Monday 5th May**

10 am - 4 pm

at Irlam Steel Club

Fun for all the family!

*Parking available at Tesco Extra*

## Thank you for your donations

We would like to thank and acknowledge receipt of donations from the following:

- **Mavis Yarwood** (Eccles member), donated £20 in memory of her childhood friend, Jean Daley, aged 89 who lived in Sydney, Australia. Jean passed away in April.
- **Sharon Betton** £20 PayPal donation in memory of Tony Churchard, husband of Sharon's dear friend, Karyn.
- Many members have been donating unwanted items including clothing, books, shoes and toys to help raise funds via our raffles, tombola stall and more recently, via online Vinted sales. Thank you to everyone who has supported us!

# 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:

### Llandudno

Thursday 15th May £10 – full

### Bakewell (Market Day)

Monday 23rd June - £10 - full

### Keswick

Thursday 14th August - £10

*More trips coming soon!*

## Pensioners' Party at The Boat House

Ferry Road, Irlam M44 6DN

Monday 12th May – full
Monday 9th June – open
Monday 14th July

12 noon – 3:30 pm
£10 per person

*Afternoon tea, entertainment, bingo & 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

## Final request for Tombola Prizes

## Irlam Live Music Festival

**Friday 30th May – Sunday 1st June**
**Prince's Park, Irlam**

Irlam Live Music Festival takes place at the end of this month. We are still accepting prizes for our tombola stall.

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

*For more information or to purchase tickets visit:*
*https://irlamlive.co.uk/*

## Funding Award

We have recently been awarded a grant of £1,500 from **W.G. Edwards Foundation** to support chair-based exercise classes at our healthy heart clubs.

We would like to thank W. G. Edwards Foundation for their support.

## Tech & Tea course at Irlam Library in June

Tech & Tea is a free informal learning programme that's helping Salford residents, aged over 50, who are interested in learning some basic skills for tablets. The course includes:

- ♥ basic skills such as turning the tablet on and off
- ♥ connecting to WI-FI
- ♥ the basic buttons on the smart device. staying safe online
- ♥ navigating the internet
- ♥ creating an email address
- ♥ the basic functions of Gmail.
- ♥ using digital apps such as Zoom

**Course duration**: 2-hour sessions for 5 consecutive weeks.

A Lenovo Tab M10 tablet will be provided for a small fee of £30. This is given to the participant at the start of the course. The tablet is provided with a case for protection, along with a workbook for the learner to refer back to when needed.

If, at the end of the course, the participant doesn't want to keep the tablet, a full refund will be provided when all equipment is returned.

For more information or to book a place, please contact Tori Sparnenn, (Coordinator at Age Friendly Salford). Telephone: 07535 585065 or Email: tori@inspiringcommunitiestogether.co.uk

## Open Homes Event 2025

**Your Home Better** is a Community Interest Company (CIC) helping residents of Greater Manchester retrofit their homes to reduce their energy bills, improve their comfort and make their homes greener. Their founding experts have been delivering home retrofits for nearly 20 years, along with a network of vetted installers - they prioritise you and your home's needs and wants.

They are hosting a **free Open Homes Event** to showcase some of the homes they have worked on. Visitors receive a guided tour around the homes from their experts, explaining the work done and how it was completed. Visitors can ask the homeowners questions about the process and learn more about what could be done to their homes. It's a great opportunity to see how a heat pump works, the space needed for a solar battery and how impactful insulation can be to an older home. Speak to the experts directly, and receive advice on how to start your retrofit journey.

The free event is running 10am - 5pm, with each slot leaving time for a question and answer session with the expert, as well as to make your way to the next home. More information can be found on the Eventbrite booking system, or on their website: www.yourhomebetter.co.uk

*Reduce your energy bills, maximise your comfort, reduce your carbon emissions and have a healthy home!*

Book a free place today by visiting: https://YHBOpenHomeEvent2025.eventbrite.co.uk

**"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: 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 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

*please note **closure** on Wednesday 14th May due to group holiday

➔ Wednesday 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

**Your Home Better visiting on Friday 9th May**

*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.