Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

May 2026

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 our dear friend, Vincent Clifford, aged 70, from Worsley.



Vincent Clifford
May 1955-April 2026

Vincent sadly passed away whilst on holiday in Rhodes with his wife Julie, on Wednesday 15th April 2026.

Vincent was a long standing member, volunteer and Director of Salford Heart Care. He joined our organisation in 2011 after attending a Cardiac Rehabilitation course with Salford Royal Hospital, and soon became a regular at our newly launched Healthy Heart Club in Walkden. Vincent went on to become a volunteer, Trustee & Director of our charity - attending our Committee meetings regularly. Vincent and Julie joined us on many day trips and group holidays, creating memories cherished by so many of our members.

Vincent will be remembered for his cheerful smile, his bubbly personality, and the warmth he brought to every room. He will be deeply missed by his friends at Salford Heart Care.

Vincent's funeral takes place on Friday 15th May, 10am at Christ The King RC Church (Manchester Road, Walkden) and then 11:15am at Overdale Crematorium (Overdale Drive, Bolton BL1 5BU). Julie has requested family flowers with donations to Salford Heart Care.

We send our heartfelt sympathy to Vincent's wife, Julie, and to all their family and friends at this very sad time.

Final request for Tombola Prizes

Irlam Live Music Festival

Friday 29th – Sunday 31st May

Prince's Park, Irlam

We're looking forward to Irlam Live Music Festival, which takes place at the end of this month, and we're busy preparing for our tombola stall. We are still accepting prizes and would be grateful for any contributions.

We can accept a wide range of items including new and unused gift sets, toys, toiletries, stationery items, jewellery & household items. If you would like to donate, or need more information, please speak to Serena.

A big thank you to **Irlam Live** for kindly allowing us to have a stall at this year's event once again!

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

Salford Centenary Fund

Celebrating 100 years of Salford

2026 marks 100 hundred years since Salford was officially granted city status by a Royal Charter by King George V.

Salford's Centenary is a wonderful opportunity to celebrate the people, places and communities that make our city so special. Here at Salford Heart Care, we are proud to be part of these celebrations and will be hosting our own Centenary events for members.

We're delighted to announce that we have been awarded funding to support our celebrations. This funding will enable us to organise special celebration days at both **Irlam** and **Winton**, bringing our members together from across Salford, to share memories, enjoy entertainment, and mark this historic milestone for Salford.

Funded by Salford City Council with support from Salford CVS
#salfordcentenary #salfordmemories

@SalfordCVS @SalfordCouncil

Thank You Tesco Extra Walkden

Salford Heart Care and Little Hulton Healthy Heart Club would like to extend a heartfelt thank you to Lucy and the team at Tesco Extra, Walkden for their generous donation of raffle and bingo prizes for the club at Little Hulton.

Their support will help us to raise vital funds for the club and continue providing activities, friendship and wellbeing support for local people. We are truly grateful for their kindness and community spirit.

Please Share Your "Salford Stories"

We are inviting members from all of our clubs across Salford to share their "Salford Stories".

Your story might be rooted in a neighbourhood such as Eccles, Little Hulton, Irlam or Langworthy. Were you born in Salford, or did you move here later in life? What brought you to the area you now call home? Where did you go to school, work, or socialise?

Many of the shops, schools, and buildings we once knew have changed or disappeared over time. What do you remember? Do you have old photographs of your street, workplace, or favourite local spots?

We would love to capture your images, stories, and memories - celebrating the people, places, and moments that make up Salford's rich history. Please help us by sharing your story.

Send your memories to:

Serena Rice Email:
admin@salfordheartcare.co.uk
Phone: 0161 707 7402

"Happy Birthday"

This month we would like to wish a very special "Happy Birthday" to the following members:

Sue Collins (Salford) &
Ellie Shaw (Irlam)

Annual Group Holiday To Exmouth

This month, some of our members will be coming together to enjoy our annual group holiday. This year, the group are off to Exmouth for 8 nights. We hope you all have a wonderful holiday and enjoy lots of sunshine!

Social Events & Day Trips

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

Ambleside/Bowness
Tuesday 2nd June
£30 (with boat trip included)
£18 (without boat trip included)
Trip to Ambleside with 45-minute boat trip to Bowness & free time afterwards

Llandudno (coach only)
Tuesday 14th July £18

Lytham & Blackpool Ice Show
Monday 10th August £25
Lytham in the morning then onto Blackpool Ice Show to watch "Alice in a Wonderland of Dreams"

Southport (coach only)
Tuesday 8th September £18

Christmas Party afternoon at Inn on The Prom, Lytham
Tuesday 15th December £43
3 course lunch & entertainment

See Dot or Mavis to book (£5 deposit)

Coach only day trips departing from Irlam, Cadishead & Hollins Green:

Llandudno
Thursday 21st May £10 (full - waiting list)

Conwy & Caernarfon
Thursday 4th June £12 (full – waiting list)

York
Thursday 16th July £12 (full – waiting list)

Shrewsbury
Thursday 6th August £12
(full – waiting list)

Frodsham Market & Chester
Thursday 24th September £10
(full – waiting list)

Lunch party (transport not provided):

The Red Lion, Hollins Green
Thursday 18th June £13
3-course lunch & raffle

See Pat or Serena to book

Centenary Celebration Day

Irlam & Cadishead Healthy Heart Club
Irlam Steel Club, Liverpool Road
Irlam M44 6AJ

Friday 26th June 2026
10 am – 3 pm

** Hot & Cold Buffet Lunch*
** Entertainment with Sheila Diamond*
** Bingo & raffle*
** "Salford-themed" quiz*

Limited places - Booking essential
Please see Pat or Serena to book

****Coming soon****
"Centenary Celebration Day" for Salford Heart Care members will be arranged for August/September at Winton Social Club. Details to be announced soon.

Save the date…..

We've started preparing for our Christmas parties this December. Here's some dates you might want to save in your diary. Open for booking from September:

Eccles (Winton) Christmas Party:
Tuesday 8th December, 11am - 3pm
Entertainment with Sheila Diamond
Winton Bowling, Tennis & Social Club

Irlam & Cadishead Christmas Party:
Friday 18th December, 10am - 3pm
Entertainment with Sheila Diamond
Irlam Steel Club

Ye Olde Red Lion (Hollins Green) Christmas Lunch Party:
Thur TBA December, 12 noon – 3pm

The Club House (Barton Airport) Christmas Party:
Monday 21st December, 12 noon – 4pm

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 on Bank Holiday Monday
4th & 25th May & 31st August

Chair yoga, bingo, raffle, refreshments & day trips

Winton 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 12th & 26th May
➔ Tuesday 9th & 23rd June
➔ Tuesday 7th & 21st July
➔ Tuesday 4th & 18th August

Group discussion with qualified counsellors, relaxation & refreshments

** Kindly supported by Cadishead Band Room providing the venue **

Little Hulton Healthy Heart Club

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

Fortnightly Wednesdays
10am – 12 noon

Closed on Wednesday 13th May due to the group holiday

➔ Wednesday 27th May
➔ Wednesday 10th & 24th June
➔ Wednesday 8th & 22nd July
➔ Wednesday 5th & 19th August

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**
♥ **No referral needed**
♥ **First visit is <u>FREE</u>**
♥ **You <u>do not</u> need to have a heart condition to attend**

Just turn up on the day or call Serena on **0161 707 7402** for more information.