Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

November 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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Inner Wheel Club Of Irlam Donates £500 to Bereavement

We're thrilled to share that the Inner Wheel Club of Irlam has generously donated £500 to support our Irlam-based Bereavement Group. This heartfelt contribution will help provide counselling support for those in need, ensuring more people can access the comfort and connection our group offers.

The Inner Wheel is the world's largest women's voluntary organisation, operating independently of The Rotary Club. Irlam's branch was originally founded in 1970 and relaunched in 2000 to mark the new millennium. The group meets monthly at **The Station in Irlam**, gathering on the **second Friday of each month at 11am**. If you're interested in joining this inspiring group of women, please contact **Mary Tantrum**. You can find more details on their Facebook page: https://www.facebook.com/InnerWheel2000

We extend our deepest thanks to the Inner Wheel Club of Irlam for their kindness and support.



Inner Wheel Club of Irlam members: **Mary Tantrum, Marjorie Fillory** (Treasurer & longest serving member) & **Glenys Royle**, presenting the cheque for £500 to volunteer, **Christine Hudson** who founded Irlam's Bereavement Support Group with her late sister, Linda Waring, in June 2018.

MEMBERS' NOTICE

Salford Heart Care's AGM

Tuesday 4th November 11am

at Winton Bowling Tennis & Social Club

Members from all branches welcome to attend. Entrance is free.

🎉 Birthday Wishes 🎉

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

Ginny Hopkins, Hilda Edwards and Pauline Bauer who all attend Irlam & Cadishead Healthy Heart Club.

We hope you have a lovely time celebrating your special day!

Salford Heart Care's History

Salford Heart Care was founded in 1987 by Bernard Hamilton, whose personal struggle with heart disease sparked a movement of compassion and support. Originally called ***Salford Heart Care Support Club***, its mission was simple yet powerful: to ensure no one facing heart illness felt alone.

Bernard's heart problems began in 1962 at the age of 23 with a suspected, undiagnosed heart attack. Over the years, he endured 3 more attacks and over 20 hospital admissions for angina and related issues. Despite the severity of his condition, medical care focused only on physical symptoms - there was no rehabilitation, emotional support, or guidance for life after discharge.

Following his third heart attack in 1987, Bernard became one of the first patients at Wythenshawe Hospital to receive a triple bypass. Motivated to fill the gap in post-hospital care, he formed the Support Club with 3 fellow survivors. Their motto *"Call in for a chat and a cuppa"* captured the spirit of peer support and community.

Bernard led the group through its first year, but sadly passed away in 1988 at the age of 49, after a fourth heart attack.

Bernard's legacy lives on

Today, Salford Heart Care has grown into a city-wide network of *Healthy Heart Clubs* as well as a Bereavement Support Group, offering:

- Emotional & social support for older people, as well as people with long-term health conditions
- Activities to promote physical and mental wellbeing
- Guidance to reduce the risk of further heart attacks
- Support for families and carers

Bernard's daughter, Jane Hamilton (Salford Councillor & Consultant Psychotherapist), continues to support the work of Salford Heart Care at Winton and Little Hulton Healthy Heart Clubs.

We remain true to Bernard's vision, offering a welcoming space where people feel heard, supported and empowered to live well. We continue to honour his memory by helping others navigate the challenges of illness. Not just medically, but emotionally and socially.

Co-Op Local Community Fund

Become a Member & Choose Us as your Local Cause

We're pleased to announce that the Co-Op has chosen to support Salford Heart Care's Bereavement Support Group as one of the Local Community Fund causes.

This means that from 19th October 2025 until 17th October 2026, Co-op members can choose to raise funds for our cause.

Become a Co-Op Member

It costs just £1 to join as a Co-Op member and you'll get that £1 back on your first shop in store when you select your personalised offer.

By becoming a member, you get access to lower prices, personalised offers, the chance to win £50 by joining and taking part in quizzes, discounts on Funeralcare, Insurance and Legal Services, and access to Co-Op Live pre-sale tickets.

Members must swipe or scan their membership card when they shop.

Please download the Co-op App, become a member and choose our cause, so we can receive a share of £5m: **https://coopapp.onelink.me/ftOk/2ypg1bbs**

Social Events & Day Trips

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

Inn on The Prom, Lytham
St. Anne's Christmas Lunch
Tuesday 25th November £40 - full
Includes 3-course lunch & entertainment

Salford Heart Care's



Christmas Party
Winton Bowling Tennis & Social Club
Brookside, Off Grange Road, Winton M30 8JW

Tuesday 9th December

11 am – 3 pm

£8.00 per person
tickets now on sale

** Hot & cold buffet lunch*
** Live entertainment*
** Bingo & raffle*
** Bar open to purchase drinks*

Please see Marion for tickets
or contact Serena



Christmas Donations

Would you prefer to make a donation to your club in lieu of sending Christmas cards to your friends?

We're accepting Christmas donations now. If you send in donations during November, we can include your name in our December newsletter – please speak to Serena.

Last year you helped us to raise £509 in Christmas donations!

Lunch parties for Irlam & Cadishead Healthy Heart Club:

Christmas Lunch at The Red Lion, Hollins Green
Thursday 4th December - £13
3-course Christmas lunch & raffle

Christmas Party at The Club House
Monday 15th December - £15
Includes 3-course Christmas lunch & entertainment with Terry Kelly

Irlam & Cadishead Healthy Heart Club Christmas Party, Irlam Steel Club
Friday 19th December 10am-3pm - full (members only)
Includes buffet, raffle & entertainment with Sheila Diamond

See Pat or Serena to book

Little Hulton Healthy Heart Club Christmas Party, St Paul's Peel Hall
Wednesday 10th December
10am onwards - £10 per person
(Members only)
Includes buffet lunch, raffle & bingo

See Dot or Mavis to book a place

Pensioners' Party at The Boat House

Ferry Road, Irlam M44 6DN

Monday 10th November
Monday 8th December
12 noon – 3:30 pm
£10 per person
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
(except Bank Holidays)

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
AGM: Tue 4th November

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 11th & 25th November
➔ Tuesday 9th December
➔ Tuesday 6th & 20th January
➔ Tuesday 3rd & 17th February
➔ Tuesday 3rd, 17th & 31st March

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 12th & 26th November
➔ 10th December (party day tickets only)
➔ Wednesday 7th & 21st January
➔ Wednesday 4th & 18th February
➔ Wednesday 4th & 18th March

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.

Wanted!

raffle prizes for Christmas parties
~ unwanted gifts ~ toiletries ~ bottles ~ chocolates etc.
will all be gratefully received & will help to raise funds for our clubs