Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

November 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

MEMBERS' NOTICE

Salford Heart Care's

Annual General Meeting (AGM)

Takes place on:

Tuesday 3rd November

11am at Winton Bowling Tennis & Social Club

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

Annual Membership Subscriptions

Membership subscriptions covering October 2026 - September 2027 will be due following the AGM on 3rd November. The fee will remain £10 per annum. The charge helps to support administration costs such as printing and insurance. Please ask for a membership form at the club you attend.

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 £527 in Christmas donations!

In Memory of Sharon Riley

We would like to acknowledge with sincere thanks the receipt of **£158.80** donated in memory of Sharon Riley, who sadly passed away on 29 September 2026, aged 68.



Sharon Riley
1958-2026

Sharon's funeral took place at Blackley Crematorium on Thursday 22 October, where family and friends kindly made donations in her memory to support the work of Salford Heart Care.

Sharon's children, Anthony, Lauren and Leanne, chose to support our charity as a lasting tribute to their mother. Their father, Frank Hamilton, is the youngest brother of the late Bernard Hamilton, who founded Salford Heart Care in 1987. Bernard was one of ten siblings, and members of the Hamilton family have supported Salford Heart Care's work in many ways over the years, including volunteering at our support groups and fundraising events.

We are very grateful to Sharon's family and friends for their generosity and support at this difficult time. Their donation will help us continue providing vital support groups and friendship opportunities for people living with heart disease across Salford and the surrounding area.

Co-Op Local Community Fund

Great News!

We're delighted to announce that The Bereavement Support Group has been awarded a total of **£1,893** from the Co-Op Local Community Fund. The fund has been supporting our cause over the last 12 months and contacted us recently with a final total to be awarded. Thank you to everyone at the Co-Op and all Co-Op members who have supported us.

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, 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. Download the Co-op App, become a member and choose your cause:

https://coopapp.onelink.me/ftOk/2ypg1bbs

Christmas Raffle Prize Appeal

We're looking for prizes for our Christmas Party raffles and would be very grateful for any donations:

Unwanted gifts, toiletries, chocolates, bottles & other raffle-worthy items are always welcome.

Your support will help raise funds that directly benefit our Healthy Heart Clubs and members.

Thank you for helping to make our Christmas celebrations extra special!

Over 60's Christmas Dinner

Irlam & Cadishead Academy are holding their "Over 60's Christmas Dinner" once again! The event is free.

Important Notice: All places have now been booked but if you would like to go, please speak to Serena and add your name to the reserve list in case of a cancellation.

Wednesday 16th December - full

12:30 - 3:30pm

Irlam & Cadishead Academy

Station Road Irlam M44 5ZR

"Get lost in an afternoon of fun festivities, a Christmas meal, entertainment, singing & plenty of laughter!"

Julia's Race Night for Willow

Julia O'Reilly would like to thank everyone who contributed to her fundraising virtual race night that took place last month. The event was a great success with **£1,606** being raised for Willow in memory of Julia's daughter, Lisa Ogden.

Save the date for next year's race night: Saturday 16th October 2027 with new host Phil Brookes, plus food and animated tortoise racing!

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"THE PULSE" IS PUBLISHED BY SALFORD HEART CARE

Independent, local charity established 1987
Registered charity number: 1136710
https://www.salfordheartcare.co.uk/
Email Serena:
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 Fund:
https://www.paypal.com/gb/fundraiser/charity/3206114
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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 21st & 28th December
Reopen Monday 4th January
Chair yoga or chair exercise, bingo, raffle, refreshments, group lunches & day trips

Winton Healthy Heart Club

Winton Bowling, Tennis & Social Club
Brookside (Grange Road),
Winton M30 8JW

Tuesdays 10am - 12 noon

Closed 22nd & 29th December
Reopen Tuesday 5th January

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 10th & 24th November
➔ Tuesday 8th December
➔ Tuesday 5th & 19th January
➔ Tuesday 2nd & 16th February

Group discussion with qualified counsellors, relaxation & refreshments

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



Irlam & Cadishead Healthy Heart Club

Irlam Steel Club
Liverpool Road, Irlam M44 6AJ

Wednesdays & Fridays
9:30am – 12 noon

Closed 23rd, 25th, 30th December & 1st January
Reopen Wednesday 6th January
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

Little Hulton Healthy Heart Club

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

Fortnightly Wednesdays
10am – 12 noon

➔ Wednesday 11th & 25th November
➔ Wednesday 9th December
➔ Wednesday 6th & 20th January
➔ Wednesday 3rd & 17th February

Chair yoga, line dancing, bingo, "Play Your Cards Right", weight management, blood pressure & pulse testing, books & bric a brac stall, refreshments & day trips

New Members Welcome

We welcome new members at all clubs. Come along & see what we offer. No pressure to join as a member immediately.

♥ No referral needed
♥ First visit **FREE** (then **£1.50-£2.50** per session)
♥ You do not need to have a heart condition or illness to attend

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

Social Events & Day Trips



Salford Heart Care's

Christmas Party & Salford Centenary Celebration Day

at

Winton Bowling Tennis & Social Club

Brookside, Off Grange Road,
Winton M30 8JW

Tuesday 8th December



10 am – 3 pm

Limited tickets remaining

Members from all clubs
are welcome to book

** Buffet lunch*
** Entertainment with Sheila Diamond*
** Salford Themed Quiz*
** Bingo & Raffle*
** Bar will be open to purchase drinks*

Please see Marion for tickets
or contact Serena: 0161 707 7402
email: admin@salfordheartcare.co.uk

With funding support provided by
Salford City Council & Salford CVS

#salfordcentenary #salfordmemories

@SalfordCVS @SalfordCouncil

SALFORD
A CENTURY OF CITY PRIDE

Salford CVS
Making a difference in Salford

Salford City Council

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

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, full payment 2 weeks prior)

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Lunch parties for Irlam & Cadishead Healthy Heart Club:

Christmas Lunch at The Red Lion

Thursday 3rd December - full
3-course Christmas lunch & raffle

Christmas Party at The Club House

Monday 21st December - full
Includes 3-course Christmas lunch & entertainment with Terry Kelly

Irlam & Cadishead
Healthy Heart Club Christmas Party,
Irlam Steel Club

Friday 18th December 10am-3pm – full
Includes buffet, raffle & entertainment with Sheila Diamond
See Pat or Serena to book

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Little Hulton Healthy Heart Club Christmas Party, St Paul's Peel Hall

Wednesday 9th December
10am onwards - £8 per person
(Members only)
Includes buffet lunch, raffle & bingo

See Dot or Mavis to book a place