Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

October 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

MEMBERS' NOTICE

Salford Heart Care's Annual General Meeting (AGM)

Takes place on:

Tuesday 4th November

11am

at Winton Bowling Tennis & Social Club

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

Birthday Wishes



This month, we would like to wish a very special "Happy Birthday" to two of our wonderful hard working volunteers:

Dorothy Highcock & Joan Davies.

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

World Mental Health Day

Friday 10th October 2025

World Mental Health Day is a reminder that mental wellbeing matters just as much as physical health.

It's a great opportunity for us to come together to talk about mental health and show everyone that it matters.



Talking is good for your mental health. **And talking *about* mental health is important.**

Wanted!

We're collecting raffle prizes for our Christmas parties

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

REMEMBER!

The clocks go **BACKWARDS** 1 hour on **Sunday 26th October 2025**

Social Events & Day Trips

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

Sheraton Hotel, Blackpool

Tuesday 21st October £35

Includes 3 course lunch & entertainment

Inn on The Prom, Lytham St. Anne's Christmas Lunch

Tuesday 25th November £40 - full

Includes 3-course lunch & entertainment

See Dot or Mavis to book (£5 deposit)

Coach trips departing from Irlam & Cadishead:

Boundary Mill & The Olympus Fish Restaurant, Bolton

Thursday 2nd October - £25 - full

Free time at Boundary Mill
2-course fish & chip lunch with tea or coffee at the award winning Olympus Fish Restaurant in Bolton

Salford Heart Care's



Christmas Party at 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

** Buffet lunch*
** Entertainment with Sheila Diamond*
** Bingo & raffle*
** Bar open to purchase drinks*

Please see Marion for tickets

or contact Serena:
0161 707 7402
email:
admin@salfordheartcare.co.uk



Lunch parties for Irlam & Cadishead Healthy Heart Club:

Christmas Lunch at The Red Lion

Thursday 4th December - £13

3-course Christmas lunch & raffle

Christmas Party at The Club House

Monday 15th December - £15 - full

Includes 3-course Christmas lunch & entertainment with Terry Kelly

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

Friday 19th December 10am-3pm - £5

Includes buffet, raffle & entertainment with Sheila Diamond

See Pat or Serena to book

Pensioners' Party at The Boat House

Ferry Road, Irlam M44 6DN

Monday 13th October - full
Monday 10th November
12 noon – 3:30 pm
£10 per person

meal, entertainment, bingo & raffle
See Pat or Serena to book a place

Funding Award from Equilibrium

We're delighted to announce that we've been awarded a grant of £500 from Equilibrium's Community Support Scheme.

Operating across the North West, Equilibrium is an independent financial planning company that offers a comprehensive range of services.

The Equilibrium Community Support Scheme offers charitable organisations the opportunity to apply for a grant of up to £500. Applications are reviewed every 6 months, with 5 winners being chosen each time. We're delighted that Salford Heart Care has been chosen to receive the award in the latest funding round!

We would like to thank Equilibrium for their support. The funding will be used to support exercise sessions at our clubs across Salford.

Julia's Charity "Race Night"

Saturday 25th October

7pm

at Irlam Catholic Club

Tickets: £3 - pay on the door



All welcome

Cash prizes

Virtual races

Raffle

Bingo & dancing

Supporting the Willow Foundation in memory of Lisa Ogden

Raffle prizes wanted

Margaret O'Reilly's Coffee Morning Fundraiser

Margaret O'Reilly would like to say a big "thank you" to everyone who attended or supported her Macmillan Coffee morning last month, at The Pavillion in Irlam. **Margaret's event raised £670 to support Macmillan**.

Ukulele Players & Singers!

Do you have a ukulele that's gathering dust because you have nowhere to practice?

Do you want to pass on your expertise?

Do you want to entertain the local community?

Do you enjoy playing and want to have fun?

Can you sing or vocalise?

Beginners, improvers or experts, plus player and singers wanted to form a new group in Irlam & Cadishead.

Meeting initially at Hamilton Davies House, 117c Liverpool Road, Cadishead M44 5BG

Tuesday 30th September
Tuesday 7th & 14th October
10:30am-12:30pm

Tel: 0161 222 4003

"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

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 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 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

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 <u>FREE</u>
Just turn up on the day or call
0161 707 7402 for more information.
You <u>do not</u> need to have a heart condition
No referral needed.