Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

The Queen's Award for Voluntary Service

September 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 and entrance is free.

Birthday Wishes



We would like to wish a very "Happy Birthday" to members who are celebrating their special day this month.

From Irlam & Cadishead, we celebrate the milestone birthdays of: **Jean Cornes, Pat McFarland & Linda Webb.**

From Winton, we send birthday cheer to: **Barrie Dootson**.

From Little Hulton, we send birthday cheer to: **Maureen Dooley & Patricia Duxbury.**

Make a difference in cardiovascular research today:

BHF CRC Clinical Research Collaborative

Join the National Clinical Research Database

Clinical research isn't just for clinicians or researchers – it takes a team, including patients, families, and service users.

At BHF CRC (Clinical Research Collaborative), they see patients as partners in research. You can be involved at every stage, even from the very start of the process.

The National Clinical Research Database connects clinicians, academics, and industry with patients and families to promote wider research participation.

We're not recruiting patients for treatment but inviting those curious about research to explore opportunities. Whether you have experience or just some time to contribute, we welcome you!

Why Join?

Learn about research and how you can help. Your information stays secure and will only be used with your consent. No obligations – you can leave anytime.

Get Started:

Signing up is quick, easy, and free. Visit https://bhfcrc.org/bhf-crc-national-clinical-research-database-patients-and-public/ to register or learn more.

Social Events & Day Trips

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

Bakewell Market & Peak Village
Monday 15th September £14
Coach only

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

See Dot or Mavis to book (£5 deposit)

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 will be open to purchase drinks*

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



Coach trips departing from Irlam & Cadishead:

Boundary Mill & The Olympus Fish Restaurant, Bolton

Thursday 2nd October - £25 - full

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

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
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 8th September - full
Monday 13th October
12 noon – 3:30 pm
£10 per person
meal, entertainment, bingo & raffle
See Pat or Serena to book a place

2026 Exmouth Group Holiday

There are 2 x twin/double rooms still available for the group holiday to Exmouth next year.

Here's the details if you are interested & have someone to share a room with:

- Sunday 10th May 2026 (8 days)
- Cost £550, plus £30 for Alpha's "Peace of Mind Guarantee" (if required)
- Includes coach transport, bed, breakfast, 3 course evening meal, 3 days out & evening entertainment

See Dot or Mavis for more information.

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

Macmillan Coffee Morning

Magaret O'Reilly will be holding her Macmillan Coffee Morning on:

Saturday 20th September
10am - 1pm
at The Steelworks Pavilion, Irlam

MACMILLAN CANCER SUPPORT

She would love to see you all there to share a coffee, cake & a smile!

A Heartfelt "Thank You" to CareYourWay

We'd like to extend our sincere thanks to sisters **Becky & Beth from CareYourWay North Manchester & Salford** for their donation of £50, raised through their delightful "Name the Bear" fundraiser.

The seven signs you're not drinking enough water

Water is vital for almost every bodily function - from regulating temperature and aiding digestion to supporting heart and kidney health. But dehydration doesn't just affect us physically - it can also heighten stress levels.

A recent study found that people who drink less than 1.5 litres of water daily are more likely to feel stressed.

Other common signs of dehydration include:

- **Persistent thirst**
- **Dark urine**
- **Brain fog**
- **Headaches**
- **Fatigue**
- **Dizziness**
- **Feeling emotionally drained**

How much is enough?

Aim for 1.5 - 2 litres of water daily (around 6–8 glasses). While tea, coffee, milk, & juice contribute to your intake, plain water is best. It's calorie-free, sugar-free & absorbed quickly. Staying hydrated is one of the simplest ways to boost your wellbeing physically and emotionally.

"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 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

➔ 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

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.