Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

September 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 that we announce the death of our dear friend, volunteer, and member, Sheila Sedgwick, aged 82, from Irlam.



Sheila Segdwick

Sheila passed away peacefully at home, with her family by her side, on Thursday 30th July 2026, after a short illness.

Sheila joined Irlam & Cadishead Healthy Heart Club in 2015 and attended regularly with her friends. She took part in many of our group lunches and day trips, and played a valued role in helping to organise numerous social events and parties over the years. Her kindness, enthusiasm and gentle humour made her a much-loved and well-known member of our community, and she will be deeply missed by all her friends.

Sheila's funeral was very well attended, and took place on Monday 17th August at Peel Green Crematorium, followed by the wake at The Club House, Barton Airport.

We extend our heartfelt condolences to Sheila's family & friends.

See page 4 for Sheila's "Salford Story", produced in May 2026 as part of Salford's Centenary Celebrations.

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.

A Heartfelt Thank You to The Oddfellows Arms

We are absolutely delighted to share that the The Oddfellows Arms (Church Street Eccles) has generously donated **£570** to Salford Heart Care. We are deeply moved by this incredibly thoughtful gesture which recognises the wonderful work we do in the community.

The team at The Oddfellows Arms have been working hard organising fun community events for local people, families and children, including two fundraising days in July and August that have raised a total of £570!

From all at Salford Heart Care, thank you to Rebecca & her team, & all the customers at the Oddfellows Arms for your kindness & generosity. Your support truly makes a difference!

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 (Grange Rd),Winton M30 8JW

Tuesdays 10am - 12 noon

Closed Tuesday 8th September due to trip taking place

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 1st, 15th & 29th September
➔ Tuesday 13th & 27th October
➔ Tuesday 10th & 24th November
➔ Tuesday 8th December

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
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

➔ Wed 2nd, 16th & 30th September
➔ Wednesday 14th & 28th October
➔ Wednesday 11th & 25th November
➔ Wednesday 9th December

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 our clubs. Come along and see what we offer. There's no pressure to join as a member immediately (£10 annual membership).

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

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

Social Events & Day Trips

Salford Heart Care's

Christmas Party & Salford Centenary Celebration Day

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

Tuesday 8th December

10 am – 3 pm

£5.00 per person
tickets now on sale

****Members from all branches are welcome to book (subject to availability)****

** 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

Salford City Council

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

Southport
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, full payment 2 weeks prior)

~~~~~~~~~~~~~~~~~~

Day trips departing from Irlam, Cadishead & Hollins Green:

Frodsham Market Day & Chester
Thursday 24th September £10 (full)

See Pat or Serena to book a place, or add your name to the waiting list

~~~~~~~~~~~~~~~~~~

Lunch parties for Irlam & Cadishead Healthy Heart Club:

Christmas Lunch at The Red Lion
Thursday 3rd December - £13
3-course Christmas lunch & raffle

Christmas Party at
The Club House
Monday 21st December - £15
Includes 3-course Christmas lunch & entertainment with Terry Kelly

Irlam & Cadishead Healthy Heart Club Christmas Party,
Irlam Steel Club
Friday 18th December 10am-3pm - £5
Includes buffet, raffle & entertainment with Sheila Diamond

See Pat or Serena to book

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*

Sheila's Salford Story (1943-2026)

Sheila was born in 1943 in the front bedroom of 56 Fiddlers Lane, Irlam. Her arrival was overseen by Doctor Moffat, long before the NHS existed, and she grew up surrounded by family, neighbours, and the close-knit rhythms of old Irlam life. There was a 14-year age gap between Sheila and her older sister.

Sheila's early years were shaped by church, friendship and familiar local landmarks. She attended St John's Church and proudly sang in the choir. Many evenings were spent at the youth club at The Endowed School with friends including Sylvia and Ellie - names still familiar to our members today.

She first attended Irlam Primary School before earning a scholarship to Ducie Avenue Technical High School in Moss Side, an impressive achievement at the time. Getting there was a daily adventure: running down Fiddlers Lane to catch the bus to Irlam Station, taking the train to Manchester Central, sprinting to Princess Street for the number 42 bus, and finally walking to Moss Side. Sheila stayed until age 16, gaining several UCLI qualifications and a typing certificate.

After leaving school, she worked at C&A in Manchester, then Irlam Steel Works.

In 1960, Sheila met her future husband, Eric, at a Valentine's dance at The Co-Op Hall on the corner of Silver Street. Eric lived on Eldon Road and worked first as a butcher before joining Irlam Steel Works. They married 4 years later and lived with Sheila's mother until securing their own home on Addison Road. Eric later worked at a car factory in Liverpool and then at the Royal Ordnance Factory in Patricroft, where munitions were produced.

Sheila's family history stretches across London, Delamere Forest, and Salford. Her grandmother, Eliza Smart, came from London "in service", while her grandfather travelled from Delamere Forest to find work and became a tram inspector in Weaste. The couple settled in Salford, raising 6 children. Sheila's mother, born in 1897, was the youngest. Around 1902 the family moved to Irlam, living in the cottages on Fiddlers Lane.

Before marriage, Sheila worked at Irlam Steel Works. Her commute took her from Higher Irlam to the bus stop near the Catholic Club, then down Preston Avenue, under the railway bridges, and onto Cooper Road. Just beyond the tunnel stood a small police/security hut marking the entrance to the Steel Works - now the site of P&A Packing.

In 1969 she moved to John Myers near Cawdor Street in Eccles, working in the catalogue offices. She later worked at Custom House at Salford Quays, typing records of confiscated items stored at the Queen's Warehouse - some with a memorable smell of drugs.

In 1983, Sheila joined the North West Regional Examinations Board at Orbit House in Eccles. She worked in the offices sending out exam papers, while her friend Pat worked in payroll. Staff enjoyed generous flexi-time, long lunches, bank holidays, and six weeks off in summer. When the board moved to Manchester, Sheila was made redundant. She then joined P&A Packing until taking early retirement.

Sheila had vivid memories of old Irlam and Cadishead, recalling places long gone but still alive in local history:

- ♥ Irlam Catholic Club was once two houses; its car park used to be the Palace Picture House.
- ♥ Irlam Conservative Club had the "Palli" upstairs.
- ♥ The Ship Hotel stood nearby, with a market behind it selling carpets and furniture.
- ♥ Tesco Express now stands where The White Lion Pub once was.
- ♥ A smithy on Boat Lane made horseshoes.
- ♥ The Turog Bakery on the corner of Boat Lane produced the famous "Turog" loaf.
- ♥ The site of Higher Irlam Post Office was once a row of terraced houses.
- ♥ Police houses lined Fiddlers Lane. Though the buildings remain, they're no longer for police use.
- ♥ Irlam Hall was a "spooky place" where children dared each other to go near. The park had a paddling pool, and the tennis courts hosted netball tournaments for Irlam Steel Works.
- ♥ As a child, Sheila visited Fiddlers Lane Moss with her mother, where prisoners of war worked and waved to local children.
- ♥ The Makro site was once a Navy camp.
- ♥ The famous triangular orange Jubbly ice pops were made on Delhi Road.
- ♥ Peggy's Café was situated nearby, along with a coffin maker's workshop.
- ♥ There was a Christmas shop behind what is now Single Block wine bar.
- ♥ Buses from Manchester started at Victoria Bus Station, with the No.10 passing under the arches in Salford.
- ♥ The land where Moorfield Shopping Parade now stands once hosted fairground rides.
- ♥ The area near the Rialto used to be Royles Engineering, then the Basket Works, and later Irlam Inks.