



Salford Heart Care

"THE PULSE" NEWSLETTER

September 2017

Improving health & wellbeing, preventing heart-related illnesses & after-care for people with heart conditions



The Queen's Award
for Voluntary Service



30th Anniversary at Viva Blackpool

Thank you to everyone who attended our 30th Anniversary Celebration at Viva Blackpool last month. We hope you all had a great day out and we were pleased to see so many members coming together from across Salford. It doesn't seem that long ago when we were celebrating 25 years! On behalf of everyone at Salford Heart Care, we would like to thank Dot & Mavis for organising the event and also Bridgewater Cruises for donating one of the raffle prizes.

Anniversary Raffle Winners:

- ♥ £40 Cruise Voucher – Tricia Harris
- ♥ £25 Gift Voucher – Sandra Bates, Pat Duxbury & Brian Croft
- ♥ Whiskey – Fred Gorvett & Paul Wilson
- ♥ Bents Afternoon Tea – Valencia Hall
- ♥ Free trip – Kath Clare & Mavis Rothwell
- ♥ Toiletries – Patti Harnett & M. Hewitt
- ♥ Moet Champagne - Sheila Sedgwick
- ♥ Electric Pan – Sue Collins
- ♥ Men's Watch Set – Sylvia Eckersley
- ♥ Farmhouse Inns Voucher – Susan McWilliam
- ♥ Gin – Janet Nelson
- ♥ Knife Set – Jean Sharman
- ♥ Bacardi – Stephanie
- ♥ Monopoly game – Valencia Hall



Donations in **Sophie Wilson's** memory to Irlam & Cadishead Healthy Hearts Social Club have raised **£640.32** – thank you to everyone for their support.

Salford Heart Care's Christmas Parties



♥ Little Hulton:

Wednesday 6th December

10:30 am-12.30 pm at St. Paul's Peel Hall

Tickets: £TBC

♥ Eccles:

Tuesday 19th December

11 am-3 pm - *New Venue this Year:*

De La Salle Sports & Social Club

Wilton Road (Off Eccles Old Road) M6 8AQ

Tickets: £5.00

Includes lunch & entertainment

Raffle prizes wanted

♥ Irlam & Cadishead:

Friday 22nd December

10 am – 3 pm at Irlam Steel Club

Tickets: £5.00

Includes raffle ticket, lunch
& entertainment

Raffle prizes & hamper food wanted

Please Note: The parties are subsidised and open to members only. Booking in advance is essential. Spaces are limited. You will not be able to pay on the door.

Salford Red Devils Lottery Winners

Congratulations to **Fred Gorvett** who won £250 last month....and also **Pat Massey** who won a voucher for a meal for two. Lottery tickets are £1 per week with 40p donated to Salford Heart Care.

Important Reminder: The old "round" £1 coin is being withdrawn on Sunday 15th October 2017 and will no longer be legal tender.





SOCIAL OCCASIONS

Trips from Eccles & Little Hulton:

Ullswater

Tuesday 19th September - £28 per person
2-course lunch at the hotel by the lake & 1-hour boat trip on Lake Ullswater

Christmas at Ryecroft Hall

Tuesday 12th December - £30 per person
3-course meal & entertainment

See Dot & Mavis for more details

Trips from Irlam & Cadishead Llandudno & The Queen's Hotel

Tuesday 19th September - full

Ryecroft Hall

Thursday 19th October - full

Oswaldtwistle Mills & Show

Thursday 9th November

£21 per person (£24 non-members)
3-course meal & entertainment

Christmas at Rivington Barn

Tuesday 12th December - full

Viva Blackpool Christmas Cabaret

Monday 18th December

£25 per person (£28 non-members)
3-course Christmas meal & Vegas Show

Ormskirk Market & Briars Hall Hotel

Thursday 8th February 2018

£20 per person (£25 non-members)
3-course meal & afternoon entertainment

See Serena & Betty for more details

Irlam's Macmillan

Coffee Morning:

Friday 29th September

This year's official Coffee Morning date is **Friday 29th September** - so what better reason to enjoy cake and coffee and raise money for Macmillan! Irlam & Cadishead Healthy Heart Club will be holding a Coffee Morning at Irlam Steel Club during the drop in session (9:30am-12 noon). Just like last year we hope there will be lots of cakeand of course please feel free to bake!



PHD Unisex Salon - Irlam

1-3 George Street Irlam

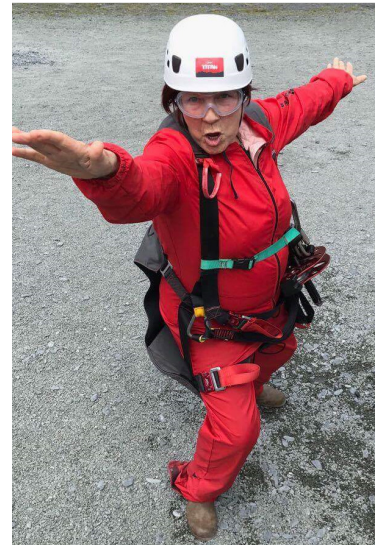
Tel: 0161 775 7200



PHd is a local, friendly hairdressers providing all aspects of hairdressing from professional level 3 qualified stylists at competitive prices.

Reduced rates for children & OAPs

Christine Duckworth (photo) from Cadishead decided she wanted to do something a little different for her 72nd birthday in July – so she chose a zip wire experience! Christine's Granddaughter Kristy said "As mad as it sounds she loved every minute of it! What an inspiration she is." Well done Christine. I'm sure she will let you all know how to sign up too! 😊



Manchester Half Marathon (13 miles)

On Sunday 15th October, Irlam man Des Boyd will be taking part in the Manchester Half Marathon. He will be raising money for Irlam & Cadishead Healthy Hearts Social Club in memory of his good friend, Sophie Wilson. This is amazing considering less than 2 years ago in November 2015 Des had an Osteotomy - his leg was broken in 2 places with pins and a plate put in below the knee. You can donate at the club (speak to Serena) or online at:



<http://uk.virginmoneygiving.com/DesBoyd>



OUR HEALTHY HEART CLUBS September - Nov 2017

0161 707 7402 admin@salfordheartcare.co.uk www.salfordheartcare.co.uk

Eccles Healthy Heart Club

Patricroft URC Hall Shakespeare Crescent Patricroft M30 0PE

Most Tuesdays 10 am - 12 noon

- Tuesday 5th, 12th & 26th September
- Tuesday 3rd, 10th, 17th, 24th & 31st October
- Tuesday 7th, 14th, 21st & 28th November
- **Tue 7th November - Salford Heart Care's AGM (no exercise/therapies)**
- **Closed: Tuesday 19th September - trip day**



Charge: £1.50 entrance (includes raffle) 50p for refreshments Activities: Tai Chi, dancing, crafts, reiki (£1 charge), relaxation, blood pressure monitoring, games & bingo, weight management, books & bric a brac stall & regular social trips

Weaste & Claremont Healthy Heart Club

De La Salle Sports & Social Club Lancaster Road Salford M6 8AQ

Every Tuesday 10 am (except 5th & 12th September, 10th October)

- **Closed: Tuesday 5th & 12th September, & 10th October (trip day)**

Charge: £2.00 (members) £2.50 (non-members)

Little Hulton Healthy Heart Club

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

Fortnightly Wednesdays 10:30am - 12:30pm

- Wednesday 13th & 27th September
- Wednesday 11th & 25th October
- Wednesday 8th & 22nd November

Jean Barr (Worsley) won our August crossword competition!

Charge: £2 includes refreshments & raffle Activities: Dancing, Reiki (£1 charge), Tai Chi, games, relaxation, blood pressure checks, crafts, regular social trips

Irlam & Cadishead Healthy Heart Club

Irlam Steel Club Liverpool Road Irlam M44 6AJ

Reminder:

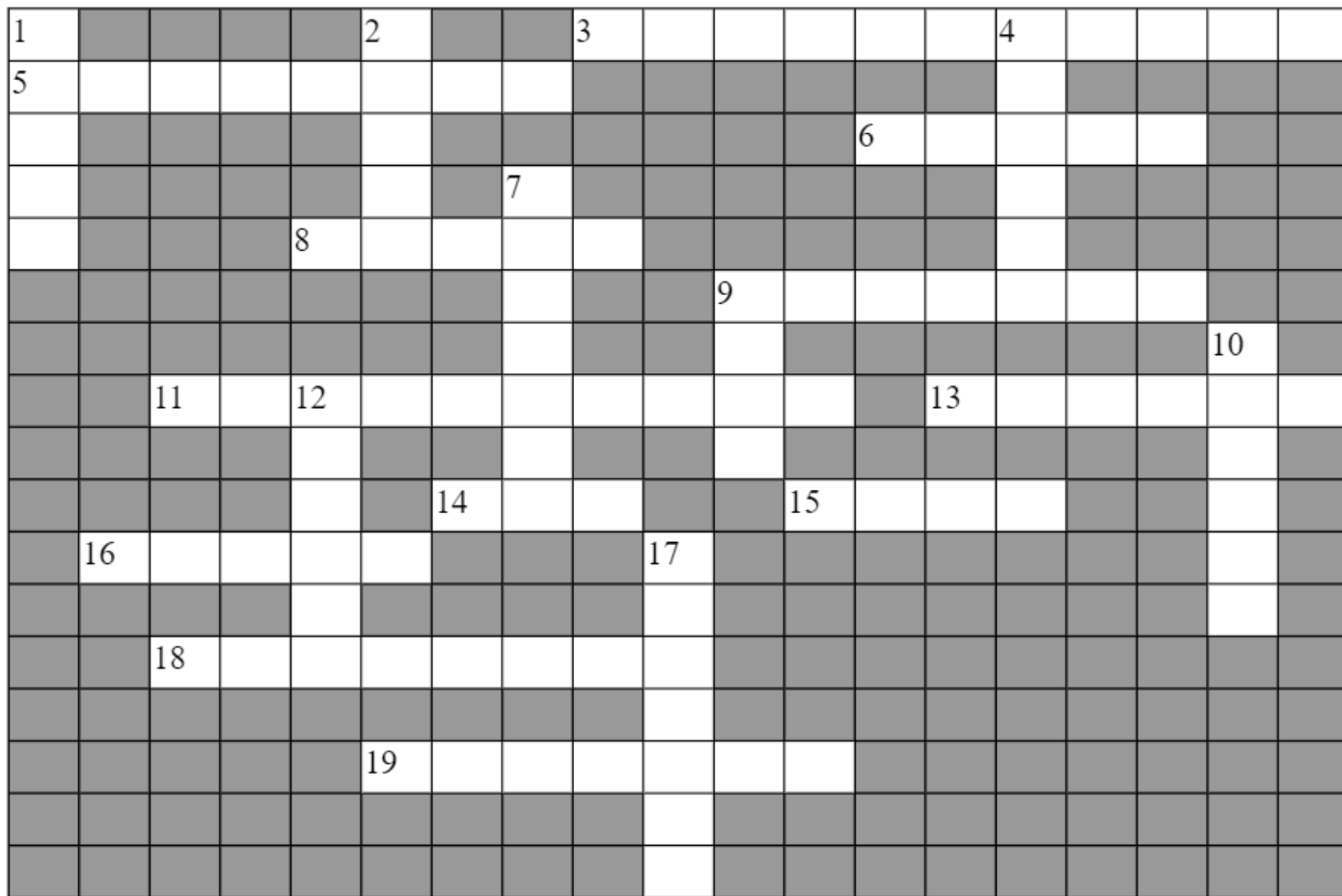
Wednesdays & Fridays 9:30 am - 12 noon

- Friday 1st Sept, 6th & 27th Oct, 24th November - Relaxation
- **Friday 29th September - Macmillan Coffee & Cake Morning**
- **Closed: Wednesday 25th October (holiday)**

Charge: £1 entrance, 50p for refreshments. Activities: Dancing, chair exercise, Tai Chi, reiki (fortnightly, £1 charge), relaxation, weight management, blood pressure checks, crafts, bingo, raffle, books & bric-a-brac-stall, regular day trips

September Crossword Competition

All correct entries received by **Friday 22nd September** will be entered into a prize draw with the chance to **win a £5 gift voucher**. Please return your completed crossword to:
Salford Heart Care, c/o Patricroft URC, Franklin Street, Eccles M30 0QZ (or hand it in at the club). **Please include your name** (and address if you're not a member).



ACROSS

3. According to the rhyme, the big ship sails on this on the last day of September? (5,5,1)
5. September birthstone (8)
6. Italian Grand Prix location (5)
8. Calendar in which September was the 7th month (5)
9. Date that Queen Elizabeth I was born on in September 1533 (7)
11. Religious day celebrated on 29th September (10)
13. Crop traditionally harvested in September (6)
14. TV channel launched 22nd September 1955 (3)
15. Number of days the Great Fire of London lasted for (4)
16. Surname of first British Navigator to sail the earth (5)
18. Popular brand of fish fingers - first went on sale in 1955 (8)

19. Surname of the first Prime Minister to move into 10 Downing Street (7)

DOWN

1. September flower (5)
2. September zodiac sign (5)
4. City in which the first parking tickets were issued (6)
7. Festival that traditionally began on the 24th September (7)
9. Non-food item rationed in Britain from 1942 until 1950 (4)
10. Latin word for seven (6)
12. Colloquial name for the fruit from a horse chestnut tree (6)
17. Name of the Pope who introduced the Gregorian calendar (7)

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Salford Heart Care is a registered charity (number 1136710)

Donations welcome via: virginmoneygiving.com or post:

Salford Heart Care, c/o Patricroft URC, Franklin St, Eccles M30 0QZ

Email: admin@salfordheartcare.co.uk TEL: **0161 707 7402** Follow us on Twitter: @Salford_HeartC

Copies of the newsletter can be downloaded from our website: www.salfordheartcare.co.uk

