



SALFORD HEART CARE ANNUAL REPORT

October 2017 - September 2018



An AGM is a time to reflect on the year and a time to look to the future.

Several major changes have happened during the last 12 months at Salford Heart Care. In May 2018 we moved out of our office premises at Patricroft URC. The move has enabled us to make savings amounting to more than £3,500 per year whilst reducing the risk associated with negotiating and agreeing terms of a lease agreement with the landlord. We have also established a new Bereavement Support Group and the response to this service has been remarkable.

In August we received a visit from Dr Tom Tasker (Chair of Salford NHS CCG). He was very impressed with our work and our social impact, despite the “meagre” funding we require to survive. The City Mayor, Paul Dennett, Cllr Gina Reynolds and the Ceremonial Mayor of Salford have also visited our clubs during the year.

We are very sorry to report the following deaths from within our membership during the year:

- Edna Jary, 5th November 2017 aged 90.
- Barbara (Liz) Davey, December 2017, aged 72.
- Joanne Moreton, 23rd January 2018, aged 51.
- Geraldine Fowler, 24th March 2018, aged 69.
- Derek Styles, June 2018, aged 60.
- Sandra Dickenson, 29th June 2018, aged 50.

1. Directors and Committee Members

Salford Heart Care has 8 Directors and all currently serve on the Steering Committee. There are no changes to Directors this year.

2. 31st Anniversary and Social Events

This year in August, Salford Heart Care celebrated its 31st Anniversary at The Millstones in Harrogate.

Additional social trips and events have taken place during the year including trips to Chester, Ryecroft Hall, Oswaldtwistle Mills, Skipton, Buxton & Bakewell, Lytham, Southport, Lancaster, Llandudno, Windermere, Settle, Wensleydale and York. These events would not be possible without the help of our dedicated volunteers. We would particularly like to express our thanks and appreciation to the following volunteers: Dorothy Highcock, Mavis Rothwell, Betty Hibbert, Sue Collins and Jim Collins for their support organising events for members.

3. Annual Group Holiday

This year's annual group holiday took place in May 2018 to Kingussie, Scotland. On behalf of the members we express our sincerest thanks to Dorothy Highcock and Mavis Rothwell for organising an enjoyable holiday yet again.

4. Funding

Salford Heart Care has received funding from the following sources this year:

a. Peter Kershaw Trust

The Peter Kershaw Trust awarded a grant of £1,752 in May 2018 to support Little Hulton Healthy Heart Club.

b. City West

In July 2018 we were awarded a grant of £500 to support room hire and provision of refreshments for our newly established Bereavement Support Group based in Irlam. This is in addition to £300 awarded by the Trust in October to support Little Hulton Healthy Heart Club.

c. Hamilton Davies Trust

In August 2018 we were awarded a grant of £600 to support counselling sessions at our newly established Bereavement Support Group based in Irlam.

d. The Big Local – Little Hulton Small Grant

In January 2018 we were awarded a grant of £500 to support a range of activities at Little Hulton Healthy Heart Club during the month of January. Monitoring was submitted in February 2018. A second grant of £750 was awarded to cover the spring/summer period at the club and monitoring was submitted in September 2018.

e. Co-op Community Fund

In December 2017 we received £3,515 to support activities Irlam and Cadishead Healthy Heart Club. In addition to this, a social marketing company was commissioned by the Co-op to produce a video of the group. This has featured online via Facebook and Twitter and has helped to raise the profile of our club and the work of our organisation.

f. Comic Relief Community Cash - Forever Manchester

In July 2017 we were awarded funding of £1,000 to support tai chi and exercise sessions at Eccles. Monitoring of the project was submitted in June 2018.

g. Skelton Bounty Trust

In August 2018 we were awarded funding of £1,725 to enable us to purchase new equipment including a new projector and blood pressure machines.

h. Barchester Charitable Trust

In March 2018 we were awarded funding of £1,000 to support activities at Little Hulton Healthy Heart Club. Monitoring and evaluation of the project was submitted in September 2018.

i. Tesco Bags of Help

In August 2018 we were awarded funding of £4,000 to support activities at Little Hulton Healthy Heart Club (£3,000 paid in advance and £1,000 upon completion of the monitoring report at the end of the project). We are delighted that our project received the most votes when put to public vote across Salford during the summer period.

j. Salford Red Devils Lottery

We continue to work in partnership with the Salford Reds lottery scheme. Lottery tickets are sold to participating members each week and for every £1.00 ticket sold by Salford Heart Care, we receive a donation of £0.40. We received a cheque for £2,000 at the start of the year and a second cheque for £500 was issued in August 2018.

k. Salford CVS/ Salford CCG Little Pot Of Health & Wellbeing Fund

We have received several grants during the year from Salford CVS, including £1,000 to support the new Bereavement Support Group and £990 to support exercise and dance sessions at Irlam and Eccles.

l. Volunteer Expenses – Salford CVS

A third volunteer grant of £600 was awarded by Salford CVS in May 2017. The funds were used to support reimbursement of some travel expenses incurred by some of the volunteers supporting the sessions. Traditionally we have been unable to reimburse travel and other expenses incurred by volunteers. We recently submitted another application of £750 to support volunteer expenses for the forthcoming year and this has been accepted.

m. Donations and Additional Fundraising Activities

A variety of fundraising events and activities have taken place during the year including sponsored events, raffles, bric a brac sales, and donations towards bags, pens and badges. A number of donations have been made via the Virgin Money Giving website, as well as donations by cheque. We have also received several donations in memory of loved ones and these donations are greatly appreciated.

We are also pleased to announce that John Lewis (Trafford Centre) has chosen to support our charity as part of its Community Matters scheme and this means that customers can chose to vote for us.

Thank you to all the volunteers for their help and support with fundraising, and to all those who have supported us by making donations during the year.

Our success rate with funding applications has greatly improved this year. The Coordinator continues to explore possible avenues of funding to ensure the continuity of each branch and the organisation as a whole. During the year, funding applications were made to the following organisations but were not successful:

- Duchy of Lancaster Benevolent Fund
- The Oglesby Trust progression grant
- Trusthouse

5. Branch Attendance

Overall attendance across our branches has increased since last year. Between October 2017 and September 2018, a total of 394 people have taken part in activities at our branches (compared with 365 members in 2017). The following table provides a breakdown of active members at each branch between October 2017 and September 2018:

Branch	Number attending in 2017-2018	Number attending in 2016-2017	Number attending in 2015-2016
Eccles	127 (33 new attendees)	121	137
Irlam	196 (47 new attendees)	175	177
Little Hulton	52 (12 new attendees)	61	62
Weaste/ Claremont	17 (0 new attendees)	17	22
Bereavement Support Group	22 (new group established June 2018)	n/a	n/a

Topical presentations - both health and welfare related, have been held at our branches during the year. In addition, Consultant Cardiologist & Patron of Salford Heart Care, Dr Fitchet, delivered his annual presentation at Patricroft URC in September. As usual, the talk was very well attended and we would like to thank Dr Fitchet for his continued support.

6. Branch Development

a. Eccles

Excluding trip days, weekly sessions take place at Eccles with a wide range of activities available including cardiac exercise and dancing, tai chi, relaxation, reiki, bingo, blood pressure checks and weight management. The Social Committee continues to organise day trips and social activities throughout the year. The cost of room hire was reviewed by Patricroft URC earlier in the year and increased from April. We pay a set charge per month for room hire which includes 10 rent-free sessions per year to account for closures due to day trips, Easter, Christmas and the dance week in May. The door entry charge per member is currently £2.00 (non-members £2.50) which also includes a raffle ticket. Reiki is charged at £2.00 per 15 minute appointment. Earlier in the year we consulted members about moving to an alternative venue with cheaper room hire costs, however virtually all members voted in favour of remaining at the church. It should be noted that only small numbers are currently taking part in dance exercise and tai chi at Eccles and these activities will continue to be reviewed to ensure value for money.

b. Irlam

Sessions at Irlam & Cadishead Healthy Heart Club continue on a twice-weekly basis. Sessions are very busy and well attended every Wednesday and Friday morning and the room has reached full capacity. The group offers a variety of activities including chair-based exercise, dance exercise, tai chi, indoor games, holistic therapies and monthly relaxation sessions. Weight

management and blood pressure checks take place at each session. The Social Committee continues to organise regular day trips and social activities throughout the year. Door entry is currently £1 per person (non-members £1.50), and reiki is charged at £2.00 per 15 minute appointment. The club has taken part in a series of Laughter Workshops more recently with funding support from Salford CVS.

c. Little Hulton

Little Hulton Healthy Heart Club meets on a fortnightly basis offering tai chi, relaxation and holistic therapies. Members also have the opportunity to attend day trips and group holidays. The club has a full programme of activities available at each session due to funding awarded during the year. Door entry is currently £2 per session (£2.50 for non-members) and includes raffle and refreshments. Reiki is charged at £2.00 per 15 minute appointment.

d. Weaste/Claremont

The Weaste club meets weekly for a cardiac exercise class, although the club was closed during the summer due to holidays and room maintenance. Membership numbers are much smaller here although the room is smaller than other venues, restricting further expansion. The club offers a reduced entrance charge to subscription paying members (£2) whilst non-members pay £2.50 per session.

e. Bereavement Support Group

Our new bereavement support group was launched in June 2018 following research and support offered by a group of volunteers attending Irlam and Cadishead Healthy Heart Club. The current venue is Cadishead Band Room and we pay a small charge for room hire. After the first 3 months the club is well attended and at least 22 people have benefited from our support in this short space of time. Funding has enabled us to provide a trained, professional bereavement counsellor who will facilitate the sessions for 12 months. There is also access (although limited) to one to one bereavement counselling.

7. Volunteering

We are assisted at our branches by a team of volunteers. The Directors of Salford Heart Care are also volunteers and do not receive remuneration or expenses for their services. There were 52 active volunteers supporting Salford Heart Care during October 2017-September 2018. We would like to thank all of our volunteers for their continued support and dedication to the work of Salford Heart Care. It would not be possible to achieve such positive outcomes without our volunteers.

8. Promotion & Awareness Raising

The work of Salford Heart Care is promoted using professionally designed and printed leaflets and posters that are distributed across the City. Pens, shopping bags and badges continue to be sold to raise funds and are distributed across the City to help with promotion and fundraising activities. Earlier in the year the Co-op commissioned a social media company to attend Irlam and Cadishead Healthy Heart where a short film was produced enabling more social media publicity. Students from Salford University and Media City have also produced short films of our work at Eccles Healthy Heart Club.

Our monthly Pulse Newsletter is widely distributed to members, partners and the wider public of Salford. We continue to receive positive feedback about the newsletter and we welcome member input into the design and content of the newsletter - so please let us know if you would like to support the production. Our website www.salfordheartcare.co.uk is updated regularly and we also use Twitter and Facebook.

9. Partnership Working

Salford Heart Care's volunteers continue to attend Cardiac Rehabilitation sessions at Salford Royal and Total Fitness in Walkden. The Coordinator liaises with the Cardiac Rehab Team to share progress and keep abreast of new developments. We would like to thank Jim Clough and Jim Collins for committing their time to attending cardiac rehab sessions on our behalf.

We have been working in partnership with a variety of organisations over the year including:

- Feel Good Communities CIC have been providing a series of Laughter Workshops at Irlam and Cadishead Healthy Heart Club with funding support from Salford CVS.
- The MacMillan Coffee Morning at Irlam & Cadishead Healthy Heart Club raised £101.50.
- Local Health Improvement Teams have worked in partnership with Salford Heart Care to conduct research and raise awareness of community activities, including Dying Matters and consultation on the future of health services.
- Representatives from the Greater Manchester Fire Service have conducted talks to raise awareness of fire safety in the home. Many home visits have taken place to check smoke alarms and fire safety, and also to replace smoke alarms, chip pans and electric blankets with safer alternatives.
- Representatives from Salford Foundation have visited our clubs offering support and advice on fuel poverty and energy switching. Many members have been offered support switching to cheaper energy providers.
- Helping Hands have visited our clubs to promote and raise aware of the support they provide.
- Inspiring Communities have organised several "Tech and Tea" sessions at Irlam, offering training and support with computers and providing access to discounted equipment.
- Representatives from The Haeomotacrosis Society visited our clubs to raise awareness of haeomotacrosis.
- Our Directors have attended national, regional and local events and conferences to represent the views of patients and heart care support groups.

Finally, a big thank you to everybody who has contributed to the increased success of Salford Heart Care – long may it continue.

October 2018