



SALFORD HEART CARE ANNUAL REPORT October 2020 - September 2021



Message from the Chair

This year, we have continued to face major changes and challenges in the way we have delivered our services, due to the ongoing impact of the Covid-19 pandemic. During these uncertain and difficult times, and during the physical closure of our clubs and the need to deliver services remotely, the support from our Coordinator has been executed enthusiastically and creatively. As a result, we have been able to provide ongoing much needed support via telephone, as well as providing online resources to support and help people stay connected. This includes regular remote Zoom meetings, a YouTube channel and Facebook page. Emergency Covid-19 grant funding from several sources has helped to support and sustain these vital activities.

We are pleased to report that our clubs gradually reopened from June 2021, following a 15 month closure, and we are welcoming back existing members, as well newcomers. Prior to March 2020 our clubs at Irlam, Eccles and Little Hulton were thriving and we were welcoming many new members. Our newly established club at St. Luke's was growing steadily, and the Bereavement Support Group was achieving amazing results. As can be expected, the number of members attending the clubs is lower than compared with pre-pandemic levels, although we are noticing a steady increase. We also acknowledge that the health of some members has deteriorated quite markedly during the past 15 months, and to the extent that some members will no longer be able to attend our clubs. Sadly, we have lost some valued friends and members since October 2020. Our sincere condolences and best wishes go to the family and friends of:

- Anne Chrichton (Tai Chi Instructor), aged 76, from Monton
- Maureen Chapman, aged 89, from Eccles
- Joyce Garner, aged 81 from Eccles
- Brian Anderson (husband of volunteer, Hilda Anderson), from Barton
- Maureen Crumlish, aged 80 from Salford
- Marjorie Neill, aged 90 from Cadishead
- Brian Rothwell (husband of volunteer, Mavis Rothwell), from Tyldesley
- Norman Yarwood, aged 83 from Eccles
- Hilda Anderson (long standing volunteer), aged 81 from Eccles
- Marjorie Downes, aged 94 from Eccles
- Edith Rhoden, aged 98 from Little Hulton
- Brian Minor, aged 88 from Eccles
- Denise Patterson, aged 88 from Salford
- Anne Clark, aged 84 from Irlam

We are pleased to report that throughout the year, and during the pandemic, the work of Salford Heart Care has continued to flourish, and as an organisation, we have successfully responded to the challenging and changing environment affecting the sector. As an organisation working in partnership with various other stakeholders, we recognise that the valuable support from our many members, partners, supporters and the local community is paramount. As a board of trustees, we remain extremely proud of the work undertaken by Salford Heart Care, particularly given the level of resources we have available to employ. We are proud of the reach of our services within Salford and wider Greater Manchester. This work, and the success of Salford Heart Care, is only made possible by our excellent team of staff and volunteers, who do so much to help improve the lives of those who use our services.

Signed: Jim (James) Collins

Date: 30/09/2021

Chairman & Director, Salford Heart Care

Salford Heart Care

Annual Report

Company number: 7204528

Charity number: 1136710

Registered office address: Salford Heart Care
c/o The Egan Project
19 Green Lane
Eccles, Salford M30 0RP

Trustees: Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Alan Rowe	Treasurer
Jim (James) Collins	Chair
Vincent Clifford	
Victor Bailey	
Jim Clough	
Barbara Walker	
Jean Chubb	

Secretary: Serena Rice

Management Team: Serena Rice, Coordinator

Bankers: HSBC
RBS
Nationwide

Independent Examiner: Ann Lesley Humes

Trustee's Report

1. Objectives and Activities

Salford Heart Care is a registered charity and limited company. Our purpose is to reduce social isolation and improve the health and wellbeing of older people in Salford through peer-to-peer support. Our objective is:

“to provide relief and support for individuals and carers, in their recovery and rehabilitation from illness and long-term conditions.”

We aim to:

- prevent heart disease and heart attacks
- reduce social isolation
- improve health and wellbeing
- provide after care for people with heart conditions and long-term illnesses
- reduce the risk of further heart attacks

We raise money to fund our Healthy Heart Clubs and Bereavement Support Group to provide a range of services and vital support to local people. Salford Heart Care is the place for practical, social and emotional support for heart care patients, their families and carers. Activities offered at the clubs to promote wellbeing include gentle exercise, chair yoga, relaxation, stress management and group therapy, holistic therapies and healthy living advice. The clubs are a good source of social support for those feeling lonely or isolated.

Salford Heart Care employs one part-time member of staff and seeks additional support and commitment from its team of more than 40 local volunteers. We are a member-led charity and we encourage members to take an active role at the clubs. Our volunteers put a great deal of time and effort into organising a range of social activities, group holidays and day trips. These activities are often subsidised, thanks to the fundraising efforts of our supporters, and as a result they are extremely popular. Group outings and events reduce feelings of social isolation and develop community cohesion and a sense of belonging.

2. Directors and Committee Members

Salford Heart Care has a total of 7 Directors and all serve on the Steering Committee. Face to face meetings ceased during the pandemic, although committee members continued to communicate by email and telephone. Face to face meetings subsequently resumed in June prior to the reopening of our clubs.

3. 34th Anniversary and Social Events

This year Salford Heart Care celebrates its 34th Anniversary of operation. We were fortunate to be able to celebrate and reward the work of our volunteers who have supported us at our Volunteer Celebration Event, held on 30th September at The Club House in Barton. The event was extremely well attended with more than 80 people, comprising many members together with 40 volunteers, 4 directors, and the Coordinator.

The group holiday (that was rescheduled from May 2020 to May 2021) was finally cancelled due to the ongoing pandemic, although plans have now resumed to re-organise a group holiday to Eastbourne in May 2022.

Day trips resumed from July, with visits taking place to Keswick, Llandudno, Skipton and Southport.

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, Pat Massey and Betty Hibbert for their support organising events for members.

4. Funding

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

a. Co-op Community Fund

Last October, we were fortunate to be selected for this year's Co-Op Community Fund, with support going to The Bereavement Support Group. The scheme ends in October and to date, the funds raised to support our work stand at £339.55.

b. Sport England

A grant of £1,000 was awarded by Sport England in July 2021 to support reopening costs at our new venue in Winton.

c. National Lottery Local Connections Fund

A grant of £2,500 was awarded to support the reintroduction of activities at clubs in Irlam, Eccles (Winton), Little Hulton and St Luke's.

d. Forever Manchester – Autotrader Award

A grant of £1,000 was awarded to support room hire costs at our clubs across Salford.

e. Salford CVS Volunteer Week Activities Fund

An award of £500 enabled us to organise our Volunteer Celebration at The Club House on 30th September. The event was attended by more than 80 members and volunteers who enjoyed a 3 course meal with afternoon entertainment.

f. Covid-19 Emergency Funding

During this financial year, we have received grants from the following organisations to support the ongoing Covid-19 crisis. The funds have been allocated to support the work of the Coordinator during the pandemic, as well as providing online support and telephone counselling support where required.

- Salford CVS Crisis Fund
- For Housing (telephone counselling support during Covid-19)
- The National Lottery Community Fund
- The Charity Service (to support online sessions, Zoom, exercise and telephone support)
- The Manchester Guardian Society

g. Salford Red Devils Lottery

We continue to work in partnership with Salford Reds lottery scheme. The full prize-draw resumed in September 2020, although ticket sales during the year are much lower than in previous years due to our clubs being closed. Most of our members buy tickets through a direct debit or standing

order agreement. For every £1.00 ticket sold by Salford Heart Care, we receive a donation of £0.40. We have received £ £295.60 from the scheme this year, which is much lower than in previous years.

h. Donations & Additional Fundraising Activities

With Support from our volunteers, we continue with fundraising activities including raffles and sales of bric a brac items, bags, pens and badges. A number of donations have been made in memory of loved ones, including donations in memory of our dear members, Norman Yarwood and Marjorie Neill. Facebook Birthday Fundraisers are also becoming increasingly popular, and we would like to thank Brendan Towey, Nancy Towey, Alan Davies, Heather Jewell, Jim Collins and Harry Morris for choosing to support us this year. Salford Heart Care is registered with Amazon Smile and we occasionally receive small donations based on a percentage of the purchase value made by our supporters.

We would like to thank all of our members and volunteers for their help and support with fundraising, and to all those who have supported us by making donations during the year.

During 2021, funding applications were made to the following organisations but were not successful:

- Trusthouse Charitable Foundation
- Onward Community Fund
- Virgin Media O2 Together Fund (high demand)
- Alpkit Coronavirus Fund (high demand)
- Persimmon Community Champions (no response)

5. Branch Attendance

We reopened our clubs in June 2021 and since then, 244 members have attended our clubs. As expected, attendance across our branches is lower this year due closing in March 2020 in response to the pandemic. In contrast, a total of 359 people attended our clubs between October 2019 and March 2020, and 415 people in 2019. The following table provides a breakdown of active members at each branch since reopening (between June and September 2021):

Branch	Number attending from June 2021- Sept 2021	Number attending in Oct 2019 - Mar 2020	Number attending in 2018-2019	Number attending in 2017-2018
Eccles	66 (5 new)	84	105	127
Irlam	135 (16 new)	176	203	196
Little Hulton	30 (2 new)	47	52	52
Bereavement Group	30 (11 new)	72	61	22
St Luke's Salford	19 (6 new)	23	23	n/a

6. Branch Development

a. Eccles (Winton)

In February 2021 we were served notice by Patricroft URC that the hall used for room hire would remain permanently closed. Soon afterwards, Salford Heart Care's Committee agreed to remove all property and equipment belonging to Eccles Healthy Heart Club, and commenced the search for new premises.

The Coordinator undertook a detailed investigation to identify potential new venues in the Eccles/Patricroft/Monton/Winton/Peel Green and wider Salford area. This involved telephone and email communication followed by in person visits to view shortlisted premises. Ultimately, Winton Bowling, Tennis and Social Club in Winton was considered the only suitable venue that met our needs, and the venue confirmed that they were happy for us to hire their room. We reopened Eccles (Winton) Healthy Heart Club on Tuesday 22nd June.

Weekly sessions take place at Eccles (except on trip days) with a wide range of activities available including chair based exercise and dancing, chair yoga, reiki, bingo, blood pressure checks, pulse checks and weight management.

The Social Committee have already organised several day trips and re-organised the group holiday for 2022.

The door entry charge remains at £2 per member per visit and includes two bingo tickets. Raffle tickets are sold separately to support fundraising. Reiki is charged at £2.00 per 15 minute appointment.

b. Irlam

Sessions at Irlam & Cadishead Healthy Heart Club recommenced from 23rd June. The sessions are busy and well attended every Wednesday and Friday morning. The group offers a variety of activities including chair-based exercise, chair yoga, dance exercise, bingo, quizzes and holistic therapies. Weight management, pulse checks and blood pressure checks take place at each session.

The Social Committee continue to organise regular day trips and social activities. Door entry remains £1 per person, and reiki is charged at £2.00 per 15 minute appointment.

c. Little Hulton

Since reopening on 23rd June, Little Hulton Healthy Heart Club meets on a fortnightly basis. Sadly, following the death of our popular tai chi instructor Anne Chrichton last year, we are no longer able to offer tai chi sessions. However, chair yoga now takes place at each session, together with a range of other activities including line dancing, relaxation and holistic therapies. Members also have the opportunity to attend day trips and group holidays. Door entry is £2 per session and includes a raffle ticket, bingo ticket and refreshments. Reiki is charged at £2.00 per 15 minute appointment.

d. St. Luke's, Salford

St Luke's reopened on Monday 21st June and meets every Monday afternoon for 1 hour of exercise (chair yoga or gentle exercise) and bingo. The charge is £3 per session.

e. Bereavement Support Group

The Bereavement Support Group reopened on Tuesday 6th July and continues to meet fortnightly. A trained, professional Bereavement Counsellor facilitates the sessions. There is currently no trainee placement counsellor supporting the group, however it is hoped that there is scope to accept further placement volunteers as students return to universities.

7. Membership Subscriptions

It was agreed by the Committee in June 2021 that no membership refunds would be issued (due to closure during the pandemic). However it was confirmed that members would receive “free” membership until November’s AGM. Membership charges will be reviewed at the AGM.

8. 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 are 44 volunteers actively supporting the work of Salford Heart Care. 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 their help. All volunteers were invited to attend our Volunteer Celebration in September.

9. Promotion & Awareness Raising

Our monthly Pulse Newsletter continues to be published and is widely distributed to members, partners and the wider public of Salford. Our website www.salfordheartcare.co.uk is updated regularly and we also use Twitter @Salford_HeartC and Facebook to keep members up to date.

The work of Salford Heart Care is promoted using leaflets and posters that are distributed across the City. Pens, shopping bags and badges were being sold to raise funds and to help with promotion and fundraising activities.

10. Partnership Working

Visits to Cardiac Rehabilitation sessions at Salford Royal and Total Fitness are yet to recommence. However, where possible we continue to work in partnership with a variety of local and national organisations.

Finally, a big thank you to everybody who has contributed to the success of Salford Heart Care. We look forward to welcoming new and existing members to our groups over the next few months.

October 2021