



SALFORD HEART CARE ANNUAL REPORT October 2022 - September 2023

Message from the Chair



An AGM is a time to reflect on the year and a time to look to the future. We are pleased to report that all of our clubs are continuing to thrive as we welcome new members.

Sadly, we have lost some valued friends and members since our last report in October 2022. Our sincere condolences and best wishes go to the family and friends of:

- Annette Powell, aged 76 from Cadishead
- Harry Morris, aged 85 from Winton
- David Owen, aged 75 from Salford
- Anne Fletcher, aged 83 from Irlam
- Pat McKenna, aged 80 from Cadishead
- Alma Youd, aged 87 from Irlam
- Jackie Odell, 78 from Irlam
- Nancy Taylor, aged 88 from Irlam
- Lynda Waring, aged 76 from Cadishead
- Kathleen Clare, aged 81 from Eccles
- Ronnie Chaplin, aged 82 from Irlam
- Carole Siddons, aged 78 from Swinton
- Doreen Cosgrove, aged 88 from Winton
- Ann Richards, aged 97 from Cadishead
- Pat Petrie, aged 80 from Irlam
- Nephie Ashton, aged 83 from Salford
- Beryl Curran, aged 83 from Partington.

This year has been particularly challenging for everyone due to the cost of living crisis. We have therefore been working hard to support our members during this difficult period. This includes actions such as waiving our annual membership charge (usually £10 per year), introducing occasional “free days” at our clubs, introducing a “cost of living fund” to provide extra support through additional raffle prizes, and subsidising day trips, parties and social events using funds raised from raffles at the clubs.

We are extremely proud of the work undertaken by Salford Heart Care, which 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: 30/09/2023
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	
Barbara Walker	
Jean Chubb	

Steering Committee Members:

Julie Clifford
Tricia Harris
Paul Brent

Secretary: Serena Rice

Management Team: Serena Rice, Coordinator

Bankers: Virgin (Yorkshire Bank)
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, as well as bereavement support for those who have lost loved ones.”

We aim to:

- prevent heart disease and heart attacks
- reduce social isolation
- improve physical health and emotional 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 accessible 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-based yoga, relaxation, stress management and group therapy, holistic therapies, weight management, blood pressure and pulse checks, and healthy living advice. The clubs are a great 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 49 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

Jim Clough resigned as a Director of Salford Heart Care at the AGM in November 2022. Salford Heart Care currently has a total of 6 Directors, and 3 Steering Committee members. The Finance Committee meets on a monthly basis, and the Steering Committee has met face to face on three occasions during the year.

3. 36th Anniversary and Social Events

This year Salford Heart Care celebrates its 36th Anniversary. Similar to last year, we were able to celebrate and reward the work of our volunteers who have supported us at our Volunteer Celebration Event, held on 22nd June at The Club House in Barton. The event was well attended with more than 90 people, comprising many members together with our team of volunteers.

Day trips have taken place to various locations during the year, including Lytham, Garstang, Bakewell, Skipton, The Lake District, Halifax, Conwy, Llandudno, Frodsham, Chester, Trentham, Brockholes, Morecambe and Blackpool.

These events would not have been possible without the help of our dedicated volunteers. We would particularly like to express our thanks and appreciation to Dorothy Highcock, Mavis Rothwell and Pat Massey for their support organising events for members.

4. Funding

As a charity, we continue to seek financial support by applying for grants to support our work in the local community. This year, Salford Heart Care has received more than £20,000 in funding from the following sources:

a. Co-op Community Fund

In October 2022 we were fortunate to be selected for the Co-Op Community Fund, with support going to Irlam and Cadishead Healthy Heart Club. The scheme is due to end in October 2023 when we will be notified of the award.

b. Tesco Groundworks

A grant of £1,500 was awarded in February 2023 to support Irlam and Cadishead Healthy Heart Club (£1,125 received in February and remaining 25% to be awarded upon project completion).

c. The Charity Service

A grant of £1,000 was awarded in January 2023 to enable us to support our members during the cost-of-living crisis.

d. The National Lottery - Community Connects Fund

In February 2023 we received a grant of £6,500 from The National Lottery to support 4 months of activities at Healthy Heart Clubs across Salford.

e. Forever Manchester – Zuto Make a Difference Fund

A grant of £1,000 was awarded in March 2023 to support room hire at Winton (Eccles) Healthy Heart Club.

f. Forever Manchester – Christmas Get Together

Two grants of £100 each were awarded to our social clubs to support Christmas Parties at Winton and Irlam.

g. Salford CVS - Volunteer Week Activities Fund

An award of £500 enabled us to organise our Volunteer Celebration at The Club House on 22nd June. The event was attended by more than 90 members and volunteers who enjoyed a 3-course meal with afternoon entertainment.

h. Salford City Council's Bereavement Service – Bereavement Support

In March 2023, Salford Heart Care was nominated by Salford Council's Bereavement Service to receive an award of £12,000, using funds raised from The ICCM Recycling Scheme. The funding will support the work of The Bereavement Support Group and has enabled us to provide additional counselling and one-to-one support.

i. Salford Red Devils Lottery

We continue to work in partnership with Salford Reds lottery scheme. For every £1 ticket sold by Salford Heart Care, we receive a donation of £0.40. We have received £500 from the scheme this year (£500 in April 2023). Our member, Diane Royse, from Walkden, won £1,000 early this year!

j. Donations & Additional Fundraising Activities

With Support from our volunteers and members, we continue with fundraising activities including raffles and sales of bric a brac items, bags, pens and badges. Several donations have been made in memory of loved ones, including donations in memory of Lynda Waring (£1,100 raised), and Doreen Cosgrove. Many members chose to donate to Salford Heart Care instead of sending Christmas cards, raising £345 last December.

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 2022-2023, funding applications were made to the following organisations but were not successful:

- For Housing
- Electricity Northwest (Partnership Fund)
- Sport England (small grants)
- Warburton Community Grant
- Persimmon Community Champions
- The National Lottery (The People's Project)

5. Branch Attendance

A total of 342 people attended our clubs during the year, which is slightly higher than last years' attendance (335 people). The following table provides a breakdown of active members at each branch between October 2022 and September 2023:

Branch	Number attending Oct 2022 - Sept 2023	Number attending Oct 2021 - Sept 2022	Number attending from Jun 2021- Sept 2021	Number attending in 2019 - 2020
Eccles	69 (19 new)	71	66	84
Irlam	170 (37 new)	182	135	176
Little Hulton	43 (21 new)	32	30	47
Bereavement Group	62 (27 new)	60	30	72
St Luke's Salford	26 (7 new)	22	19	23

**Note: some members attend more than one branch*

6. Branch Development

a. Eccles (Winton)

Eccles (Winton) Healthy Heart Club continues to meet weekly, on Tuesday mornings at Winton Bowling, Tennis and Social Club. A wide range of activities are available during the sessions including chair-based yoga, reiki, bingo, raffles, "Play Your Cards Right", blood pressure checks, pulse checks, oxygen level tests and weight management. Volunteers also run a book and bric-a-brac stall to raise funds for the club.

The Social Committee have organised monthly day trips, and a group holiday to Torquay is due to take place next year in April.

The door entry charge remains at £2 per member, per visit, and includes two bingo tickets. Raffle tickets are sold separately to support fundraising. Raffle tickets are also entered into a draw for "Play Your Cards Right". Reiki is charged at £2.00 per 15-minute appointment. Refreshments are provided (suggested donation 50 pence per person). Those attending for the first time get free door entrance. An additional raffle prize (such as a £5 shopping voucher) is provided by Salford Heart Care to support members during the cost-of-living crisis.

b. Irlam & Cadishead

Sessions at Irlam & Cadishead Healthy Heart Club are well attended every Wednesday and Friday morning. The group offers a variety of activities including chair-based exercise, chair yoga, dance exercise, bingo, "Play Your Cards Right", monthly quizzes and holistic therapies. Weight management, pulse checks and blood pressure checks take place at each session.

Raffle tickets are sold by the Social Committee to support fundraising for social occasions, with an additional prize of a £5 gift voucher provided by Salford Heart Care to support members during the cost-of-living crisis. Raffle tickets are also entered into a draw for "Play Your Cards Right". The Social Committee organises regular day trips, local lunchtime party afternoons and other social activities. All day trips and social activities are subsidised using funds raised from raffles at the club. Door entry remains at £1 per person, and reiki is charged at £2.00 per 15-minute appointment. Refreshments are provided (suggested donation 50 pence per person). Those attending for the first time get free door entrance.

c. Little Hulton

Little Hulton Healthy Heart Club meets on a fortnightly basis (Wednesday mornings). Chair-based yoga takes place at each session, together with a range of other activities including bingo, raffles, relaxation and holistic therapies. Blood pressure and pulse testing are available. Members at Little Hulton have the opportunity to attend day trips and group holidays together with members from our Winton Club. Door entry at Little Hulton is £1 per session, bingo is charged at 50 pence per person, and the raffle is 50 pence per person. Reiki is charged at £2.00 per 15-minute appointment. An additional raffle prize (usually a £5 shopping voucher) is provided by Salford Heart Care to support members during the cost-of-living crisis. Refreshments are provided (suggested donation 50 pence per person). Those attending for the first time get free door entrance.

d. St. Luke's, Salford

St Luke's Healthy Heart Club meets every Monday afternoon for one hour of exercise (chair-based yoga or gentle exercise), followed by bingo and a raffle. The charge is £3 per session. An additional raffle prize (usually a £5 shopping voucher) is provided by Salford Heart Care to support members during the cost-of-living crisis. Those attending for the first time get free door entrance.

e. Bereavement Support Group

The Bereavement Support Group meets on a fortnightly basis. A trained, professional Bereavement Counsellor facilitates the sessions. This year we have been able to secure the services of an additional counsellor who can provide one-to-one support to members during the sessions. This has increased the number of people we are able to provide bereavement support to. The charge is £1 per session and refreshments are provided. A raffle also takes place to raise funds to support social occasions. An additional raffle prize (usually a £5 shopping voucher) is provided by Salford Heart Care to support members during the cost-of-living crisis. Those attending for the first time get free door entrance and are invited to talk one-to-one with one of the counsellors. The group is supported by Cadishead Public Band, who provide our venue and do not currently charge for room hire. We are extremely grateful for their continued support once again this year.

7. Membership Subscriptions

This year, Salford Heart Care agreed to waive annual membership subscriptions due to the cost-of-living crisis (membership is usually £10 per annum). Membership charges are reviewed annually at the AGM and will be reviewed again for 2023-2024 year.

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 49 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 June.

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 use X (formerly Twitter) @Salford_HeartC and Facebook to keep members up to date.

The work of Salford Heart Care is promoted using newsletters, leaflets and posters that are distributed across the City. Pens are sold to raise funds and to help with promotion and fundraising activities. Our remaining stock of shopping bags has been sold or donated to members attending the clubs.

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 including Salford CVS, Helping Hands, Wellbeing Matters, Care on Call, The British Heart Foundation and Salford Royal Foundation Trust. We have affiliation to The British Heart Foundation.

Finally, a big thank you to everybody who has contributed to the success of Salford Heart Care!

October 2023