SALFORD HEART CARE
ANNUAL REPORT
October 2025 - September 2026

Foreword from the Directors

An Annual General Meeting offers a moment to pause, reflect, and look ahead with hope and purpose. As we mark the end of another year at Salford Heart Care, we are reminded once again of the strength, resilience, and compassion that define our community. This year has brought both challenges and triumphs, and through it all, our members, volunteers, and supporters have remained at the heart of everything we do.

We continue to run four Healthy Heart Clubs and a Bereavement Support Group across Salford. Throughout the year, we have provided vital support to hundreds of people across the city - through gentle exercise, meaningful social connection, bereavement support, and, above all, a warm and welcoming environment.

Salford Heart Care remains a lifeline for many, and we are deeply grateful to everyone who plays a part in making this possible. We extend our sincere thanks to our volunteers, whose dedication and generosity underpin all our work. We also thank our funders and partners for their continued belief in our mission, and our members for their trust, enthusiasm, and spirit.

This report reflects the collective effort of everyone involved in Salford Heart Care. It stands as a testament to what can be achieved when people come together with kindness, purpose, and a shared commitment to improving lives.

Sadly, we have lost several cherished friends, members, and volunteers since our last report in October 2025. In January 2026, we received the devastating news that our long-standing Chairman and Director, Jim Collins, had passed away following several years living with Parkinson's disease. Then in April 2026, we were deeply saddened by the sudden passing of our Director, Vincent Clifford, who died while on holiday in Rhodes with his wife.

Our heartfelt condolences go to the families and friends of all those we have lost this year, including:

- **Diane Royse**, aged 79, from Walkden
- **Olivia Irving**, aged 82, from Irlam
- **Jim Collins,** aged 78, from Salford
- **Vincent Clifford,** aged 70, from Worsley
- **Jackie Jarvis**, aged 82, from Irlam
- **Jean Cornes,** aged 85, from Irlam
- **Christine Hudson**, aged 86, from Cadishead
- **Lee Clare,** aged 89, from Patricroft
- **Sheila Sedgwick**, aged 82, from Irlam

We have retained our annual membership fee of £10 per person, and together with grant awards and donations, our financial position remains stable and healthy. We are extremely proud of the work undertaken by Salford Heart Care — work made possible by our dedicated team of staff and volunteers, whose commitment continues to improve the lives of those who use our services.

We move into the year ahead with hope and determination, committed to building a stronger, more connected community for all. With the continued support of our members, volunteers, partners, and funders, Salford Heart Care will remain a place of friendship, support, and wellbeing for everyone who walks through our doors.

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
Paul Brent	Chair
Victor Bailey	
Barbara Walker	
Jean Chubb	
Jim Collins (passed away January 2026)	
Vincent Clifford (passed away April 2026)	

Steering Committee Members:

Julie Clifford
Tricia Harris
Sue Collins

Secretary: Serena Rice

Bankers: Virgin (Yorkshire Bank)
Cambridge & Counties
Hampshire Trust Bank
St James Place (Bright Wealth Management)

Independent Examiner: Patricia Massey

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 core 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 funds to support our Healthy Heart Clubs and Bereavement Support Group, offering a wide range of accessible services and vital support to local people. Salford Heart Care is a place for practical, social, and emotional support for heart care patients, their families, and carers. Our clubs also provide a vital source of social connection for those experiencing loneliness or isolation.

Activities offered at our clubs to promote wellbeing include:

- Gentle exercise and chair-based yoga
- Relaxation, stress management, and group therapy
- Weight management support
- Blood pressure and pulse checks
- Healthy living advice
- Indoor games and social activities such as bingo, quizzes and "Play Your Cards Right"

Salford Heart Care employs one member of staff and benefits from the dedication of 45 volunteers. As a member-led charity, we encourage active participation from our members. Our volunteers devote significant time and energy to organising social activities, group holidays, and day trips. These events are often subsidised thanks to the fundraising efforts of our supporters, making them highly popular. Group outings help reduce isolation, foster community cohesion, and nurture a sense of belonging.

2. Directors and Committee Members

Salford Heart Care currently has 5 Directors and 3 Steering Committee members. The Finance Committee meets monthly, while the Steering Committee met face-to-face on four occasions during the year.

3. 39th Anniversary and Social Events

This year marks Salford Heart Care's 39th Anniversary - a proud milestone in our journey! Day trips have taken place throughout the year to a variety of destinations including:

- Lytham
- Blackpool
- Lake District
- Llandudno
- Conwy & Caernarfon
- Shrewsbury
- York
- Southport
- Chester

Furthermore, in May 2026, members enjoyed an 8-day group holiday in Exmouth, with several day trips organised during the stay.

These events would not have been possible without the tireless support of our volunteers. Once again, we extend our heartfelt thanks to **Dorothy Highcock, Mavis Rothwell**, **Patricia Massey, Sue Collins** and **Marion El Qasem** for their outstanding contributions in organising events for our members.

4. Grant Funding

As a charity, Salford Heart Care continues to seek financial support through grant applications to sustain and expand our work in the local community. In recent years, we have observed a notable decline in funding opportunities for older people's groups, alongside increased restrictions around eligibility criteria. Despite these challenges, we are pleased to report that we received a total of **£8,972** in grant funding during the year from the following sources:

a. Equilibrium Foundation Community Support Scheme

Awarded £500 in October 2025 to support chair yoga sessions.

b. For Housing

Awarded £500 in October 2025 to support activities at our Healthy Heart Clubs.

c. Forever Manchester Zuto Funding

Awarded £2,000 in November 2025 to support the cost of room hire of our Healthy Heart Clubs.

d. Forever Manchester Connecting Communities at Christmas

Awarded £125 in November 2025 to support our annual Christmas Party.

e. Co-Op Community Fund

Received the first installment of £500 in March 2026 to support the Bereavement Support Group. Remaining balance will be paid in November 2026 when the campaign ends.

f. Salford CVS Centenary Celebration Fund

Awarded £2,347 in March 2026 to celebrate 100 years of Salford.

g. Salford CVS CVD Prevention Fund

Awarded £2,000 in May 2026 to support CVD prevention, including blood pressure testing at clubs across Salford.

h. Salford CVS: Little Hulton Healthy Hearts

Awarded £1,000 in July 2026 to support activities at Little Hulton Healthy Heart Club.

During 2025–2026, Salford Heart Care submitted grant funding applications to a number of organisations. While we continue to pursue financial support, not all applications were successful.

Unsuccessful Applications:

- Tesco Community Fund – not currently supporting older people's projects
- Home Instead – received too many applications
- One Stop – no response

5. Salford Red Devils Lottery Donation

We continue our partnership with the Salford Red Devils Lottery Scheme, through which Salford Heart Care receives a donation of £0.40 for every £1 ticket sold. This year, we received a total donation of £380 from the scheme.

6. Donations & Additional Fundraising Activities

a. Inner Wheel (Irlam)

In November 2025 Irlam's Inner Wheel donated £500 to support The Bereavement Group.

b. The Oddfellows Arms

The Oddfellows Arms (Eccles) organised two family friendly fundraising events during the summer and donated a total of £570 to Salford Heart Care.

c. Donations from Members

We are deeply grateful for the personal donations received from our members, including:

- The family of Diane Royse who donated £200 in her memory
- £641 received in memory of Jim Collins
- £116.25 received in memory of Vincent Clifford
- Jim Clough and Victor Bailey who donate via monthly direct debit
- Jean Denton raised £35 from her knitted Easter chicken sales

d. CrowdFunder

Our Crowdfunding page has raised a total of £145.20 this year.

e. Vinted Sales

We have been registered as a Vinted Pro Seller for around 15 months. This new initiative aims to raise funds for Salford Heart Care by selling donated clothing and items from members. During this financial year, sales have raised an impressive £2,143. That makes a total of £3,083 raised via Vinted sales so far! This is a fantastic achievement that directly supports our services. We would like to thank all members who have donated items. Your contributions have not only helped raise vital funds, but also promoted sustainability and community spirit.

f. Ongoing Fundraising

With the continued support of our volunteers and members, we have raised additional funds through:

- Raffles
- Sales of bric-a-brac items at the clubs
- Branded merchandise including bags, pens, and badges

g. Christmas Donations

Last December, many members chose to donate to Salford Heart Care in lieu of sending Christmas cards, raising a total of £527.

We extend our heartfelt thanks to all members, volunteers, and supporters who have contributed to our fundraising efforts throughout the year. Your generosity helps sustain and grow our work in the community.

7. Branch Attendance

A total of 360 people attended our clubs during the year – this represents a very slight decrease compared to 366 attendees last year. This is perhaps a reflection of the increasing frailty of some of our older and more longer standing members. The table below provides a breakdown of active members at each branch over the past four years:

Branch	Oct 2025 - Sept 2026	Oct 2024 - Sept 2025	Oct 2023 - Sept 2024	Oct 2022 - Sept 2023
Eccles	68 (6 new)	79 (5 new)	74 (9 new)	69
Irlam	168 (18 new)	171 (23 new)	190 (27 new)	170
Little Hulton	55 (6 new)	54 (5 new)	49 (11 new)	43
Bereavement Group	72 (43 new)	67 (32 new)	82 (23 new)	62
St Luke's Salford	29 (5 new)	26 (4 new)	33 (5 new)	26
**Note: some members attend more than one branch*				

8. Branch Development

a. Eccles (Winton)

Eccles (Winton) Healthy Heart Club meets weekly on Tuesday mornings at Winton Bowling, Tennis and Social Club. Activities include:

- Chair-based yoga
- Bingo and raffles
- "Play Your Cards Right"
- Blood pressure, pulse, and oxygen level checks
- Weight management support

Volunteers also run a book stall and bric-a-brac stall to raise funds. The Social Committee has organised monthly day trips, and a group holiday to Exmouth is planned for May next year.

- Door entry & refreshments: £2.50 per member (includes bingo tickets and refreshments)
- Raffle tickets: Sold separately and entered into "Play Your Cards Right"
- First-time visitors: Free entry

b. Irlam & Cadishead

Sessions are held every Wednesday and Friday morning at Irlam Steel Club, offering:

- Chair-based exercise and dance exercise
- Chair-based yoga (fortnightly)
- Bingo and raffles
- "Play Your Cards Right"
- Blood pressure and pulse checks
- Quizzes
- Weight management support

The Social Committee organises regular day trips, party afternoons, and other social events - all subsidised through raffle fundraising.

- Door entry & refreshments: £1.50 per person (includes bingo tickets and refreshments)
- Raffle tickets: Sold separately and entered into “Play Your Cards Right”
- First-time visitors: Free entry

c. Little Hulton

Meeting fortnightly on Wednesday mornings at St. Paul’s Peel Hall, Little Hulton offers:

- Chair-based yoga
- Bingo and raffles
- “Play Your Cards Right”
- Blood pressure, oxygen and pulse checks

Members are invited to join day trips and holidays with the Winton Club.

- Door entry, refreshments, bingo & raffle: £2.50 per person
- First-time visitors: Free entry

d. St. Luke’s, Salford

Meeting every Monday afternoon at St. Luke’s Community Hall, this branch offers:

- 45 minutes of chair-based yoga or gentle exercise
- Refreshments
- Bingo and raffles
- Entrance charge: £2 per session (includes bingo and raffle tickets)
- First-time visitors: Free entry

e. Bereavement Support Group

Meeting fortnightly at Cadishead Band Room in Irlam, the group is facilitated by a trained Bereavement Counsellor, with additional one-on-one support available. The group is generously hosted by Cadishead Public Band, who provide the venue free of charge - our sincere thanks for their continued support. Activities include:

- Group counselling
- Individual support
- Relaxation and breathing work
- Refreshments
- Raffle to fund social occasions
- Session charge: £1.50 per person
- First-time visitors: Free entry and one-on-one welcome support

9. Membership Subscriptions

Salford Heart Care’s membership subscriptions were set at £10 per annum. Membership charges are reviewed annually at the AGM and will be reconsidered for the 2026 - 2027 financial year.

10. Volunteering

Salford Heart Care is supported by a dedicated team of volunteers across all our branches. Our Directors also serve in a voluntary capacity and do not receive remuneration or expenses for their services.

This year, 51 volunteers have actively contributed to the delivery of our services, helping to create welcoming, supportive environments for our members. Their commitment spans a wide range of roles - from organising social activities and fundraising events, to providing practical and emotional support. Sadly, 6 of our volunteers have passed away this year. We extend our deepest thanks to all our volunteers for their continued support and dedication. The positive outcomes we achieve would simply not be possible without their generosity of time, energy, and spirit.

11. Communications & Promotion

Salford Heart Care continues to publish a monthly "Pulse" Newsletter, which is widely distributed to members, partners, and the wider public across Salford. The newsletter provides updates on club activities, upcoming events, health tips, and community news.

Our website: www.salfordheartcare.co.uk is updated regularly with news, resources, and contact information. We also use social media to keep members informed and engaged:

- X (formerly Twitter): @Salford_HeartC
- Facebook: Salford Heart Care

12. Partnership Working

Salford Heart Care continues to work in partnership with a range of local and national organisations to enhance the reach and impact of our services. These partnerships help us deliver high-quality support and promote wellbeing across Salford. Our partners include:

- Salford CVS
- Wellbeing Matters
- Local GP Surgeries & Clinics
- CareYourWay North Manchester & Salford
- Local primary and secondary schools
- The British Heart Foundation
- Age UK Hospital After Care
- Salford Royal Foundation Trust

13. Closing Message

Finally, a heartfelt thank you to everyone who has contributed to the continued success of Salford Heart Care. To our members, volunteers, staff, partners, funders, and supporters - your time, energy, generosity, and belief in our mission make everything we do possible. Whether through a kind word, a donation, a helping hand, or a shared moment, you have helped us build a stronger, more connected community. Together, we continue to make a difference. Thank you!