



# Salford Heart Care

Registered charity number: 1136710

**"THE PULSE"**

**December 2024-January 2025**

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

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## Season's Greetings

**We wish everyone a very "Happy Christmas" and best wishes for a healthy and prosperous New Year!**

We hope you enjoy the festive celebrations over the next few weeks – we have lots of Christmas parties scheduled to keep you entertained. Please note that we're closed during the Christmas holidays – see table below (telephone/email will be accessible):

Branch/Club	Final Meeting in 2024	Reopen 2025
St Luke's, Salford	Monday 16 <sup>th</sup> December	Monday 6 <sup>th</sup> January
Winton (Eccles)	Tuesday 17 <sup>th</sup> December (party day)	Tuesday 7 <sup>th</sup> January
Bereavement Group	Tuesday 10 <sup>th</sup> December	Tuesday 7 <sup>th</sup> January
Little Hulton	Wednesday 18 <sup>th</sup> December	Wednesday 8 <sup>th</sup> January
Irlam & Cadishead	Friday 20 <sup>th</sup> December (party day)	Wednesday 8 <sup>th</sup> January

We would like to thank everyone who donated prizes for our Christmas raffles – we've got some fabulous gifts for our parties! We would also like to thank **Helen Rickman** for donating a beautiful handmade Christmas cake, **Tesco Extra**, Irlam for their hamper, and **Kingsland Drinks**, for their wine donation to Irlam and Cadishead Heathy Heart Club. We also send our very best wishes to Diane Wood, HR Co-Ordinator at Kingsland Drinks on her retirement.

### **£10 Annual Membership Subscriptions**

Membership subscriptions covering October 2024 - September 2025 are now due and remain at £10 per annum. The charge helps to support administration costs such as printing and insurance. Please ask for a membership form at the club you attend.

### **Salford Reds Lottery Winners....**

Congratulations to Sue Collins, Gordon McKay and Freda Peeling, who all won £25 last month on Salford Reds Lottery! Lottery tickets cost £1 per week. What's more, playing the lottery supports Salford Heart Care because for everyone £1 ticket sold, 40 pence is donated back to us. This generated £1,000 in donations last year! Please speak to Serena or Sue if you're interested in taking part. You can also set up a Direct Debit payment.

## Christmas Greetings from your friends at our clubs...

The following members have donated to our clubs instead of sending Christmas cards to friends this year. Thank you for your donations.

*"We would like to wish all our friends at the club a very Merry Christmas and a Happy and Healthy New Year!"*

### Irlam & Cadishead Club:

Brenda & Ken Richley	Pauline Barry
Pauline Davies	Anita Rosser
Gladys Coopersmith	Sylvia Eckersley
Cythia Farrington	Ellie Shaw
Glenys Williams	Joan Walsh
Barbara Walker	Pat Healey
Teresa Saunders	Celia Tomlinson
Sheila Sedgwick	Carol Hayes
Bev Heaton	Pat Massey
Ann Chaplin	Hazel Connor
Linda Webb	Glenys Royle
Ken Blay	Maureen & Alec Hughes
Joan & Mike Givens	

### Eccles (Winton) Club:

Mavis Yarwood	David & Jo Lees
Anne Sutcliffe	David & Anne Royle
Jean Denton	Keith & Margaret Steele
Patti Harnett	Olwen & Barrie Dootson
Patricia Bowker	Paul Wilcock
Fred Gorvett	Paul Brent & Tracey Large

## Dock Leaf Domestic

- ♥ Bed changes ♥ laundry & ironing
  - ♥ cleaning service ♥ dog walking & poop picking ♥ shopping & errands
  - ♥ food preparation & cooking lessons
    - ♥ decluttering support
    - ♥ companionship
    - ♥ sitting service (adults)
- "No judgement, only assistance"*
- ♥ Fully insured, DBS checked & food hygiene certified

**Helen Rickman: 07738875264**

*We would like to thank Helen for donating a beautifully handcrafted Christmas Cake for our raffle at Irlam*

## Happy Diamond Wedding Anniversary!

We send our very best wishes and congratulations to Alan & Joan Davies, our wonderful volunteers at Irlam, on their 60<sup>th</sup> Wedding Anniversary this month.

Alan & Joan have been supporting our club at Irlam since joining us in 2012. They work extremely hard raising funds for social events and day trips. We wish Alan & Joan many more happy years together!

## Farewell Julia

This month we say a sad farewell to our Holistic Therapist, Julia O'Reilly.

Julia announced her decision to stand down from her role as a hands-on therapist at Salford Heart Care, so that she can spend more time with her family and pursue her interest in meditation and mindfulness.

Julia has been supporting our work for 17 years and has been a real asset to Salford Heart Care, providing therapies at our groups in Irlam, Little Hulton, Winton, and previously Langworthy and Walkden. I know many of our members will miss Julia as she has been a good friend and source of support.

We would like to thank Julia for her support and dedication to our work, and we wish her every success for the future.



## Salford Leisure Singers

**Beesley Green Community Centre  
Greenleach Lane, Worsley M28 2QW**

**Thursdays 2pm-3.30pm**

Your company is more welcome than your skill. We have a wide range of ability. We all enjoy singing along to 60s, 70s, 80s and Show music. Come along and join a very welcoming young at heart group. First week is free, then £2 per session. There's tea and biscuits!

For more details phone: 07982231062

## Where We Meet

### Irlams o' th' Height & Claremont Healthy Heart Club

**St. Luke's Community Hall**  
Swinton Park Road  
Irlams o' th' Height M6 7WR

**Mondays 1.30pm - 2.45pm**

**Closed: Mon 23<sup>rd</sup> & 30<sup>th</sup> December**

**Reopen Monday 6<sup>th</sup> January**

*Chair yoga, bingo, raffle, refreshments  
& day trips \*Now only £2 per session\**

### Eccles (Winton) Healthy Heart Club

**Winton Bowling, Tennis & Social Club**  
Brookside,  
off Grange Road  
Winton M30 8JW

**Tuesdays 10am - 12 noon**

**Closed: Tue 24<sup>th</sup> & 31<sup>st</sup> December**

**Reopen Tuesday 7<sup>th</sup> January**

*Chair yoga, bingo, "Play Your Cards  
Right", weight management, blood  
pressure & pulse testing, books & bric a  
brac stall, refreshments, day trips*

### Bereavement Support Group

**Cadishead Band Room**  
Locklands Lane  
Irlam M44 6RB



**Fortnightly Tuesdays**  
**10am – 12 noon**

- ➔ Tuesday 10<sup>th</sup> December
- ➔ Tuesday 7<sup>th</sup> & 21<sup>st</sup> January
- ➔ Tuesday 4<sup>th</sup> & 18<sup>th</sup> February
- ➔ Tuesday 4<sup>th</sup> & 18<sup>th</sup> March

*Group discussion with qualified  
counsellors, relaxation & refreshments*

*\*\*Supported by Salford City Council  
& Cadishead Public Band\*\**

### Little Hulton Healthy Heart Club

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

**Fortnightly Wednesdays**  
**10am – 12 noon**

**Closed: 11<sup>th</sup> December (group meal)**

- ➔ Wednesday 18<sup>th</sup> December
- ➔ Wednesday 8<sup>th</sup> & 22<sup>nd</sup> January
- ➔ Wednesday 5<sup>th</sup> & 19<sup>th</sup> February
- ➔ Wednesday 5<sup>th</sup> & 19<sup>th</sup> March

*Chair yoga, line dancing, bingo, "Play  
Your Cards Right", weight management,  
blood pressure & pulse testing, books &  
bric a brac stall, refreshments & day trips*

*\*\*Supported by  
Barchester Charitable Foundation\*\**

### Irlam & Cadishead Healthy Heart Club



**Irlam Steel Club**

Liverpool Road, Irlam, M44 6AJ

**Wednesdays & Fridays**  
**9:30am – 12 noon**

**\*\*Friday 13<sup>th</sup> December:**

**Irlam Academy Christmas Choir will  
be singing from 9:30-10:30am\*\***

**Closed: Wednesday 18<sup>th</sup> December,  
Wed 25<sup>th</sup> & Fri 27<sup>th</sup> December,  
Wed 1<sup>st</sup> & Fri 3<sup>rd</sup> January**

**Reopen Wednesday 8<sup>th</sup> January**

*Chair yoga, chair exercise, dancing,  
bingo, "Play Your Cards Right", weight  
management, blood pressure & pulse  
testing, books & bric a brac stall,  
refreshments, day trips & party days*

**New members always welcome. First  
visit FREE - turn up on the day or call  
0161 707 7402 for more information.  
Everyone welcome & you do not need  
to have a heart condition or a referral**

## REMINDER: PARTIES & DAY TRIPS

Parties organised by  
Irlam & Cadishead Healthy  
Hearts Social Club:

**Christmas Lunch at The Red Lion**  
Thursday 12<sup>th</sup> December

**Bereavement Group**

**Christmas Party at The Club House**  
Tuesday 10<sup>th</sup> December

**Healthy Hearts Christmas Party  
at The Club House**

Wednesday 18<sup>th</sup> December

**Healthy Hearts Christmas Party  
at Irlam Steel Club**

Friday 20<sup>th</sup> December 10am-3pm

*Coming soon....*

**Tiffany's, Blackpool**

Monday 17<sup>th</sup> March, £20

*Includes coach transport, 2-course set  
meal & afternoon entertainment*

**Coach Trips Departing from  
Eccles (Monton) & Little Hulton:**

**Christmas Party Afternoon  
at The Bedford Hotel,  
Lytham St. Anne's**

Thursday 5<sup>th</sup> December

### Salford Heart Care's



**Christmas Party  
Winton Bowling,  
Tennis & Social Club**

Brookside, Off Grange Road,  
Winton M30 8JW

**Tuesday 17<sup>th</sup> December**

**11 am – 3 pm**

**Tickets £8.00**

*\* Buffet lunch*

*\* Entertainment with Sheila Diamond*

*\* Bingo & raffle*

*\* Bar will be open to purchase drinks*

*\* Members from all clubs welcome*

**Please see Marion for tickets**



### Pensioners' Parties at The Boat House

Ferry Road, Irlam M44 6DN

**Monday 2<sup>nd</sup> December**

**Monday 9<sup>th</sup> December**

**12 noon – 3:30 pm**

*3 course meal,  
entertainment, bingo & raffle*

**We are still accepting raffle  
prizes for our Christmas Parties**

*~ unwanted gifts ~ toiletries ~ bottles ~  
chocolates etc. will all be gratefully  
received to raise funds for our clubs*

**Watch this space for more day  
trips and events in 2025!**

**"THE PULSE" IS PUBLISHED BY  
SALFORD HEART CARE**

Your independent local charity established in  
1987 Registered charity number: 1136710

Visit: [www.salfordheartcare.co.uk](http://www.salfordheartcare.co.uk)

email: [admin@salfordheartcare.co.uk](mailto:admin@salfordheartcare.co.uk)

Telephone: **0161 707 7402** Follow us on  
Facebook and X **@Salford\_HeartC**

*Donations welcome*