



Salford Heart Care

Registered charity number: 1136710

"THE PULSE"

November 2024

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

Tel: 0161 707 7402

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www.salfordheartcare.co.uk



Announcement



Jackie Jones

It is with great sadness that we announce the death of **Jaqueline "Jackie" Jones**, aged 79, from Irlam.

Sadly, Jackie passed away at home, with her family by her side, on the evening of Friday 18th October 2024.

Jackie joined Irlam & Cadishead Healthy Heart Club in 2015, and attended

regularly. She joined us on many group lunches and day trips out, and loved playing bingo. Jackie was a beautiful person with many friends and always had time for others. She was very caring and generous and will be missed by us all.

Jackie's funeral took place on Thursday 31st October, at Agecroft Crematorium.

We send our deepest sympathy to Jackie's family & friends at this sad time.

Thank you....

We would like to acknowledge receipt of **£295 in memory of Fred Fielder**, who sadly passed away in July.

We would particularly like to thank Joan Fielder for supporting the work of Salford Heart Care, and to all Fred's family and friends who donated in his memory.

Funding Award

Salford CVS Older Persons Award

Salford CVS has selected Salford Heart Care to receive an award of £1,000 to support the wellbeing of older people in Salford. This is fantastic news for our charity, as we have seen a noticeable decline in grant funding and donations over the last 12 months. We would like to thank Salford CVS for their support.

MEMBERS' NOTICE

Salford Heart Care's Annual General Meeting (AGM)

Takes place on:

Tuesday 5th November 2024, 11am
at Winton Bowling,
Tennis & Social Club

Members from all branches are welcome to attend. *Entrance is free. There will be no therapies or exercise at this session.*

Christmas Donations

Would you prefer to make a donation to your club in lieu of sending Christmas cards to your friends? We're accepting Christmas donations now. We can include a list of names and greetings in our December newsletter – please speak to Serena.

Last year you helped us to raise more than £460 in Christmas donations

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 30th December

*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 24th & 31st December

Tuesday 5th November - AGM

*Chair yoga, reiki, 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 12th & 26th November

→ Tuesday 10th December
(Reopen Jan 2025)

*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**

→ Wednesday 13th & 27th November

→ Wednesday 18th December

Closed 11th December for Christmas meal

*Chair yoga, line dancing, reiki, 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**

**Closed: Wednesday 18th December
(Club House Party day)**

Wed 25th & Fri 27th December

Wed 1st & Fri 3rd January

*Chair yoga, chair exercise, dancing, reiki,
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 &
your first visit is 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

OUR EVENTS & DAY TRIPS

Parties & Trips Departing from Irlam & Cadishead

Christmas Lunch at The Red Lion
Thursday 12th December - £15
3-course Christmas lunch, bingo & raffle

Bereavement Group

Christmas Party at The Club House
Wednesday 10th December - £15
Includes 3-course Christmas lunch,
tea/coffee & entertainment

****Non-Bereavement Group
members welcome to attend****

Christmas Party at The Club House
Wednesday 18th December - £15 - full
Irlam & Cadishead Healthy Hearts
Christmas Party, Irlam Steel Club
Friday 20th December 10am-3pm - £5
Includes buffet, raffle & entertainment
Strictly I&C members only – spaces limited

See Pat or Serena to book

Forthcoming Pensioners' Parties at The Boat House

Ferry Road, Irlam M44 6DN

Monday 11th November

Monday 2nd December

(Christmas Party no 1)

Monday 9th December

(Christmas Party no 2)

12 noon – 3:30 pm

£10 per person

*** 3-course set menu**

*** Live entertainment**

*** bingo & raffle included**

See Pat or Serena to book

Raffle prizes gratefully received for our Christmas Parties

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

Coach Trips Departing from Eccles (Monton) & Little Hulton

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

Thursday 5th December - £38
Includes 3-course lunch & entertainment

See Dot or Mavis to book

Salford Heart Care's



Christmas Party Winton Bowling, Tennis & Social Club

Brookside, Off Grange Road,
Winton M30 8JW

Tuesday 17th December

11 am – 3 pm

£8.00 - Tickets on sale now

** 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

or contact Serena: 0161 707 7402

email: admin@salfordheartcare.co.uk



Julia's Race Night for Willow

Julia O'Reilly would like to thank everyone who contributed to the race night that took place last month. The event was a great success with **£1,058 being raised for Willow** in memory of Julia's daughter, Lisa.

Community Information

Over 60's Christmas Dinner

Irlam & Cadishead Academy would like to invite you to their first "Over 60's Christmas Dinner"! The event is free.

Wednesday 4th December

12:30 - 3:30pm

**Irlam & Cadishead Academy
Station Road Irlam M44 5ZR**

"Get lost in an afternoon of festivities with a 2-course meal, entertainment and plenty of laughter!"

Limited places - booking required.

Reserve your ticket here:

<https://www.eventbrite.com/e/over-60s-christmas-dinner-tickets-1041901153397>

Rag Revival

Feeling creative? Groundwork is running a series of free workshops to learn new skills around upcycling & repurposing of textile waste, turning unusable into new creations.

- *Meet new people & improve mindfulness*
- *Learn new skills including basic hand-sewing*
- *Take positive action to reduce carbon emissions*

Manchester & Salford workshops starting in December. Open to residents 16+, no prior experience necessary. For more information and to book a place contact:

Rag.Revival@groundwork.org.uk

Walkden "Jolly Joggers"

Walkden "Jolly Joggers" are a jogging group registered with Run England. The group meets on Monday & Thursday evenings, 5:45pm opposite Nando's in Ellesmere Shopping Centre. All runs are free and about 5k in distance.

To find out more or to book a place visit:

<https://groups.runtogether.co.uk/WalkdenJollyJoggers>

Level of ability: can run 5k, but no restrictions on speed - can be fast or slow.

Parkinson's Information & Support Event

Parkinson's UK are running a free event for anyone affected by Parkinson's in Salford and surrounding areas.

Advice, information and support will be available on the day and entry is free.

The event is open to anyone affected by the condition.

Tuesday 5th November

11am -1pm

**Salford Roosters Rugby Club
Hallsworth Road
Eccles M30 7LS**

To register or for more information, email Lai Yew: lkyew@parkinsons.org.uk or call: 020 7963 9266. Alternatively, participants are welcome to turn up on the day. Free parking is available.

FREE Creative Bereavement Group

With Full Circle Funerals & Oyez Arts, Altrincham

Weekly on Wednesdays

11.45am - 1.15pm

Altrincham Town Hall

- *Explore, using a number of creative projects, how creativity can be used to support wellbeing following bereavement*
- *Open to adults who have experienced bereavement*
 - *No previous experience of art or creative skill is required*
- *Free to attend, all materials included*

A few remaining places - for more information or to book a place, please contact Sara Fixter at Full Circle Funerals, Altrincham. Tel: 0161 928 6080 or Email: sara.fixter@fullcirclefunerals.partners