



# Salford Heart Care

Registered charity number: 1136710

**"THE PULSE"**

**September 2024**

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

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



## Announcements

It is with great sadness we announce the death of our member, **Angela McCafferty**, aged 72, from Tydesley.



Angela passed away peacefully in Salford Royal Hospital on 22<sup>nd</sup> July, following a stroke.

Angela attended Irlam & Cadishead Healthy Heart Club from 2017 until 2020,

and then joined Little Hulton Healthy Heart Club last year. Her funeral took place at St Ambrose Barlow Church on Thursday 8<sup>th</sup> August 2024.

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It is with great sadness we announce the death of our member, **Moreen Kenley**, aged 90, from Cadishead.



Moreen passed away peacefully at home on Wednesday 28<sup>th</sup> August.

She had been diagnosed with leukemia. Moreen was a long-standing member of our club at Irlam, joining us over 12 years ago. She loved joining us on day trips and group lunches and remained active and independent until her final days.

*We send our deepest sympathy to the family & friends of Angela and Moreen at this very sad time.*

## MEMBERS' NOTICE

### Salford Heart Care's Annual General Meeting (AGM)

Takes place on:

**Tuesday 5<sup>th</sup> November, 11am**

**at Winton Bowling,**

**Tennis & Social Club**

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



Our very talented member, **Jo Lees** (above), at Winton Healthy Heart Club last month. Jo enjoys creating mosaic designs as a hobby and was inspired to create a mosaic of Salford Heart Care's logo after taking part in an arts project at the club.

## 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**

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

### Eccles Healthy Heart Club

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

**Tuesdays 10am - 12 noon**

**Tuesday 5<sup>th</sup> 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 3<sup>rd</sup> & 17<sup>th</sup> September
- Tuesday 1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup> October
- Tuesday 12<sup>th</sup> & 26<sup>th</sup> November
- Tuesday 10<sup>th</sup> December

*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 4<sup>th</sup> & 18<sup>th</sup> September
- Wednesday 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> October
- Wednesday 13<sup>th</sup> & 27<sup>th</sup> November
- Wednesday 11<sup>th</sup> December

*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**

*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.

### Age UK's Winter Fuel Payment Petition

The Government is cutting the Winter Fuel Payment for those not on Pension Credit. Age UK estimates around 2 million pensioners who really need the money will now lose it. Cutting the Winter Fuel Payment this winter, with virtually no notice and no compensatory measures to protect poor and vulnerable pensioners, is wrong. Age UK have set up a petition to stop the cut for struggling pensioners. Please sign the petition - it takes just 2 minutes. We also have paper copies of the petition available at the club for those who are not online. Please sign the petition here:

<https://campaigns.ageuk.org.uk/page/154268/petition/1?ea.tracking.id=EAF>



## EVENTS & DAY TRIPS

### Parties & Coach Trips Departing from Irlam & Cadishead

#### Hebden Bridge & Fish Restaurant

Thursday 5<sup>th</sup> September - £25

*Includes coach & 2-course fish & chips*

#### Southport & The Cheshire Lines

Monday 28<sup>th</sup> October - £20 – full

#### Christmas Lunch at The Red Lion

Thursday 12<sup>th</sup> December - £15

*3-course Christmas lunch, bingo & raffle*

#### Christmas Party at The Club House

Wednesday 18<sup>th</sup> December - £15 - full

*Includes 3-course Christmas lunch & entertainment with Tony Nicholls*

#### Irlam & Cadishead Healthy Hearts

#### Christmas Party, Irlam Steel Club

Friday 20<sup>th</sup> December 10am-3pm - £5

*Includes buffet, raffle & entertainment*

*\*Strictly I&C members only – spaces limited\**

*See Pat or Serena to book*

### Coach Trips Departing from Eccles (Monton) & Little Hulton

#### Skipton (Market Day) & Pendle Village & Garden Mill

Wednesday 11<sup>th</sup> September - £12

*Coach only*

#### Tiffany's, Blackpool

Tuesday 8<sup>th</sup> October - £25

*Includes 3-course lunch & entertainment*

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

Thursday 5<sup>th</sup> December - £38

*Includes 3-course lunch & entertainment*

*See Dot or Mavis to book*

### Pensioners' Party at The Boat House

Ferry Road, Irlam M44 6DN

**Monday 14<sup>th</sup> October**

**12 noon – 3:30 pm**

**£10 per person**

*\* 3-course set menu*

*\* Live entertainment*

*\* bingo & raffle included*

*See Pat or Serena to book*

### Coach Trip Departing from St. Luke's Salford & Little Hulton

Thornton Cleveleys,

The Working Men's Club & The Blackpool Illuminations

Thursday 10<sup>th</sup> October - £13 - full

*\*Coach only price (food available)\**

*See Sue or Jim Collins for information*

## Salford Heart Care's



### Christmas Party Afternoon

#### Winton Bowling, Tennis & Social Club

Brookside, Off Grange Rad,  
Winton M30 8JW

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

**Please see Marion for tickets**

or contact Serena: 0161 707 7402

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





## Winter Fuel Payments

Until now, Winter Fuel Payments worth up to £300 have been made available to EVERYONE above State Pension age in the UK, but this will no longer be the case from this winter.

### How Winter Fuel Payments are changing:

Starting this winter, you'll only be able to get a Winter Fuel Payment if you're:

- Over State Pension age AND
- Receiving one of the following benefits:

- Income Support;
- Income-based Jobseeker's Allowance;
- Income-related Employment & Support Allowance;
- Pension Credit; or
- Universal Credit

### Check you're not missing out on help you're entitled to:

Over 800,000 people who are eligible for Pension Credit don't currently get it, and it's often a key to qualifying for other help – so may unlock £1,000s of extra support. If you're retired and have income less than £218 a week as an individual, or £332 a week as a couple, you may be entitled to Pension Credit.

### The quickest way to find out if you qualify for Pension Credit is by using the Government's free Pension Credit Calculator:

<https://www.gov.uk/pension-credit-calculator>

If you cannot use the calculator, you can call the Pension Credit claim line:

**0800 99 1234**



**Pauline & Gordon McKay (above)**, from Winton Healthy Heart Club, enjoying morning coffee in Lytham before the Ice Show at Blackpool Pleasure Beach Arena last month. The group also enjoyed afternoon tea following the show. Winton Member, Yasma Osman, said “We loved the ice show and afternoon tea! Thank you Dot and Mavis for organising everything!”.

### “THE PULSE” IS PUBLISHED BY SALFORD HEART CARE

Your independent, local charity  
established 1987

Registered charity number: 1136710

Website:

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Donations welcome

### Wanted!

We need raffle prizes  
for our Christmas parties

~ unwanted gifts ~ toiletries ~  
bottles ~ chocolates etc.

will all be gratefully received & will help to  
raise funds for our clubs