



SALFORD HEART CARE ANNUAL REPORT October 2023 - September 2024

Message from the Directors



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 our clubs continue to thrive as we welcome new members. Furthermore, this year, we have welcomed and supported a record number of older people across the city, even surpassing our pre-pandemic achievements, and this is despite the challenging environment we are facing.

Sadly, we have lost some valued friends and members since our last report in October 2023. Our sincere condolences and best wishes go to the family and friends of:

- Dorothy Wakefield, aged 79, from Salford
- Marjorie (Madge) Williams, aged 88, from Cadishead
- Lesley Payne, aged 70, from Little Hulton
- Rosemary Waning, aged 75, from Cadishead
- Ann Robinson, aged 77, from Worsley
- Andrew Youd, aged 58, from Winton
- Mary White, aged 79, from Irlam
- Angela McCafferty, aged 72, from Tyldesley
- Anne Perkins, aged 88, from Cadishead
- Fred Fielder, aged 75, from Irlam, former Patron of Salford Heart Care
- Moreen Kenley, aged 90, from Cadishead
- Jackie Jones, aged 79, from Irlam

This year continues to present challenges for both Salford Heart Care and our members, particularly due to the cost of living crisis. We have noticed a significant decline in grant awards and financial support towards our services. Despite this, we have continued to support our members with measures including waiving our annual membership charge (usually £10 per year), offering “free days” at all our clubs, and having a “cost of living fund” that provides 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.

Date: 30/09/2024

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)
Nationwide
Cambridge & Counties
St James Place (Bright Wealth Management)

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 member of staff and seeks additional support and commitment from its team of 48 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 usually 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

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 four occasions during the year.

3. 37th Anniversary and Social Events

This year, Salford Heart Care celebrates its 37th Anniversary. To celebrate, many members enjoyed a day at the Ice Show in Blackpool followed by afternoon tea. Day trips have also taken place to various locations during the year, including Keswick, Southport, Lytham, Bakewell, Skipton, The Lake District, Llandudno and Hebden Bridge.

Salford Heart Care's group holiday took place in April this year. Many members enjoyed a week away in Torquay, with day trips to Sidmouth, Exmouth, Totnes, Dartmouth, Paignton, Buckfastleigh and Plymouth.

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, Sue Collins 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, we have noticed a significant decline in support via grant awards when compared to previous years. There have been fewer opportunities to apply for funding to support older people's groups, and more restrictions in terms of who is eligible to apply. This year, we have received grant funding from the following sources:

a. JT Blair Charity

In October 2023 we were awarded £2,000 by The James Thomas Blair Charity to support chair yoga at our healthy heart clubs for 6 months.

b. Forever Manchester – Connecting Communities at Christmas

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

c. Wellbeing Community Asset Fund

A grant of £500 was awarded in January 2024 to support referrals from Community Connectors.

d. Barchester Charitable Trust

A grant of £1,000 was awarded in July 2024 to support room hire and activities at Little Hulton Healthy Heart Club.

e. Forever Manchester – Voicescape Community Fund

A grant of £1,000 was awarded in September 2024 to support room hire at our Healthy Heart Clubs for a duration of 2 months.

5. 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 £1,000 from the scheme this year (£500 in January 2024 and £500 in September).

6. Donations & Additional Fundraising Activities

With Support from our volunteers and members, we continue with fundraising activities including raffles and sales of brick-a-brac items, bags, pens and badges. A tombola sale at Little Hulton Healthy Heart Club in July raised £85. In November 2023 we received a donation of £110 in memory of Nephie Ashton, and in September 2024, £295 in memory of Fred Fielder. Many members chose to donate to Salford Heart Care instead of sending Christmas cards, raising £455 last December.

We would like to thank all 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 2023-2024, funding applications were made to the following organisations, but were not successful:

- Peter Kershaw Trust
- Peerfest Grant
- McCarthy Stone Foundation Christmas Connections Fund
- TalkTalk Future Fibre Fund

7. Branch Attendance

A total of 397 people attended our clubs during the year, which is slightly higher than last years' attendance (342 people). The following table provides a breakdown of active members at each branch between October 2023 and September 2024:

Branch	Number attending Oct 2023 - Sept 2024	Number attending Oct 2022 - Sept 2023	Number attending Oct 2021 - Sept 2022	Number attending from Jun 2021- Sept 2021
Eccles	74 (9 new)	69	71	66
Irlam	190 (27 new)	170	182	135
Little Hulton	49 (11 new)	43	32	30
Bereavement Group	82 (23 new)	62	60	30
St Luke's Salford	33 (5 new)	26	22	19

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

8. 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 Weymouth is due to take place next year in May.

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", 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 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 £1.50 per person (which includes refreshments), and reiki is charged at £2.00 per 15-minute appointment. 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 refreshments, bingo and a raffle. The entrance charge was reduced from £3 to £2 per session earlier in the year to encourage attendance. 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, and a second counsellor provides one-on-one support to members during the sessions. 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 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.

9. Membership Subscriptions

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 2024-2025 year.

10. 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 48 volunteers actively supporting the work of Salford Heart Care. We would like to thank all 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.

11. 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: <https://www.facebook.com/SalfordHeartCare> 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.

12. Partnership Working

We continue to work in partnership with a variety of local and national organisations including Salford CVS, Wellbeing Matters, Care on Call, local primary and secondary schools, 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 2024