



SALFORD HEART CARE ANNUAL REPORT October 2021 - September 2022

Message from the Chair



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 of our clubs have remained open throughout the year, and we continue to welcome new members as our groups begin to regrow and adjust after the impact of the pandemic.

We are deeply saddened by the death of Her Majesty The Queen. For over 70 years, she dedicated herself to faithfully serving the nation as a source of strength and inspiration to us all in the most difficult of times. Salford Heart Care was awarded the Queen's Award for Voluntary Service in 2014, and we are extremely honoured and proud of our prestigious award. Serena Rice, Marion El Qasem and Jim Collins have fond memories of attending the Queen's Royal Garden Party at Buckingham Palace in May 2014. We join the Royal Family, our members, volunteers and those from around the world in their grief, whilst offering our own heartfelt condolences.

Sadly, we have also lost some valued friends and members since our last report in October 2021. Our sincere condolences and best wishes go to the family and friends of:

- Brendan Towey, aged 62 from Cadishead and later Thornton Cleveleys
- Margaret Jones, aged 77 from Irlam
- Margaret Roach, aged 87 from Irlam
- Hazel Shaw, aged 81 from Irlam
- Pat Hickson, aged 81 from Cadishead
- Ken Redshaw, aged 91 from Salford
- Dorothy (Dot) Taylor, aged 85 from Irlam
- John Gilchrist, aged 81 from St. Helens

The work of Salford Heart Care has continued to develop and flourish over the past 12 months. As an organisation, working in partnership with various other stakeholders, we recognise that the valuable support from our many members, partners, supporters and the local community is paramount. As a board of trustees, we are proud of the work undertaken by Salford Heart Care, particularly given the level of resources we have available to employ. We are proud of the reach of our services within Salford and wider Greater Manchester. This work, and the success of Salford Heart Care, 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.

Signed: Jim (James) Collins

Date: 30/09/2022

Chairman & Director, Salford Heart Care

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	
Jim Clough	
Barbara Walker	
Jean Chubb	

Secretary: Serena Rice

Management Team: Serena Rice, Coordinator

Bankers: HSBC (now closed)
Virgin (Yorkshire Bank)
RBS
Nationwide

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 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 part-time member of staff and seeks additional support and commitment from its team of more than 40 local 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 often 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 has a total of 7 Directors, and all serve on the Steering Committee. The Finance Committee meets on a monthly basis and the Steering Committee has met face to face on four occasions during the year.

3. 35th Anniversary and Social Events

This year Salford Heart Care celebrates its 35th Anniversary. We were able to celebrate and reward the work of our volunteers who have supported us at our Volunteer Celebration Event, held on 23rd June at The Club House in Barton. Similar to last year, the event was extremely well attended with more than 90 people, comprising many members together with 40 volunteers, 4 directors, and the Coordinator.

The rescheduled group holiday to Eastbourne took place in May 2022, and I am sure the members will agree that everyone had a wonderful time.

Day trips have taken place to various locations during the year, including Ullswater, Ulverston, Grange Over Sands, Halifax, New Brighton, Bakewell, Anderton Boat Lift, Liverpool Lunch Cruise, Bury Steam Train, Llandudno, Kettlewell, Grassington, Lytham and Blackpool.

These events would not be possible without the help of our dedicated volunteers. We would particularly like to express our thanks and appreciation to the following volunteers: Dorothy Highcock, Mavis Rothwell 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. Salford Heart Care has received funding from the following sources this year:

a. Co-op Community Fund

Last year, we were fortunate to be selected for the Co-Op Community Fund, with support going to The Bereavement Support Group. The scheme ended in October 2021 and we received funds totaling £2,226.63 last November.

b. For Housing

A grant of £500 was awarded in October 2021 to support exercise sessions at Winton and Irlam.

c. The Charity Service – Winter Fund

A grant of £250 was awarded in November 2021 to support Christmas Party activities at Irlam, De La Salle and Little Hulton.

d. The Charity Service

A grant of £1,000 was awarded in January 2022 to support 6 months room hire and exercise sessions at St Luke's in Irlams o'th'Height.

e. Salix Homes – Springboard Community Fund

A grant of £500 was awarded in December 2021 to support 3 months room hire and exercise sessions at St Luke's in Irlams o'th'Height.

f. Forever Manchester – Zuto Make a Difference Fund

A grant of £1,000 was awarded in May 2022 to support room hire at Little Hulton and St Luke's for 6 months.

g. Salford CVS - Volunteer Week Activities Fund

An award of £500 enabled us to organise our Volunteer Celebration at The Club House on 23rd June. The event was attended by more than 90 members and volunteers who enjoyed a 3 course meal with afternoon entertainment.

h. Liverpool CVS – Skelton Charity Trust

An award of £1,500 in July 2022 enabled us to purchase a new laptop to support administration, and two new top quality blood pressure machines for use at our clubs.

i. Salford Red Devils Lottery

We continue to work in partnership with Salford Reds lottery scheme. Ticket sales across Salford are much lower than in previous years so prize amounts are lower to reflect this. Most of our members buy tickets through a direct debit or standing order agreement. For every £1.00 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 December 2021 and £500 in August 2022).

j. Donation from Neil Degg & The Big Initiative UK

We received a very generous donation of £10,000 from Salford-based entrepreneur, Neil Degg and The Big Initiative UK in June 2022. Neil, aged 46, experienced a tachycardia where his heart rate went up to 260 beats per minute. His life was saved by the NHS team at Manchester Royal Infirmary. In recognition for the work of the NHS, and how it helped save his life, Neil wanted to do something special to help others who have suffered with their health or have ongoing heart issues and need support. Neil chose to support the work of his local charity, Salford Heart Care. The funds will help us to continue our vital work in the community, supporting local people to improve their health and wellbeing.

k. Donations raised in memory of Brendan Towey

Brendan Towey sadly passed away in hospital on Thursday 2nd December 2021, aged just 62, after a long struggle with his heart. Brendan was a keen supporter of Salford Heart Care and helped to raise funds for our clubs. He was a dedicated volunteer who created crosswords for our monthly newsletter and helped at our Irlam Club. Brendan loved attending the group, as well as parties and day trips. He also joined members on the group holiday with his wife, Nancy. Brendan and Nancy moved into their new home in Thornton Cleveleys during the pandemic, but they still kept in touch and joined us on days out, and Brendan came to visit us at Irlam.

Nancy chose to support the work of Salford Heart Care in Brendan's memory and raised more than £1,400. Donations support the work of Irlam and Cadishead Healthy Heart Club.

l. Donations & Additional Fundraising Activities

With Support from our volunteers, we continue with fundraising activities including raffles and sales of bric a brac items, bags, pens and badges. A number of donations have been made in memory of loved ones, including donations in memory of Brendan Towey (£1,400 as mentioned above), Dot Taylor (£127), Ken Redshaw (£305) and Karl Greer (£200). Many members chose to donate to Salford Heart Care instead of sending Christmas cards, raising £350 last December. Birthday Fundraisers are also becoming increasingly popular, and we would like to thank Jim Collins, Nancy Towey, Harry Morris, Mavis Yarwood and Marie Bugess for their support. Volunteers from Irlam & Cadishead Healthy Heart Club held a stall at Irlam Live during the Jubilee weekend celebrations and raised more than £1,100. We would like to thank the organisers of Irlam Live for allowing us to have a stall at the event.

Salford Heart Care is registered with Amazon Smile and we occasionally receive small donations based on a percentage of the purchase value made by our supporters.

We would like to thank all of 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 2021-2022, funding applications were made to the following organisations but were not successful:

- Skipton Building Society
- Coalfields Regeneration Trust

5. Branch Attendance

A total of 335 people have attended our clubs during the year. Attendance across our branches is higher than last year (due to closure during the pandemic), but slightly lower than pre-pandemic attendance (a total of 359 people attended our clubs between October 2019 and March 2020, and 415 people in 2019). The following table provides a breakdown of active members at each branch between October 2021 and September 2022:

Branch	Number attending Oct 2021 - Sept 2022	Number attending from Jun 2021- Sept 2021	Number attending in 2019 - 2020	Number attending in 2018- 2019
Eccles	71 (20 new)	66	84	105
Irlam	182 (51 new)	135	176	203
Little Hulton	32 (11 new)	30	47	52
Bereavement Group	60 (29 new)	30	72	61
St Luke's Salford	22 (4 new)	19	23	23

6. Branch Development

a. Eccles (Winton)

Eccles (Winton) Healthy Heart Club continues to meet weekly, on Tuesday mornings at Winton Bowling, Tennis and Social Club, in Winton. A wide range of activities are available during the sessions including chair yoga, reiki, bingo, "Play Your Cards Right", blood pressure checks, pulse checks and weight management.

The Social Committee have organised monthly day trips as well as the re-scheduled group holiday that took place in May 2022.

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 our new game "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.

b. Irlam & Cadishead

Sessions at Irlam & Cadishead Healthy Heart Club are busy and 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", monthly quizzes and holistic therapies. Weight management, pulse checks and blood pressure checks take place at each session.

Raffle tickets are sold separately to support fundraising for social occasions. Raffle tickets are also entered into a draw for our new game "Play Your Cards Right". The Social Committee organise regular day trips, local lunchtime 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 per person, and 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.

c. Little Hulton

Little Hulton Healthy Heart Club meets on a fortnightly basis (Wednesday mornings). Chair yoga takes place at each session, together with a range of other activities including line dancing, relaxation and holistic therapies. Blood pressure and pulse testing is also 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, raffle 50 pence per person. 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.

d. St. Luke's, Salford

St Luke's meets every Monday afternoon for 1 hour of exercise (chair yoga or gentle exercise), followed by bingo and a raffle. The charge is £3 per session. 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. There is currently no trainee placement counsellor supporting the group, however it is hoped that there is scope to accept further placement volunteers as students return to universities. The charge is £1 per session. Those attending for the first time get free door entrance and the opportunity to talk one to one with the counsellor. 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.

7. Membership Subscriptions

Annual membership subscriptions remained at £10 per person, as agreed at last year's AGM. A total of 262 members paid their subscriptions this year (this includes 162 attending Irlam/Cadishead, 64 attending Winton, 29 attending Little Hulton, 17 attending St Luke's, 27 attending the Bereavement Support Group). Membership charges are reviewed annually at the AGM.

8. 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 of 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. All volunteers were invited to attend our Volunteer Celebration in June.

9. 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 also use Twitter @Salford_HeartC and Facebook to keep members up to date.

The work of Salford Heart Care is promoted using leaflets and posters that are distributed across the City. Pens, shopping bags and badges are sold to raise funds and to help with promotion and fundraising activities.

10. Partnership Working

Visits to Cardiac Rehabilitation sessions at Salford Royal and Total Fitness are yet to recommence. However, where possible we continue to work in partnership with a variety of local and national organisations including Salford CVS, Helping Hands, Wellbeing Matters, Care on Call, The British Heart Foundation and Salford Royal Foundation Trust.

Finally, a big thank you to everybody who has contributed to the success of Salford Heart Care.

October 2022