

# SALFORD HEART CARE

England & Wales · Charity number 1136710

## Details

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**Status** Registered

**Legal form** Charitable company

**Company number** [07204528](#)

**Registered** 2010-07-05

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** c/o Egan Projects Ltd  
19 Green Lane  
Eccles  
Manchester  
M30 0RP

**Phone** 01617077402

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

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

## Activities

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**Objects:** TO SUPPORT THE LONG-TERM REHABILITATION OF CARDIAC PATIENTS, PEOPLE WITH LONG-TERM CARDIAC RELATED CONDITIONS, THEIR CARERS AND FAMILIES, THROUGHOUT THE CITY OF SALFORD AND SURROUNDING DISTRICTS.

**Activities:** Practical and emotional support including: Cardiac Psychotherapy and Bereavement Support. Dance Exercise, tai chi, yoga and cardiac exercise by qualified instructors. Reiki. Indian Head Massage. Weight Management support and blood pressure checking. Health Information and Advice Talks. Indoor Games. Outings and holidays.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Economic/community Development/employment
- **Who:** Elderly/old People, People With Disabilities, Other Defined Groups

## Geography

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- **Area of benefit:** SALFORD
- Salford City

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-09-30	£46,354	£46,375	-	-
2024-09-30	£40,074	£46,883	-	-
2023-09-30	£51,988	£50,105	-	-
2022-09-30	£46,696	£47,525	-	-
2021-09-30	£31,103	£27,635	-	-

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## Trustees

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Name	Role	Appointed
ALAN ROWE		
Barbara Walker		2014-12-01
Jean Chubb		2014-12-01
Paul Brent		2025-06-03
VICTOR ARTHUR BAILEY		2012-11-14

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**SALFORD HEART CARE**

England & Wales - Charity number 1136710

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# Accounts

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# SALFORD HEART CARE ANNUAL REPORT October 2024 - September 2025



## Foreword from the Directors

An Annual General Meeting offers a moment to reflect on the past year, and look ahead with hope and purpose. As we mark the end of another year at Salford Heart Care, we are reminded of the strength, resilience, and compassion that define our community. This year has brought both challenges and triumphs, and through it all, our members, volunteers, and supporters have remained at the heart of everything we do.

We are proud to report that our clubs continue to thrive, with new members joining and enriching our community. This year, Salford Heart Care has offered vital support to hundreds of people across the city - through gentle exercise, meaningful social connection, bereavement support, and, above all, a warm and welcoming environment.

Salford Heart Care remains a lifeline for many, and we are deeply grateful to everyone who plays a part in making that possible. We extend our deepest thanks to our volunteers, whose dedication and generosity make our work possible. We also thank our funders and partners for their continued belief in our mission, and our members - both longstanding and new - for their trust, enthusiasm, and spirit.

This report reflects the collective effort of everyone involved in Salford Heart Care. It is a testament to what can be achieved when people come together with kindness, purpose, and a shared commitment to improving lives.

Sadly, we have lost some cherished friends and members since our last report in October 2024. Our heartfelt condolences go to the families and friends of:

- **Betty Collinson**, aged 80, from Swinton
- **Linda Pennington**, aged 72, from Irlam
- **Stanley Rathbone**, aged 79, from Cadishead
- **Pauline Hudson**, aged 88, from Winton

In December 2024, our Holistic Therapist, **Julia O'Reilly**, stepped down from her role to spend more time with her family and pursue her interest in meditation and mindfulness. Julia has supported our work for 17 years, offering therapies to our members across Salford. Her contribution has been invaluable, and we extend our sincere thanks and warmest wishes for the future.

Following last year's AGM, it was agreed that the £10 annual membership fee would be reintroduced to help offset financial losses. Encouragingly, we have seen a modest improvement in grant awards compared to the previous year.

We remain extremely proud of the work undertaken by Salford Heart Care - work made possible by our dedicated team of staff and volunteers, whose commitment continues to improve the lives of those who use our services. We look forward to the year ahead with hope and determination, continuing to build a stronger, more connected community for all.

# 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	
Paul Brent	Deputy Chair

**Steering Committee Members:**

Julie Clifford  
Tricia Harris

**Secretary:** Serena Rice

**Bankers:** Virgin (Yorkshire Bank)  
Nationwide  
Cambridge & Counties  
Hampshire Trust Bank  
St James Place (Bright Wealth Management)

**Independent Examiner:** Marion El Qasem

# 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 core 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 funds to support our Healthy Heart Clubs and Bereavement Support Group, offering a wide range of accessible services and vital support to local people. Salford Heart Care is a place for practical, social, and emotional support for heart care patients, their families, and carers. Our clubs also provide a vital source of social connection for those experiencing loneliness or isolation.

Activities offered at our clubs to promote wellbeing include:

- Gentle exercise and chair-based yoga
- Relaxation, stress management, and group therapy
- Weight management support
- Blood pressure and pulse checks
- Healthy living advice
- Indoor games and social activities such as bingo, quizzes and “Play Your Cards Right”

Salford Heart Care employs one member of staff and benefits from the dedication of 52 volunteers. As a member-led charity, we encourage active participation from our members. Our volunteers devote significant time and energy to organising social activities, group holidays, and day trips. These events are often subsidised thanks to the fundraising efforts of our supporters, making them highly popular. Group outings help reduce isolation, foster community cohesion, and nurture a sense of belonging.

## 2. Directors and Committee Members

Salford Heart Care currently has 7 Directors and 2 Steering Committee members. The Finance Committee meets monthly, while the Steering Committee met face-to-face on four occasions during the year.

## 3. 38<sup>th</sup> Anniversary and Social Events

This year marks Salford Heart Care's 38th Anniversary - a proud milestone in our journey! Day trips have taken place throughout the year to destinations including:

- Keswick

- Lytham
- Bakewell
- Skipton
- Blackpool
- The Lake District
- Llandudno
- Llangollen

In May, members enjoyed a 10-day group holiday in Weymouth, with several day trips organised during the stay.

These events would not have been possible without the tireless support of our volunteers. We extend our heartfelt thanks to **Dorothy Highcock**, **Mavis Rothwell**, and **Patricia Massey** for their outstanding contributions in organising events for our members.

#### **4. Grant Funding**

As a charity, Salford Heart Care continues to seek financial support through grant applications to sustain and expand our work in the local community. In recent years, we have observed a notable decline in funding opportunities for older people's groups, alongside increased restrictions around eligibility criteria.

Despite these challenges, we are pleased to report that we received a total of **£11,000** in grant funding during the year from the following sources:

**a. Salford CVS Older People's Investment Offer**

Awarded £1,000 in October 2024 to support activities for older people.

**b. For Housing**

Awarded £500 in January 2025 to support the administration of our Healthy Heart Clubs.

**c. Salford CVS Wellbeing Fund**

Awarded £1,500 in February 2025 to support room hire and exercise sessions at our Healthy Heart Clubs.

**d. The Charity Service**

Awarded £1,000 in March 2025 to support club administration.

**e. Manchester Guardian Society**

Awarded £3,000 in March 2025 to support exercise sessions at our Healthy Heart Clubs.

**f. For Housing**

Awarded £500 in March 2025 to support administration of the Bereavement Support Group.

**g. W.G Edwards Charitable Foundation**

Awarded £1,500 in May 2025 to support chair yoga at our Healthy Heart Clubs.

**h. J.T. Blair Charity**

Awarded £2,000 in June 2025 to support activities at our Healthy Heart Clubs.

During 2024–2025, Salford Heart Care submitted grant funding applications to a number of organisations. While we continue to pursue financial support, not all applications were successful.

#### **Unsuccessful Applications:**

- TalkTalk Charity of the Year. Unfortunately, our application was not selected for support.

#### **Pending Decisions:**

We are currently awaiting outcomes from the following more recent grant applications:

- Equilibrium Community Support Scheme: Successful application awarded £500 in new financial year.
- Forever Manchester Zuto Fund
- Tesco Community Fund
- ForHousing – Successful application awarded £500 in new financial year.
- Co-op Community Fund: Successful application. Funding round commences October 2025 for 6 months.

We remain hopeful and committed to securing additional funding to support our clubs and services.

### **5. Salford Red Devils Lottery Donation**

We continue our partnership with the Salford Red Devils Lottery Scheme, through which Salford Heart Care receives a donation of £0.40 for every £1 ticket sold. This year, we received a total donation of £500 from the scheme.

### **6. Donations & Additional Fundraising Activities**

#### **a. Rainford Ladies Choir**

In June 2025, Salford Heart Care received a generous donation of £1,000 from the Rainford Ladies' Choir of St. Helens. Each year, the Choir carefully selects deserving causes to support through funds raised at concerts, coffee mornings, and community events. We are honoured to have been chosen.

#### **b. Donations from Members**

We are deeply grateful for the personal donations received from our members, including:

- Mike and Joan Givens, in memory of their son, Stephen
- Mavis Yarwood in memory of her late husband Norman Yarwood
- Muriel Taylor in recognition of her 90<sup>th</sup> birthday celebration
- Jim Clough who donates via monthly direct debit

These heartfelt contributions reflect the strong bonds within our community and the trust placed in our work.

#### **c. Vinted Sales**

In July, Salford Heart Care registered as an online “Pro Seller” with Vinted, launching a new initiative to sell donated clothing and items from members. In just three months, this venture has raised an impressive £957.50 - a fantastic achievement that directly supports our services. We extend our sincere thanks to all members who generously donated items. Your contributions have not only helped raise vital funds, but also promoted sustainability and community spirit.

#### **d. Ongoing Fundraising**

With the continued support of our volunteers and members, we have raised additional funds through:

- Raffles
- Sales of bric-a-brac items
- Branded merchandise including bags, pens, and badges

#### e. Christmas Donations

Last December, many members chose to donate to Salford Heart Care in lieu of sending Christmas cards, raising a total of £509.

We extend our heartfelt thanks to all members, volunteers, and supporters who have contributed to our fundraising efforts throughout the year. Your generosity helps sustain and grow our work in the community.

#### 7. Branch Attendance

A total of 366 people attended our clubs during the year - a slight decrease compared to 397 attendees in the previous year. The table below provides a breakdown of active members at each branch over the past four years:

Branch	Oct 2024 - Sept 2025	Oct 2023 - Sept 2024	Oct 2022 - Sept 2023	Oct 2021 - Sept 2022
<b>Eccles</b>	79 (5 new)	74 (9 new)	69	71
<b>Irlam</b>	171 (23 new)	190 (27 new)	170	182
<b>Little Hulton</b>	54 (5 new)	49 (11 new)	43	32
<b>Bereavement Group</b>	67 (32 new)	82 (23 new)	62	60
<b>St Luke's Salford</b>	26 (4 new)	33 (5 new)	26	22

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

#### 8. Branch Development

##### a. Eccles (Winton)

Eccles (Winton) Healthy Heart Club meets weekly on Tuesday mornings at Winton Bowling, Tennis and Social Club. Activities include:

- Chair-based yoga
- Bingo and raffles
- “Play Your Cards Right”
- Blood pressure, pulse, and oxygen level checks
- Weight management support

Volunteers also run a book stall and bric-a-brac stall to raise funds. The Social Committee has organised monthly day trips, and a group holiday to Exmouth is planned for May next year.

- Door entry & refreshments: £2.50 per member (includes bingo tickets and refreshments)
- Raffle tickets: Sold separately and entered into “Play Your Cards Right”
- First-time visitors: Free entry

##### b. Irlam & Cadishead

Sessions are held every Wednesday and Friday morning at Irlam Steel Club, offering:

- Chair-based exercise and dance exercise
- Chair-based yoga (fortnightly)

- Bingo and raffles
- “Play Your Cards Right”
- Blood pressure and pulse checks
- Quizzes
- Weight management support

The Social Committee organises regular day trips, party afternoons, and other social events - all subsidised through raffle fundraising.

- Door entry & refreshments: £1.50 per person (includes bingo tickets and refreshments)
- Raffle tickets: Sold separately and entered into “Play Your Cards Right”
- First-time visitors: Free entry

### **c. Little Hulton**

Meeting fortnightly on Wednesday mornings at St. Paul’s Peel Hall, Little Hulton offers:

- Chair-based yoga
- Bingo and raffles
- “Play Your Cards Right”
- Blood pressure, oxygen and pulse checks

Members are invited to join day trips and holidays with the Winton Club.

- Door entry, refreshments, bingo & raffle: £2.50 per person
- First-time visitors: Free entry

### **d. St. Luke’s, Salford**

Meeting every Monday afternoon at St. Luke’s Community Hall, this branch offers:

- 45 minutes of chair-based yoga or gentle exercise
- Refreshments
- Bingo and raffles
- Entrance charge: £2 per session (includes bingo and raffle tickets)
- First-time visitors: Free entry

### **e. Bereavement Support Group**

Meeting fortnightly at Cadishead Band Room in Irlam, the group is facilitated by a trained Bereavement Counsellor, with additional one-on-one support available. Activities include:

- Group counselling
- Individual support
- Relaxation and breathing work
- Raffle to fund social occasions

The group is generously hosted by Cadishead Public Band, who provide the venue free of charge - our sincere thanks for their continued support.

- Session charge: £1 per person
- Refreshments: Provided
- First-time visitors: Free entry and one-on-one welcome support

## **9. Membership Subscriptions**

Salford Heart Care reintroduced annual membership subscriptions in November 2024, set at £10 per annum. This decision was made following the 2024 AGM to help offset financial losses and support the sustainability of our services. Membership charges are reviewed annually at the AGM and will be reconsidered for the 2025 - 2026 financial year.

## **10. Volunteering**

Salford Heart Care is supported by a dedicated team of volunteers across all our branches. Our Directors also serve in a voluntary capacity and do not receive remuneration or expenses for their services.

This year, 52 volunteers have actively contributed to the delivery of our services, helping to create welcoming, supportive environments for our members. Their commitment spans a wide range of roles - from organising social activities and fundraising events, to providing practical and emotional support.

We extend our deepest thanks to all our volunteers for their continued support and dedication. The positive outcomes we achieve would simply not be possible without their generosity of time, energy, and spirit.

## **11. Communications & Promotion**

Salford Heart Care continues to publish a monthly "Pulse" Newsletter, which is widely distributed to members, partners, and the wider public across Salford. The newsletter provides updates on club activities, upcoming events, health tips, and community news.

Our website: [www.salfordheartcare.co.uk](http://www.salfordheartcare.co.uk) is updated regularly with news, resources, and contact information. We also use social media to keep members informed and engaged:

- X (formerly Twitter): [@Salford\\_HeartC](https://twitter.com/Salford_HeartC)
- Facebook: [Salford Heart Care](https://www.facebook.com/SalfordHeartCare)

## **12. Partnership Working**

Salford Heart Care continues to work in partnership with a range of local and national organisations to enhance the reach and impact of our services. These partnerships help us deliver high-quality support and promote wellbeing across Salford. Our partners include:

- Salford CVS
- Wellbeing Matters
- CareYourWay North Manchester & Salford
- Local primary and secondary schools
- The British Heart Foundation
- Salford Royal Foundation Trust

We are proud to hold an affiliation with The British Heart Foundation, strengthening our commitment to heart health and community care.

## **13. Closing Message**

Finally, a heartfelt thank you to everyone who has contributed to the continued success of Salford Heart Care. To our members, volunteers, staff, partners, funders, and supporters - your time, energy, generosity, and belief in our mission make everything we do possible. Whether through a kind word, a donation, a helping hand, or a shared moment, you have helped us build a stronger, more connected community. Together, we continue to make a difference. Thank you!

## SALFORD HEART CARE

### Income and Expense Report

From 1st October 2024 - 30th September 2025

Brought forward		-£126.41
Xfer from Funding Staff/Admin		£25,000.00
		<hr/>
		£24,873.59
Salary	£17,020.48	
Pension	£3,558.63	
PAYE / NI	£3,749.58	
Stationery	£103.98	
Printing	£124.35	
Postage	£10.31	
Insurance	£274.40	
Audit	£100.00	
Travel	£302.85	
Licences etc	£149.48	
Website Costs	£119.99	
Misc Expenses	£46.33	£25,560.38
<b>Total for STAFF and ADMINISTRATION</b>		<hr/> <b>-£686.79</b>
Brought forward		£34,043.26
Donations		£2,004.45
Bright Investment increase		£3,582.65
Interest Cambridge		£2,109.21
Virgin current account interest		£132.32
Subscriptions		£2,770.00
Interest Nationwide		£1,494.12
Grants		£1,500.00
		<hr/>
		£47,636.01
Xfer to Staff/Admin		£34,043.26
<b>Total for CHARITABLE FUND</b>		<hr/> <b>£13,592.75</b>
Brought forward - Fundraising		£35,322.40
Xfer from Donations		
<b>Total for FUNDRAISING</b>		<hr/> <b>£35,322.40</b>
Brought forward - Eccles		£16,268.78
Grants		£2,000.00
Door		£3,833.00
Raffle		£2,306.20
Bric-a-brac		£769.22
Reiki		£86.00

Donations	£448.07
Christmas party tickets	£392.00
Xfer from Vol fund	£27.80
Refreshments	£880.50
	<hr/>
	£27,011.57

Relaxation	£680.00
Chair yoga	£1,050.00
Reiki	£280.00
Raffle prizes	£564.63
Raffle contribution to trips	£1,471.20
Room Hire	£2,397.00
Bingo Prizes / costs	£375.80
Refreshments	£242.63
Xmas party entertainment & buffet	£650.00
Volunteers fund Xfer	£180.00
Pens	£118.49
	<hr/>
	£8,009.75

**Total for ECCLES HEALTHY HEARTS** **£19,001.82**

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Brought forward - Little Hulton	£13,247.85
Grants / Donation received	£1,810.00
Door	£734.00
Reiki	£42.00
Raffle	£367.00
Bingo	£367.50
Bric-a-brac	£109.06
Refreshments	£367.00
	<hr/>
	£17,044.41

Relaxation	£600.00
Room Hire	£920.00
Reiki	£135.00
Chair yoga	£475.00
Volunteers fund Xfer	£60.00
Refreshments	£149.53
Bingo prizes / costs	£72.84
Raffle prizes	£106.06
Pens	£118.50
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	£2,636.93

**Total for LITTLE HULTON** **£14,407.48**

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Brought forward - Irlam	£26,466.84
Door	£5,630.75
Reiki	£162.00
Pens etc	£10.70
Grants	£2,100.00
Donations	£619.35

Refreshments		<u>£2,866.36</u>
		£37,856.00
Reiki	£640.00	
Chair yoga	£975.00	
Bingo Prizes / costs	£495.37	
Volunteer fund Xfer	£180.00	
Room Hire	£1,920.00	
Refreshments	£368.45	
Pens	£118.50	<u>£4,697.32</u>
<b>Total for IRLAM</b>		<b><u>£33,158.68</u></b>

Brought forward - St Lukes		£9,480.11
Door		£1,198.00
Refreshments		£192.99
Donations		£100.00
Grants		<u>£2,100.00</u>
		£13,071.10

Chair Yoga	£1,025.00	
Chair exercise instructor	£150.00	
Bingo prizes	£10.00	
Raffle prizes	£10.00	
Volunteer fund Xfer	£60.00	
Refreshments	£50.80	
Room hire	£920.00	
Pens	£118.50	<u>£2,344.30</u>
<b>Total for ST. LUKES</b>		<b><u>£10,726.80</u></b>

Brought forward-Bereavement Support		£17,142.33
Door		£459.05
Grants		£500.00
Refreshments		£2.50
Donations		<u>£350.00</u>
		£18,453.88

Counselling	£3,564.00	
Equipment / printing	£17.56	
Refreshments	£7.48	<u>£3,589.04</u>
<b>Total for Bereavement Support</b>		<b><u>£14,864.84</u></b>

Cost of Living brought forward		£2,546.25
		<u>£2,546.25</u>

Xfer to Staff/ Admin		<u>£2,546.25</u>
<b>Total for Cost of Living</b>		<b><u>£0.00</u></b>

Brought forward - Staff/Admin	£13,027.02
Grants	£1,000.00
Xfer from Cost of living	£2,546.25
Xfers from Charity Fund	£34,043.26
	<u>£50,616.53</u>
Xfer to Staff & Admin.	£25,000.00
<b>Total for FUNDING Staff/Admin</b>	<b><u>£25,616.53</u></b>


Volunteer fund Brought Forward	£1,266.00
Xfers from 4 branches	£480.00
Grants	
	<u>£1,746.00</u>
Xfer to Eccles Xmas party	£27.80
<b>Total for VOLUNTEER FUND</b>	<b><u>£1,718.20</u></b>

Sales	£957.60
Packaging costs	£17.01
<b>Total for VINTED</b>	<b><u>£940.59</u></b>

<b>Brought forward</b>	<b>£168,684.43</b>
<b>Income</b>	<b><u>£46,353.60</u></b>
	<b>£215,038.03</b>
<b>Expenditure</b>	<b><u>-£46,374.73</u></b>
<b>Total</b>	<b><u>£168,663.30</u></b>

Buffet	£520.00
Singer	£130.00
	<u>£650.00</u>
Ticket sales	£488.00
Raffle	£134.20
Volunteers fund	£27.80
	<u>£650.00</u>

**Treasurer's Signature:**



**Date: 21/10/2025**



# SALFORD HEART CARE

## Independent Examiner's Report to the trustees of Salford Heart Care

I report to the charity trustees on my examination of the accounts of the charity for the year ended 30 September 2025.

### Respective responsibilities of trustees and examiner

As the charity's trustees of Salford Heart Care (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of Salford Heart Care are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

### Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of Salford Heart Care as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)],

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

*Marion El Qasem* .....

Name: Marion El Qasem

Dated: 21/10/2025

**SALFORD HEART CARE**

England & Wales - Charity number 1136710

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# Accounts

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# 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. 37<sup>th</sup> Anniversary and Social Events

This year, Salford Heart Care celebrates its 37<sup>th</sup> 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
<b>Eccles</b>	74 (9 new)	69	71	66
<b>Irlam</b>	190 (27 new)	170	182	135
<b>Little Hulton</b>	49 (11 new)	43	32	30
<b>Bereavement Group</b>	82 (23 new)	62	60	30
<b>St Luke's Salford</b>	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](http://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**

**SALFORD HEART CARE**  
**Income and Expense Report**  
**From 01-Oct-2023 to 30-Sept-2024**

Brought forward		£2,957.88	
Grants		£150.00	
Donation		£100.00	
T-shirt sales		£641.10	
Xfer from Funding Staff/Admin		£20,000.00	
		<u>£23,848.98</u>	
Wages	£16,495.67		
Superannuation	£3,088.74		
PAYE / NI	£2,969.01		
Stationery	£77.09		
Printing	£158.14		
Postage	£29.00		
Insurance	£196.00		
Audit	£100.00		
T-shirt purchases	£343.65		
Equipment	£15.94		
Travel	£289.35		
Licences etc.	£68.00		
Website Costs	£116.99		
Misc Expenses	£27.81	£23,975.39	
<b>Total for STAFF and ADMINISTRATION</b>		<u><b>-£126.41</b></u>	<b>-£126.41</b>
Brought forward		£25,761.89	
Donations/Collections		£1,664.92	
Bright increase		£5,250.00	
Virgin Savings interest		£1,103.30	
Virgin current account interest		£571.60	
Interest Nationwide 1		£854.71	
Interest Nationwide 2		£226.68	
Xfer from Xmas Party		£76.98	
		<u>£35,510.08</u>	
Bright loss			
Xfer Donations to Fundraising	£1,466.82	£1,466.82	
<b>Total for CHARITABLE FUND</b>		<u><b>£34,043.26</b></u>	<b>£34,043.26</b>
Brought forward - Fundraising		£33,855.58	
Xfer from Donations		£1,466.82	
<b>Total for FUNDRAISING</b>		<u><b>£35,322.40</b></u>	<b>£35,322.40</b>
Brought forward - Eccles		£24,064.33	
Grants		£850.00	
Door		£3,436.20	
Raffle		£1,987.20	

Bric-a-brac		£789.91
Reiki		£235.00
Donations		£545.91
Xmas tickets		£320.00
Refreshments		£790.81
		<u>£33,019.36</u>

Relaxation	£830.00	
Chair yoga	£800.00	
Reiki	£800.00	
Raffle prizes	£510.00	
Raffle contribution to trips	£1,654.15	
Room Hire	£1,833.00	
Bingo Prizes	£247.53	
Refreshments	£255.75	
Volunteers fund Xfer	£180.00	
Misc	£14.42	
Xfer to Admin / Staff	£9,625.73	£16,750.58

**Total for ECCLES HEALTHY HEARTS**

**£16,268.78**

**£16,268.78**

Brought forward - Little Hulton		£13,475.76
Grants / Donations		£1,600.00
Door		£774.00
Reiki		£128.00
Raffle		£387.00
Bingo		£387.50
Bric-a-brac		£163.07
Refreshments		£387.00
		<u>£17,302.33</u>

Relaxation	£650.00	
Room Hire	£712.00	
Reiki	£450.00	
Chair yoga	£450.00	
Volunteers fund Xfer	£60.00	
Refreshments	£135.28	
Exercise (cover)	£50.00	
Bingo prizes	£72.94	
Raffle prizes	£112.28	
Misc	£14.41	
Xfer to Admin / Staff	£1,347.57	£4,054.48

**Total for LITTLE HULTON**

**£13,247.85**

**£13,247.85**

Brought forward - Irlam		£34,140.23
Door		£5,515.00
Reiki		£666.00
Pens		£5.00
Grants		£2,713.61
Donations		£230.00
Refreshments		£2,440.89
		<u>£45,610.73</u>

		£45,710.73	
Reiki	£1,840.00		
Chair yoga	£950.00		
Bingo Prizes	£390.03		
Volunteer fund Xfer	£180.00		
Room Hire	£1,800.00		
Misc	£63.09		
Refreshments	£364.68		
Xfer to Admin / Staff	£13,656.09	£19,243.89	
<b>Total for IRLAM</b>		<b>£26,466.84</b>	<b>£26,466.84</b>

Brought forward - St Lukes		£10,293.34	
Door		£1,045.00	
Pens		£12.00	
Refreshments		£149.34	
Donations		£11.00	
Grants		£850.00	
		<u>£12,360.68</u>	

Chair Yoga	£850.00		
Exercise (cover)	£197.00		
Misc	£24.41		
Volunteer fund Xfer	£60.00		
Refreshments	£39.83		
Rent	£680.00		
Xfer to Admin / Staff	£1,029.33	£2,880.57	
<b>Total for ST. LUKES</b>		<b>£9,480.11</b>	<b>£9,480.11</b>

Brought forward - Bereavement Support		£19,562.34	
Door		£356.20	
Grants			
Donations		£1,505.00	
		<u>£21,423.54</u>	

Counselling	£4,257.00		
Refreshments	£24.21	£4,281.21	
<b>Total for Bereavement Support</b>		<b>£17,142.33</b>	<b>£17,142.33</b>

Cost of Living brought forward		£3,727.40	
		<u>£3,727.40</u>	


Gift cards	£1,181.15		
		£1,181.15	
<b>Total for Cost of Living</b>		<b>£2,546.25</b>	<b>£2,546.25</b>

Brought forward - Staff/Admin	£6,868.30	
Grants	£500.00	
Xfers from branches	£25,658.72	
	<u>£33,027.02</u>	
Xfer to Staff & Admin	£20,000.00	
<b>Total for FUNDING Staff/Admin</b>	<u>£13,027.02</u>	<b>£13,027.02</b>

Volunteer fund Brought Forward	£786.00	
Xfers from 4 branches	£480.00	
	<u>£1,266.00</u>	
	£0.00	
<b>Total for VOLUNTEER FUND</b>	<u>£1,266.00</u>	<b>£1,266.00</b>

December Xmas Party 2023 Ticket sales	£644.00	
Donations	£10.00	
	<u>£654.00</u>	
Buffet	£538.60	
Raffle prizes	£10.50	
Crackers	£27.92	
Xfer to Bank for Charitable Fund	£76.98	
	<u>£654.00</u>	<b>£0.00</b>

<b>Brought forward</b>	<b>£175,493.05</b>	
<b>income</b>	<b>£40,073.93</b>	<b>£168,684.43</b>
	<u>£215,566.98</u>	
<b>expenditure</b>	<b>-£46,882.55</b>	
	<u>£168,684.43</u>	

<b>Treasurer's Signature:</b>  <b>Date: 16/10/2024</b>	<b>Eccles Raffle figures</b>		
		<b>Received</b>	<b>Expenses</b>
	Oct	£197.00	£60.00
	Nov	£199.00	£50.00
	Dec	£70.00	£20.00
	Jan	£149.00	£25.00
	Feb	£145.00	£15.00
	Mar	£155.20	£35.00
	Apr	£254.00	£75.00
	May	£100.00	£30.00
	Jun	£136.00	£35.00
	Jul	£250.00	£70.00
	Aug	£192.00	£60.00
	Sept	£134.00	£35.00
		<u>£1,981.20</u>	<u>£510.00</u>
		<b>Net £1471.20</b>	



# SALFORD HEART CARE

## Independent Examiner's Report to the trustees of Salford Heart Care

I report to the charity trustees on my examination of the accounts of the charity for the year ended 30 September 2024.

### Respective responsibilities of trustees and examiner

As the charity's trustees of Salford Heart Care (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of Salford Heart Care are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'), In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

### Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of Salford Heart Care as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)],

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: .....

Name: A L. HUMES

Dated: 29/10/24.

**SALFORD HEART CARE**

England & Wales - Charity number 1136710

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# Accounts

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# SALFORD HEART CARE ANNUAL REPORT October 2022 - September 2023

## 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 are continuing to thrive as we welcome new members.

Sadly, we have lost some valued friends and members since our last report in October 2022. Our sincere condolences and best wishes go to the family and friends of:

- Annette Powell, aged 76 from Cadishead
- Harry Morris, aged 85 from Winton
- David Owen, aged 75 from Salford
- Anne Fletcher, aged 83 from Irlam
- Pat McKenna, aged 80 from Cadishead
- Alma Youd, aged 87 from Irlam
- Jackie Odell, 78 from Irlam
- Nancy Taylor, aged 88 from Irlam
- Lynda Waring, aged 76 from Cadishead
- Kathleen Clare, aged 81 from Eccles
- Ronnie Chaplin, aged 82 from Irlam
- Carole Siddons, aged 78 from Swinton
- Doreen Cosgrove, aged 88 from Winton
- Ann Richards, aged 97 from Cadishead
- Pat Petrie, aged 80 from Irlam
- Nephie Ashton, aged 83 from Salford
- Beryl Curran, aged 83 from Partington.

This year has been particularly challenging for everyone due to the cost of living crisis. We have therefore been working hard to support our members during this difficult period. This includes actions such as waiving our annual membership charge (usually £10 per year), introducing occasional “free days” at our clubs, introducing a “cost of living fund” to provide 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.

Signed: Jim (James) Collins  
Date: 30/09/2023  
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	
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)  
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-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 part-time member of staff and seeks additional support and commitment from its team of 49 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

Jim Clough resigned as a Director of Salford Heart Care at the AGM in November 2022. 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 three occasions during the year.

### 3. 36<sup>th</sup> Anniversary and Social Events

This year Salford Heart Care celebrates its 36<sup>th</sup> Anniversary. Similar to last year, we were able to celebrate and reward the work of our volunteers who have supported us at our Volunteer Celebration Event, held on 22<sup>nd</sup> June at The Club House in Barton. The event was well attended with more than 90 people, comprising many members together with our team of volunteers.

Day trips have taken place to various locations during the year, including Lytham, Garstang, Bakewell, Skipton, The Lake District, Halifax, Conwy, Llandudno, Frodsham, Chester, Trentham, Brockholes, Morecambe and Blackpool.

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 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, Salford Heart Care has received more than £20,000 in funding from the following sources:

##### **a. Co-op Community Fund**

In October 2022 we were fortunate to be selected for the Co-Op Community Fund, with support going to Irlam and Cadishead Healthy Heart Club. The scheme is due to end in October 2023 when we will be notified of the award.

##### **b. Tesco Groundworks**

A grant of £1,500 was awarded in February 2023 to support Irlam and Cadishead Healthy Heart Club (£1,125 received in February and remaining 25% to be awarded upon project completion).

##### **c. The Charity Service**

A grant of £1,000 was awarded in January 2023 to enable us to support our members during the cost-of-living crisis.

##### **d. The National Lottery - Community Connects Fund**

In February 2023 we received a grant of £6,500 from The National Lottery to support 4 months of activities at Healthy Heart Clubs across Salford.

##### **e. Forever Manchester – Zuto Make a Difference Fund**

A grant of £1,000 was awarded in March 2023 to support room hire at Winton (Eccles) Healthy Heart Club.

##### **f. Forever Manchester – Christmas Get Together**

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

##### **g. Salford CVS - Volunteer Week Activities Fund**

An award of £500 enabled us to organise our Volunteer Celebration at The Club House on 22<sup>nd</sup> June. The event was attended by more than 90 members and volunteers who enjoyed a 3-course meal with afternoon entertainment.

##### **h. Salford City Council's Bereavement Service – Bereavement Support**

In March 2023, Salford Heart Care was nominated by Salford Council's Bereavement Service to receive an award of £12,000, using funds raised from The ICCM Recycling Scheme. The funding will support the work of The Bereavement Support Group and has enabled us to provide additional counselling and one-to-one support.

### **i. 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 £500 from the scheme this year (£500 in April 2023). Our member, Diane Royse, from Walkden, won £1,000 early this year!

### **j. Donations & Additional Fundraising Activities**

With Support from our volunteers and members, we continue with fundraising activities including raffles and sales of bric a brac items, bags, pens and badges. Several donations have been made in memory of loved ones, including donations in memory of Lynda Waring (£1,100 raised), and Doreen Cosgrove. Many members chose to donate to Salford Heart Care instead of sending Christmas cards, raising £345 last December.

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 2022-2023, funding applications were made to the following organisations but were not successful:

- For Housing
- Electricity Northwest (Partnership Fund)
- Sport England (small grants)
- Warburton Community Grant
- Persimmon Community Champions
- The National Lottery (The People's Project)

### **5. Branch Attendance**

A total of 342 people attended our clubs during the year, which is slightly higher than last years' attendance (335 people). The following table provides a breakdown of active members at each branch between October 2022 and September 2023:

<b>Branch</b>	<b>Number attending Oct 2022 - Sept 2023</b>	<b>Number attending Oct 2021 - Sept 2022</b>	<b>Number attending from Jun 2021- Sept 2021</b>	<b>Number attending in 2019 - 2020</b>
<b>Eccles</b>	69 (19 new)	71	66	84
<b>Irlam</b>	170 (37 new)	182	135	176
<b>Little Hulton</b>	43 (21 new)	32	30	47
<b>Bereavement Group</b>	62 (27 new)	60	30	72
<b>St Luke's Salford</b>	26 (7 new)	22	19	23

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

## **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. 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 Torquay is due to take place next year in April.

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", monthly 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 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-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 bingo and a raffle. The charge is £3 per session. 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. This year we have been able to secure the services of an additional counsellor who can provide one-to-one support to members during the sessions. This has increased the number of people we are able to provide bereavement support to. 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 door 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.

#### **7. Membership Subscriptions**

This year, 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 2023-2024 year.

#### **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 49 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](http://www.salfordheartcare.co.uk) is updated regularly and we use X (formerly Twitter) @Salford\_HeartC and Facebook 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. Our remaining stock of shopping bags has been sold or donated to members attending the clubs.

#### **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. 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 2023**

**SALFORD HEART CARE****Income and Expense Report****From 01-Oct-2022 to 30-Sept-2023**

Brought forward		£2,985.70	
Grants		£1,500.00	
Transfer Subscriptions		£2,620.00	
Transfer from Funding Staff/Admin		£20,000.00	
		<u>£27,105.70</u>	
Wages	£16,152.26		
Superannuation	£2,920.74		
PAYE / NI	£3,551.96		
Stationery	£61.26		
Printing	£165.08		
Postage	£21.76		
Insurance	£196.00		
Audit	£100.00		
Promotional T-shirts	£361.50		
Equipment	£128.95		
Travel	£257.55		
Licences etc	£108.00		
Website Costs	£60.97		
Misc Expenses	£61.79	£24,147.82	
<b>Total for STAFF and ADMINISTRATION</b>		<u><b>£2,957.88</b></u>	<b>£2,957.88</b>
Brought forward		£25,836.97	
Donations/Collections		£1,466.82	
Bright increase		£3,101.00	
Virgin Savings interest		£120.00	
Virgin current account interest		£757.02	
Interest Nationwide 1		£838.94	
Interest Nationwide 2		£438.79	
		<u>£32,559.54</u>	
Bright loss	£1,780.00		
Transfer Subscriptions to Admin/Staff	£2,620.00		
Transfer Donations to Fundraising	£2,397.65	£6,797.65	
<b>Total for CHARITABLE FUND</b>		<u><b>£25,761.89</b></u>	<b>£25,761.89</b>
Brought forward - Fundraising		£34,770.22	
Transfer from Donations		£2,397.65	
		<u>£37,167.87</u>	
Transfer to Cost of Living	£3,312.29		
		£3,312.29	
<b>Total for FUNDRAISING</b>		<u><b>£33,855.58</b></u>	<b>£33,855.58</b>
Brought forward - Eccles		£21,357.99	
Grants		£2,200.00	
Door		£3,357.00	
Raffle		£2,229.15	
Bric-a-brac		£950.12	
Reiki donation		£290.00	
Donations		£498.00	
Refreshments		£797.44	
		<u>£31,679.70</u>	
Relaxation	£1,210.00		
Chair yoga	£770.00		
Reiki	£880.00		
Raffle prizes	£575.00		
Raffle contribution to trips	£1,290.00		
Room Hire	£2,162.00		
Exercise	£50.00		

Bingo Prizes	£259.94	
Refreshments	£227.62	
Volunteers fund Transfer	£180.00	
Misc	£10.81	£7,615.37
<b>Total for ECCLES (WINTON) HEALTHY HEARTS</b>		<b>£24,064.33</b>

Brought forward - Little Hulton		£13,203.87
Grants / Donation received		£1,200.00
Door		£675.00
Reiki donation		£148.00
Raffle		£337.50
Bingo		£343.10
Bric-a-brac		£85.03
Refreshments		£334.50
		<u>£16,327.00</u>

Relaxation	£585.00	
Room Hire	£832.00	
Reiki	£450.00	
Chair yoga	£385.00	
Volunteers fund Transfer	£60.00	
Refreshments	£97.74	
Exercise	£50.00	
Bingo prizes	£12.00	
Raffle prizes	£185.69	
Misc	£13.81	
Reiki	£180.00	£2,851.24

<b>Total for LITTLE HULTON</b>		<b>£13,475.76</b>	<b>£13,475.76</b>
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Brought forward - Irlam		£27,369.04
Door		£5,651.00
Reiki donation		£767.00
Pens etc		£1.70
Grant		£3,525.00
Donations		£825.50
Refreshments		£2,381.71
		<u>£40,520.95</u>

Reiki	£2,280.00	
Chair yoga	£920.00	
Bingo Prizes	£417.93	
Volunteers fund Transfer	£180.00	
Room Hire	£2,140.00	
Misc	£33.84	
Refreshments	£408.95	£6,380.72

<b>Total for IRLAM</b>		<b>£34,140.23</b>	<b>£34,140.23</b>
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Brought forward - St Lukes		£9,490.78
Door		£1,481.00
Donations		£49.54
Pens etc		£25.00
Grants		£1,200.00
		<u>£12,246.32</u>

Chair Yoga	£910.00	
Exercise	£95.00	
Misc	£7.98	
Volunteers fund Transfer	£60.00	
Room Hire	£640.00	£1,712.98

<b>Total for ST. LUKES</b>		<b>£10,533.34</b>	<b>£10,533.34</b>
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Brought forward-Bereavement Support		£9,740.04
Door		£428.00
Grant		£12,000.00

Donation		<u>£700.00</u>	
		£22,868.04	
Reiki	£50.00		
Counselling	£3,202.00		
Equipment	£37.20		
Refreshments	£16.50	<u>£3,305.70</u>	
<b>Total for Bereavement Support</b>		<b><u>£19,562.34</u></b>	<b>£19,562.34</b>
Cost of Living (new)		£0.00	
Transfer to close - Weight Mgt		£1,687.71	
Transfer from Fundraising		<u>£3,312.29</u>	
		£5,000.00	
Gift cards	£1,272.60		
		<u>£1,272.60</u>	
<b>Total for Cost of Living</b>		<b><u>£3,727.40</u></b>	<b>£3,727.40</b>
Brought forward - Staff/Admin		£26,868.30	
Grants		<u>£0.00</u>	
		£26,868.30	
Transfer to Staff & Admin		<u>£20,000.00</u>	
<b>Total for FUNDING Staff/Admin</b>		<b><u>£6,868.30</u></b>	<b>£6,868.30</b>
Volunteer fund Brought Forward		£540.00	
Transfers from 4 branches		£480.00	
Guests for meals		£616.00	
Raffle		£169.00	
Grant		<u>£500.00</u>	
		£2,305.00	
The Club House	£1,350.00		
Entertainer	£120.00		
Raffle Prizes	£49.00		
		<u>£1,519.00</u>	
<b>Total for VOLUNTEER FUND</b>		<b><u>£786.00</u></b>	<b>£786.00</b>
<b>Brought forward income</b>	<b>£173,850.62</b>		
	<b><u>£51,987.86</u></b>		<b><u>£175,733.05</u></b>
<b>expenditure</b>	<b><u>-£50,105.43</u></b>		
	<b><u>£175,733.05</u></b>		

Treasurer's Signature: 

Date: 17/10/2023

Eccles Raffle figures		
Month	Received	Expenses
Oct	£190.00	£70.00
Nov	£182.00	£45.00
Dec	£294.50	£15.00
Jan	£216.00	£60.00
Feb	£157.00	£45.00
Mar	£203.00	£50.00
Apr	£197.00	£55.00
May	£242.45	£60.00
Jun	£66.00	£30.00
Jul	£260.00	£75.00
Aug	£126.00	£45.00
Sept	£95.20	£25.00
	<b>£2,229.15</b>	<b>£575.00</b>
	<b>net</b>	<b>£1,654.15</b>



# SALFORD HEART CARE

## Independent Examiner's Report to the trustees of Salford Heart Care

I report to the charity trustees on my examination of the accounts of the charity for the year ended 30 September 2023.

### Respective responsibilities of trustees and examiner

As the charity's trustees of Salford Heart Care (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of Salford Heart Care are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

### Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of Salford Heart Care as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)],

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: .....

Name: L. HUNTER.

Dated: 31/10/23.

**SALFORD HEART CARE**

England & Wales - Charity number 1136710

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# Accounts

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# 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. 35<sup>th</sup> Anniversary and Social Events

This year Salford Heart Care celebrates its 35<sup>th</sup> Anniversary. We were able to celebrate and reward the work of our volunteers who have supported us at our Volunteer Celebration Event, held on 23<sup>rd</sup> 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 23<sup>rd</sup> 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 2<sup>nd</sup> 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:

<b>Branch</b>	<b>Number attending Oct 2021 - Sept 2022</b>	<b>Number attending from Jun 2021- Sept 2021</b>	<b>Number attending in 2019 - 2020</b>	<b>Number attending in 2018-2019</b>
<b>Eccles</b>	71 (20 new)	66	84	105
<b>Irlam</b>	182 (51 new)	135	176	203
<b>Little Hulton</b>	32 (11 new)	30	47	52
<b>Bereavement Group</b>	60 (29 new)	30	72	61
<b>St Luke's Salford</b>	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](http://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**

**SALFORD HEART CARE**  
**Income and Expense Report**  
**From 01-Oct-2021 to 30-Sept-2022**

Brought forward		£4,207.42	
Grants		£1,636.00	
Xfer from Funding Staff/Admin		£20,000.00	
		<u>£25,843.42</u>	
Wages	£15,253.25		
Superannuation	£2,689.13		
PAYE / NI	£2,255.72		
Postage	£33.21		
Stationery	£85.84		
Insurance	£196.00		
Audit	£100.00		
Equipment	£1,837.91		
Travel	£245.70		
Licences etc	£35.00		
Website Costs	£61.97		
Misc Expenses	£63.99	£22,857.72	
<b>Total for STAFF and ADMINISTRATION</b>		<u><b>£2,985.70</b></u>	<b>£2,985.70</b>
Brought forward		£26,625.16	
Subscriptions		£2,620.00	
Donations/Collections		£2,397.65	
Bank Correction		£200.00	
Bright increase		£768.59	
Virgin interest		£177.95	
Interest Nationwide		£825.73	
Interest RBS		£2.58	
		<u>£33,617.66</u>	
Donations made	£200.00		
Bank error	£200.00		
Bright loss	£6,347.59		
Xfer Donations to Fundraisi	£1,033.10	£7,780.69	
<b>Total for CHARITABLE FUND</b>		<u><b>£25,836.97</b></u>	<b>£25,836.97</b>
Brought forward - Fundraising		£33,737.12	
Xfer from Donations		£1,033.10	
<b>Total for FUNDRAISING</b>		<u><b>£34,770.22</b></u>	<b>£34,770.22</b>
Brought forward - Eccles		£16,981.28	
Grants		£330.00	
Door		£3,003.40	
Raffle		£1,630.10	
Bric-a-brac		£941.56	
Reiki		£334.00	
Donations		£3,213.55	
Tea etc		£696.94	
		<u>£27,130.83</u>	
Relaxation	£1,060.00		
Chair yoga	£700.00		
Reiki	£840.00		
Room Hire	£1,974.00		
Prizes etc	£863.22		
Refreshments	£150.62		

Volunteers fund Xfer	£180.00		
Misc	£5.00	£5,772.84	
<b>Total for ECCLES HEALTHY HEARTS</b>		<b>£21,357.99</b>	<b>£21,357.99</b>

Brought forward - Little Hulton		£12,177.81	
Grants / Donation received		£2,776.00	
Door		£543.00	
Reiki donation		£122.00	
Raffle / Bingo		£335.20	
Bric-a-brac		£57.98	
Tea etc		£243.45	
		<u>£16,255.44</u>	

Relaxation	£840.00		
Room Hire	£1,120.00		
Chair yoga	£420.00		
Volunteers fund Xfer	£60.00		
Tea etc	£72.78		
Prizes etc	£178.79		
Reiki	£360.00	£3,051.57	
<b>Total for LITTLE HULTON</b>		<b>£13,203.87</b>	<b>£13,203.87</b>

Brought forward - Irlam		£20,055.40	
Door		£5,133.00	
Reiki		£790.50	
Pens etc		£26.10	
Grant		£350.00	
Donations		£4,496.14	
Tea etc		£2,084.55	
		<u>£32,935.69</u>	

Relaxation	£400.00		
Reiki	£1,680.00		
Chair yoga	£760.00		
Prizes etc	£453.64		
Volunteer fund Xfer	£180.00		
Room Hire	£1,900.00		
Tea etc	£193.01	£5,566.65	
<b>Total for IRLAM</b>		<b>£27,369.04</b>	<b>£27,369.04</b>

Brought forward - St Lukes		£5,949.28	
Door		£1,629.00	
Donations		£2,036.50	
Pens etc		£16.00	
Grants		£1,980.00	
		<u>£11,610.78</u>	

L Fox - yoga	£860.00		
C Seale - tai chi	£20.00		
Misc	£40.00		
Volunteer fund Xfer	£60.00		
Rent	£1,140.00	£2,120.00	
<b>Total for ST. LUKES</b>		<b>£9,490.78</b>	<b>£9,490.78</b>

Brought forward-Bereavement Support		£6,390.96	
Door		£508.80	
Grant		£2,098.27	
Donation		£2,000.00	
		<u>£10,998.03</u>	

Relaxation	£50.00	
Counselling	£1,200.00	
Equipment	£7.99	£1,257.99
<b>Total for Bereavement Support</b>		<b>£9,740.04</b>

Brought forward - Weight Mgt £1,687.71

Expenditure		£0.00
<b>Total for WEIGHT MANAGEMENT</b>		<b>£1,687.71</b>

Brought forward - Staff/Admin £46,868.30

Grants £0.00

£46,868.30

Xfer to Staff & Admin. £20,000.00

<b>Total for FUNDING Staff/Admin</b>		<b>£26,868.30</b>
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Volunteer fund (New) £0.00

Xfers from 4 branches £480.00

Irlam Social Contribution £23.00

Guests for meals £637.00

Raffle £191.00

Grant £500.00

£1,831.00

The Club House £1,131.00

Singer £120.00

Raffle Prizes £40.00

£1,291.00

<b>Total for VOLUNTEER FUND</b>		<b>£540.00</b>
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**Brought forward** £174,680.44

**income** £46,695.54

**£221,375.98**

**expenditure** -£47,525.36

**£173,850.62**

**£173,850.62**

**Banks / Investments** Virgin current account £18,650.54

Bright Investment £43,001.00

Virgin Savings £40,000.00

Nationwide Savings 1 £52,434.08

Nationwide Savings 2 £20,000.00

**£174,085.62**

Accounts £173,850.62

Outstanding cheque £235.00

**£174,085.62**

Treasurer's Signature:



Date: 25/10/2022



# SALFORD HEART CARE

## Independent Examiner's Report to the trustees of Salford Heart Care

I report to the charity trustees on my examination of the accounts of the charity for the year ended 30 September 2022.

### Respective responsibilities of trustees and examiner

As the charity's trustees of Salford Heart Care (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of Salford Heart Care are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

### Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of Salford Heart Care as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)],

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: .....

Name: A. L. Hume

Dated: 25/10/22

**SALFORD HEART CARE**

England & Wales - Charity number 1136710

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# Accounts

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# SALFORD HEART CARE ANNUAL REPORT October 2020 - September 2021



## Message from the Chair

This year, we have continued to face major changes and challenges in the way we have delivered our services, due to the ongoing impact of the Covid-19 pandemic. During these uncertain and difficult times, and during the physical closure of our clubs and the need to deliver services remotely, the support from our Coordinator has been executed enthusiastically and creatively. As a result, we have been able to provide ongoing much needed support via telephone, as well as providing online resources to support and help people stay connected. This includes regular remote Zoom meetings, a YouTube channel and Facebook page. Emergency Covid-19 grant funding from several sources has helped to support and sustain these vital activities.

We are pleased to report that our clubs gradually reopened from June 2021, following a 15 month closure, and we are welcoming back existing members, as well newcomers. Prior to March 2020 our clubs at Irlam, Eccles and Little Hulton were thriving and we were welcoming many new members. Our newly established club at St. Luke's was growing steadily, and the Bereavement Support Group was achieving amazing results. As can be expected, the number of members attending the clubs is lower than compared with pre-pandemic levels, although we are noticing a steady increase. We also acknowledge that the health of some members has deteriorated quite markedly during the past 15 months, and to the extent that some members will no longer be able to attend our clubs. Sadly, we have lost some valued friends and members since October 2020. Our sincere condolences and best wishes go to the family and friends of:

- Anne Chrichton (Tai Chi Instructor), aged 76, from Monton
- Maureen Chapman, aged 89, from Eccles
- Joyce Garner, aged 81 from Eccles
- Brian Anderson (husband of volunteer, Hilda Anderson), from Barton
- Marjorie Neill, aged 90 from Cadishead
- Brian Rothwell (husband of volunteer, Mavis Rothwell), from Tyldesley
- Norman Yarwood, aged 83 from Eccles
- Hilda Anderson (long standing volunteer), aged 81 from Eccles
- Marjorie Downes, aged 94 from Eccles
- Edith Rhoden, aged 98 from Little Hulton
- Brian Minor, aged 88 from Eccles

We are pleased to report that throughout the year, and during the pandemic, the work of Salford Heart Care has continued to flourish, and as an organisation, we have successfully responded to the challenging and changing environment affecting the sector. 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 remain extremely 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: 30/09/2021  
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  
RBS  
Nationwide

**Independent Examiner:** Lesley Hulmes

# 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.”*

We aim to:

- prevent heart disease and heart attacks
- reduce social isolation
- improve health and 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 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 and healthy living advice. The clubs are a good 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. Face to face meetings ceased during the pandemic, although committee members continued to communicate by email and telephone. Face to face meetings subsequently resumed in June prior to the reopening of our clubs.

## 3. 34<sup>th</sup> Anniversary and Social Events

This year Salford Heart Care celebrates its 34<sup>th</sup> Anniversary of operation. We were fortunate to be able to celebrate and reward the work of our volunteers who have supported us at our Volunteer Celebration Event, held on 30<sup>th</sup> September at The Club House in Barton. The event was extremely well attended with more than 80 people, comprising many members together with 40 volunteers, 4 directors, and the Coordinator.

The group holiday (that was rescheduled from May 2020 to May 2021) was finally cancelled due to the ongoing pandemic, although plans have now resumed to re-organise a group holiday to Eastbourne in May 2022.

Day trips resumed from July, with visits taking place to Keswick, Llandudno, Skipton and Southport.

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, Pat Massey and Betty Hibbert for their support organising events for members.

#### **4. Funding**

Salford Heart Care has received funding from the following sources this year:

##### **a. Co-op Community Fund**

Last October, we were fortunate to be selected for this year's Co-Op Community Fund, with support going to The Bereavement Support Group. The scheme ends in October and to date, the funds raised to support our work stand at £339.55.

##### **b. Sport England**

A grant of £1,000 was awarded by Sport England in July 2021 to support reopening costs at our new venue in Winton.

##### **c. National Lottery Local Connections Fund**

A grant of £2,500 was awarded to support the reintroduction of activities at clubs in Irlam, Eccles (Winton), Little Hulton and St Luke's.

##### **d. Forever Manchester – Autotrader Award**

A grant of £1,000 was awarded to support room hire costs at our clubs across Salford.

##### **e. Salford CVS Volunteer Week Activities Fund**

An award of £500 enabled us to organise our Volunteer Celebration at The Club House on 30<sup>th</sup> September. The event was attended by more than 80 members and volunteers who enjoyed a 3 course meal with afternoon entertainment.

##### **f. Covid-19 Emergency Funding**

During this financial year, we have received grants from the following organisations to support the ongoing Covid-19 crisis. The funds have been allocated to support the work of the Coordinator during the pandemic, as well as providing online support and telephone counselling support where required.

- Salford CVS Crisis Fund
- For Housing (telephone counselling support during Covid-19)
- The National Lottery Community Fund
- The Charity Service (to support online sessions, Zoom, exercise and telephone support)
- The Manchester Guardian Society

##### **g. Salford Red Devils Lottery**

We continue to work in partnership with Salford Reds lottery scheme. The full prize-draw resumed in September 2020, although ticket sales during the year are much lower than in previous years due to our clubs being closed. 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 £ £295.60 from the scheme this year, which is much lower than in previous years.

**h. 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 our dear members, Norman Yarwood and Marjorie Neill. Facebook Birthday Fundraisers are also becoming increasingly popular, and we would like to thank Brendan Towey, Nancy Towey, Alan Davies, Heather Jewell, Jim Collins and Harry Morris for choosing to support us this year. 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, funding applications were made to the following organisations but were not successful:

- Trusthouse Charitable Foundation
- Onward Community Fund
- Virgin Media O2 Together Fund (high demand)
- Alpkit Coronavirus Fund (high demand)
- Persimmon Community Champions (no response)

**5. Branch Attendance**

We reopened our clubs in June 2021 and since then, 244 members have attended our clubs. As expected, attendance across our branches is lower this year due closing in March 2020 in response to the pandemic. In contrast, 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 since reopening (between June and September 2021):

<b>Branch</b>	<b>Number attending from June 2021- Sept 2021</b>	<b>Number attending in Oct 2019 - Mar 2020</b>	<b>Number attending in 2018-2019</b>	<b>Number attending in 2017-2018</b>
<b>Eccles</b>	<b>66 (5 new)</b>	<b>84</b>	<b>105</b>	<b>127</b>
<b>Irlam</b>	<b>135 (16 new)</b>	<b>176</b>	<b>203</b>	<b>196</b>
<b>Little Hulton</b>	<b>30 (2 new)</b>	<b>47</b>	<b>52</b>	<b>52</b>
<b>Bereavement Group</b>	<b>30 (11 new)</b>	<b>72</b>	<b>61</b>	<b>22</b>
<b>St Luke's Salford</b>	<b>19 (6 new)</b>	<b>23</b>	<b>23</b>	<b>n/a</b>

## **6. Branch Development**

### **a. Eccles (Winton)**

In February 2021 we were served notice by Patricroft URC that the hall used for room hire would remain permanently closed. Soon afterwards, Salford Heart Care's Committee agreed to remove all property and equipment belonging to Eccles Healthy Heart Club, and commenced the search for new premises.

The Coordinator undertook a detailed investigation to identify potential new venues in the Eccles/Patricroft/Monton/Winton/Peel Green and wider Salford area. This involved telephone and email communication followed by in person visits to view shortlisted premises. Ultimately, Winton Bowling, Tennis and Social Club in Winton was considered the only suitable venue that met our needs, and the venue confirmed that they were happy for us to hire their room. We reopened Eccles (Winton) Healthy Heart Club on Tuesday 22<sup>nd</sup> June.

Weekly sessions take place at Eccles (except on trip days) with a wide range of activities available including chair based exercise and dancing, chair yoga, reiki, bingo, blood pressure checks, pulse checks and weight management.

The Social Committee have already organised several day trips and re-organised the group holiday for 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. Reiki is charged at £2.00 per 15 minute appointment.

### **b. Irlam**

Sessions at Irlam & Cadishead Healthy Heart Club recommenced from 23<sup>rd</sup> June. The sessions 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, quizzes and holistic therapies. Weight management, pulse checks and blood pressure checks take place at each session.

The Social Committee continue to organise regular day trips and social activities. Door entry remains £1 per person, and reiki is charged at £2.00 per 15 minute appointment.

### **c. Little Hulton**

Since reopening on 23<sup>rd</sup> June, Little Hulton Healthy Heart Club meets on a fortnightly basis. Sadly, following the death of our popular tai chi instructor Anne Chrichton last year, we are no longer able to offer tai chi sessions. However, chair yoga now takes place at each session, together with a range of other activities including line dancing, relaxation and holistic therapies. Members also have the opportunity to attend day trips and group holidays. Door entry is £2 per session and includes a raffle ticket, bingo ticket and refreshments. Reiki is charged at £2.00 per 15 minute appointment.

### **d. St. Luke's, Salford**

St Luke's reopened on Monday 21<sup>st</sup> June and meets every Monday afternoon for 1 hour of exercise (chair yoga or gentle exercise) and bingo. The charge is £3 per session.

### **e. Bereavement Support Group**

The Bereavement Support Group reopened on Tuesday 6<sup>th</sup> July and continues to meet fortnightly. 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.

## **7. Membership Subscriptions**

It was agreed by the Committee in June 2021 that no membership refunds would be issued (due to closure during the pandemic). However it was confirmed that members would receive “free” membership until November’s AGM. Membership charges will be reviewed 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 44 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 September.

## **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](http://www.salfordheartcare.co.uk) is updated regularly and we also use Twitter @Salford\_HeartC and Facebook to keep members up to date.

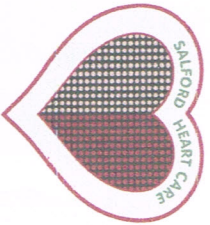
The work of Salford Heart Care is promoted using leaflets and posters that are distributed across the City. Pens, shopping bags and badges were being sold to raise funds and to help with promotion and fundraising activities.

## **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.

*Finally, a big thank you to everybody who has contributed to the success of Salford Heart Care. We look forward to welcoming new and existing members to our groups over the next few months.*

**October 2021**



# SALFORD HEART CARE

## Independent Examiner's Report to the trustees of Salford Heart Care

I report to the charity trustees on my examination of the accounts of the charity for the year ended 30 September 2021.

### **Respective responsibilities of trustees and examiner**

As the charity's trustees of Salford Heart Care (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of Salford Heart Care are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'), in carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

### **Independent examiner's statement**

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of Salford Heart Care as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

.....

Name:

*ANN LESLEY HUNTER*

Dated:

*26 / 10 / 2021*