



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. 38th 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 90th 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
Eccles	79 (5 new)	74 (9 new)	69	71
Irlam	171 (23 new)	190 (27 new)	170	182
Little Hulton	54 (5 new)	49 (11 new)	43	32
Bereavement Group	67 (32 new)	82 (23 new)	62	60
St Luke's Salford	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 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
Total for STAFF and ADMINISTRATION		<hr/> -£686.79

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
Total for CHARITABLE FUND		<hr/> £13,592.75

Brought forward - Fundraising		£35,322.40
Xfer from Donations		
Total for FUNDRAISING		<hr/> £35,322.40

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

£8,009.75

Total for ECCLES HEALTHY HEARTS

£19,001.82

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

£2,636.93

Total for LITTLE HULTON

£14,407.48

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		£2,866.36
		<hr/> £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	£4,697.32
Total for IRLAM		<hr/> £33,158.68 <hr/>

Brought forward - St Lukes		£9,480.11
Door		£1,198.00
Refreshments		£192.99
Donations		£100.00
Grants		£2,100.00
		<hr/> £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	£2,344.30
Total for ST. LUKES		<hr/> £10,726.80 <hr/>

Brought forward-Bereavement Support		£17,142.33
Door		£459.05
Grants		£500.00
Refreshments		£2.50
Donations		£350.00
		<hr/> £18,453.88
Counselling	£3,564.00	
Equipment / printing	£17.56	
Refreshments	£7.48	£3,589.04
Total for Bereavement Support		<hr/> £14,864.84 <hr/>

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

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

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
	<hr/>
	£50,616.53
Xfer to Staff & Admin.	£25,000.00
Total for FUNDING Staff/Admin	<hr/> £25,616.53 <hr/>

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

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

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

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

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