



# NW Hearts Charity

Your heart · Your charity

Edition 2  
Feb 2025

Welcome to our bimonthly newsletter. In this edition, we are sharing news about:

- ♡ Excellence in Heart Care Celebration
- ♡ Take on 27
- ♡ Cooking up Heart healthy meals
- ♡ Patient leaflet - Heart Failure
- ♡ Charity Golf Day
- ♡ Grant round



## Excellence in Heart Care Celebration

Wow! What an event.

NW Hearts Charity was delighted to host the first Excellence in Heart Care Celebration event at Manchester Hall on the 6th February.

Over 160 supporters from NHS, Corporate Partners and community groups came together to hear the heart-warming stories of heart projects, excellent teamwork and outstanding contribution.

Everyone enjoyed the presentations, the food, the venue and some crazy games and dancing. We are truly grateful to everyone who bought a ticket, gave a donation, sent a story in and, of course our volunteers and event sponsors, Architek and Medtronic. We are now planning a bigger event for 2026. For more information, please contact us.



## Take on 27 this National Heart Month



This National Heart Month, February 2025, we're asking you to 'Take on 27' days of activity to help raise funds to support our work of improving heart health outcomes for your local communities.

27% of deaths in the UK are caused by heart and circulatory disease. This figure is considerably higher in Greater Manchester, with people having a significantly reduced life expectancy due to poor heart health.

NW Hearts Charity is your local charity, supporting people across Greater Manchester. We are passionate about redressing the inequalities and improving the lives of people who are living with, or at risk of, heart disease, and their families. We fund and support projects which change lives.

Please sign up to 'Take on 27' today [www.aspire-gym.com/takeon27](http://www.aspire-gym.com/takeon27)

## Grant round

We are pleased to announce that our next funding round will open for applications at 9am on Thursday 6th March. Full details can be found here: <https://www.nwhearts.org/grantprogramme/>





# NW Hearts Charity

Your heart • Your charity

## Cooking up Heart healthy meals



NW Hearts Charity are delighted to partner with Bounceback Food Manchester to run some Living Well cookery classes at The Dandelion Community, Wythenshawe.

People who are living with heart disease who want to learn how to cook basic, heart healthy recipes will join together in these especially funded sessions.

Duncan Swainsbury from Bounceback has worked with NW Hearts Charity to refine this programme and says “We are very grateful to NW Hearts Charity for believing in our project plan and working with us to get the project off the ground”.

Data from the project will be analysed to determine the effectiveness of it around the eating habits of the attendees and NW Hearts Charity will be able to display and share the recipes used on their website.

Please join us at NW Hearts Charity Golf Day, have fun and compete with friends or colleagues during a great round of golf. Enjoy some good food and company whilst raising funds to improve heart health outcomes in Greater Manchester.

Would you like to promote your business as a sponsor of the Golf Day? Enquire on [office@nwhearts.org](mailto:office@nwhearts.org)

See you on the green!

[nwhearts.org/events](http://nwhearts.org/events)



## Patient leaflet - Heart Failure

Our easy to understand patient leaflets will give you answers to questions about heart health and conditions.

Download your free copy here:  
<https://www.nwhearts.org/your-heart/>



In this patient leaflet you will find answers to many questions including:

- What is a heart failure?
- What causes heart failure?
- Does heart failure mean my heart will stop working?

Together we will improve heart health outcomes in Greater Manchester.

Find out about the many ways you can support NW Hearts Charity here [www.nwhearts.org/make-a-difference/](http://www.nwhearts.org/make-a-difference/)



[nwhearts.org](http://nwhearts.org) 0161 388 8988

Registered Charity No. 1194189