

## Andrew is 'Bowled Over' with support

At the age of 45, Andrew Mann, a healthy young man sadly suffered a sudden heart attack at home in Westhoughton on the evening of "Friday 13th" October 2015. Andrew, a self employed builder, had no signs he was unwell before he suffered his heart attack. That evening his wife knew something wasn't right and called for an ambulance. He was taken to Wythenshawe Hospital and they began to care for him for what the doctors called "A major heart attack". He spent three weeks overall in the Hospital, on various different wards, Cardiac Critical care unit, F5 & F6. Andrew received some outstanding care from the doctors and nurses treating him and he will be forever grateful for the help he had during this horrible time. He was given a Quadruple heart bypass operation after 2 weeks in the Hospital - his surgeon was Mr. Carey.

Whilst spending many long hours in the hospital Andrew came across the Ticker Club Newsletters and leaflets which were handed out to patients. He decided that once he had recovered he wanted to give something back to the hospital that had cared for him.

After returning home and chatting with friends and family,

Andrew and his daughter Lauren decided to organise a fundraising event at their local Crown Green Bowling Club in aid of the Ticker Club. Plans were then made and the kindness and generosity of Andrew's loved ones and local businesses becoming involved in the event and donating vouchers, gifts etc was overwhelming.

The event took place on 27th March 2016 and was a Family Fun day, with the focus on a Bowling competition. The turn out was unbelievable, hundreds attended the event. There was a tombola, sweet stalls, and a raffle and other events taking place, prizes such as a 2 week holiday to Cyprus plus a 2 night stay in a luxury hotel. The day raised the grand total of £3,000.

Thanks to Andrew's family and friends and everybody who attended the event in Westhoughton.



Andrew, his wife, his daughter Lauren and also Jan Atherton who helped organise the event

### Donations

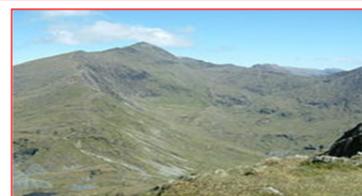
Thank you for all of your donations, large & small, whether from individual members, or non-members, or from some organisations that support our work.

**GIFT AID:** If you are thinking of donating to the Ticker Club, have you considered Gift Aid?

Providing you are a tax payer, this increases your donation by 25%. Donations over £100 in the last 3 months are shown below. Smaller donations are recorded and are very much appreciated.

David Leach	£401
Norman Clare	£302
Leslie Thompson	£500
St Pauls Parish Church	£250
Andrew Mann	£3,000
Eileen Syke	£315
Barbara Edwards	£215
Stanley Hill	£400.75
Summit Pub Fun Day	£1,156
Robert Morrison	£152.70

## The Ticker Club Conquer Snowdon



In the early part of 2016, a group of young people from Anglesey decided to try to climb up Snowdon and to raise money for The Ticker Club. My daughter, Rachel, was one of the group - she persuaded me and my husband Alistair to join the challenge. We had help from the Ticker Club Committee, John Miller designed a Sponsorship form and flyer, and Hazel Phillips sent them out to the members hoping for their support.

The 4<sup>th</sup> June 2016 saw 7 climbers begin the climb, Kim Brown, Alistair Brown, Rachel Dodd, Glyn Jones, Paddy, Rachel Humphries and Clarisse Wright. We met at Llanberis, via the Sherpa bus to the Pen y Pass. We took the Miner's Track, a more gradual ascent.

It was a beautiful day and we were wearing our Ticker Club polo shirts which Muneeb had organised, as well as a banner for us to hold proudly at the Summit. Glyn Jones and Rachel

Humphries led the way and took off at a quicker pace than the rest. Alistair and Paddy, a Cardiac Trainer at the Chadderton Wellbeing Centre, stayed with me to the top. After an hour at the Summit we took a photo of the Banner.



We started back down Llanberis Path which is an easier route. Unfortunately I tumbled head over heels and my thanks to Paddy for tending to me.

We finally reached the bottom at 5.00pm after what had been a fantastic Team effort; we hugged each other and talked of a nice hot bath and an early night.

Thanks to everyone who was involved in our fundraising efforts and what a wonderful day we had experienced on Snowdon. I will report on the final amount raised in our next Newsletter, don't forget to send your sponsorship donations. **Kim**

Charity No. 519754



# The Ticker Club NEWSLETTER

www.thetickerclub.co.uk

Summer 2016

Founded 1987

Affiliated to the British Heart Foundation

## Club awarded 'MBE for volunteers'

### Ticker team

Chair :  
JOHN PHILLIPS



Vice  
Chair :  
VAL SHILLITO



Secretary :  
CLIFF  
CLINKARD



Treasurer :  
KIM BROWN



Committee members :  
MARTIN MERRIMAN  
JOHN MILLER  
HAZEL PHILLIPS  
JOHN WALTON  
MUNEEB YASSIR

Co-opted members :  
EILEEN BATE  
KEN DUGGAN  
SUSAN CLINKARD

Visitors coordinator :  
JOHN PHILLIPS

Membership :  
HAZEL PHILLIPS

Media :  
JOHN MILLER



Andrew Mann Bowls Fund raiser Full article on Page 4

The Ticker Club Committee is extremely proud to announce that we have recently been honoured by Her Majesty the Queen and have been given "The Queen's Award for Voluntary Service 2016" announced by Buckingham Palace on 2<sup>nd</sup> June.

We were aware that we had been nominated for this prestigious award, when Cliff Clinkard and Ken Duggan were interviewed by the Deputy Lord Lieutenant in December 2015 as part of the assessment process.

This honour is the MBE for volunteer groups and as such we can all take great pride that our work has been recognised at the highest level.

The Queen's Award was first given out in 2002 to celebrate Her Majesty's Golden Jubilee and winners are announced each year on 2<sup>nd</sup> June, the anniversary of the Queen's Coronation. The Award winners come from all kinds of Volunteer Groups.

The Chair of Queen's Award for Voluntary Service Committee is former broadcast journalist Sir Martyn Lewis who said : "I warmly congratulate all of the inspirational voluntary groups who have been rewarded



Here is our Volunteer team in April 2016

for their community work with a Queen's Award for Voluntary Service. The judging panel for this year's awards were struck by the quality and breadth of the successful groups. The thousands of volunteers who give up spare time to help others in their community and to help solve problems demonstrate the very best of democracy in action"

As part of the Award, two of our team were invited to a Garden Party at Buckingham Palace on 24<sup>th</sup> May 2016 - see 'A Day at The Palace' Page 2.

There will be a local presentation of the Award on Monday 4<sup>th</sup> July at Gorton Monastery where we will receive a signed Certificate

from Her Majesty the Queen, presented by Lord Lieutenant of Greater Manchester, together with being given an English Crystal with the Queens Award logo.

As not all of our volunteers can attend this presentation at Gorton Monastery due to a restriction on numbers, The Ticker Club Committee have arranged a Celebration Tea Party at Wythenshawe Hospital on Thursday 21<sup>st</sup> July at 3.00pm in the North West Heart Centre. All current Ticker Club volunteers and those who no longer carry out visits are to be invited.

**UHSM Chairman Barry Clare said:** "On behalf of the Trust I would like to congratulate the Ticker Club on this fantastic achievement. We are incredibly grateful for all of the support they have given the Trust over the years - both fundraising for much needed equipment and for also providing invaluable support for our patients. This award is very much deserved, well done."

Well done everyone!

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Val's recipe New members

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Donations



## Future events

### The Queen's Birthday Celebration Tea Party

at the Merriman's  
Saturday 9<sup>th</sup> July at 2.30pm  
88 Towers Road,  
Poynton SK12 1DF

**Dress to impress - £7.50 pp**  
Phone the office to book

### Charity Golf Day

Friday 14<sup>th</sup> October  
At Didsbury Golf Club  
4 person Team event - **£120 per team**

Bacon roll & coffee with 2 course meal afterwards  
Entry forms available on Ticker Club website :-  
[www.thetickerclub.co.uk](http://www.thetickerclub.co.uk)

### Christmas Dinner

at "The Cresta Court"  
**Tuesday 13<sup>th</sup> December 2016**  
3 course Christmas meal,  
coffee & mince pies  
Book your places, phone the office 0161 291 2873

### Lottery winners

1<sup>st</sup> = £50 2<sup>nd</sup> = £25 3<sup>rd</sup> = £13

#### FEBRUARY

1.	<b>J Wigglesworth</b>	<b>No 140</b>
2.	<b>S Holland</b>	<b>No 102</b>
3.	<b>M Blessitt</b>	<b>No 241</b>

#### MARCH

1.	<b>C Laithwaite</b>	<b>No 158</b>
2.	<b>A Munday</b>	<b>No 236</b>
3.	<b>P Thorneycroft</b>	<b>No 151</b>

**Why not join? The more that join, the bigger the prizes! £1 per month per number.**



### Chairman's chat

Hello to you all ... Well here we are again at the start of a new Ticker Club Year.

**Wow!!** And what a start ....

As you will have read in the Newsletter we have recently been awarded the prestigious Queen's Award for Voluntary Service.

I cannot tell you how pleased I was when I was informed from the Lord Chamberlain's office of this award for The Ticker Club.

I am so proud of our Volunteers who work so hard and with much dedication in supporting Cardiac Patients and have done for many years.

The Queen's Award for Voluntary Service is the highest award given to local volunteer groups across the UK to recognise all of the outstanding work they carry out.

In April it was lovely to see many of you at our Annual General Meeting where our new Committee was elected. I want to thank the previous Committee for all the hard work during their year in office last year.

We have retained most of the Committee with some internal role changes. Val Shillito has handed the finances over to Kim Brown and has now taken up the role of Vice Chair. Val makes Ticker Club history on becoming the first female Vice Chair, she brings many years of her Committee experience that is invaluable and I know she will do a brilliant job in her new role.

I would like to welcome Kim Brown onto the Committee as Treasurer; Kim had been a Co-opted Committee member last year and is now delighted to take up her role.

Martin Merriman is staying on the Committee and will be teaming up with Val with running the fundraising side of the club.

Eileen Bate after many years as a Committee member is happy to be a Co-opted member for the coming year

I would also like to welcome Ken Duggan to the Committee, as a Co-opted Member. Ken has been actively involved with our group since his operation in 2012.

It is important for us as a patient support group to keep numbers up to maintain our presence in the wards and clinics and I am delighted to welcome three new members onto the support team; Liz Sellars, Alan Jackson and Bill Pinnock.

I would like to say a massive thank you to Mary Fagan who has stepped down from her Ward visiting role after five years. Mary has supported me since joining the Ticker Club following her heart surgery and has done a super job and given many hours of her time as a ward visitor. She has also supported the club by hosting many fund raising events for us.

Finally thank you for supporting us again with your subscriptions for the coming year; without this support it would not be possible to continue with our work.

Best wishes John Phillips

## A Day at the Palace

The 24<sup>th</sup> May 2016 was a beautiful spring day as John Pimblett and John Phillips boarded the 10.35am train at Manchester Piccadilly bound for London.

The Ticker Club had received an invite from The Lord Chamberlain's Office to attend the Queens Garden Party at Buckingham Palace and the two Johns were our representatives. The invite was in recognition that The Ticker Club were to receive The Queen's Award for Voluntary Service.

On arrival at Buckingham Palace they were escorted through into the Palace and then out into the Gardens where inside the large marquees they were treated to a wonderful selection of sandwiches, cakes and drinks.

At 3.40pm The Yeomen of The Guard "Held ground" and at 4pm The National Anthem

heralded the arrival of Her Majesty The Queen, who was accompanied by The Duke of Edinburgh and The Duke and Duchess of Cambridge.

The Royal Party came into the area where guests were assembled and spent time speaking with some of them who were going to receive the award on behalf of their own Volunteer Group.



Both Johns said it had been a wonderful experience to attend and they felt very privileged and proud to represent the Ticker Club at this special occasion.

## Keeping up the good work : visitors' seminar

Around thirty of our patient support visitors and supporters met on 21<sup>st</sup> April in the UHSM Hospital's Education & Research Centre (ERC) for the annual visitors' seminar. Opening the session and introducing the day's programme, chair John Phillips drew attention to the strength of the Club's standing in the Hospital and our still-growing team of volunteers. The purpose of the annual seminar was both to update on developments in cardiac services at UHSM and also to introduce new members to the team.

The seminar heard from deputy directorate manager Paula Darlington who is now the Club's primary link with the Heart Centre's management. Paula outlined her extensive experience in the front line 'people' issues of local government. Before joining the NHS in September last year, she had spent five years involved with charity work volunteers in such areas as dementia and family support. Now at UHSM, Paula's responsibilities relate to both managing change and developing services, as well as performance, in the operational areas of cardiology and transplant. This includes budgets, making her the ideal link in handling future requests to the Club for funding. This may very soon involve a request to assist with patient facilities in a new fifth catheter lab.

After a group photo [front page] and a healthy lunch, the seminar heard from interventional

cardiologist Dr Mamta Buch on the constantly developing nature of cardiology. Her work involves catheter-based keyhole approaches via the arteries to heart valves. In the worst cases where the heart simply cant cope, she finds herself responding to the cardiogenic shock of 'pump failure'. A gap in the support facilities for the acute cases, where the usual balloon pump is not powerful enough, led Dr Buch to approach the Ticker Club and the transplant charity New Start to help fund a high-pressure Impella device. With support from two charities to kick-start the system, three £8,500 single-use kits were purchased. With the manufacturers making available two £45,000 pumps at no charge, this emergency response facility is now in place.

The afternoon session ended with an update from F6 ward manager Adele Brearley where, against the trend, positive improvements have been seen in staffing levels and facilities. On a ward dealing with artery, valve, aneurism and a few thoracic surgery cases, the improved efficiency is helping towards some same-day admissions for afternoon surgery cases and, where recovery rates allow, earlier discharge by around Day 5. A full-time surgeon Andrew Pascalis, replacing retired Professor Ben Bridgewater, has added to the operation rate.

Positive reactions from visitors attending again underlined the value of this annual event.

## Our New Ward and Clinic Visitors



My name is Alan Jackson, a Cumbrian by birth.

I was a Police Officer for 31 years initially with Lancashire Police Force before retiring from the Manchester Police Force in 1993. I am married to

Maureen and we have two grown up sons and five grandchildren who keep us very busy.

Maureen and I have been members of The Ticker Club since 2008 following my operation for an Aortic Aneurism and an Aortic Valve replacement at Wythenshawe Hospital.

I am currently a Clinic Visitor in a patient support role at Tameside Hospital as one of The Ticker Club volunteers at Professor Yonan's outpatients clinic.

I feel my own experience is invaluable in being able to reassure patients awaiting some form of cardiac surgery and I also find that the work is extremely rewarding personally.



Hi, my name is Liz Sellars and I decided to become a volunteer visitor for the Ticker Club after meeting Eruch Cavasji and Joan Dickinson at The Tameside Hospital back in 2013 while I was waiting to

see Professor Yonan for my appointment. They put my mind at ease that day and I thought, if I can do the same for somebody else, I will. I went on to have a double bypass operation and now following my recovery, I am fighting fit, retired and doing my bit over at Tameside Hospital Cardiac Outpatients Clinic.



This is our third new visitor, Bill Pinnock.

There will be more information about Bill in our next Newsletter

## Val's Recipe Royal Strawberry Trifle



### Ingredients :

- 6 trifle sponges or 4 blueberry muffins
- 2 large tablespoons of strawberry jam
- 350g strawberries sliced
- 250g mascarpone cheese
- 1 tub best fresh custard
- 1 tub of whipping cream
- Vanilla essence
- 120 ml sherry

### Method :

1. Slice sponges and spread with jam
2. Cut into 3. Put in trifle bowl
3. Pour on sherry, leave to soak for 30 mins
4. Put half strawberries on top
5. Mash or whiz rest of strawberries
6. Put over the strawberries
7. Mix mascarpone with 2/3 of the custard
8. Add half teaspoonful of vanilla essence
9. Pour over top of berries
10. Chill for at least 2 hours or overnight
11. Whip cream and spoon over the trifle
12. Decorate with toasted flaked nuts and enjoy!

## Membership matters

Thank you to those of you who have renewed membership subscriptions; these are due before 30th June 2016.

This helps us to continue our support of Cardiac Services at Wythenshawe Hospital.

**£10 or £15** Patient and partner

### Welcome to New members

Roy & Jean Feneley

Lorraine Wood

Mr & Mrs Harrison

Liz Sellars, Nigel Starr

Patrick McDonald

Derek Ankers, Colin Ashton

Barbara Hartley

Peter Swindle

Susan Tansley

**Thank you again**

**Hazel Phillips**

**(Membership Secretary)**