

Dates for your diary

Join us for the Ticker Club's final major event of our

30th anniversary celebrations



Christmas Party

Tuesday 12th Dec
at Cresta Court Hotel,
Altrincham from 7.30 pm
Numbers limited!

To book your place :

Email : enquiries@thetickerclub.co.uk
or ring : 0161 291 2873

Annual General Meeting

Thurs 12th April 2018
at 1.00 pm in the ERC

Annual Patient Support visitors' Seminar

Thurs 26th April 2018
at 09.30 am in the ERC

Membership matters

Hello again everyone. A big welcome to new members :

1960 Jerry Carrol
1961 Martin Sheard
1962 Ms Hough
1963 Ian McCann
1964 Christine Brown
1965 Steve Kay
1966 Claire Kershaw
1967 Brian Maguire

Membership renewals for this year are now complete.

Thank you for your support.

Hazel Phillips,
Membership Secretary

BHF engages with heart support groups



A British Heart Foundation conference in Sheffield on 17th October brought together heart support groups from across the North of England to discuss their activities and objectives, and share experiences of supporting cardiac patients. They came together from as far afield as, in the East, Sheffield, Chesterfield, Barnsley, Calderdale, Scunthorpe and Brighouse and, from the West, Chester, Macclesfield and representing Manchester, the Ticker Club's John Phillips, Alan Munday and John Miller.

The day began with each group asked to identify their highlight of the past year and the biggest issue facing them. For the Club John Miller referred to the plus of our 30th anniversary and the challenge we face in reaching out to patients across a new and larger Hospital Trust [see below].

To underline the BHF's current emphasis on research, conference then heard from Sheffield University's BHF-funded Dr Alan Lawrie about his long-term research into pulmonary arterial hypertension. In a fascinating video-illustrated talk he showed how pressure of high blood flow can lead to a weakening

of the heart necessitating transplant (here he collaborates with Wythenshawe Hospital), or shrinking vessels such as arteries resulting, for example, in congenital heart disease. After 20 years of research, with Sheffield the main centre, results have reached an encouraging plateau, though drug development and use of patient resources to develop biobanks are ongoing.

In two workshops after lunch, delegates first of all considered possible improvements to the BHF website's structure in respect of heart support groups and, in the second session, took the opportunity to look at and discuss the sites of each other's groups. **John Miller**



Dr Alan Lawrie takes a question

Manchester University NHS Foundation Trust

From 1st October 2017 Wythenshawe Hospital has become part of a city-wide group with the new name Manchester University NHS Foundation Trust (MFT). As well as Wythenshawe, the group now includes Manchester Royal Infirmary, the Manchester Eye, Dental and Children's Hospitals, and Trafford and Altrincham Hospitals. However, individual hospitals will keep their own names, so the home of the Ticker Club will still be known as Wythenshawe Hospital.

With the aim of providing more integrated and consistent care for all patients across the city and in surrounding areas, clinical teams will, in due course, be brought together across the group.

You can learn more of progress to date and future plans for the group by visiting the Trust's new website : www.mft.nhs.uk

Charity No. 519754



30 years of The Ticker Club NEWSLETTER

www.thetickerclub.co.uk

Autumn 2017

Founded 1987

Affiliated to the British Heart Foundation

Ticker team

Chair :

JOHN PHILLIPS



Vice Chair :
VAL SHILLITO



Secretary :
KEN DUGGAN

Treasurer :

MARIE HOLMES

Committee members :

MARTIN MERRIMAN
JOHN MILLER
HAZEL PHILLIPS
JOHN WALTON
MUNEEB YASSIR

Co-opted members :

SHARON POWELL
[2 vacancies]

Visitor coordinators :

JOHN PHILLIPS
ALAN MUNDAY

Membership :

HAZEL PHILLIPS

30 years on : celebrating our achievements

Nearly eighty members and guests gathered in the Education and Research Centre at Wythenshawe Hospital on 16th September to celebrate the achievements of the Ticker Club over the past 30 years since it was founded.



Club Secretary Ken Duggan introduces the afternoon's presentations

In one of the ERC's lecture theatres those present were welcomed by the newly-appointed Chair of the joint MFT Trust, Kathy Cowell, who emphasised how much the Hospital had valued the Club's patient support and fundraising activities over the years. The Club's chairman John Phillips' went on to note how far the Club had come since our 25-year celebrations in 2012.

He shared with the audience how he felt we had built on past successes, going on to say that it is always work in progress. We continue to steer our way, building on our strengths without straying from the founding aims set out for the Club in our constitution those 30 years ago in 1987.

John went on to say that progress, continuity and success present themselves in various ways, illustrating this with an interesting slide show. Among the points he mentioned were our new 21st-century website, the increase in numbers of ward

and clinic visitors, the Friday information sessions for pre-op patients, increasing membership numbers and the milestone £1.2 million raised to date.

John thanked his team of ward and clinic volunteers, the support staff and members of the Club without whose continued loyalty our cherished aims could not be fulfilled.

One of the country's leading cardiac surgeons, Mr Venkateswaran, who performs many cardiac operations at Wythenshawe, then brought us up to date by describing in detail some recent advances in cardiac surgery.



Members and guests enjoy the tea party

One of these procedures is called MIVI (Minimally Invasive Valve Insertion), regularly performed by Mr. Venkateswaran, using the £12,000-worth of special instruments required, which were funded by the Club. He described the advantages MIVI has over using more routine procedures. These include a much smaller resulting scar, and more rapid healing of the chest and ribcage.

The highlight of his fascinating talk came with video footage of his repairing a heart in this way, and the techniques used to make it so effective. To demonstrate this he had made use of a specially designed

[continued on p.2]



JOIN US for our 30th anniversary XMAS PARTY
see page 4

Page 2 : Chairman's chat & lottery winners

Page 3 : A member's tale & 'heart-felt thanks'

Page 4 : BHF conference & What is 'MFT'?

Donations

Thank you for your donations, large & small, whether from individual members, from non-members, or organisations supporting our work.

GIFT AID : If you are thinking of donating to the Ticker Club, have you considered Gift Aid? If you are a tax payer, this increases your donation by 25%.

Donations over £100 in July, August & Sept shown below :

Donation from/ for	£
Legacy : Jean Smith	5,000
Patricia Moore	500
Late Dianne Ramsbottom	350
John & Christine Walton's golden wedding	315
Black & White fashion show	215
K Kinsella for 30th anniv	100
M Higham for 30th anniv	100

Smaller donations are always recorded and are very much appreciated.



Lottery winners

1st = £50 2nd = £25 3rd = £13

Winners for the months of MAY, JUNE & JULY

mistakenly appeared in the Summer Newsletter as for FEBRUARY, MARCH & APRIL. Our apologies!

AUGUST	No.
1st S Merriman	144
2nd K Duggan	184
3rd B A Morris	168

SEPTEMBER	No.
1st M Blessitt	240
2nd R Spensley	164
3rd T Weston	211

Why not join?

The more that join, the bigger the prizes!
£1 per month per number.

Chairman's chat

Hello to you all. This year of 2017 seems to me to be passing very quickly - a sign of advancing years it's often said!



Looking back, it was great for me to see so many of you at our 30th Anniversary celebration on the 16th September. As you'll see from our front page report it was good day enjoyed by all who came. So, that prompts me on behalf of the Committee to thank you all for your support over the years.

This support comes through both our many fundraising events and your continuing membership, without which the Club would not be able to fulfil its aim of supporting new patients and their families.

The Christmas Draw is of course one of

our major fundraising events of the year and members should have already received two books of Draw tickets. There's the usual long list of prizes and, as you'll see from the tickets, the top prizes are again pretty special.

The prizes will be drawn at our now regular Christmas Party on 12th December at the Cresta Court Hotel in Altrincham. I hope as many of you as possible can join us, giving you the opportunity to meet with other members for an enjoyable evening. Do join us by returning the form sent out to members by post, or by ringing the office. But don't leave it too long. This is becoming a popular event and numbers are limited!

As this is the last edition of our Newsletter for 2017, although it's still some little way off, may I wish you all a very Happy Christmas and a Happy and Healthy 2018.

Best wishes **John Phillips, Club Chairman**

30th anniversary party

[contd from p.1] head-mounted camera, enabling surgeons learning about this technique to watch in the lecture theatre or remotely.

Ken Duggan went on to describe the work of Wythenshawe research fellow Dr Sam Howitt, who was due to address the gathering himself but was on weekend duty as an anaesthetist in the Cardiac Centre. His main occupation currently is a project known as IRIS (Intensive Care Risk Identification System).

IRIS, a wearable mobile phone-sized computer, captures continuous patient data such as blood pressure, central venous pressure, pulse, efficiency of the lungs, etc. Such data can be captured today, but not continuously or while the patient is out of bed. IRIS, being wearable, can do this, yielding over 1,000,000 pieces of data per day per patient. Once the project is completed, it is expected doctors and nurses caring for a recovering cardiac patient will be able to receive early warning of any deterioration in a patient's condition.

It is also hoped IRIS will enable anticipation, before surgery, of patients who might need a longer recovery period. This will allow hospital schedules to be adjusted in advance, helping maintain a smooth flow of patients through intensive care, and in turn reducing cancellations among those waiting for surgery. Data from over 2,500 cardiac patients at Wythenshawe have already been collected and analysed for IRIS, to be used in the development of computer systems and equipment that will make all this a reality.



Member no.213 James McGrath & wife Ann cut the anniversary cakes

Finally committee member John Miller brought the theatre session to a close with his reflections on joining the Club the day after arriving home following his quadruple bypass operation 20 years ago. He looked back on the full life he has been able to lead ever since - a life that included a decade of producing major live events for BBC-related companies and then, from 2002 onwards, a series of patient information videos for the NHS, starting with one for our own patients at Wythenshawe, still available for current patients on the Ticker Club's website.

The afternoon concluded with a tea party in the ERC concourse and the cutting of the celebratory cakes by early members John Foulkes (no.35) [see p.3] and James McGrath (no.213) and his wife Ann [see above].

There was no charge for admission to the party but donations sent in advance added up to £442 and those given on the day £240.10, amounting to a total of £682.10.

A Member's Tale : John Foulkes



John Foulkes member no. 35

After an episode of angina in March 1984 my GP referred me to a consultant at the Manchester Royal Infirmary. There I had an exercise ECG and this led to an angiogram, revealing that I needed bypass surgery, especially for one main artery.

When told I required surgery, I asked: 'Will they do that at Wythenshawe?' And he replied: 'No, we have someone who can do it here', though I'd understood they were at that time doing few operations at MRI.

I considered various options and, knowing that Wythenshawe was doing about twelve heart operations each week, I decided I'd prefer to have my operation there. After making enquiries I chose Mr Lawson as the surgeon. The medical insurance that went with my job gave me the freedom to choose.

My operation was scheduled for Monday 3rd March 1984 and I was admitted to F2 ward on Sunday, the day before. I was told that, as a treat for heart bypass patients, I would receive a slice of toast that night at 10.00 pm.

At 8.30 on Monday I was taken for the operation and wakened at about 1.30 pm in intensive care. I do not remember much about being there except my wife and two daughters visiting me briefly.

I was later transferred to F2 ward and was

there for 10 days. During this time we did not receive any exercise or post-op therapy which I understand is routine now. We all gathered on a few days for 'information meetings'. We were told not to drive, that we needn't inform our car insurers, but must tell DVLA.

We were also advised regarding walking each day. We were to take a short walk the day we were discharged, to double it the day after, again the day after, and so on. After a week I was walking about 5 miles a day!

Ten days after my discharge, when I returned to Wythenshawe for an appointment with the surgeon, I was told I was walking too far! (But since then I have walked every day, and still do.)

Later, with about ten others, I attended the first meeting that led to the setting up of the Ticker Club. To start with it was about fundraising with a tombola stall in the Hospital and collections at carnivals and events such as the Barton Air Show and Bernard Manning's Embassy Club. Eventually activities escalated and the Club developed into the organisation it is today.

My surgeon Mr Lawson's registrar was a Mr Jones. I never met him again until the Ticker Club's 25th anniversary when he and I cut the cake. By then Mark Jones was also a consultant surgeon himself and a joint president of the Ticker Club.

John Foulkes
Do you have a member's tale? What's the story of how you came to join The Ticker Club? Contact us or simply send your story in 400-450 words to www.thetickerclub.co.uk

Val's Recipe Soy Salmon



Ingredients :

Base :

- 2 salmon fillets
- 2 tbs soy sauce
- 4 tbs orange juice
- 2 oz mushrooms sliced
- 4 oz mange tout or peas

Method :

1. Cut salmon into chunks
2. Mix soy, orange juice & honey, add salmon and marinate overnight
3. Fry mushrooms in frying pan in olive oil for a few mins and set aside
4. Cook peas and reserve
5. Remove salmon from marinade and cook in frying pan for 2 mins, turning
6. Return mushrooms and marinade to pan and cook for a few mins until salmon and mushrooms are coated in glaze, stir in peas.
7. Serve over rice



'Heart-felt thanks' : Claire Kershaw's fundraiser

Ticker Club Member Claire Kershaw and her Mum opened their home and garden to many friends on the evening of 26th August 2017. They were hosting a fundraising evening for the Club to say thank you to Wythenshawe's Cardiac Unit.

Claire, who had a hole in her heart repaired in 2008 and then a valve replaced in September 2015, was joined by her friend and neighbour Shirley Szabo who had herself had two valve repairs in June 2015.

Coincidentally, in both cases, their heart valve repairs were carried out by the same consultant, Mr Barnard.

The evening attracted tremendous local support with around 50 guests joining Claire

and Shirley, and raising a total of £1,091 for the Ticker Club via donations and a tombola, as well as the sale of many Ticker Club pens. Guests tucked into meat and potato and cheese and onion pies that had been prepared by Claire's Mum.

To round off the evening Shirley had kindly donated a lovely cake complete with the Ticker Club's logo, which was then cut and enjoyed by the guests.

Chair John Phillips and ward/clinic co-ordinator Alan Munday, who had joined the party, thanked Claire and her Mum for opening their home and also the guests for their fantastic support at the event.

John Phillips



Claire Kershaw (C) & Shirley Szabo (L) show John Phillips the cake