

## Diary dates

\*\*\*\*\*

### Christmas Party & Prize Draw

Tues 4th Dec 2018

7.30 for 8.00 pm

at Cresta Court, Altrincham

To book your place(s) please return the order form sent out to all members

complete with payment and menu choices by Mon 12th November



### Annual General Meeting

Thurs 11th April 2019

in the Education & Research Centre (ERC), Wythenshawe

\*\*\*\*\*

### Patient support visitors' Annual Seminar

Tues 25th June 2019

in the Education & Research Centre (ERC), Wythenshawe

[Please note: All team members are expected to attend]

### Another 'first' for our volunteers

In recent times, the Ticker Club has seen increasing requests from medical research groups and those looking to improve hospital processes to help provide a 'patients' eye view' of their work. Various members of the Club have been, and are currently, involved in this work.

However, in a 'first' in our experience, the Club has now been contacted by a team working for a manufacturing company to provide similar input.

The company concerned makes medical items, from prosthetic limbs to cardiac valves and stents, and has been reviewing how it goes about its business.

Some of their ideas might affect the level of immediate availability of their products. In everyday terms, they want to be sure what the difference might be between an item

being on the shelf or in the cupboard now, and the item being on hand tomorrow morning. They are keen to see what the impact of any such changes might be.

Several Club members volunteered at short notice to be interviewed; Chairman John Phillips summarised the overall impact of delays in the timing of surgery, Secretary Ken Duggan explained the impact on him of the three postponements to his own surgery, and Lynne Duggan described the distresses and difficulties caused for families and loved ones by such delays. None of these delays was caused specifically by equipment delays, but the examples served to highlight how critical the availability level of medical devices might prove to be.

The company's review is still taking place, and the Club anticipates further involvement in the coming months.

We'll keep you posted.

Ken Duggan

## A Member's Tale - 2 : Marina McGrath

Though I had been diagnosed with a heart murmur as a child, I never felt it slowed me down in an active life working full-time as a midwife. But not long after my 50th birthday in 2005, while having routine tests, I discovered my blood pressure was quite high. I had begun to notice a shortness of breath under exertion, but thought it was simply a part of being in your 50s!



On the clinic's recommendation, I paid a visit to my GP who listened to my heart and, suspecting aortic stenosis, referred me to a cardiologist. Though I was sceptical, an echocardiogram did confirm I had mild AS. I was told my symptoms would most likely worsen over time and that I would probably require an aortic valve replacement in the future. Not the news I was hoping to hear!

After my cardiologist arranged annual check-ups for me, I began to notice myself slowing down and my symptoms becoming worse each year. I put this down to the ageing process and continued to lead a very full life, doing all the activities I loved, like hillwalking, skiing and horse-back riding. But it was hard to ignore the fact that I was more breathless than my older peers, so resorted to doing things at a much slower pace than before. But my yearly echocardiogram showed my AS progressing from mild to moderate.

In 2010 a stressful period at work led to things taking a turn for the worse. My latest echocardiogram was showing I had severe AS. This was very upsetting news and, as a result, I was referred to Dr Anita McNab, a heart valve specialist who was

able to answer all of my questions, providing some much needed comfort. But she informed me my need for surgery was getting closer, so I should prepare myself for that. So, finally on 7 June 2014, I was admitted for my aortic valve replacement surgery. My surgeon, Paul Waterworth, did an excellent job and was very supportive during my recovery.

Since my surgery, my life is finally back to normal and I'm feeling much more like my usual self. I took six months off to recover and get myself back into shape before returning to full-time work. I've been able to resume my active lifestyle, finding time for my favourite activities, especially hillwalking. In fact, just over a year after my treatment I went on a walking holiday to Turkey with a group of walkers, venturing out for walks ranging anywhere from three to seven hours a day - something I would have struggled with the year before. I have now decided to retire from full-time to part-time work so I have more time to enjoy the things I love.

While my experience with AS has been a rollercoaster ride, I'm so glad that I finally went through with my treatment. I'm now able to keep up with all of my friends on our walks and still have the energy to work in a job that I get so much out of.

I have a new lease of life and plan to make the most of it! And that now includes the Ticker Club's visitor team which I joined 2 years ago to 'give something back' by encouraging new patients to look forward in anticipation of a successful outcome like mine.

Marina McGrath

Charity No. 519754



# The Ticker Club NEWSLETTER

www.thetickerclub.co.uk

Autumn 2018

Founded 1987

Affiliated to the British Heart Foundation

## Ticker team

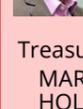
Chair : JOHN PHILLIPS



Vice Chair : VAL SHILLITO



Secretary : KEN DUGGAN



Treasurer : MARIE HOLMES

Committee members :

JOHN MILLER  
HAZEL PHILLIPS  
SHARON POWELL  
JOHN WALTON  
MUNEEB YASSIR

Co-opted members :  
DAVID HOLMES  
DAVID LATHAM  
MARTIN MERRIMAN

Visitor coordinators :  
JOHN PHILLIPS  
ALAN MUNDAY

Membership :  
HAZEL PHILLIPS

Newsletter & Media :  
JOHN MILLER



Prize Draw & Xmas Party!  
See page 4

## An ending and . . . 'A New Beginning'



### Farewell to Fiona

Ticker Club members say a fond farewell to lead physiotherapist Fiona Green in the Hospital's rehab gym

equipment including exercise bikes, rowing machines and a treadmill, as well as patient information DVDs, diaries and relaxation CDs.

But perhaps foremost among Fiona's achievements has been the development and revision over many years of 'A New Beginning', the patient support manual given to all patients undergoing heart surgery. This has long proved to be an invaluable guide to patients and their families, funded by the Ticker Club and recognised by all as a key part of the recovery process.

Fiona's final self-imposed task has been to produce an updated and thoroughly revised edition of this booklet. Over the past year she has not only chased up and collated revised clinical input from the professionals, but has worked closely with the Club's pre-op information day team (John Phillips, Ken Duggan, John Miller and Alan Munday) to improve its content and presentation from the patient's point of view. This new edition [above left] is now about to go to press and will shortly be ready for issue to all new patients.

John Miller

Page 2 : Chairman's chat & Geoffrey Jessup

Page 3 : Robert's tale and Great North Run

Page 4 : Marina's tale and patient's eye view

## Donations

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

**GIFT AID :** If donating, have you considered Gift Aid?

If you are a tax payer, this increases your donation by 25%.

**Donations of £100 and over** received from August to October are shown below :

Donation from / for	£
Mem. B Warburton	108
Masada Lodge	150
Jim Murphy	300
K Price sponsored walk	700
Michelle Howarth	148
Laura Walmsley	550+

Smaller donations are always recorded and are very much appreciated.

## Lottery winners

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

**AUGUST** No.

1st	W Mullin	196
2nd	M B Fitton	104
3rd	C Clubcard	239

**SEPTEMBER** No.

1st	F Tonkin	202
2nd	B Doward	192
3rd	R Seddon	251

**OCTOBER** No.

1st	<b>Draw to follow</b>	
2nd	<b>next time</b>	
3rd		

### Why not join in?

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

## Chairman's chat

**H**ello to you all once again. With the year galloping on, Christmas will soon be upon us.

I believe that we have had a good uptake for our Annual Christmas Party, the setting for the Christmas Draw, one of our major fundraising events of the year. Once again this will be held at the Cresta Court on 4<sup>th</sup> December. If you wish to join us, there's still time to apply for tickets [see p.4] for you and your friends to enjoy an early festive meal.

One area I want to mention is fundraising articles in our Newsletter. It is sometimes difficult to accommodate all the articles and photographs produced for us by the good, kind, hardworking, generous people who raise money for us - by cycling, running, arranging social events and donating in many varied ways, thus enabling your Club to support the hospital, its patients and their families. So, may I take this opportunity to thank all of you, including those who have maybe not had an article published, simply for lack of space. We do really appreciate what you have done for us.

I know our 2019 AGM is still some time

away yet (11<sup>th</sup> April) but, as I have written before, I would ask any of you who may be willing to sit on our Committee to contact me or secretary Ken Duggan if you are interested in standing for election next April. As you know, my last year as your Chair finishes in April 2020 and I would hope to be able to leave behind a strong Committee for the future.

The Ticker Club has achieved so much over the past 31 years, with £1.25m raised in donations, through a close relationship built with the cardiology departments and surgical teams, in our work with research and development internally and externally, and importantly with our support for patients and their families at what can be a very difficult time. This is something I am very proud of, culminating as it did in 2016 with the Queen's Award for Voluntary Service.

As this is the last Newsletter of 2018, may I wish you all a very happy Christmas and a Healthy New Year, though I hope to see many of you before then at The Cresta Court on 4<sup>th</sup> December. My best wishes to you all.

**John Phillips, Club Chairman**



## Membership matters

Hello again everyone!

I am pleased to welcome another thirteen new members to the Club :

1990	Francis Beckett
1991	M K Ghaffur
1992	Ian Munroe
1993	Celia Lund
1994	Norman Woodward
1995	David Jones
1996	Andrew Seddon
1997	Jeanette Jennings
1998	Marian Shilliday
1999	Nigel Swait
2000	David Finney
2001	David Kershaw
2002	Susan Evers

Thanks to all of you who have renewed your annual subscription to support the Ticker Club again this year.

If you have overlooked your Membership fee, this is a final opportunity for you to send it to us at the office.

**Hazel Phillips,**  
Membership Secretary



## Geoffrey Jessup

Sadly we write to tell you that Geoffrey Jessup passed away on 14<sup>th</sup> August, aged 91.



**Geoffrey Jessup**

Geoffrey was a Ticker Club member and one of the Friday morning ward visitor team, as well as serving on the Ticker Club committee for one year. He was extremely well liked by his Friday morning colleagues, and was very well received by patients he went to see.

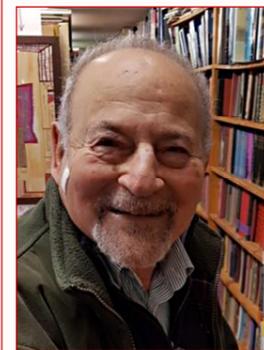
In later years Geoffrey had some mobility concerns and ward visiting became a little difficult for him. But he continued to come into the Ticker Club office on Friday mornings, answering the phone, taking messages and recording them in the diary, and passing on advice to both pre-and post-op patients who came by the office.

A Service of Celebration for Geoffrey's life was held on 29<sup>th</sup> August at Gatley United Reform Church, attended by Geoffrey's family and many friends. The Club was represented by Chair John Phillips, by ward visitor co-ordinator Alan Munday and one of our Club's presidents, Mark Jones.

It was a lovely service with much humour coming from many of Geoffrey's family and friends who spoke about their memories of him, giving a wonderful insight into what an interesting and full life he had lived.

Geoffrey will be sadly missed. **John Phillips**

## A Member's Tale - 1 : Robert Gutfreund-Walmsley



**Robert Gutfreund-Walmsley**

As a young man my health was first class. Cycle touring was my hobby and, after National Service, I cycled round much of Europe, even over the Alps to Naples. Though unaware of this at the time, I was building up my physical stamina which was to be especially important in later life.

After taking a BA degree at Durham University, I lectured in Youth & Community Work at the then Manchester Polytechnic, going on to gain a Masters and PhD. I retired after 34 years to happily run my local second hand book shop in Didsbury.

Apart from a bike accident when I swerved to miss a dog, I had never been in hospital and had no health issues until, aged 75, I was diagnosed with prostate cancer. This was successfully treated at the Christie Hospital. But now, after investigating my ongoing breathlessness, Mr Barnard at the NW Heart Centre told me that I needed a valve repair, a triple bypass and an AF correction. Despite my age and recent other health issues, he thought he had a good chance of success - my previous good health, general fitness and positive mental attitude stood me in good stead, it seemed.

While waiting for an operation slot & receiving blood transfusions to keep me going, Ticker Club members were a great support.

They regularly visited the hospital ward I shared with three other ex-National Servicemen, answering all our questions and offering helpful insights and experiences. The pre-op briefing the Club organised for patients and their families was especially reassuring and informative as we heard from different members of the hospital team what they did, and so we knew what to expect.

I remained in intensive care longer than expected due to complications at the end of surgery; a sudden drop in my blood pressure necessitated me being put on to an ECMO (extracorporeal membrane oxygenation) machine and it took the collaboration of many skilled staff to return me to health.

Three years on, I've now celebrated my 80<sup>th</sup> birthday and feel I've been given a new lease of life. My family and I cannot adequately express our gratitude to Mr Barnard, his team, and all the staff at every level at Wythenshawe Hospital - as well as the marvellous Ticker Club who allayed so many of our anxieties and provided such sterling support.

One unexpected legacy of my having this life-saving operation is that, realising the huge costs involved for the NHS, I'm now almost enthusiastic to pay all my taxes . . . !

**Robert Gutfreund-Walmsley**

**Do you have a 'Member's Tale' like Robert's or Marina's [see p.4] about your journey to joining The Ticker Club?**

**If you would like to share your story, please send it in no more than 500 words to :**

**enquiries@thetickerclub.co.uk**

## Laura raises £550 & counting...

Here I am wearing my Ticker Club t-shirt for the Great North Run on Sunday 9<sup>th</sup> September. It was a warm day, so I chose my running gear wisely! It was at a friend's wedding last year that I decided to do the half marathon (I can't deny that prosecco was involved in the decision-making process), and once I got through the ballot, it was a no-brainer to support the Ticker Club. My dad [see above] received fantastic care at Wythenshawe and we are all so grateful for the extra time we have with him.

I've done the GNR once before and really enjoyed it; the support is incredible and the Geordies hand out the best snacks - ice pops, jelly beans and sausage rolls! My training went well this year but I was ill in the weeks leading up to it. There was a suggestion of

me deferring my run, but I was determined to do it, even if it meant walking.

The run flew by in my head and I finished with a respectable time of 2 hours 48 minutes. There were a number of quite poorly people on the roadside, including one that needed CPR, I heard.

All matters of the heart are still so relevant and important even with all the amazing research and training our medical teams have. There's always more that could be done. Keep up the good work!



**Laura Walmsley**

**Laura Walmsley**

## Vintage Val

(\*from Xmas 2003)

**Glazed gammon & apricot compote**



**Ingredients :**

- 2.5kg piece of gammon
- For the glaze :
- 40g soft brown sugar
- 1 tablespoon apricot jam
- 25g whole grain mustard
- ½ teaspoon allspice
- ¼ teaspoon cinnamon
- For the apricot compote :
- ¼ pint cider
- Juice of a small orange
- 40g soft brown sugar
- 200g dried apricots, ready soaked and cut in quarters
- Zest of ½ orange in thin strips
- 1 tbs brandy or Cointreau (opt)

**Method :**

1. Soak gammon overnight
2. Dry gammon, wrap in foil, cook in oven at 180°C for approx 2 hours
3. Remove from oven, open foil & cut skin in diamond pattern
4. Spread mixed glaze over gammon
5. Return to oven uncovered for 25 mins

**Method for compote :**

1. Blanch orange strips in boiling water for 5 mins, drain & set aside
2. Heat cider, orange juice & sugar in pan until sugar is dissolved, add apricots & cook gently for 25 mins
3. Remove apricots to a dish, using a slotted spoon
4. Boil liquid until syrupy, stir in brandy or Cointreau
5. Add to apricots & orange strips, leave to cool

**\* Club Vice Chair Val Shillito began contributing recipes for our Newsletter in 2002 and they have been a regular feature ever since**

