

Diary dates

Christmas Party & Prize Draw

Tues 4th Dec 2018

at Cresta Court, Altrincham
[time and menus to be announced]



Patient support visitors' Annual Seminar

Tues 22nd June 2019

In the Education & Research Centre (ERC), Wythenshawe
[Please note that all visitors are expected to attend]

NHS at 70



Born on our patch!

CCP conference : The patient voice

The Cardiovascular Care Partnership held its annual conference on 8th June, as part of the British Cardiovascular Society (BCS) annual three-day event, at Manchester Central. The Club was represented by John Phillips and Alan Munday.

This year's theme was 'High-performance teams' and, with the CCP's stated aim being to give heart patients 'a voice', each section of the programme used this word in its title.

In the first morning session, 'Mobilise the Voice', president Alan Keys introduced a talk by Dr. Piers Clifford entitled 'Enhancing Cardiac Rehab'. It became clear to us that Wythenshawe Hospital and the local cardiac rehabilitation network is far ahead of other areas as our take up and completion of rehab is well above others that were quoted, even after this pioneering intervention by CCP. Alan outlined to the audience how our ward and clinic visitors promote rehab to patients, for which he received a round of applause!

CCP member Paul Willgoss MBE then outlined the campaign 'Make your mind up' which he has led to reverse the deterioration of congenital heart disease services in the North West, since they have been centred in Liverpool and subsequently collapsed. His team have hard-won success in reversing this state of affairs. An excellent and encouraging presentation – they have certainly made 'The Voice' heard!

The second morning session, "Inform the Voice" was chaired by Pauline Mountain MBE who interviewed Olympic gold karate champion Geoff Thompson MBE about his youth sport work to mitigate future heart disease. Next came Jeff Sykes, an ex-Wythenshawe patient on his, now worldwide, social media support network for ex-patients. And finally, Pauline Grant of NHS England, in 'The team around me', on shared decision making.

The afternoon session was chaired by CCP clinical lead Dr Jane Flint Bridgewater and was entitled 'Strengthen and Swell the Voice'. She introduced a very entertaining, accessible and informative talk by Professor Iain Greenwood, using excellent graphics. He talked about smooth tissue and its important and widespread use around our bodies, with particular reference of course to the heart.

The day closed with us all taking part in three lively group discussions on Paul Wilgoss's earlier talk, statins and vascular factors. As usual it was a joy to take part in such a positive and encouraging meeting. Our 'voice' is certainly there – surely it must be heard!

PS: Our Club's experience is to be tapped once more by our being invited to provide a representative on the CCP Committee. John Phillips has volunteered for this role with myself as reserve. **Alan Munday**
[Further info on CCP at: www.ccp@bcs.com]



Cardiovascular Care Partnership (UK)

Volunteers in MRI scanner

At its conference *[see above]* the BCS also set out once again to demonstrate to doctors and consultants the latest MRI (magnetic resonance imaging) cardiac scanning equipment. To do this they need subjects to scan, volunteers to be placed inside the scanner while operators demonstrate how it works and what it can be used for.

As in previous years the Club was asked if we could enlist volunteers for spells in the scanner. With 5 sessions planned over 3 days, Club volunteers soon filled the list.

In a small room within the scanner unit volunteers change into a surgical gown transparent to the scanner's beams. They

then lie on a bed that glides into a 'tunnel' where the scanner beam is focussed on the subject *[see picture left]*.

The scanner targets magnetic beams through the body and its organs, showing live images of what it 'sees' on a monitor just outside the small room. Operators are then able to point out to attending doctors and consultants the different features and capabilities of this latest piece of equipment. The whole process can take up to an hour, requiring the volunteer to lie very still throughout, though the 'patient' is able to alert operators if they would like to come out sooner!

The BCS once again expressed its gratitude for the Club's help, writing to each volunteer individually to thank them.

Ken Duggan

Ken Duggan emerges from the scanner



Charity No. 519754



The Ticker Club NEWSLETTER

www.thetickerclub.co.uk

Summer 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



NHS at 70!
See page 4

Critical care unit celebrates 10 years

It came as a surprise to many of us that our North West Heart Centre, with its innovative critical care unit (CTCCU), is already ten years old this year, but there were those who remembered and decided we should celebrate its first decade.

The event was organised by the staff of the unit themselves who invited us to 'a celebration of our achievements and a thank you to everyone that has made our unit such a great success'.

minimum but the opportunity arose for our secretary Ken Duggan on behalf of the Club to present to CTCCU matron Hayley Hardiman a perspex plaque *[see below]* to be displayed in CTCCU.

The making of the plaque itself had produced another story when committee member Muneeb Yassir approached Plastic Formers Ltd of Denton, Manchester. Muneeb spoke to senior sales manager Mike Dilnutt who immediately asked who he

Ten years of the NW Heart Centre CTCCU : 2008-2018

With heartfelt thanks
for your 10 years of care

from

The Ticker Club

After a cold and damp beginning to the year, on Saturday 5th May a fine spring day greeted us to enjoy the event at Bowdon Rugby Club nearby. As well as an opportunity to catch up with old friends, patients and colleagues, on offer was music, fun and games, a splendid barbeque and a raffle with a wealth of prizes.

Formalities were kept to a

John Miller

was representing. On being told the Ticker Club, he said he was not only aware of the Club but praised the ward visitors he had met during his stay in F6 last November after bypass surgery. Mike subsequently spoke to his MD who agreed to donate the wall plaque. The Club is very grateful to Plastic Formers for this kind gesture.



Ken Duggan presents the Club's plaque *[above left]*

Page 2 : Chairman's chat & bike ride to Anglesey

Page 3 : Member's tale & bowling competition

Page 4 : Club members at BCS conference

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 May to July are shown below :

Donation from / for	£
R Manners-Wood	100
Jan Williams cycle ride	245
Harry Weipers, Mcr 10K	240
Mem. Alan Maplesden	400
Mem. Graham Storey	250
Mem. Terry Donnellan	200
Barbara Stones' cards	100
Donald Hibbert	100
Simon Latham bike ride	1303
Alice Banks	400
Harvey Tench	100
Bev McKeown	182
Julie Kirkham bowling	1421

Smaller donations are always recorded and are very much appreciated.

Lottery winners

1st : £50 2nd : £25 3rd : £13

MAY	No.
1st S Clegg	120
2nd J Dowell	137
3rd V Shillito	254

JUNE	No.
1st D W Mullin	197
2nd M Holmes	242
3rd J Phillips	275

JULY	No.
1st K Jerath	266
2nd S Merriman	144
3rd A McGrath	229

Why not join in?

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

Chairman's chat

Hello to you all. I hope that you've been able to make the most of the lovely sunny weather, giving us all the chance to top up our vitamin D levels.



This time I'm delighted to welcome our newly appointed co-opted committee members, David Holmes and David Latham, known to us already as 'the two Davids!' Both of them represent new input to our committee, important to keep us fresh. I'm pleased to say they've already brought in new ideas, and I thank them for joining us in committee.

Martin Merriman has taken on the 3rd co-opted member role, stepping back from being a full committee member. However Martin continues to run the lottery for us, as well as helping Val Shillito provide valuable back-up to those raising funds for us.

And Sharon Powell steps up from her co-opted role to become a full committee mem-

ber this year. So, welcome to them all, giving us, I'm delighted to say, a full committee in place for the coming year.

As you will have read, we are so fortunate to have many wonderful people and groups raising funds for us, in running, cycling and bowling events to name a few [see pp. 2&3]. I want to thank all of you for the tremendous effort you put into these events for us and all the people who support you.

Already the year is moving quickly. Only a week or so ago items we covered in committee were preparation for the Christmas Party and our annual fund raising event, the Christmas Draw. More of those next time.

As you will recall from previous years, the Club once again supported the British Cardiovascular Conference in Manchester when, as part of an educational event for cardiologists, 10 members volunteered to help demonstrate cardiac imaging [see p.4]. As usual, we had no trouble finding volunteers!

Best wishes **John Phillips, Club Chairman**

Altrincham to Anglesey - by bike !

My dad, David Latham, had a double heart bypass on Valentine's Day 2016 - a good day for affairs of the heart! He's made a brilliant recovery and now yomps over hills, plays golf, volunteers as a gardener for the National Trust, and has recently joined the Ticker Club committee.

So, when a group of friends asked me to join them on a bike ride from Altrincham to Anglesey, I jumped at the chance, spotting an opportunity to do my bit by raising funds for the Ticker Club.

On June 15th, after a hearty full English cooked to perfection, I left home for the rendezvous point with back pockets bulging with the day's essentials - 2 inner tubes, a pump, tyre levers, cash and some energy bars and drinks! There were 10 riders on the day, so after introductions, obligatory back slapping and photographs, we set out for Anglesey.

The first section of our ride took us through familiar territory along the Tatton Park wall, then on past Great Budworth and Delamere Forest as we aimed for Chester. We took a delightful 12-mile cycle path to bypass the City and cross the River Dee. On reaching Connahs Quay at 40 miles, we took a fortifying pit-stop. (A pork pie and some jelly beans did the job!).

Entering Wales, we aimed for Flint. Battling a strong wind coming off the sea, we kept to the coastal path through Prestatyn, Rhyl and Colwyn Bay, a well-planned route allowing us to stay off major roads and tricky

Simon Latham & friends at the Menai Bridge



junctions. We stopped for a welcome lunch in Colwyn Bay - steak sandwich with a sugary Coke for me! Now 70 miles into our ride, the hardest and final section was still to come!

After picture perfect Conwy, we aimed inland and started to steadily climb, with tight and twisting lanes and brutal gradients in excess of 20%. We used all available gears, grinding slowly uphill, pedal stroke by pedal stroke - with Sychnant Pass still to come!

What a great feeling when we breached its summit with fantastic views across to Anglesey, our goal, giving us just the buzz we needed to tackle the final leg, heading down to the coast at speeds in excess of 40mph.

After 7 hours of pedalling, we crossed the Old Menai Bridge to Anglesey, taking photos to prove we'd all completed the ride! Final stop, a local hostelry to down a couple of well-earned pints of Welsh ale. **Simon Latham**
[Simon's ride raised £1,303 for the Club]

A Member's Tale : Alan Birkin

Three years after my story began I've just made a return visit to ward F6. On arrival I bumped into the same friendly ward visitor still volunteering for the Ticker Club who was politely going about his business of re-assurance, offering help and advice. I was there to visit my cousin, 5 years my junior, about the eighth of our family members to endure heart problems. He was due to undergo a triple bypass.

I consider myself very lucky. Although I wasn't plagued with illness, at 53 years old I got a little pre-warning all wasn't right with my heart. As it turned out, I had a leaky valve, and so began the process that 18 months later led me to my 13-day stay in Wythenshawe Hospital. I had my leaky valve replaced with a mechanical one. Although not totally full of bounce and the joys of spring, I do feel blessed to still be treading these boards. I do however forget I'm a lot closer to 60 than the age I still think and feel I am - 21!

I became a Ticker Club member immediately after I left hospital, but I had made my mind up to both become a member and give a little back. My inspiration came from the

very first Friday afternoon meeting before my operation, where I'd met Mike Brown. He was the physiotherapist giving a talk as part of the rehabilitation team. He was great, both funny and charming and the ultimate professional.



Alan Birkin

I decided in my own way I would do something that would not only give back once but have the potential and possibility to give back time and time again and, better still, keep on giving long after I'm gone. So, I've now written a Christmas song and recorded several different versions with the help of a group of friends that will be available on line from September onwards on Tune Core and iTunes. All of the profits raised will make their way into Ticker Club coffers.

My next plan is for a book, which will be available on Amazon, entitled 'My last day - experience, from discovering I had a leaky valve to the operating table and onwards into my future after the operation - a good insight. Whether music be your thing or reading, please look out for and choose one or both, and help me to help you to help them.

Thank you. **Allan Birkin**

Membership matters

Hello again everyone!

I am delighted to welcome another four new members to the Club :



- 1986 Mohanbhai Patel
- 1987 Eric Broadhurst
- 1988 Brian Dorwood
- 1989 Raymond Harrison

Thank you to all of you who have returned your Data Protection forms, and to all of you who have renewed their Annual Subscription to support the Ticker Club again this year.

If you have overlooked your Membership fee, it's not too late to send it to me at the office.

Hazel Phillips,
Membership Secretary

Do you have a Member's Tale like Allan's 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



Bowling day raises £1,400

On Saturday 14th July 2018 family and friends gathered at Westthoughton Sports & Social Club to remember Neil Kirkman who sadly passed away in April 2016 following a heart attack. In this their 3rd year of fundraising, Neil's family have nominated The Ticker Club as their charity of choice, after talking with Andrew Mann who underwent a quadruple bypass at Wythenshawe in summer 2016.

The charity day was to be a crown green bowling competition, pairing up seasoned bowlers with complete amateurs. The Ticker Club provided cups, badges and pens, their support being greatly appreciated by both families. The sun shone on the day and 64 players took to the green in teams of 4 to battle for a spot in the final. After 6 hours of competition the final took place with Peter Evans and Louise Dootson facing Martin Bacon and Tony Kirkman, ending with victory for Pete and Louise.

Photographs were taken by Leon Wall, and Julie and her team (daughters Melanie and Stephanie and friend Louise) sold raffle tickets for a fabulous array of hampers, which were donated by family, friends and work colleagues. Everyone feasted on the BBQ and the day ended with friends gathering in the club to dance the night away.



Julie Kirkham [C] with Louise Dootson [C] & Pete Evans [R]

The day raised a fabulous **£1,421.49** for the Ticker Club. I would like to thank all who helped us organise the event and gave their time for an amazing day.

Julie Kirkman