

BHF conference applauds the Tickers



The Queen's Award for Voluntary Service

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



Among the benefits that affiliation to the British Heart Foundation brings the Club is an invitation to the Annual BHF Supporter Conference. This year it was held at Leeds University on 5th July and Alan Munday and John Phillips went along to represent us.

Heart Support Groups and individual members were given a warm welcome by the BHF's chief executive officer Simon Gillespie who also gave Alan and John a pleasant surprise at the beginning of his welcome address. He told delegates he was pleased to announce the presence of two members of The Ticker Club which had recently been awarded the prestigious Queen's Award for Voluntary Service. It was an announcement greeted with loud applause.

Simon went on to speak about how any support for the "Fight for every Heart Beat" slogan was yet another stride towards the BHF's backing of the tremendous amount of work and money that goes into research. Survival rates, he said, had increased massively since inception of the BHF.

Delegates were also told about the development of imaging as a major way of introducing less intrusive diagnosis, an

area, as many of you will know, Club volunteers have become involved in at British Cardiovascular Conferences over the past 3 years.

Simon then pointed up the refurbishment of BHF shops to lift the profile of its retail outlets, and spoke of how the BHF was looking to bring CPR into school curriculums.

The day's programme covered a wide spectrum of topics, with Alan and John particularly interested in there being a practical slant - a visit to the research laboratories where both were invited to gown and glove up to do a hands-on experiment in connection with blood clotting research. Later they were invited to meet and talk with experts from the various fields of research into heart disease taking place at the University.

The day was rounded off with the BHF awards ceremony where people from many areas of BHF support were given awards for a wide range of volunteer work. Many awards went to unexceptional-seeming people, though some had overcome real challenges in life.

It was a conference rated by both John and Alan as one of the best they had attended.



Our new ward & clinic visitor : Bill Pinnock

I retired in 2008 after having spent 40 years flying aeroplanes. Fortunately a young lady doctor with exceptional hearing and most excel-

lent stethoscope skills spotted my heart murmur. Once I was 'on the radar' (Wythenshawe heart clinic) things moved steadily towards a resolution, hastened by my increasing tiredness and lack of energy. My mitral and tricuspid valves were repaired, along with some extra engineering whilst the surgical team had access.

Within days, just over a year ago now, I knew things were improving rapidly. I shall never be accused of hyperactivity but certainly feel that I am firing on all four cylinders with the battery fully recharged. To say that I was impressed by

the entire treatment process at Wythenshawe Hospital is definitely the understatement of my lifetime. Even allowing for immediate post-operative feelings of dependency, I still struggle to find words for the level of care and dedication in the intensive care unit.

It has been a natural progression for me to get involved with clinic and ward visiting with the Ticker Club. I like (most) people and like talking almost as much as my wife does... Early indications are that the patients can take it and usually it seems to get them to open up about their thoughts and feelings. Selfishly, I get a feeling of achievement and a slight sense of 'payback' to the professionals who do a job I could never do.

Thanks to all who have paved the way for me with the Ticker Club.

Charity No. 519754



The Ticker Club NEWSLETTER

www.thetickerclub.co.uk

Autumn 2016

Founded 1987

Affiliated to the British Heart Foundation

A Proud Day at Gorton Monastery



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

Following the official announcement in June of the Club winning the Queen's Award for Voluntary Service [see Summer Newsletter], representatives of the Club were invited to the formal presentations to the winners, held at Gorton Monastery on Monday 4th July.

Together with 25 other similarly honoured voluntary groups from within the Greater Manchester area, ten members of the Club attended the event at this magnificently restored Manchester venue designed by Augustus Pugin, architect of the Houses of Parliament.

Afternoon tea was served and then the presentations began with the reading of a citation for each group, followed by two representatives of each group then going forward to receive their award.

The Ticker Club's citation, read by Deputy Lord Lieutenant Martin Newman, detailed the Club's patient support and fundraising activities over the past 29 years which led to this award, before chair John Phillips and vice chair Val Shillito went forward to collect the stunning engraved crystal award [above left], as well as a certificate personally signed by Her Majesty The Queen.

Joining John and Val in representing the Club were Cliff Clinkard, Ken Duggan, Marie

Holmes, John Miller, Alan Munday, Ian Spooner, Iris Taylor and Roger Booth, our Newsletter compiler, who proposed the Club for the Award.

After the presentations each group was photographed with the Lord-Lieutenant, vice Lord-Lieutenant, the High Sheriff, and the deputy Lieutenant Dr. Robina Shah who conducted the preliminary interviews to establish the Club's worthiness to receive the Award.

The event itself was followed by some extensive coverage of our achievement in the regional and local press, making this one of the proudest days in the now near 30-year history of The Ticker Club.

Well done everyone!



A RIGHT ROYAL GARDEN PARTY

On 23rd July many members and friends had a wonderful time at the Merrimans' special 'Royal' Garden Party. Over £800 was raised for Ticker Club funds



Page 2 : Running for my son in the Wigan 10k

Page 3 : Wythenshawe & Tameside honour Club

Page 4 : BHF supporters' conference in Leeds



Future events

Charity Golf Day

Last few Tee times available

Friday 14th 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 or the Ticker Club office in the Heart Centre at Wythenshawe Hospital or phone **0161 291 2873**

Christmas Dinner Event

& Xmas Draw

at "The Cresta Court"
Tuesday 13th December 2016
£17.50 per head

3 course Christmas meal, coffee & mince pies
Book your places, phone the office 0161 291 2873

Lottery winners

1st = £50 2nd = £25 3rd = £13

FEBRUARY		
1.	J. Wigglesworth	No-140
2.	S. Holland	No-102
3.	M. Blessitt	No-241
MARCH		
1.	C. Laithwaite	No-158
2.	A. Munday	No-236
3.	P. Thorneycroft	No-151

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

Chairman's chat



Hello to you all and I hope that you have all had a very pleasant summer. But, though our British weather has not been over kind to us, it has been a lovely summer for the Ticker Club.

As you will have read in the last newsletter, we were awarded the Queen's Award for Voluntary Service and it was with tremendous pride that ten of our Volunteer team were invited to a Gorton Monastery event to be presented with the Award [see p.1]. It's an honour that results from the years of hard work and dedication by past and present volunteers since the Club's inception in 1987.

Then in July many of us were treated to a Royal afternoon; a Queen's Tea Party at the home of Martin and Barbara Merriman. I want to say a special thank you to them both for hosting the event again this year and raising £820 for the Ticker Club [see pictures p.1]. A final celebration came later in July with an afternoon tea in the North West Heart

Centre, Wythenshawe for our volunteer team and their partners [see below]. And our team supporting patients at Tameside were honoured by the Hospital Trust with afternoon tea in the Mayor's Parlour in recognition of our patient support work there [see below], with similar recognition coming from the Wrightington, Wigan and Leigh Foundation Trust Hospital for support given to cardiac patients in their outpatient clinics.

The Club continues to grow in stature both inside and outside Wythenshawe Hospital and this is without doubt due to the dedication of our growing team of ward and clinic visitors, the work of the Committee and of course fantastic support from all of you.

The good people who continue to raise funds for us in many different ways our support in other ways of patients and their families.

Our next event is the Annual Golf Day and then it will soon be our Christmas Party, again being held at the Cresta Court Hotel in Altrincham, enjoyed by many of you last year. So once again as ever my thanks for your support. Best wishes, John Phillips, Chairman

Grateful father runs for the Club in Wigan 10k

I was a fit and active man who followed a varied diet, I rarely visited the doctor and my only medication was for hay fever. But in June of this year things changed dramatically!

After numerous GP and hospital visits I was admitted to Wigan Royal Infirmary for tests. Apparently I had suffered a series of mini strokes. This may not seem a big deal, but bear in mind I am only 25 years of age. After investigation I was diagnosed with infective endocarditis around the aortic valve. Particles had broken free and travelled to my brain resulting in the strokes. I now faced 2 weeks of antibiotic infusions in hospital. Once completed I was transferred on to ward F5 in Wythenshawe for a further 2 weeks of infusions. As if this wasn't enough, I now faced heart surgery. During this time I had a reassuring visit from the Ticker Club.

It so happened that each time they visited my family were also visiting. On 28th July 2016 I underwent surgery and was fitted with a mechanical valve. Once transferred to ward F6 the Ticker Club continued with the encouragement. Following another spell in Wigan infirmary I finally went home after 53 days. With the physio, rest and medication I feel well on the road to recovery. I am so indebted

to the staff at both Wigan and Wythenshawe due to the sterling service they provide. Without the dedication and reassurance of the Ticker Club things would have been quite unbearable. Last week my Dad competed in the Wigan 10K race and we cheered him home. Being so thankful we have raised over £400 sponsorship towards Ticker Club funds. I am determined to resume running myself and intend to run next year's race.

Do I feel better? Most definitely. In conclusion, on reading my article, let me strongly recommend that you speak to the good people at the Ticker Club.

They proved truly inspirational to myself and my family and will be the same for you. Thank you so much for everything.

Paul Sixsmith



Father & son :
Andy & Paul Sixsmith

Club honoured by Wythenshawe & Tameside

The Club's volunteers and their partners celebrated the Queen's Award with afternoon tea on 21st July in the NW Heart Centre, an event hosted by the UHSM Trust and funded with our thanks by the Volunteering department.

With our crystal trophy on display, volunteers were presented with a special Ticker Club mug bearing the words 'The Queen's Award for Voluntary Services 2016', the highest award given by the monarch in the voluntary service sector, equating to an MBE.

Club Chairman John Phillips said the award was recognition of the dedication and achievements of the Ticker Club over the past 29 years. He thanked the volunteers present for their hard work and went on to pay tribute to volunteers, sadly no longer with us, who led the way in the early years, embedding the values we carry forward today.

Volunteers were thanked by Diane Whittingham, interim Chief Executive of the Hospital Trust, for their dedication to both patient support and fundraising for the Cardiac Unit.



Cutting the cake: Chief Exec Diane Whittingham with John Pimblett, Brian Lewis & John Phillips.

One of the team, Ken Duggan, spoke of how much being part of the team meant to him, and shared with guests his part in the selection process with Club Secretary Cliff Clinkard, interviewed by Dr Robina Shah, one of Greater Manchester's Deputy Lord Lieutenants.

The event was a great success, thoroughly enjoyed by all invited Volunteers and guests.

And at Tameside . . .

On 3rd June, the day our Queen's Award was announced, Tameside Hospital held its annual volunteers' Thank You buffet, where Alan Munday was asked to talk about the Club and the Award we had won, an event later covered by an article in the Tameside Reporter.

Our Tameside team consists of Alan Munday, who instigated clinic visiting at the hospital some years ago, long-serving Eruch Cavasji and John Phillips, along with recent recruits, Alan Jackson and Liz Sellars.

To publicise the award the Tameside team was the only one photographed that day for inclusion on the Hospital's Wall of Achievement, officially unveiled on 28th July by the MP for Ashton-under-Lyne, Angela Rayner in the presence of Trust Chairman Paul Conellan and Chief Executive Karen James (formerly of Wythenshawe Hospital).

Then on 1st August the whole team was entertained in the Tameside mayor's parlour by the Mayor, Councillor Philip Fitzpatrick where he listened while we explained our work. It was a pleasant and relaxed afternoon that concluded with a group photograph and an invitation to sign the Visitors' Book.

New committee member : Ken Duggan



I joined the Ticker Club in 2012, shortly after having my Aortic Valve replaced at Wythenshawe Hospital. After regular monitoring here over several years, I had met many of the clinic visitors during my appointments. I appreciated the support of the ward visiting teams, too, while recovering from surgery. At this stage, I decided to 'do my bit', and joined the Club with my wife Lynne as soon as I was on my feet again.

Since joining, I have helped in clinic and ward visiting, have been a guinea pig on the Club's behalf at a medical conference, and currently have a regular rota slot presenting at the

weekly CTCCU pre-operative meetings for prospective patients and their close ones. I have also been in several groups where the views and feelings of ex-patients are sought by teams developing new techniques and ways of treating cardiac issues.

I was also one of the members involved with the qualification interviews that led to the Club recently being granted the Queen's Award for Voluntary Service.

After working for a global organisation in the USA, Europe, Africa and Asia, and living and working across the UK until retiring 9 years ago, I hope to be able to put my experience to good use as a Committee member, helping continue to develop Club interests.

Val's Recipe Soy salmon stir fry



Ingredients :

- 2 salmon fillets slightly smoked are good
- 2tbs soy sauce
- 4tbs orange juice
- 100g mushrooms sliced
- 1tbs runny honey
- Mixed veg stir fry to taste

Method :

1. Cut salmon into chunks
2. Mix soy, orange juice and honey in a bowl
3. Add salmon, marinade 6 hours or overnight
4. Fry mushrooms in a little oil and set aside
5. Remove salmon from marinade keeping marinade
6. Fry salmon in same fry pan 1min each side
7. Add mushrooms & marinade
8. Cook until all coated with glaze.
9. Cook stir fry as instructed divide between 2 plates and place salmon mix on top

Membership matters

A warm welcome to our new members and thanks to all existing members for your Membership renewal subscriptions.

I am pleased to report that our membership continues to grow year on year and with it comes the lifeblood of our charity.

We really appreciate all your membership subscriptions, enabling us to continue supporting patients and their families at what can be a worrying time. Financial support from all your membership fees allows us to provide equipment and other items on the Cardiac unit to enhance the patient experience. Our new members are :

Geoffrey Wallwork
Andrew Tan
Janette Davis
David Latham
Lisa Williams
Peter Kendrick
Myra Neale
Kevin Kinsella

Thank you again
Hazel Phillips
(Membership Secretary)