

◆ **Subscriptions**

Club subscriptions are **NOW £10.00** per annum per member (patient & partner £20.00)

Full membership is open to all diagnosed as having a heart problem, to their families, and now to all who support the aims & objectives of the Club.

New members joining in the first six months of the calendar year are granted membership through to 30. June of the following year.

Welcome this time to :

- Mr & Mrs R Bussell
- Miss J C Seth
- Francis Jevons
- Audrey Newman
- Irene Williams
- Mr D V Jones
- Keith Webb
- Steve Freear
- Francis Boylan
- William Wareing
- Anthony Rowland
- Tony Wakefield
- Mr J P Legge
- George Ashcroft
- Ron Carter
- John Greenhalgh
- Mr R & Mrs M O'Grady
- Keith Johnson
- Brian Elliott
- Pat Green
- Neville Carter

Pat Fletcher



**EVENTS NEWS**

**Charity Golf Day**

Entries are flooding in for our **4th Charity Golf Day** at the **Chorlton-cum-Hardy Golf Club** to be held on **Friday 6th October**. It is hoped 24 teams (almost 100 golfers) will be playing on the day. Once again this year the event is generously sponsored by Brooke Edgley Specialist Technical Services (BEST), nationwide providers of lightening conductor and steeplejack services.

Home team 'Myriad', winners of the last two events, will be defending the Ticker Club Trophy and hoping their knowledge of the course will bring them a hat trick of wins.

To give the golfers a useful practice session and add a further boost to our funds it is proposed to repeat the putting competition - with a nominal entry fee - success-

fully tried out at the Alsager Golf Day in May.

Prizes are needed for the raffle to be held on the day, so please contact Cliff Clinkard if you'd like to donate one. Why not come along on the day to support our fundraising efforts by, for example, helping with sale of raffle tickets?

**Country & Western Night**

Time to get started on those 2007 calendars and diaries! Club member John Fatkin has booked a New Year date for the **Country and Western Night** he is organising to raise funds for the Club.

It will be held in **Rumworth Hall, St Helens Road, Bolton on Saturday 27th January**.

**Watch out for details of the tickets, etc in the Christmas newsletter.**

**Macclesfield Fun Day**

We set up our stall in bright and sunny weather, writes *Ann McGrath*, but unfortunately it didn't last. The rain came down but of course we carried on regardless! As well as Dave Cooper, and Pat and Derek Rainford, it was good to have one of our local Macclesfield members Cherry Moss along to help.

We had our usual Tombola stall and sold quite a few books at special discount prices. Despite the showers the event was well attended and we managed to raise a total of **£219.40**.

*Our thanks to Salford Van Hire for their support.*



**Subscriptions deadline**

The deadline for subs is fast approaching. As we go to press, there are still a significant number of members from whom we await payment. **Are you one of those running late?** We don't want to lose you. So, if you'd like to keep in touch, please fill in the form below NOW! Once again we'd ask you to note :

- **ALL SUBSCRIPTIONS are due on 30. JUNE annually**
- **To renew membership for July 06 - June 07 return the form below NO LATER THAN the final deadline of 30. SEPTEMBER**
- **STANDING ORDER payers, please check you're paying the correct rate (£10 or £20) on the correct date (30. JUNE). And if you think you've paid or are in doubt, please ring - we're happy to check.**

**MEMBERSHIP RENEWAL FORM** [subscriptions due on or before 30. June 2006]

To: The Ticker Club, Wythenshawe Hospital, Southmoor Road, Manchester M23 9LT

Name : ..... Membership No. ....

May I confirm my details as follows :

Address : .....

Phone : ..... Mobile : ..... Email : .....

- I enclose :  My **£10.00 subscription** for 2006/07  
 Our **£20.00 subscription** for 2006/07  
 Additional donation of £ .....  
 I pay by banker's order on .....[date]  
 [please tick boxes as appropriate]

**LAST CHANCE TO RENEW!**

Signed : ..... Date : .....



**THE TICKER CLUB**

**NEWSLETTER**

Charity No. 519754

www.smtr.nhs.uk/tickerclub

Autumn 2006

**Ticker team**

Committee members for new Club year 2006-07 are

Acting chairman : **ALAN IMRIE**

Vice-chairman : **JAMES SHILLITO**

Secretary : **CLIFF CLINKARD**

Treasurer : **VAL SHILLITO**

Committee members : **DAVID COOPER  
ALAN IMRIE  
ANN McGRATH  
JAMES McGRATH  
JOHN MILLER**

Co-opted members : **ROGER CLEGG**

Events sub-committee : **JAMES SHILLITO  
CLIFF CLINKARD  
ROGER CLEGG**

Events co-ordinator : **ANN McGRATH**

Membership : **PAT FLETCHER**

Newsletter & Media : **JOHN MILLER**

**'FANTASTIC CONTRIBUTION' SAYS NEW MANAGER**

Attending her first ward visitors' seminar since taking over as general manager Heart & Lung division earlier this year, Corinne Siddall admitted arriving with no idea about The Ticker Club's patient support work.

**Added value**

'I just assumed it was simply a fundraising body', she said, speaking at the annual seminar in late May. 'But the ward visitors bring added value to the patient experience for which all the staff are very grateful. It's a fantastic contribution', she added, going on to express the hope that this could be more formally recognised.

She was still getting to know the wards and theatres, she said, and chasing up the surgeons to familiar-

ise herself with new techniques and equipment.

**Flagship**

With all approvals now in place, she went on, enabling work had already begun on the site of the new Cardiac Centre. This project was seen by the Trust as a flagship development, both for the region and nationally. Building work was expected to start in late summer, with completion early in 2008.

**Encouragement**

Increasing numbers of staff calling in at these seminars is also seen by the patient support team as a huge encouragement, providing as it does for updates and discussion on a range of issues. On this occasion staff present included three ward sisters, a

(Continued on page 2)



The heart of the matter : Members old and new of the Club's patient support team show their smiling faces at their annual seminar

**Chairman's message**

◆ *Alan Imrie writes :*

Yes, folks, it's me again! Still no volunteers for the post of Chairman, so it looks as if I'll have to soldier on a bit longer.

And, with the departure of Ray Noel and his good lady to pastures new, we do urgently need another fresh face on the committee. Ray only recently rejoined the committee in place of Doug Whelan who was finding it difficult to fit in committee duties with his new job. So, once again, could you - yes, YOU - be interested in bringing fresh ideas to our meetings. Even if you'd simply like to have a chat about the possibility, please do get in touch. I can't stress too forcefully our need for a strong and vibrant committee, so do give it some consideration.

Given the committee changes mentioned above, I did intend to begin by paying tribute to Ray and  
 (Continued on page 2)

**Contents . . .**

- ◆ Staff speak at seminar . . . & dates for your diary **Page 2**
- ◆ Hadrian, a marathon, Xmas Draw . . . & lottery winners **Page 3**
- ◆ Golf Day, Fun Day . . . & subscriptions deadline **Page 4**

## ◆ Donations



Thanks for all your donations, large and small, whether from individual members, from non-members, or supportive organisations.

Donations during June, July & August totalled :

**£2,136.55**

As usual, we list below donations of **£100** plus.

### ◆ Special thanks to :

**Hale Barns Bridge Club  
£300**

**BARBARA STONES  
£100**

**BRYAN NYLAN  
£105.55**

Numerous smaller donations, all separately recorded, are also of course very much appreciated.

## PRAISE FOR VISITORS AT SEMINAR

(Continued from page 1)

Specialist nurse Sue Bat-specialist nurse and the ward update of the patient journey, making special mention of waiting times.

ICU sister Geraldine discussed a range of topics including a proposed new intensive care booklet, efforts being made to control infections, the introduction of ear plugs to help patients sleep in a noisy environment and of clocks to help reduce patient disorientation.

She went on to stress the need for emotional support too, making the point that staff often turned to the Club's visitors for help with anxious families.

Sister Lauren brought thanks from F6 sister Maxine for the portable oxygen monitors paid for by the Club [see below].



She underlined also that patient feedback showed an appreciation of the Ticker Club presence at the monthly Information Days. The pilot scheme that had introduced her role as Ward Housekeeper had been so successful that her secondment had been extended for a further 12 months, Sheila Wilkinson told the seminar. She had now introduced a further 9 housekeepers whose role was not only to keep on top of the practical services around patients, but also to provide patients with a little extra 'TLC'.

The session concluded with practical matters - a review of new members joining the team and rota amendments to suit.

visitors on Wednesday afternoons, but he and I latterly also shared the task of delivering the Club's contribution at the monthly Patient Information Days. These have become very important occasions for the chance they offer to make the Club's aims known to around 50 or so patients every month, as well as being a very valuable recruiting opportunity. On your behalf therefore, I will wish Ray and his wife "all the very best" in their new location and thank Doug for his valuable stint on the committee.

So, with Ray's departure there's once again a vacancy on our visitor rota. It doesn't have to be Ray's Wednesday afternoon slot that we fill with a new volunteer - we can always juggle the rota. We need help too on Monday

for example, but, if you could give us time *any* afternoon, please call so we can arrange a 'taster' visit.

Since my last report to you, the Club's trusty band of volunteers have been busy at various outdoor events in Altrincham, Stretford, Macclesfield and Holmes Chapel, as well as in preparation for the forthcoming Golf Day at Chorlton-cum-Hardy [see p.4]. On behalf of you all my thanks go to our volunteers - where would we be without them?

Still on fundraising, I know we're just into September but you will shortly be sent a pack of the Club's new design Christmas cards and books of Christmas Draw tickets, every member's chance to do his or her bit to help maintain Club support of Wythenshawe's

**Dates  
for your diary**  
~~~~~  
**Members'  
get-togethers**  
on 2nd Thursday  
of every month at  
**The Railway Inn,  
Ashley Road, Hale**  
at 7.30 for 8.00 pm

*Enjoy a drink, a chat & a game  
of stand-up bingo*

**Next get together :**  
**Thursday 14. September**  
**Thursday 12. October**  
**Thursday 9. November**

**Committee meeting**  
**Thurs 28. September**

**Charity Golf Day**  
**Friday 6. October**  
at Chorlton Golf Club  
~~~~~  
**ADVANCE NEWS !**

**Country & Western Night**  
**Sat 27. January 2007**  
at Rumworth Hall, Bolton

Heart Unit. So please do try to sell all of these (or even order more!). We do respect the wishes of those few members who feel unable to help with these sales for whatever reason. Apologies in advance to any of you who receive these postings despite having notified us of your position. We're sorry but a few do occasionally slip through the net.

Finally to those members who have not yet renewed their subscription for this year, may I ask you to PLEASE RENEW NOW by sending in your £10.00 cheque. Despite reminders, we annually very reluctantly delete 50 or so from our membership database. We can ill afford to lose around ten per cent of our membership, so please *don't become no more than a statistic!*

## CLUB REPRESENTATION : Where your voice is heard

### CARDIAC THORACIC DIRECTORATE MEETINGS

Club secretary Cliff Clinkard attends these monthly meetings regularly and reports that our involvement continues to be beneficial to the Club as well as to the hospital management and staff.

Clinical director Ben Bridgewater frequently turns to Cliff for a patient's perspective on matters under discussion. These include key subjects such as reasons for operation cancellations, Hospital's website content and keeping patients informed. And Cliff has been able to give the meeting useful feedback on the pre-operation visits he himself carries out.

We hope Cliff's request at these meetings for staff to write about their roles will

provide a feature for future issues and help improve our understanding of the cardiac team. For their part it is clear staff see the Ticker Club and its ward visitors as a vital part of this team.

- If you would like to try ward visiting just contact Alan Imrie or Cliff to arrange a trial visit with an experienced volunteer
- Ask Cliff to raise any issues you may have at future meetings by leaving a phone message for him or sending him an email

### Cardiac Centre working groups

With few meetings taking place during the summer months there is little to report from the Ground and First Floor working groups this time. More in the next issue...

**First Prize for serious research!**  
Vice chair, Treasurer and Acting chair try out (at their own expense!) the 1st prize in our Christmas Draw.  
**Look out for Draw tickets soon**



**WIN 2 DAYS at the  
Hoar Cross Spa Resort.  
Unlimited use of Spa  
facilities and a FREE  
bottle of champagne !**

## SPONSORSHIP NEWS

Committee member **JOHN MILLER** is pleased to report that he successfully walked the **Hadrian's Wall Path**, completing the 84 miles coast-to-coast over seven days of remarkably fine weather in June.

Though a lifelong hill-walker, John admitted this was the longest sustained walking trip he had undertaken, so was by no means as confident of completing the distance as may appear at the start in the Swan Hunter shipyard, Wallsend.

The Club's thanks go to all members and their friends who generously sponsored John for every mile he managed to walk - in the event all 84 of them, bringing in a pleasing total of **£1,022** for Club funds.



**ANDREW SIDLEY** (33) of Sale will be running for the second time in the annual Berlin Marathon on Sunday 24th September, this time for the Ticker Club.

Though the first time Andrew has run for charity, he has taken part in the Manchester Run several times and last year hit upon the idea of joining in the Berlin Marathon, one way at least of meeting up with an old school friend based in Copenhagen. They made a decent showing last year, completing the race in 4 hours 46 minutes, but are aiming this time to come in within 4 hours.



*Vice chairman Jim Shillito presents Andrew with his Club T-shirt for the marathon*

Andrew says he was talked into the sponsorship idea by his next door neighbour in Sale - who just happens to be Club committee member, Roger Clegg [3rd left]!

## ◆ Val's recipe

### Parma ham-wrapped chicken

#### Ingredients :

- 4 chicken breasts, skinless
- 100g cheese with garlic & herbs
- 8 slices Parma ham
- 150ml red wine (or 250 ml for more sauce)
- 150ml chicken stock (250 ml for more sauce)
- 1 tablespoon brown sugar

#### Method :

1. Make a slot along the length of each chicken breast to form a pocket
2. Beat cheese with wooden spoon to soften & place in pockets made in the breasts
3. Wrap 2 pieces of ham around each breast & secure with fine string
4. Put the wine & stock into a large frying pan and bring to boil
5. Add sugar and stir to dissolve
6. Add breasts to the pan and simmer for 20 minutes (check juices run clear when skewer inserted into thickest part of breast)
7. Remove chicken from pan, keep warm
8. Boil sauce until reduced a little
9. Remove string from chicken, transfer to plates and pour the sauce over

## LOTTERY PRIZE DRAW WINNERS

### June :

- 1st : **W H Curran** £38.70 (30% of month's total fund)
- 2nd : **F A Tomlin** £19.35 (15% of month's total fund)
- 3rd : **Alan Imrie** £12.90 (10% of month's total fund)

### July :

- 1st : **K & A Heap** £36.90
- 2nd : **D & S Ryder** £18.45
- 3rd : **M A Wright** £12.30

### August :

- 1st : **Alan Imrie** £36.90
- 2nd : **S W Stroud** £18.45
- 3rd : **J A Quincey** £12.30

**SEPTEMBER, OCTOBER & NOVEMBER WINNERS WILL BE IN THE WINTER NEWSLETTER**

(Continued from page 1)

**The Chairman writes (contd)**  
to Doug for the sterling work they have both put in on your behalf as very active committee participants. Both could always be relied upon to bring a fresh slant to our decision making and both will be sorely missed.

Doug intends to continue as one of the two pre-operation visitors on Sunday afternoons but Ray's departure leaves a huge void as he was not only our sole pre-op

### Flooded Store

Thanks to all who responded to our 'flooded store' appeal for books and other articles. We'll be on the lookout for more for future events, but meanwhile our insurers have agreed a figure of £1,180 for replacement goods and equipment. Alan Imrie