

◆ Subscriptions

Club subscriptions are
£8.00
per annum per member
(patient & partner £16.00)

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 month to :

- Alexander Slade
- Judith Clarke
- Eruch Cavasji
- Mr & Mrs Cookson
- Monica Gent
- Monica Backhouse
- Mr & Mrs Bernard Blackburn
- Mr & Mrs Arthur Steggles
- Iris Taylor
- Dorothy Hilton
- Rev Raymond Reynolds
- Peter Ackrill
- Mr & Mrs Arthur Spooner
- Michael Reynolds
- Jim Spencer
- Pauline Phoenix
- Terry Carter

Pat Fletcher

DON'T FORGET

You can contact the Club in 3 different ways :

By post :
The Ticker Club
Wythenshawe Hospital
Southmoor Road
Manchester M23 9LT

By phone :
0161-291 2873

By email :
tickerclub@smtr.nhs.uk

Goodbye Sue - and thank you!

At their January meeting members said goodbye to **Sue Lunt**, Heart & Lung general manager at Wythenshawe, who has now left to take up a new NHS post in Tameside.

Making a presentation of flowers and a specially inscribed pen to Sue, chairman Alan Imrie thanked her for her support in the building and cementing of relations with clinical and nursing staff as Club activities have developed over the past few years.

In thanking the Club for the input of all its volunteers Sue expressed satisfaction that cardiac surgery had made great strides during her time in post, with waiting times coming down from 18 to 2 months.

At the same meeting building surveyor **John Berry** gave members a Powerpoint presentation on the plans for the **new Cardiac Centre**. In a building double the size of the present Transplant Centre members saw the layout of reception, investigations area, ECG, Echo and consultants' suites on the ground floor and, on the 1st floor, ICU, theatres, relatives' room and, perhaps most noticeably, ward areas with much bigger bed spaces. With angioplasty on the increase and a corresponding decrease in surgery the keynote, said Mr Berry, was flexibility.

Sue Lunt's successor, already in post, is **Corinne Siddall**.



Chairman Alan Imrie makes the presentation to Sue Lunt



STEERING GROUP

As a patient representative, Club treasurer **Val Shillito** has joined the newly-formed Cardiac Rehab steering group.

The aim of the group, says Val, is the gathering of information relating to proposals to make rehab more accessible to patients by basing it in community hospitals and other centres.

As member of a sub-committee Val will be attending rehab classes both in the hospital setting and out in the community to report back to the steering group on differences as seen from the patients' viewpoint.

Notice board

PATIENT SUPPORT

A seminar for all ward visitors is once again being planned for April / May.

The venue as usual will be the Education & Research Centre (ERC) at Wythenshawe on a date which will be notified to all visitors.

It is expected a consultant and Sue Lunt's successor [see above] will be joining us. We hope all ward visitors will make every effort to be there to have their say and meet new volunteers.

OFFICE SUPPORT

To help the Club function efficiently we need volunteers in the office for a few hours each week to :

- Collect & open post
- Update record sheets
- Deal with messages
- Help mail newsletters

Help is particularly needed at busy periods :

- Membership renewals (June)
- Christmas cards & draw tickets (Oct to Dec)

Training given and travel expenses available

Our **ANNUAL GENERAL MEETING** will take place this year at 8.00 pm on **Thursday 13. April** at The Railway Inn, Hale. In advance of that meeting the Annual Report & Statement of Accounts will be sent out to all members.

A **nomination form** is enclosed with this Newsletter. Club members are invited to nominate other members for election to the posts listed. These are :

- **Chairman & Secretary :** to serve for **TWO years**
(Vice Chair & Treasurer were elected for a 2-year period in April 05)
- **Vice Chair :** to serve for **ONE year**
(due to current Vice Chair's resignation after one year in office)
- **FIVE committee members :** to serve for **ONE year**

Voting will be by secret ballot of fully paid-up members **ONLY**, who are present at the Annual General Meeting on 13. April.



THE TICKER CLUB

NEWSLETTER

Charity No. 519754

www.smtr.nhs.uk/tickerclub

Spring 2006

Ticker team

Committee members for the Club year 2005-06 are

Chairman :

ALAN IMRIE

Vice-chairman :

JAMES SHILLITO

Secretary :

CLIFF CLINKARD

Treasurer :

VAL SHILLITO

Committee members :

**ROGER CLEGG
ANN McGRATH
JAMES McGRATH
JOHN MILLER
DOUG WHELAN**

Co-opted members :

**DAVE COOPER
CHRIS FLETCHER
PAT FLETCHER**

Events sub-committee :

**JAMES SHILLITO
CLIFF CLINKARD
ROGER CLEGG
DOUG WHELAN**

Events co-ordinator :

ANN McGRATH

Membership :

PAT FLETCHER

Newsletter & Media :

JOHN MILLER

NEW CARDIAC CENTRE : GO-AHEAD CONFIRMED

At the end of January the Greater Manchester Strategic Health Authority gave the go-ahead to the cardio-thoracic directorate's business case for its new Cardiac Centre. The scheme includes a new building between the Transplant Unit and the physiotherapy gym, housing a dedicated cardio-thoracic outpatients' unit on the ground floor and a combined intensive care and high dependency unit on the first floor.

Ground work

The site of the new building is currently a car park and service road [see below]. It is hoped first stage ground work to provide replacement car parking and divert the road will start in early April.

The main build, scheduled to begin at the beginning of August, will take about fifteen months, with a further 2 to 3 months thereafter to equip and commission the

building. So, the current hope is to see the new Centre finally open to patients around February 2008.

The business case also includes a 4th catheter lab, utilising space vacated in existing cardiology accommodation. It is hoped this may be opened to patients as early as March 2007.

Discussions

'We are starting to get very excited about the huge improvement these new facilities will offer to staff and patients', said Judy Coombes, directorate manager for the Heart & Lung division.

She said they looked forward to ongoing discussions with Club representatives to ensure details of the building came as close as possible to meeting everyone's requirements, and that the large sum of money raised by the Club for new equipment was wisely spent for the maximum benefit of all patients.



Surgeon **Colin Campbell**, building surveyor **John Berry**, £10,000 donors **Horace and May Lowe**, £5,000 donor **Peter Gray** and consultant cardiologist **Richard Levy** study plans for the new Cardiac Centre on site in April 2005

Chairman's message

◆ Alan Imrie writes :

Another Ticker Club year almost over - doesn't time fly? With our AGM on 13. April it will soon be time to look towards a new Club year, and I hope it proves to be as lively as the past four during my tenure as Chairman.

On the subject of AGMs and elections it seems appropriate to remind you all of what will happen [see also p.4]. Our Constitution decrees we should this year be looking to elect a Chairman, Secretary and five Committee members.

But, in the event, because Vice-Chairman Jim Shillito is not too well and standing down from that rôle, we also need to nominate candidates for Vice-Chairman.

AGM night will therefore be a busy evening - if sufficient member-interest brings candidates to fill the posts!

As you already know, though I am prepared to
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Wythenshawe's VOLUNTEER of the YEAR?

He's one of ours!
[see p.2]

◆ **Donations**



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

Donations December to February totalled :

£2,827.80

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

◆ **Special thanks to :**

In memory of **FREDERICK COOPER**
£1,000

OLIVE FAIRHURST
£100

In memory of **G LEES**
£145

Mrs KIRSHNER
£500

Mrs HEYWOOD
£150

ANON
£500

C DINSDALE
£150

PAULINE PHOENIX
£100

M A LISTER
£100

B NASH
£250

D LIPROT
£400

BRYAN NYLAN
£122.80

Mrs G CORLESS
£100

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

Ring us on : 0161-291 2873

CHARITY GOLF DAY : Wednesday 17. May

Likely to be another well-attended event with a possible 25-30 teams, there are still a few tee-times going before our list is full.

If you can raise a team of 4 golfers (mixed and all-ladies teams welcome), contact either **Alan Imrie** or **Cliff Clinkard** on **0161-291 2873** and application forms will be rushed to you!

Location : Alsager Golf and Country Club

Cost : £80.00 per team

You get : 18 holes of golf, bacon bap & coffee on arrival, a 2-course meal and great prizes!

We need: Raffle ticket sellers & non-playing card checkers
Raffle prizes - if you can offer a prize, please ring
Come along to help on the day and we'll feed you!

Ring Alan or Cliff NOW !!



Volunteer of the Year

On 15. December 2005 South Manchester University Hospitals NHS Trust held its 2005 'Recognition of Achievement Awards' in Wythenshawe's Education & Research Centre.

Seen receiving his 'Volunteer of the Year' award from former patient and fundraiser Jan Bentley is our very own Chairman Alan Imrie.

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The Chairman writes (contd)
be nominated for a committee post, I am intending to stand down as Chairman. So, once again, is there a candidate out there? Your present committee is the first to acknowledge the need for fresh ideas - as do all forward-thinking groups in my view.

A nomination paper is enclosed, but may I remind you, before nominating someone, you **must** ensure your nominee is prepared to stand!

This is the time too for me, on behalf of all members, to thank the present committee for all their hard work this year. That work is still ongoing and, as I write, plans for a Club presence at various summer outdoor events are being laid - a good start for the new Club year.

Now, after the 'heavy'

bits, let's turn to lighter topics with an invitation to all members to help us form a Ticker Club team for the next Great Manchester Run. Our newest committee member, Dave Cooper, has made initial enquiries about entering. Even I've said I'll *walk* the 10 kilometres - so, anyone else fancy taking part? The team needn't consist entirely of ex-patients, though as many as possible would be just great. Dave will be trying to get as many competitors as he can in place over the next month or so. Ring him at the office **now** before it's too late...

Still on the fund-raising theme, thanks to all members for their efforts in selling our Grand Draw tickets and Club Christmas cards [see p.3]. Well done all!

And finally on this subject

you'll see from our lead story that the New Cardiac Centre Appeal to which you all so kindly contributed has not been forgotten. The Club is currently holding in a high interest bank account over £70,000 which will be made available to the Heart Unit management team just as soon as plans for equipping the new Centre are finalised and hospital 'wish lists' put forward to your committee.

With preliminary work due to begin in April we continue in the meantime to add to this fund, while at the same time fulfilling other ongoing funding requests.

It's quite heartening for me to sign off as your Chairman on this note of optimism. I wish my successor as enjoyable a time in the post as I have had over the last four years. Bye folks!

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 togethers :

**Thursday 9. March
Thurs 13. April AGM
Thursday 11. May**

ADVANCE NEWS !

**Charity Golf
Wed 17. May
at Alsager**

**Macc Fun Day
Sun 20. August**



CLUB REPRESENTATION : Robot dispenser news

CARDIOTHORACIC DIRECTORATE

Attending these monthly sessions is certainly one way of keeping up with developments, writes *Cliff Clinkard*. Now comes news of a new automated 'picking machine' in the Pharmacy Department, inaugurated in February by the Trust Chairman.

The new computerised 'robot', the first to be installed in Greater Manchester, consists of 3 temperature-controlled parallel rooms storing up to 30,000 stock medicines, loaded and retrieved by mechanical arms identifying medications by barcodes. Once a prescription has been logged and checked by a pharmacist on arrival in the pharmacy, dispensers order the medication via their computers.

The drugs are then picked up and placed on a conveyor belt by the robot, and arrive at the dispenser's workstation via a chute, where a patient label is created to stick on to the medication. This automated approach means staff time locating and retrieving medicines is reduced.

The robot gets what is required within 30 seconds and stock levels are maintained by automatic re-ordering. The result will be a more efficient service, reducing waiting times for patients, as well as automating the ward stock supply chain.

Taking away the routine task of dispensing should allow pharmacists and technicians to focus more directly on patient care at ward level.

IAN McCARTNEY, Chairman of the Labour Party, writes in appreciation :

My whole experience of the heart centre at Wythenshawe was really positive. While heart surgery is increasingly routine, it is still an apprehensive experience for patients and their families. The professionalism of the surgical and nursing staff at the hospital is first class. Equally, the work carried out by the Ticker Club's ward visitors who have been heart patients themselves with first hand experience is a real reassurance.

I would like to put on record my thanks to all the NHS staff and the patient support volunteers of the Ticker Club for all their care and support. I am pleased to now be a member of the Ticker Club and am proud to support their work.



Ray Noel explains the Club to patients on Information Day

LOTTERY PRIZE DRAW WINNERS

December :

- 1st : **W H Curran** £39.30 (30% of month's total fund)
- 2nd : **Roger Clegg** £19.65 (15% of month's total fund)
- 3rd : **D S Ryder** £13.10 (10% of month's total fund)

January :

- 1st : **J Greenhalgh** £40.20
- 2nd : **Ray Noel** £20.10
- 3rd : **Alan Imrie** £13.40

February :

- 1st : **John Phillips** £36.00
- 2nd : **D S Ryder** £18.00
- 3rd : **D Mulliner** £12.00

MARCH, APRIL & MAY WINNERS WILL BE PUBLISHED IN THE SUMMER NEWSLETTER

Our **CHRISTMAS DRAW** this year brought in **£2,062**, disappointingly down on last year's albeit record total. As usual, the Club provided the main prizes, but special thanks go to the generous donors of the rest.

We're still tracking down one or two of the winners but here is the full list :

Prize	Donated by	Winner
1. £500 cash	Ticker Club	T Carr
2. 6 bottles champagne	Ticker Club	D Johnson
3. Case of wine	Ticker Club	H Ball
4. Bottle of Scotch	Alan Imrie	Roger Spensley
5. £10 M&S voucher	Ann & James McGrath	Steven Mee
6. £10 M&S voucher	Barbara Taylor	Alan Carroll
7. £10 M&S voucher	Marjorie & Reg Hinett	Reg Hinett!
8. £10 M&S voucher	Val & Jim Shillito	B S Linton
9. Lady's watch	Pat & Derek Rainford	Sheila Higginbottom

Christmas card sales this year raised a total of **£883**.

◆ **Val's recipe**

Rich cottage pie (serves 3)

Ingredients :

- 500g best minced steak
- 300g or 2 medium onions, halved & sliced
- 1 clove garlic, crushed & 1 pinch thyme
- 75ml medium sherry
- Bay leaf, torn into pieces
- 200ml red wine & 150 ml stock
- 2 carrots, chopped small
- 600g King Edward potatoes, cut into chunks
- 30g butter & a little milk for mashing
- 1 pinch nutmeg

Method :

1. Marinade mince with sherry, garlic, thyme & bay leaf for 6 hours or overnight
2. Drain well, saving marinade
3. Fry mince in 1 tablespoon oil or spray oil in casserole or large deep frying pan
4. Remove with slotted spoon to bowl
5. Fry onion in a little oil in casserole or pan for 10 mins until golden, stirring occasionally
6. Add carrots & cook for further 5 mins
7. Add marinade, wine, stock & beef to casserole and bring to boil
8. Simmer gently 40 mins, stirring occasionally
9. Remove meat mix with slotted spoon to ovenproof dish
10. Boil up gravy 5 mins to reduce, & thicken with 1 heaped tsp cornflour mixed with water
11. Add enough to moisten into meat & onion mix
12. Cook potatoes approx 15 mins, drain & mash well with butter, a little milk & nutmeg
13. Spoon potatoes over meat, pattern top with fork & bake in 180° fan oven for 35 mins