

◆ **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 :

- John Brophy
 - M A Lister
 - Stanley Maidment
 - Mr & Mrs Wilfred B Farrell
 - Damian Costello
 - Mrs C Wilson
 - John Lewis
 - Victor Holt
 - Bryan Hodgson
 - Peter Thorneycroft
 - Keith Knowlton
 - Samuel Holland
 - Mr & Mrs Frank Grimes
 - Pauline Corlett
 - V Byrne
 - Maureen Kelly
 - Rollo Dalton
 - D A Thomas
 - Keith Oliver
 - Barry Myers
 - R Williams
 - Mr & Mrs Frank Brown
 - Lou Sidebotham
 - Mrs M E Aaron
 - Stanley Matthews
- and welcome back to :
- Mrs Joyce Whittaker
 - J A Quincey

Pat Fletcher

New committee for 2006-07

At the Club's Annual General Meeting on Thursday 13. April at The Railway Inn, Hale new officers and committee members were confirmed as follows :

Officers to serve for TWO years :

- Chair : There being no nominations, outgoing Chairman **ALAN IMRIE** agreed to remain on an acting basis
- Secretary : **CLIFF CLINKARD** (returned unopposed)

FIVE committee members to serve for ONE year :

- DAVID COOPER
- ANN McGRATH
- ALAN IMRIE
- JAMES McGRATH
- JOHN MILLER

There was no election this year for Treasurer and, in the absence of nominations following his resignation, Vice chairman **JAMES SHILLITO** agreed to stay on and complete his 2-year period of office.

In addition, at its first meeting on 25. May, the new committee confirmed as non-voting co-opted members :

- ROGER CLEGG
- DOUG WHELAN

The committee is now seeking a permanent Chairman and, with this post filled, a third non-voting co-opted member.

In addition the Committee confirmed :

- Membership Secretary **PAT FLETCHER** to continue in a non-executive capacity
- Media co-ordinator **JOHN MILLER**

Notice board

RON LAWRENCE

We are saddened to report the loss of long-time member and patient support visitor **Ron Lawrence** who died suddenly earlier this month.

Ron is remembered by many patients and staff as a dedicated visitor, travelling regularly by public transport from Oldham to talk to patients on F6.

Preferring to operate independently of our regular team, Ron was frequently identified by patients as 'someone from The Ticker Club' offering welcome support at pre-op clinics.



Time once again to remind you **ALL SUBSCRIPTIONS are due on 30. JUNE annually** so, unless you pay by Standing Order, please put your cheque in the post to us **NOW**.

After four years of subscriptions held down to £8.00, the new Committee decided at its May meeting it was time to increase the basic annual subscription rate to **£10, or £20 for patient and partner**. Many of you have already been generously sending us £10.00 per member, but it was felt to be time to make this the official rate for all.

All members receiving this Newsletter are paid up to the end of the June, but :

- To renew your membership send in the form below **BEFORE THE END OF JUNE**
- If you pay by **STANDING ORDER, PLEASE AMEND YOUR BANK INSTRUCTIONS NOW** to meet the new rate (£10 or £20), payable annually on 30. JUNE.
- Please help us by paying **promptly** this year & every year

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
 I pay by banker's order on[date]
 Additional donation of £
- [please tick boxes as appropriate]

Signed : Date :



The Ticker Club

NEWSLETTER

Charity No. 519754

www.smtr.nhs.uk/tickerclub

Summer 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
DOUG WHELAN**

Events sub-committee :

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

Events co-ordinator :

ANN McGRATH

Membership :

PAT FLETCHER

Newsletter & Media :

JOHN MILLER

By post :
The Ticker Club
Wythenshawe Hospital
Southmoor Road
Manchester M23 9LT
By phone : 0161-291 2873
By email :
tickerclub@smtr.nhs.uk

CARDIAC SURGERY RESULTS 'BETTER THAN EXPECTED'

A new website published at the end of April shows even better results than expected for cardiac surgery survival at Wythenshawe, says Ben Bridgewater, the Heart & Lung division's clinical director.

Monitored

Outcomes of cardiac surgery have been increasingly monitored over recent years, and now the Healthcare Commission (independent healthcare regulator in England and Wales) in conjunction with the Society for Cardiothoracic Surgery in Great Britain and Ireland has published a website aiming to help patients and their families make informed choices about their cardiac surgery.

Survival rates

Providing information about survival rates for heart surgery patients at hospitals across Great Britain, the data on the website shows that survival for all cardiac surgery patients at Wythenshawe over the three years to March 2005 was 97.7%, better than expected even after adjusting for the types of operation performed and the health of the patients.

Similarly better than expected at 99% for the same period were survival rates for coronary artery bypass surgery.

The website also gives information about individual

consultants, the number and type of operations they perform, as well as individual survival figures. There are also details of what to expect after having an operation. It is hoped this information will be useful and reassuring for patients and their carers, says Mr Bridgewater.

Nationally

Nationally thirty of the thirty-three cardiac surgical units have had their surgical results published, and in addition 17 units (including Wythenshawe) have chosen to publish mortality data on individual surgeons.

You can find the website at : www.heartsurgery.healthcarecommission.org.uk.

And if you have any further queries about the website, or the information it contains, please contact Heather Perks on 0161-291 2098.



Clinical director Ben Bridgewater : Wythenshawe chose to publish data on individual surgeons

Chairman's message

◆ Alan Imrie writes :

Eagle-eyed readers will have spotted a subtle change in the 'Ticker team' column opposite - that I now write to you as **Acting Chairman**. An explanation perhaps?

Despite numerous pleas, no-one leapt up at the club's AGM to apply for the Chairman's job. So, rather than see the Club, which most of the present committee and I have worked so hard to revamp, persevere without someone at the helm, I offered to continue in an 'acting' capacity until a permanent Chairman is found - hopefully in the not too distant future.

I still maintain the Club **needs** motivation from fresh sources so, even if initially you'd simply like to 'dip a toe in the water' and be invited on to the committee as a co-opted member, give us a ring and see where that leads. Not as a commitment as my successor of course, (Continued on page 2)

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- ◆ Sponsored events, a disaster . . . & prize draw winners Page 3
- ◆ Your new committee . . . & subscriptions increase Page 4

◆ Donations



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

Donations during March, April & May totalled :

£2,537.50

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

◆ Special thanks to :

Mr & Mrs CHAUHAN
£100

W THORNE
£300

I HEYWOOD
£100

K KNOWLTON
£500

B MYERS
£250

In memory of
Mr E BUCKLEY
£120

Mr ROWBOTTOM
£430

Received to date from
IAN McCARTNEY's
charity walk
[see p.3]
£100

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

(Continued from page 1)

The Chairman writes (contd)

but an opportunity to bring fresh ideas to the committee. Why not give it a go?

Turning to my quarterly review of Club activities, I can best sum these up as a well-attended and lively AGM, a wet, wet, wet Golf Day and yet another successful get-together of our

ANOTHER CHARITY GOLF DAY SUCCESS

It takes more than a wet, miserable afternoon to put the dampers on the Ticker Club's Charity Golf Day, *writes Alan Imrie.*

On one of the many wet May days this year, no fewer than 104 brave golfers pitted their skills against the elements. But despite the weather, a great time was had by all and the standard of golf was remarkably high. *[see picture opposite]*

Alsager Golf & Country the perfect hosts. Generous decision to allow tensity of free access to together with the generating, Club funds will from this event in the



Club again proved Thanks to their gentle Club the courtesy of those participating, a net income region of £1200.

The winners of a newly instituted trophy, to be played for at this event annually, were 'Allstars' - a team of local players hotly pursued by a rival 'home' team, 'Russ's Rebels'. With 6 prizes for nearest the pin, a putting competition introduced for the first time this year and a raffle of enormous proportion, the consensus opinion was : 'We've had a super day, when's the next one?'

But the success of days such as this depends very heavily on the support and generosity of non-players too. So, my thanks to Jim and Val Shillito, Dave Cooper, my wife Anne and our friend Sue Ingram for all their hard work. I've also put on record our thanks to Alsager Golf & Country Club through their Captain. Last but not least, the Club owes a debt of thanks to all those of you who kindly donated prizes - take a bow!

If you missed out, why not form a team and join us at our next Golf Day at Chorlton-cum-Hardy Golf Course on Friday 6 October 2006. Watch out for entry details in the next Newsletter.

patient support team. You'll read about the first two of these elsewhere in this Newsletter but it would be remiss of me not to give you my 'slant' on each, so . . .

Yes, the AGM failed miserably to produce a Chairman but it fulfilled all other functions expected of it, providing a forum for the excellent attendance of over 30 members to comment on and approve the past year's accounts, to vote in the Committee for the coming year, and to enjoy a brilliant buffet supper provided by our hosts Andy and Sue at 'The Railway'. And we enjoyed fun and banter (and partook of a wee 'hauf' or two!) among a group clearly very interested in how the Club is being managed. A good night was had by all . . .

As reported above, de-

spite terrible rainy conditions our first Charity Golf Day of the year was a great success. One of the AG&CC management committee remarked : 'Alan, this is becoming a very popular event, is it not?' So, we must be doing something right!

As we go to press the annual patient support volunteers' Seminar has just taken place. Most of our current team were there with contributions coming from ward sisters, cardiac specialist nurses and the new manager of the Heart and Lung Division, Corinne Siddall. Look out for a full report on a lively seminar in our next issue.

On fundraising, uppermost in our minds is the loss of stock in our store at the hospital *[see p.3]*. We do **urgently** need replacement

goods to sell. The insurance claim may help but it gives me the cue to remind you once again : 'IT'S YOUR CLUB' - and it needs your support!

Still on the subject of funds, we've not forgotten your contributions to the New Cardiac Centre Appeal. The £70,000 currently held by the Club in a high interest account will be made available to the heart unit management team once their currently well-advanced plans are finalised. 'Wish lists' for Appeal funding, alongside routine funding, will then be put to your Committee. Initial discussions, including suggestions for 'themed' uses for Appeal funding, will take place at a mid-June meeting with general manager Corinne Siddall. Watch this space . . . !

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 8. June

Thursday 13. July

Thursday 10. August

ADVANCE NEWS !

Altrincham Fun Day Saturday 1. July

Macclesfield Fun Day Sun 20. August

Holmes Chapel Fête Sun 27. August

Charity Golf Day Fri 6. October at Chorlton

CLUB REPRESENTATION : Cardiac Centre planning

CARDIAC CENTRE WORKING GROUPS

Now that the new Cardiac Centre has the go-ahead, the Hospital's working groups' activities have turned to more detailed planning. Many meetings over the past twelve months, *writes Ray Noel*, Club representative on the **Ground Floor working group**, have resulted in an internal layout which has been presented to the relevant authorities via various routes, such as through the Hospital's Estates department, project managers' department and by the external architects. Main concerns, all deliberated at length by surgeons and nurses, were the reception area, the flow patterns of outpatients and waiting areas for patients undergoing various tests and examinations. As part of this plan-

ning process the Club has been offered use of an information centre and an opportunity to decide on facilities the Club may require. At the latest **First Floor working group** meeting, *writes Club representative Jim Shillito*, an outside company came in to demonstrate a £12,000 bedside 'pendant' which it is hoping the Trust will use at each of the Centre's 26 beds. This unit, carrying gases such as oxygen, computer monitors, etc, would be suspended above each bed. Also under discussion is an air-conditioning system dividing into three units to provide partial cover in the event of breakdowns, and a purified water supply to each bed to be used for example with dialysis machines.



Captain of winning team 'All Stars' Mike Palsler collects the Ticker Club Trophy from Acting chairman Alan Imrie after a wet and wonderful day's golf at Alsager

SPONSORSHIP NEWS

◆ Wearing a Ticker Club polo shirt, **IAN McCARTNEY**, below, Club member and former Chairman of the Labour Party, took part recently in a sponsored walk around **Westminster** in aid of The Ticker Club and the British Heart Foundation. Ian's assistant Katherine Graham tells us he spent the walk telling everyone else to hurry up - living proof, it seems, of his new lease of life!

So far a cheque for £100 has reached us but we understand that much more is on the way.



◆ On Sunday 11th June Club committee member **JOHN MILLER** will set out to walk in seven days the 84 miles coast-to-coast of the **Hadrian's Wall Path**.

In a sponsorship form enclosed with this Newsletter Club members and their friends are asked to sponsor John for every mile he manages to walk.

Please be generous in sponsoring him at 10p, 20p, 50p, £1 or any other amount per mile.

Ask your friends to join you in completing the form and returning it as soon as possible to the Club office.



LOTTERY PRIZE DRAW WINNERS

March :

• 1st : **J A Quincey** £36.30 (30% of month's total fund)

• 2nd : **J Shillito** £18.15 (15% of month's total fund)

• 3rd : **Colin Cooper** £12.10 (10% of month's total fund)

April :

• 1st : **Kevin Heap** £36.30

• 2nd : **R & M Hinett** £18.15

• 3rd : **Barbara Taylor** £12.10

May :

• 1st : **Sheila Piper** £38.70

• 2nd : **W H Curran** £19.35

• 3rd : **John Phillips** £12.90

JUNE, JULY & AUGUST WINNERS IN AUTUMN NEWSLETTER

◆ Val's recipe

Spicy pork with apricot

Ingredients :

- 1 large onion, chopped (1 use red)
- 1 small red chilli, seeded and chopped
- 500 g minced pork
- 1 tbsp rogan josh sauce spice or paste
- 50 g cashew nuts
- 100 g dried apricots, chopped
- 50 g sultanas
- 1 large red pepper, chopped small
- 30 g approx fresh coriander
- 500 ml chicken stock
- 150 g low fat Greek yoghurt
- A little olive oil or spray oil
- Salt & pepper

Method :

1. Heat oil in deep non-stick frying pan
2. Cook onion, chilli, spices & meat together for 8 - 10 mins until soft
3. Add nuts, apricots, sultanas, peppers, ½ coriander & stock, season and bring to boil
4. Simmer for 10 mins
5. Put in a dish, swirl yoghurt over top and sprinkle with remainder of coriander, chopped
6. Serve with plain boiled basmati rice

DISASTER IN STORE!

Our plans for appearances at various fairs and fetes throughout the summer suffered a serious setback when we decided to sort out the bits and pieces in our garage store at the hospital. We discovered an ingress of condensation caused by a leaking steam pipe in the adjoining garage had ruined most of our stock. We do currently have a claim in with our insurers but in the meantime we are *drastically* short of items for our stalls. We lost virtually all the books we had, as well as smaller value items we use as tombola prizes.

We **urgently** need good quality books (hardback or paperback), CDs, DVDs unwanted gifts and general bric-a-brac in good condition.

If you can help, please contact us by phone, email or post *[see p.1 for details]* so that we arrange collection from you or acceptance at the hospital.

Thanks in advance from your Club's fundraising sub-committee.