

◆ 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 to all who support the aims & objectives of the Club.

New members joining in the first 6 months of the calendar year are granted membership to 30. June of the following year.

Welcome this time to :

- Mr K Dickens
- Norman England
- David Knight
- Mr & Mrs Chris Laithwaite
- Paul J Sherriff
- Mrs Jill & Mr Davies
- Alan Foster
- Mike Hayward
- Mr & Mrs Michael Tuite
- Thomas Hannington
- Elaine Wilson
- Mr K Davenport
- Peter Hargreaves
- Mrs G J Hurst
- Mrs Christine & Mr Bowker
- Mary Tamblin
- Anthony Watts
- Barry Packwood
- Margaret Gardiner
- Carol Lawrence
- Marion Marchington
- Roy Travers
- Francis Xavier Myers
- Irene Podmore
- Mr & Mrs Charles Bragg

Pat Fletcher



EVENTS NEWS

Splendid Hotpot Supper and record Prize Draw

Our **CHRISTMAS DRAW** took place once again this year at the annual Hotpot Supper laid on for the Club by mine hosts Sue and Andy Nelson and hugely enjoyed as usual by some three dozen members and friends.

This year the Draw brought in a superb **£3,164**, over 50% up on last year's total and just topping the record total of £3,146 in 2004. As usual, the Club provided some of the prizes, but special thanks go to the generous donors of the remaining impressive list.

Most prizes have already been dispatched to winners, but here is the full list :

Prize	Donated by	Winner
1. Health spa break for 2	Hoar Cross Hall & Ticker Club	David Leach
2. 6 bottles champagne	Ticker Club	James Murphy
3. Case of wine	Ticker Club	David Bate
4. Hamper	ASDA, Wigan	B Wilson
5. Hamper	ASDA, Wigan	Ken Baker
6. £20 M&S voucher	Alan Imrie	Brian Aspinall
7. £20 M&S voucher	Cliff Clinkard	David Mulliner
8. £20 M&S voucher	Ticker Club	Bernard Blackburn
9. Sainsbury's voucher	Barbara Taylor	Robert Burgess
10. Bottle Whiskey	Jim Shillito	Alfred Edwards
11. Photo frame	Jack Davies	P McGregor

Christmas card sales were over 30% up on 2005, raising a total of **£1,159**.



FIRST PRIZE : As checked out in 2006 by Club officers Jim and Val Shillito and Alan Imrie, the winner of our Christmas Draw 1st prize, David Leach of Alsager will be able to sample a spa break for two at Hoar Cross Hall, the only spa resort in a stately home in England. They will have unlimited use of all the spa facilities including hydrotherapy pool & salt water swimming pool, whirlpool spas, steam room and saunas, as well as the many outdoor sports amenities from golf to boules. And included in all of this is a FREE bottle of house champagne.

Country & Western Night

As reported last time, Club member John Fatkin has organised a **Country and Western Night** to take place at **Rumworth Hall, St Helens Road, Bolton** on **Saturday 27th January**.

One of a series of very popular events at this venue, the evening will feature singing duo **Michigan**, as well as quick-draw gunfights, tombola and a raffle.

Entry : £3.50 Children under 16 : £1.00

No tickets - just saddle up your horses and head for Bolton! Or contact Dave Cooper via the Club office for news of a minibus. Hurry now - no time to lose!

All proceeds from the evening to The Ticker Club.

SPREAD THE WORD!

Newsletter distribution

Copies of our quarterly Newsletters are available for a wider distribution to surgeries, clinics, libraries, etc.

Please check out whether those local to you would be willing to display our Newsletters and we will pass on copies direct, to them, or to you to deliver for us.



There's always one : Lively banter from committee member Dave Cooper (2nd left) and is good for a laugh at the Hotpot Supper with Chris Fletcher (left) and Roger and Denise Clegg



THE TICKER CLUB

NEWSLETTER

Charity No. 519754

www.smtr.nhs.uk/tickerclub

Winter 2006-07

Ticker team

Committee members for the 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

WEATHER FAVOURS EARLY BIRDS AT LATEST GOLF DAY

The weather forecast was not very promising for the Club's 4th Charity Golf Day at the Chorlton-cum-Hardy Club on Friday 6. October, but fortunately it was dry when starter Dave Cooper sent out the first team at 9.30 am. Occasional rain showers during the morning failed to dampen the enthusiasm of those taking part but, with heavier rain in the afternoon, some late starters' scoring was affected by the worst of the weather.

Popular

Once again this now popular event was well supported with 92 golfers taking part, many of them having played in the three previous competitions. And it was good to see so many ladies supporting the Charity Day in

the number of mixed teams taking part.

Winners for the past 2 years, 'Myriad' from Chorlton Golf Club, were hoping for a hat trick but the other 22 teams were determined the 'Ticker Club Trophy' would find a new home in 2006. And with the weather on their side for the majority of their round, an excellent score of 102 points was recorded by one of the early starters, 'First Response' from Alsager Golf Club.

Smiling through

In spite of plenty of rain the later starters managed to keep smiling through it all. 'The Bogey Men' from Wythenshawe Hospital also scored well with a fine total of 95 points, most teams

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It's all in a name : Awarded best team name prize for 'Sweethearts' by Chorlton's waitresses, Malcolm & Beryl Blessitt and Mike & Wenche Penny, collect their prizes from Club secretary Cliff Clinkard (right)

NEW POSTAL CHARGES

A unanimous response!

Last time we asked :

Should we send out the Newsletter flat at the new Large Letter rate or fold it to save 14p per posting?

Your unanimous response :

Fold it and save Club funds!

So, from this issue, your

Newsletter will arrive folded.

Contents . . .

- ◆ Golf Day top teams . . . & dates for your diary **Page 2**
- ◆ How patient support works . . . & lottery winners **Page 3**
- ◆ Christmas Hotpot Supper . . & Grand Draw winners **Page 4**

◆ Donations



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

Donations during September, October & November totalled :

£2,316.40

The usual full list of donations of £100 or more will be published next time as space permits.

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

Mandy Torkington

Ticker Club members will be saddened to learn of the sudden death of Mandy Torkington as the result of a road traffic accident in December.

A Senior Technical Instructor in Rehabilitation, Mandy's friendly and enjoyable exercise sessions will be recalled by many Club members.

We join with her many colleagues in mourning the loss

(Continued from page 1)

The Chairman writes (contd)

excellent fare and with over 30 members and their guests in attendance we all enjoyed our evening which culminated in the Annual Christmas Draw. First prize of a health spa break for two went to Club member David Leach of Alsager, with a surprising number of Club members winning other prizes too [see p.4 for full list and report]

Regrettably, our otherwise successful AGM in April failed to produce a replacement Chairman so you've been stuck with me for another year. During the summer months outdoor events organiser Ann McGrath,

CHARITY GOLF DAY (continued)

(Continued from page 1)
recording scores in the 80's.

Winners

So, winners of the 2006 Ticker Club Trophy were 'First Response' from Alsager Golf Club (Dougie Byrne, Dave Edwards, Ian Hulson and Justin Powell) each receiving individual prizes of a golf shirt. They will now hold the Trophy for 12 months.

Runners up were the team from our main sponsors, Brooke Edgley Specialist Technical Services, 'Birdies are Best' (Mike Depledge, Dave Roberts, Richard Urmston and John Kenny), who scored very well up to the 18th. There they needed only 8 points to win and, with all 4 players able to score, could have taken the trophy. But disaster struck on this relatively short par 4 hole and, only managing 6 points between them, they returned a total of 101 to slip back into second place. They received individual prizes of golf umbrellas and caps.



Prizes were also awarded for nearest the pin on the four par 3 holes and nearest the pin on the 18th hole after 2 shots. Winner of the ladies' putting competition prize was Mary Grint, scoring 37 over the 18 holes, the men's prize being a tie between Tim Farrell and Paul Birkett, both with an excellent score of 33. Chosen by Chorlton's waitresses, the prize for best team name went to 'Sweethearts', consisting of Ticker Club member Malcolm Blessitt, his wife Beryl and friends Mike and Wenche Penny [see picture p.1]. A raffle held during the day raised £230.

Thanks

The fundraising committee would like to thank Chorlton Golf Club staff and all who participated in another excellent Charity Golf Day by playing, organising or selling raffle tickets, helping to raise just under **£1,000** for Ticker Club funds. [Next Golf Day : see column R]

ably assisted by husband James, Dave Cooper, Roger Clegg and others, battled the elements on a number of occasions keeping the Club's presence to the fore at various fairs and fêtes, raising around £1000 in the process. Well done to the helpers at all our events.

In May our Patient Support team members got together and were pleased to welcome Corinne Siddall, new manager of Wythenshawe's Heart and Lung Division. Corinne expressed the Hospital's high regard for the support given by the Team to patients and their relatives, a sentiment repeated frequently by patient and relatives themselves.

With work on the new Cardiac Centre progressing steadily during the year, we are now close to discussing with the Hospital their 'wish list' of items which might be bought using Club funding. Those of you who supported the New Cardiac Centre Appeal two years ago may like to know that

the £50,000 raised has been added to both from our normal income and astute investing to the extent that over **£74,000** is now available to your committee to purchase those items deemed best suited to the Club's aims. We will keep you informed via the Newsletter, but if you have a view, please let us know by letter, email or the Club's answerphone. We expect to commit the funding during 2007 although some items may only be installed when building progress allows.

If you'll forgive me, I'd like to close this time on a serious note with a subject very dear to my heart. This is the committee's annual dilemma, faced with the decision to delete non-renewing members from our mailing lists. In the last two years the hard work of the Patient Support team - the only ones meeting potential members - and the results of our other 'advertising' has produced a rise in total membership from 250

to around 450.

This rise required a great effort by many who, like me, want the Club to continue to increase its appeal and support to patients such as we once were ourselves. Despite reminders in three Newsletters, we are this year in the depressing process once again of deleting over 70 members. Those of you who have heard me speak to incoming patients and their relatives at Patient Information Days may recall I make the point that we seem to be able to persuade only 70 or so new members to join the club each year - out of an annual total of over 1000 cardiac procedures!

To lose as many as we recruit annually is hard to bear, so I appeal to all our members to stay with us and lend us your support beyond next June...

Back in March when I'll be appealing once again for new committee members. Could it be your New Year resolution to help us spread the load?

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 11. January
Thursday 8. February
Thursday 8. March

Committee meeting : Thursday 25. January

EVENTS :

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

Charity Golf Day Wednesday 16. May
at Alsager Golf & Country Club

PATIENT SUPPORT : Alan Imrie spells it out

As we approach the Ticker Club's 20th birthday this year, writes Alan Imrie, our editor reminds me we have not devoted much space in recent Newsletters to one of the main aims of the Club's founding members back in June 1987 - that of providing support to patients and their relatives during what is now known as their 'patient journey'. Much has changed since then with shorter waiting times, both for diagnosis and subsequent surgery, followed by shorter stays in hospital and much more closely managed periods of rehabilitation. So of course our support methods have needed to adapt along the way. Currently, it is usually two of our patient support volunteers who visit post-operative patients in Wythenshawe's cardiac wards on four mornings a week, with one visitor for the fewer numbers of pre-op patient admissions in the afternoons from Sunday to Thursday.

Why TWO visits?

Though from the outset patients could expect the benefit of a Ticker Club visit at some time during their hospital stay, our visitors could not necessarily guarantee to meet with patients before their surgery. Their relatives too were unlikely to have contact with our ex-patient volunteers, all in a good position to reassure with their experience of 'having been there'. So, our afternoon visits, when only patients

admitted that afternoon are seen, were introduced some 5 years ago to ensure pre-operative contact with patients and their relatives as often as possible.

How do our visitors help?

All those of us who visit aim to reassure just by being ourselves and talking about our own experience. Any medical questions are referred to the professional staff but questions and concerns about the experience of being a heart patient are just the ones outside the professionals' experience that we're there to answer. We can call on volunteers covering the whole range of cardiac conditions and procedures. And in 'years since operation' we range from a reassuring 'long time' to the current experience of 'fairly recently'. In fact, together with both male and female volunteers, we tick most of the boxes (as the modern idiom has it).

How do you become a volunteer?

We encourage all Club members to consider this rewarding part of our work. First we offer a 'taster' visit with an existing volunteer and you can repeat that if you wish, for example to get the feel of both pre- and post-op visits. The choice is yours whether or not to proceed after 'tasting'. Assuming you are happy, we will try to place you in a visiting slot suitable to your availability and to our needs at the time - perhaps initially alternating weekly with another volunteer.

Why do we need you?

Our volunteering team is always changing and there is always a need to fill gaps and broaden the range of experience our team represents. But from your point of view these can be extremely rewarding visits. Every one of our volunteers will tell you there is no better feeling than to hear from a patient or their relative the words 'you helped me a great deal'. So, new Club member or old, don't be shy - this is your chance to help. You don't even need to live near the hospital - some of our visitors travel over 20 miles each way - as travelling expenses can be reimbursed.

And finally . . .

If we cannot offer you a place on the visiting team right away, we can always ask volunteers to represent the Club through other avenues where patient support is provided. These include speaking at the monthly Patient Information Days, on ward F6 at the regular Patient Discharge talks and at the weekly sessions held for patients in the rehabilitation stage. If you could offer 10 to 20 minutes to represent the Club on these occasions, we could use your input and introduce you to that area of volunteering as well.

We hope a New Year's resolution may inspire a few more of you to join in!

SPONSORSHIP NEWS

Talked into it by his next door neighbour, Club committee member Roger Clegg, **ANDREW SIDLEY** (33) of Sale ran his second Berlin Marathon on Sunday 24th September, this time for the Ticker Club.

Though the first time Andrew has run for charity, he raised a total of **£401** on our behalf. Thanks, Andrew!



Andrew shows off his running shoes and Ticker Club T-shirt to the Sale Messenger just before the marathon last September

◆ Ann Imrie's recipe

Turkey & Stilton pie

Ingredients :

- 1 tablespoon olive oil
- 375g turkey breast fillets, in bite-sized cubes
- 125g broccoli, cut into very small florets
- 400g can broccoli & Stilton soup
- 300g puff pastry & flour for dusting
- 1 medium egg, lightly beaten

Method :

1. Preheat oven to 190°C / fan 170°C / gas 5 and pop in baking tray to heat up
2. Heat oil in large saucepan, add turkey and cook for 5 minutes to brown all sides. Add broccoli florets, cook & stir for another 5 minutes. Pour in soup and stir to combine
3. Remove pan from heat and spoon mixture into a deep 1.2 litre pie dish
4. On a lightly floured surface roll out pastry until 5mm thick and large enough to cover pie dish, wet rim of pie dish, lay on pastry and press edges to seal. Trim edges with knife using off-cuts for decoration, making a couple of slits in pastry for steam to escape
5. Brush pie with beaten egg and scatter with sea salt flakes. Put on hot baking tray and bake for 30-35 minutes or until pastry is puffed up & golden

LOTTERY PRIZE DRAW WINNERS

September :

- 1st : **T & M Weston** £36.90 (30% of month's total fund)
- 2nd : **W H Curran** £18.45 (15% of month's total fund)
- 3rd : **R & M Hinett** £12.30 (10% of month's total fund)

October :

- 1st : **R & M Hinett** £38.40
- 2nd : **M B Fitton** £19.20
- 3rd : **Jim Shillito** £12.80

November :

- 1st : **S Holland** £38.40
- 2nd : **T & M Weston** £19.20
- 3rd : **B Taylor** £12.80

DECEMBER, JANUARY & FEBRUARY WINNERS WILL BE IN THE SPRING NEWSLETTER