

◆ Subscriptions

Club subscriptions are
£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 six months of the calendar year are granted membership to 30th June of the following year.

Welcome this time to :

- Bernard Cox
- Roy W Todd
- Mrs T Grimsley
- Dr Gareth Davies
- Ursula Mackowski
- John Morman
- Graham Marsland
- Mr & Mrs John Birks
- Janet Wilcox
- John Doran

Pat Fletcher

EVENTS NEWS

Golfers ask : Where was the sunshine?

Wet and windy it certainly was but that did not deter 100 sturdy golfers from braving all that the elements could throw at them at Alsager Golf & Country Club on Wednesday 16. May.

But in spite of the weather the day itself was once again voted a success, not least for a net benefit to Club funds of **£1,354.98**. It was particularly good to hear praise coming from participants for the work put in by our volunteers who are always behind the success of days such as this one.

Our winning team 'Strollers' [see picture above], representing Wythenshawe Hospital contractors Atkins, battled their way round a golf course where a large amount of drainage and irrigation work is nearing completion. Our thanks go to the management committee of AG&CC for suspending work in progress to honour their promise to host our third annual golf day there. Runners up were 'First Response', home winners in our inaugural year at Alsager. Well done to both teams and to all of the other 23 teams taking part. As organiser, writes Alan Imrie, it was especially pleasing to welcome our very first all ladies team - we hope to see you again at Chorlton-cum-Hardy, ladies!

This year two outstanding prizes were donated in the shape of a round of golf for four golfers at the prestigious courses at Mere and Portal. Our thanks go to donors Mere Golf Course and Northwich-based Industrial Door Engineering Ltd. 'Strollers' chose the Mere golf round, the Portal golf round being kindly re-donated by the raffle winner (a non-golfer) so, subject to Industrial Door's agreement, this prize will be carried forward to our next event in October.

My thanks to my volunteers on the day, Pat, Chris, Dave, Roger, Sue and Anne. The thanks of the Ticker Club have also gone to all of our friends at Alsager G&CC. Now read all about our next Golf Day at Chorlton below. See you there!



Winning team Strollers from Wythenshawe contractors Atkins collect the Ticker Club trophy from Alsager Club captain Clive Kendrick



Next Charity Golf Day : Fri 5th October

Our 5th Charity Golf Day will take place at the usual Autumn location, Chorlton-cum-Hardy Golf Club, close to both Manchester and Wythenshawe and just off the M60.

TEAMS of four : Up to 25 ladies', gentlemen's or mixed teams.

COST : £110.00 per team

YOU GET : 18 holes of golf, bacon bap and coffee on arrival, a 2-course meal afterwards, and great prizes!

THE COMPETITION : Stableford rules with 2 best players' scores counting on holes 1 - 17, all 4 players counting on the final hole.

PRIZES : Top team, runners up, nearest pin on par 3 holes, nearest pin in 2 shots on 18th hole.

PLUS : Best team name prize and 18-hole putting competition.

RING : Club office 0161-291 2873 or Cliff 0161-428 3597

1987
2007

This year we are celebrating 20 YEARS of **THE TICKER CLUB** founded by a group of former patients back in 1987. From the small founding group of 15, a few still with us, the Club has grown into the widely respected patient support group it is today.

Now we invite members & friends to join us for a celebratory **BARBECUE** at our regular venue, The Railway Inn, Hale on Thursday 12th July at 8.00 pm. Tickets, available on the night, will cost around £5.00 and will include BBQ food and a free raffle ticket for a bottle or two of wine.

- **NO NEED TO PAY IN ADVANCE, BUT DO PLEASE LET US KNOW YOU'RE COMING** to help with catering arrangements.
- **FREE parking** is available behind the station opposite.

Our thanks for their support to mine hosts, Sue and Andy Nelson



20 years of

THE TICKER CLUB

1987 NEWSLETTER 2007

Charity No. 519754

www.smtr.nhs.uk/tickerclub

Summer 2007

Ticker team

Committee members for new Club year 2007-08 are

Acting chairman :

ALAN IMRIE

Vice-chairman :

JAMES SHILLITO

Secretary :

CLIFF CLINKARD

Treasurer :

VAL SHILLITO

Committee members :

JOHN BASKERVILLE

DAVID COOPER

ALAN IMRIE

JOHN MILLER

Co-opted members :

ROGER CLEGG

Events sub-committee :

JAMES SHILLITO

CLIFF CLINKARD

ROGER CLEGG

Membership :

PAT FLETCHER

Newsletter & Media :

JOHN MILLER

OUTREACH EFFORTS WIN PRAISE AT SEMINAR

At their annual seminar in May, Heart & Lung general manager Corinne Siddall praised the contribution made by the Club's patient support visitors and placed special value on their recent presence in consultants' outreach clinics, initially in Wigan and shortly to begin in Tameside.

Expansion

Corinne's deputy Judy Coombes asked whether the Club would now consider expansion to cover consultants' clinics taking place in Wythenshawe itself. Issues here, said visitor and acting chairman Alan Imrie, whilst welcoming the suggestion, might be 'available bodies' and a place to talk. But the latter

problem might well be solved by increased numbers of consulting rooms planned for the new Cardiac Centre.

Pressures

In an effective double act Corinne and Judy went on to update visitors on developments in the unit where, for example, stringent measures to ensure infection control were inevitably putting pressures on the system.

An intake of more serious cases too meant patients were on average staying longer in intensive care, in turn affecting ICU capacity. Together with an increase in heart transplants in the past year, this had led to a slow-down in numbers of elective

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A patient & professional partnership : Cardiac department nursing and managerial staff join the Club's patient support visitors attending the May seminar in the Education & Research Centre, Wythenshawe

Chairman's message

◆ Alan Imrie writes :

Welcome faithful readers! The approach of better weather, in spite of the Golf Day [see p.4], brings our summer edition and a look forward to the new Club year and its changed committee.

AGM night on Thursday 12. April was the usual mixture of moods with around 30 members present taking part in the formal business of the evening before enjoying the usual informal get together including an excellent buffet supper prepared for us by mine hosts at the Railway Inn, Andy and Sue.

After a review of Club accounts for year ending 31 January 2007, previously approved by the committee, our second objective was the election of a new committee for 2007/8. But, disappointingly, there were insufficient nominations to require an election, leaving a depleted

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THE TICKER CLUB
1987 - 2007

Celebrate the first
20 YEARS

BBQ

Thurs 12th July
8.00 pm
Railway Inn, Hale

Contents . . .

- ◆ Club funding for new Centre . . . & your donations Page 2
- ◆ Representing you, travel insurance . . . & Lottery news Page 3
- ◆ Golf Days, past and future . . & more on the BBQ! Page 4

◆ Donations



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

Donations received during March, April & May totalled :

£5,238.29

Special thanks to these donors of £100 plus:

**In memory of R CAFFREY
£100**

**In memory of JOAN SETH
£659.18**

**D MAIDMENT
£100**

**M R CHAUHAN
£100**

**GARETH DAVIES
£100**

**PROBUS SOCIETY
£200**

**ANON
£200**

**In memory of
IRENE GRAHAM
£2,000**

**In memory of
HARRY HOWARTH
£1,095.61**

**In memory of P D GARDE
£177**

**In memory of
F GRANTHAM
£160**

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

PATIENT SUPPORT VISITORS' SEMINAR (continued)

(Continued from page 1)

operations. Disappointingly, said Judy, this had meant an increase in waiting times from 2 months up to 3 months for bypass procedures and up to 5 months for valves. Short-term options currently being looked at included transfer of patients to the private Alexandra Hospital in Manchester and even to a cardiac unit in Wolverhampton. But, Judy emphasised, no transfers would happen without the patient's agreement.

Large sum

With the new Cardiac Centre expected to open in about a year's time, Corinne said the department was very aware of the large sum of Ticker Club money [currently £86,000] already awaiting decisions on its best application in the new Centre. Discussions were well

under way, she said, and suggestions would be forthcoming shortly. She hoped to have further proposals to put to the Club in time for our autumn Newsletter. [Watch this space! Ed]

Ongoing discussions in working groups (where the Club is also represented) included planning for the new Centre's entrance, to include an electronic display board. It was suggested Club volunteers might be on hand to help patients access information, an opportunity perhaps for members willing to get involved other than as a ward visitor.

Compliance

Among the welcome number of professional staff at the seminar was cardiac matron Kath Thorley. She discussed with visitors issues of ensuring compliance in infection control

measures. Visitors stressed the need for all staff to be seen to comply, including the doctors! Kath agreed but emphasised that, with so many alcohol hand gel dispensers now around the wards, staff may not always use one within sight of patients.

Free advice

Turning the tables slightly Kath asked how visitors saw the balance between a supportive visit and recruitment to the Club. Several visitors said they were always at pains to emphasise that advice was freely given but that, as things stood, recruitment was impossible once the patient had left hospital. One suggestion, a sign-off form for patients, would make it possible for the Club to contact patients even after discharge. It was agreed this should be further investigated.

meeting. So, we are left **desperately** in need of more fresh faces and new ideas that would go with them.

As far as the officers were concerned, Jim Shillito, feeling much better now, was prepared to stand again as Vice chairman and was duly elected unopposed. I repeat my 'thank you' to all our outgoing committee for their unstinting work over

the year, and over many years in the case of James and Ann McGrath who left the committee this time.

Long term stalwarts of many fetes, fairs and other fundraising events, James and Ann felt it was time to step down but I know their support will still be available to us at such events as the Macclesfield Fun Day in August [see 'Dates for your diary' p.3]. It's always a real bonus when members pitch up and have a word with

those on the stall, so come on, give them your support.

Moving on to patient support, welcome to Alan Monday and a belated welcome to Eruch Cavasji. Together they will form the Ticker Club team we are hoping to install at Mr. Yonan's clinic in



Tameside Hospital, similar to our existing team in Wigan. We hope they will both gain as much satisfaction

as the rest of our ward visitors do from their efforts. Feedback at our annual patient support seminar on 21. May once again confirmed the praise from patients and their relatives for the benefits our patient support team brings [see lead story p.1]. Our thanks once again to invited speakers from the professional staff who gave us to understand that they too took something worthwhile away with them which will ultimately have a bearing

on improving the care patients and their relatives and friends will receive. Why not drop a line to John Miller, our Newsletter editor, with your thoughts on how the patient support team helped **you?** Something new for the Autumn edition of the Newsletter!

Recent visitors to Wythenshawe will have noted progress on the New Cardiac Centre, now taking on a recognisable shape.

The Ticker Club has now gathered in just over £86,000, and Corinne Siddall, general manager Heart and Lung Division, hopes to pass on suggested areas for the allocation of our 'big spend' in time for our Autumn Newsletter deadline. Watch this space!

Our ongoing provision of funding in other areas continues to be detailed year by year in the Club's Annual Accounts, and examples illustrated in the Newsletter.

PATIENT REPRESENTATION : Directorate meetings

As regular readers of this column will know, Club Secretary Cliff Clinkard is the Club's usual representative at the Cardio Thoracic Directorate's regular monthly meetings.

These early morning meetings, held between 8 and 9 am in Wythenshawe Hospital's Education & Research Centre are chaired by consultant surgeon Ben Bridgewater and attended by all sections involved in the treatment of heart problems - consultants, ICU, HDU & ward sisters, specialist nurses, the nurse manager, the pharmacy, finance and administration.

Ben Bridgewater regularly seeks my opinion from the patient's perspective, writes Cliff. I have recently been asked to advise on the updating of the Cardiac website to provide better information to patients on a level easier for them to understand, cutting out any jargon and unnecessary information. And I have also been able to give the meeting feedback

from my ward visits to pre-op patients and have taken the opportunity to report how traumatic it is for patients and their relatives when operations are delayed or cancelled.

I explained to the meeting how seriously a cancellation can affect the family and the many arrangements that have to be made following on from the operation.

If you have any matters you would like raised at Directorate meetings, please contact Cliff via the Club office on 0161-291 2873 and leave a message on the Ansaphone.



Club Secretary
Cliff Clinkard

Dates for your diary

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**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 14. June**

**Thurs 12. July : '20 Years' BBQ**

**Thursday 9. August**

**Committee meeting :  
Thursday 26. July**

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EVENTS :

**Holmes Chapel Fête
Sunday 24. June**

**Altrincham Festival
Saturday 7. July**

**Macclesfield Fun Day
Sunday 19. August**

**Charity Golf Day
Friday 5. October**

at Chorlton-cum-Hardy Golf Club

LOTTERY PRIZE DRAW WINNERS

February :

- 1st : **A Shufflebottom £37.80**
(30% of month's total fund)
- 2nd : **J & V Shillito £18.90**
(15% of month's total fund)
- 3rd : **Dave Cooper £12.60**
(10% of month's total fund)

March :

- 1st : **John Phillips £37.50**
- 2nd : **Peter Jackson £18.90**
- 3rd : **F A Tomlin £12.60**

April :

- 1st : **T & M Weston £37.50**
- 2nd : **P Thorneycroft £18.90**
- 3rd : **J & V Shillito £12.60**

May :

- 1st : **M Court £37.50**
- 2nd : **F Tomlin £18.90**
- 3rd : **K Cochrane £12.60**

**JUNE, JULY & AUGUST WINNERS
WILL BE INCLUDED
IN THE AUTUMN NEWSLETTER**

◆ Val's recipe

Feather light lemon cheesecake

Base ingredients :

- 2 cups digestive biscuits, crushed
- 4oz butter or margarine, melted
- ¼ tsp each cinnamon & nutmeg
- 1 tablespoon sugar

Method :

Mix all together & press into base of 8" or 9" springform cake tin

Filling :

- 2 tbsp grated lemon rind
- ¼ cup lemon juice
- 14 oz can evap. milk, very cold
- 8 oz cottage cheese
- 1 level tbsp gelatine
- ½ tsp vanilla essence
- 1 cup castor sugar

Method :

1. Mix gelatine in ½ cup water & put cup into hot water to dissolve
2. Add lemon rind, then cool
3. Whip cottage cheese and sugar until smooth, then add cooled gelatine, rind & lemon juice
4. Whip evaporated milk to soft peaks in chilled bowl, beat in cheese mixture & vanilla essence
5. Spread over base, chill overnight

Glaze :

- ½ cup lemon juice
- ¼ cup castor sugar
- 1 tablespoon cornflour

Method :

1. Blend cornflour & juice in pan, add sugar, stir until thick
2. Spoon over cheesecake

TRAVEL INSURANCE

British Heart Foundation listing

Members who have enquired about travel insurance may like to refer to the British Heart Foundation's list of insurance companies compiled from former heart patients' feedback at :

www.bhf.org.uk/questions

Please note neither BHF nor The Ticker Club endorse the companies listed.

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The Chairman writes (contd)

committee, nearly all 'old hands'. But one new face has joined us after John Baskerville was nominated and we are delighted to welcome him to the committee. We look forward to seeing him in July - he was away on a previously booked holiday at the time of the May