

## MEMBERSHIP RENEWALS

ALL SUBSCRIPTIONS WERE DUE BY 30. JUNE

If a reminder is enclosed with this Newsletter, we have not received your renewal subscription.

We really don't want to lose you!

Please help support the Club by sending in your cheque before the final deadline of 30. Sept

### ◆ 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 Club's aims & objectives.

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

Welcome to :

- Mr & Mrs A Richardson
- Mrs & Mrs D Parkinson
- D Wood
- Raymond Brown
- Brian Marshall
- Andre Ditzel
- J M Shardlow
- T C Cross
- Jeff Hanson
- James Gough
- Mr & Mrs S Dennis
- Michael Gitsham
- Mrs P Sheward

Pat Fletcher

## PATIENT REPRESENTATION

### Cardiac & stroke event hears about Ticker Club

Patient support and representation can be a very rewarding experience, the Club's media representative John Miller told a gathering of patients, professionals and carers at Lancashire Cricket Club in May.

Greater Manchester & Cheshire Cardiac & Stroke Network had invited John to speak at this six-monthly patient, public and professional involvement event about his own role in The Ticker Club and its work in patient support.



**WHY I'M HERE TODAY :** Club committee member John Miller talks about patient representation and the work of The Ticker Club at the May event

Delegates, many of whom were representing other cardiac and stroke support groups, heard from John about the Club's rare combination of activities, which included fundraising as well as ward visiting and patient representation. Few other groups undertook ward visiting but, John said, it was clear from the Wythenshawe experience that the value to patients of this work was well worth the initial problems of gaining acceptance and going through the process of volunteer clearance.

#### Workshop

John also spoke to delegates about his ongoing professional role in the production of patient information films. During the afternoon session, he led a workshop in which patients and carers enthusiastically put forward their 'must do' list of topics and issues for inclusion in a number of proposed new DVDs relating to both cardiac and stroke patients. The list was long!

[This article held over from Summer edition of the Newsletter for reasons of space]

## WIN THIS ROCKING HORSE!

Handmade for the Club by craftsman Henry Ludford, 78, of Stockport, this rocking horse is a 'thank you' gift to Wythenshawe Hospital for the treatment and help he received from nursing and physio staff at the time of his triple bypass last November.



Each horse takes Henry about 2 months to make and consists of 9 pieces of wood in each leg, and 12 pieces in the head and top part of the body. The body is made from 2 pieces of hardwood, the stand from mahogany, and each pillar involves 9 pieces turned on a lathe. Every other part is made, glued and shaped by hand.

Henry has made 8 horses for his grandchildren and friends, and another 4, together with lamps, tables, jardinières and chessboards, he has donated to charity.

The Club's thanks then to Henry for this wonderful gift. Now it's up to all of you, members and friends, to help us raise as much as possible for the new Heart Centre.

**A book of 5 tickets and a leaflet explaining the Draw are enclosed with this Newsletter.**

**For more tickets ring Dave Cooper 0161-777 9287**



### British Heart Foundation

#### Ticker Club affiliates

The committee is pleased to announce the Club's recent affiliation to the British Heart Foundation.

The Club of course remains an entirely independent body, yet gains the benefit of a wide range of advice, information and support from the BHF, including public liability insurance, copies of a quarterly newsletter and educational materials.



Founded 1987

# THE TICKER CLUB

## NEWSLETTER

Charity No. 519754

[www.uhsm.nhs.uk/patients/tickerclub](http://www.uhsm.nhs.uk/patients/tickerclub)

Autumn 2008

Affiliated to the British Heart Foundation

### Ticker team

Committee members for the Club year 2008-09 are



Chair :  
JAMES SHILLITO

Vice Chair :

JOHN BASKERVILLE



Secretary :  
CLIFF CLINKARD

Treasurer :

VAL SHILLITO



Committee members :

JOHN BIRKS  
SUE CLINKARD  
DAVID COOPER  
ROGER CLEGG  
JOHN MILLER

Co-opted members :

JUDY COOMBES  
[2 vacancies]

Ward visitors coordinator :

CLIFF CLINKARD

Membership :

PAT FLETCHER

Newsletter & Media :

JOHN MILLER

### Best quality TICKER CLUB SWEATSHIRTS

Choice of Dark Green, Navy, Blue, Grey, Black M, L, XL, XXL

**£13.50 or 2 for £25**  
+ p&p £2.95

RING Roger Clegg on  
0161-291 2873

## 'NO-ONE ELSE CAN DO THE JOB YOU DO', senior manager tells ward visitors

Heartfelt thanks came from all sides as Hospital professionals lined up to praise the work of the Club's patient support team at their annual Seminar in June.

#### High standards

Our dedicated band turned out in force for the Seminar, held to allow Wythenshawe's cardiac staff to meet visitors new and old and reinforce the standards expected of all ward visitors. With an opportunity for visitors to ask

relevant questions, this two-way feedback helps ensure the service we provide to cardiac patients and their families continues at the highest level.

#### New recruits

After thanking everyone for attending Club Chairman Jim Shillito welcomed our two new recruits, Ian Spooner and Wilf Farrell who will join the team after on-the-job training with experienced visitors.

(Continued on page 2)



**PUTTING SOMETHING BACK :** The Club's team of ward visitors, thanked by staff for their contribution to patient recovery

### Chairman's message

◆ Jim Shillito writes :

My, how time flies . . . 'Summer', such as it was, has all but passed and, 3 months on, it's time for my Autumn Chairman's report.

June saw our annual ward visitors' seminar [see this page]. Most of our visitors were there to hear from a range of Hospital staff who also took questions. We're grateful of course that they make time to join us. As usual the general feeling was that these occasions were valuable get-togethers for the team.

Trust Secretary Paul Hogg joined us for our bi-monthly committee meeting in July. He had asked for an opportunity to put across to us the advantages of becoming a Trust member. Paul also told us about the Trust Open Day on 28<sup>th</sup> September. Everyone is invited [see card enclosed herewith], so do come along and give the Trust your whole-hearted support. (Continued on page 2)

### Contents . . .

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- ◆ Shock of a heart attack, lottery winners . . & Val's recipe Page 3
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## ◆ Donations



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

Donations received during June, July & August totalled :

**£2,069.00**

Special thanks to these donors of £100 plus:

**Mr & Mrs COXON**

**£100**

**S RYDER**

**£100**

**A HOUGHTON**

**£100**

**Mrs A GILMAN**

**£500**

**DAVID PARKINSON**

**£180**

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

(Continued from page 1)

### The Chairman writes

There's a rare opportunity too to see behind the scenes - and to put your points to Trust governors. It could be a great day out.

Our August members' get together was also our 21<sup>st</sup> birthday celebration. Numbers attending were sadly very disappointing considering the effort put in by both your committee and Railway Inn staff. But, for those of us who were there, it was a very enjoyable evening. Our thanks too to magician Trevor Greenwood who entertained us with his tricks.

Finally, two sets of good

## Ward visitors praised at seminar (contd)

(Continued from page 1)

### Appreciated

Heart & Lung directorate manager Judy Coombes, recently co-opted to the Club committee, thanked ward visitors for their continuing work in supporting cardiac patients both before and after surgery. This was a job no-one else could do, she said, which made the voluntary aspect of the job all the more appreciated. Judy also thanked the Club for the patient hoists and defibrillators purchased for the recently opened North West Cardiac Centre.

Cardiac Rehab co-ordinator Fiona Green thanked the Club for items funded in her area too and went on to say how our talks to patients both at discharge meetings and rehab classes were very much a part of their recovery process.

Ward F6 sister Ann McKnight told visitors they would never know how much good they did. Pa-

tients very often thanked the staff, but they shared feelings and confidences with our visitors. But she urged visitors to keep nursing staff informed if patients had any concerns or needed more information about their operation and recovery.

### Questions & answers

Cardiothoracic matron Stuart Jones and Julie Hughes, manager of the new Critical Care unit, took questions from visitors about access to and the advantages of this new unit, a combination of the old ICU and HDU wards. They also explained that new screening procedures, introduced to combat MRSA in the wards, were proving very successful.

As the new visitor team co-ordinator, Cliff Clinkard said he was hoping to recruit new volunteers to boost team numbers. He gave details of the new ward visitors folder to be kept on F6, to include a list of recently-purchased equipment, recent Newsletters and travel insurance information from the British Heart Foundation.

Visitors are continuing their attendance at outreach clinics - Bill Sullivan and John Pimblett at Wigan and Alan Munday at Tameside. Cliff said the committee was investigating the possibilities of attendance at clinics in the new Wythenshawe Heart Centre, but additional team members would be required.

In response to Bill Sullivan's question about more Club posters along Hospital corridors, Cliff said there were plans to provide information boards, leaflet and Newsletter dispensers, and possibly plasma screens, within the new Heart Centre.

wishes from the Club. First of all congratulations to long-time member Malcolm Blessitt and his wife on their Golden Wedding Anniversary. Well done to you both, and may you have many happy years ahead. And thanks also, Malcolm, for the 'sterling' work (literally!) you put in for us each year in not only looking over our year end accounts, but also in helping us set them out so clearly and accurately.

At the same time may I also wish our former chairman Jack Davies a speedy recovery to be fit and well for his Golden Wedding anniversary early next year.

## 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  
& all the news  
FREE PARKING  
at station opposite**

### Thurs 11. September

[Now postponed : Jack Davies  
'Photography - my passion']

### Thursday 9. October

with Club Secretary and  
Trafford Centre fire officer

### Cliff Clinkard :

'Cautionary tales  
- fire safety at home'

### Thurs 13. November

with Newsletter editor

### John Miller :

'Beneath Auntie's skirt  
- my life at the Beeb'

### Thurs 11. December

with the now traditional

### Grand Draw & Hotpot Supper

### Next committee meeting :

### Thurs 18. September

[note change of date]  
in the Club office

### EVENTS :

### Wythenshawe Hospital Open Day

**Sunday 28 Sept**

[see card enclosed]

### Charity Golf Day Friday 17. October

at Chorlton-cum-Hardy  
Golf Club

## ◆ Val's recipe

### Lime meringue pie

#### Ingredients (biscuit base) :

- 110g butter
- 225g digestive biscuits

#### Ingredients (filling & topping) :

- 125ml sieved lime juice (4-5 limes)
- Grated peel of 4 limes
- 400g tin condensed milk
- 4 medium eggs, separated
- 110g caster sugar
- 20cm diameter x 9cm deep loose-bottomed cake tin

#### Method (base) :

1. Put biscuits in plastic bag & crumble to crumbs with a rolling pin
2. Mix with melted butter
3. Press into base of tin and about halfway up sides

#### Method (filling) :

1. Using an electric hand whisk, combine the lime juice, rind & condensed milk in a bowl, whisk until thick, then whisk in egg yolks
2. Whisk the egg whites in a clean bowl until thick & frothy, then whisk in the caster sugar a little at a time until you have a thick glossy meringue mixture
3. Fold approx one fifth of the meringue mixture into the lime mixture & pour into a tin
4. Pile the rest of the meringue mixture on top and draw into peaks
5. Bake for 30 mins at 170-180°C
6. When cool slide a knife around edge of the tin & remove collar
7. Transfer to a plate & serve

**Best eaten the same day, says Val**

**As if you could wait!, says Jim**

## LOTTERY PRIZE DRAW

### June winners :

- 1st : **M A Wright** £41.70  
(30% of month's total fund)
- 2nd : **K & S Jerath** £20.85  
(15% of month's total fund)
- 3rd : **M Blessitt** £13.90  
(10% of month's total fund)

**SEPTEMBER, OCTOBER & NOVEMBER WINNERS IN WINTER NEWSLETTER**

## A Member's Tale - 3. Ward visitor Iris Taylor

One Thursday in June 2004 while walking up on Hadrian's Wall to see one of the forts I developed chest pains. I was convinced it was indigestion. I had to ask my husband quite a few times to slow down. But he said to me: 'This is more than indigestion, let's turn back'. My answer? 'We're nearly at the top - let's carry on'. Once we reached the top and I was on the flat I was fine. We had another day in Carlisle, as planned, before returning home.

The following Tuesday I saw my GP. He examined me. 'I think you've got angina', he said. 'I'm sending you to the cardiac department at Wythenshawe'. My appointment was for Thursday afternoon.

There I had an ECG, followed by a session on the treadmill. The first three minutes were fine, but then the nurse raised the speed and the incline. A minute later I had chest pains and my arms felt heavy. I came out in a hot sweat too. The nurse stopped the treadmill and sat me down. 'We're admitting you straightaway', she said. I didn't realise I had just had a heart attack.

A few days later, after an angiogram, the cardiologist told me I had four blocked arteries and needed a bypass.

I couldn't believe it, I didn't fit the picture. I had never smoked, was not overweight, ate a healthy diet and went to the gym every week.

The operation came three weeks later. The first week I was in hospital



**The TV advert that may just save your life**

Viewers urged to 'watch heart attack'

AMANDA CROOK

My advice to anyone is if in doubt call 999'

He had a spray treatment for his angina, but was unsure how often he could use it, so called an ambulance immediately. He said: 'If I had left it, who knows what might have happened. My advice to anyone is if in doubt, call 999. I had breathlessness and sleepiness, but no chest pain and in hospital, they confirmed I'd had a heart attack. The British Heart Foundation advert is being promoted on billboards at Manchester Victoria station and train stations in Rochdale and Salford. It will be screened at 9.37pm on August 10, during a break in Midsomer Murders. Every year, almost a quarter of a million people suffer heart attacks in Britain and a third die before reaching hospital. Betty McBride, of the British Heart Foundation, said: 'We're bringing heart attacks to life by understanding how one could feel between life and death.' TV presenter Angela Rippon, 64, whose father died of a heart attack three years ago, said: 'My message to people is that you owe it to yourselves and your loved ones to tune into (TV) on August 10. This could be the most important two minutes of television you ever see.'

**'I was shocked to find out I'd had a heart attack': Iris Taylor backs a British Heart Foundation awareness campaign featuring a TV advert that urges viewers to 'watch your own heart attack' Manchester Evening News, July 28, 2008**

See the film at : [www.bhf.org.uk](http://www.bhf.org.uk)

member of the Ticker Club came round and handed me a leaflet which explained about the patient visitors. My husband read it and said: 'That's something you could do'. That planted the seed.

Later I was reminded of what he'd said. So, I joined the Club and became a ward visitor. I get a lot of satisfaction from visiting patients, especially when they're nervous and frightened and I can see I've helped them. I feel I'm putting something back into a system that saved my life.

**Have you a positive story you'd like to share about your cardiac experience?**



**Or would you like to tell us how and why you came to join The Ticker Club?**

Get in touch on 0161-291 2873.