

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.

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 John Wrigglesworth
 - Helen Thorneycroft
 - Mr & Mrs Mark Zakrzewski
 - Mr & Mrs Martin Merriman
 - Mr & Mrs Wilfred Deakin
 - Antony Norman
 - Hugh McManus
 - Pauline McTighe
 - Audrey Knights
 - Gordon Roper
 - Mrs L Hall
- Pat Fletcher**



Noticeboard

Macclesfield Fun Day

On Saturday 22 August, a day that stayed fine until 4 o'clock, Dave Cooper's team raised **£160** for Club funds. Dave's thanks then to Roger & Denise Clegg and Cliff Clinkard.

Email addresses

To enable us to pass on occasional important information, we're adding email addresses to our database.

Please help us by emailing your address (or son's / daughter's) to : **tickerclub@uhsm.nhs.uk**
We promise not to bombard you with messages!

Hospital's Annual Open Day

Sunday 27 Sept
Celebrity guest opening
Behind the scenes tours
Health advice
Show band & Choirs

Join in the fun & support the Club stand !

EVENTS NEWS

Barbecue celebrates 22 years of Ticker Club

Meeting a week later than usual at the Railway Inn in Hale, our birthday BBQ was held this year on Thursday 20 August, writes Cliff Clinkard.

At a well-attended event it was pleasing to see quite a number of members new to our monthly get togethers. And on a fine evening The Railway's staff were able to cook us an excellent barbecue on the outside patio.

Club business was set aside for the night so, once I'd mastered the CD player controls, the evening began with a TV theme music quiz. Memory cells were challenged with questions going back to programmes in the 60s and 70s. As Bruce Forsyth's alter ego - though much younger of course! - I concluded the evening's proceedings by compèring a few games of 'Play Your Cards Right'.

Everyone seemed to enjoy the evening and we hope to see as happy a crowd at future monthly meetings. With more emphasis now on the social scene, quizzes, guest speakers and perhaps a bite to eat will be regular features.



CHEERS, KEVIN : Coronation Street's Kevin Webster (Michael Le Vell) dropped in at the BBQ to celebrate with members

Why not join us on the 2nd Thursday of each month, just across from the train station, where parking your car is free?

sent venue with a station car park full of daytime commuters' cars. Quite a number liked the idea of food, born out by good attendances at BBQs and Xmas suppers; only 2 disapproved of speakers. 'Further comments' showed some would not attend meetings in any event, but 7 went on to add their thanks to the Club for its good work. The committee will be considering the options at its next meeting in late September. And for those with 'sat navs' (1 request), The Railway's postcode is now on p.2 !

'It's your Club' survey

Thanks to the 61 of you - nearly 17% of membership - who returned survey forms with your views on our monthly get togethers. The vast majority came from those of you who don't attend, with over two thirds saying they lived too far away - though that covered anywhere from Stockport to Cumbria! Nearly half said they would prefer a daytime meeting, an option the committee has discussed, though this would be a problem at the pre-

Charity No. 519754



Founded 1987

THE TICKER CLUB

NEWSLETTER

www.uhsm.nhs.uk/patients/tickerclub

Autumn 2009

Affiliated to the British Heart Foundation

Ticker team

Committee members for the Club year 2009-10 are



Chair :
JOHN BIRKS

Vice Chair :

JOHN BASKERVILLE



Secretary :
CLIFF CLINKARD

Treasurer :

VAL SHILLITO



Committee members :

EILEEN BATE
ROGER CLEGG
SUE CLINKARD
DAVID COOPER
JOHN MILLER

Co-opted members :

JUDY COOMBES
[vacancy]
[vacancy]

Ward visitors coordinator :

CLIFF CLINKARD

Membership :

PAT FLETCHER

Newsletter & Media :

JOHN MILLER

CLUB BEGINS PATIENT SUPPORT IN CLINICS

New initiative off to good start

August saw the long-planned expansion of the Club's patient support services into the North West Heart Centre's clinics.

Pioneers

After successful initiatives pioneered by Bill Sullivan in Wigan and Alan Munday in Tameside, the patient support team felt it was time to extend the service, bringing it back home to Wythenshawe.

The opportunity arose directly from the swifter throughput of patients in recent months. This led in turn to the discontinuing of the monthly Patient Information Days where, since their inception, Club visitors had spoken to some 50 or 60 patients and carers each month.

Support for the new idea came readily from the Hospital's cardiologists.

(Continued on page 2)



WELCOME SMILES : New patient Marilyn Kershaw and husband Chris talk to Club chairman John Birks while waiting for their cardiologist appointment in the new Heart Centre

Chairman's message

◆ *John Birks writes :*
Hello everyone. In my first Chairman's chat last time I introduced myself as a relative novice who felt he was going to rely on other committee members for help and guidance. But there's nothing like being thrown in at the deep end and, with everybody seemingly on holiday, I was rather left to fend for myself. Well, I rather enjoyed it, and now emerge the battle-scarred veteran!

The holiday season meant my first two members' get togethers were poorly attended but by the third meeting and the return of other committee members, I felt in a far better position to introduce a very good talk by David Hill on 'British Comedians'.

The August meeting was our anniversary BBQ - 22 years of The Ticker Club - an excellent occasion attended by around twenty-four members and friends including quite a few new faces [see p.4]. Our thanks to Karen and staff at the Railway for their efforts to make this a special occasion for us.

There was no formal business, so the evening

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◆ Donations



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

Donations during June, July & August totalled :

£3682.81

Special thanks to these donors of £100 plus :

**In memory of
JOAN SULLIVAN
£400**

**Mr & Mrs COXON
£100**

**JOHN BIRKS'
Budworth bell appeal
£1,000**

**TOWNSCROFT
residents' group
£104**

**Ruby Wedding of
Mr & Mrs KENNERLEY
£650**

**LEX MOTOR GROUP
at request of
ELIZABETH BAILEY
£756.21**

Smaller donations are all individually recorded and much appreciated.



(Continued from page 1)
The Chairman writes

was spent in good conversation and a series of quizzes laid on by Cliff and Sue Clinkard, with Alan Jackson going home with more than his fair share of the prizes! But seriously, the committee and I already feel members' meetings should be more like this. Discussions are ongoing

Patient support in clinics (contd)

(Continued from page 1)

gists and surgeons who had backed our coverage of the outreach clinics from the outset.

More access

It became apparent soon after visitor organiser Cliff Clinkard and chairman John Birks attended the first session on 11 August that the clinics would give many more patients access to our visitors than at the Information Days.

And already, within just a few weeks, the Club has established a basic visitor presence at the busiest clinics on Tuesdays, Wednes-

days and Thursdays. Pairs of visitors have been seeing at least 20 individuals or couples each day, at all stages from first visit to post-operative check-up.

Expansion

But, as can be expected, this substantial expansion in Club activities needs more volunteers. Thursdays may already be sustainable using alternating members of Bill Sullivan's 5-strong Thursday team. But so far Cliff Clinkard and John Birks have started the ball rolling on Tuesdays, with John Miller and new recruit John Phillips [see A Member's Tale p.3] visiting on Wednesdays.

At present there is no cover for the inevitable days when one of them will not be available.

More volunteers

The response from patients, their relatives and friends has so far been very positive.

So, if there are any members out there, new or old, who would like to join in this rewarding work on regular or just occasional days, Cliff Clinkard would very much like to hear from you.



THIS IS US : Visitor organiser Cliff Clinkard introduces patient Diana Brooks to the Club before her appointment

ing following last time's survey [see p.4]. But, in the meantime your ideas will continue to be most welcome.

We're sorry a clash with a surprise birthday party at the Railway meant our BBQ had to be put back by a week to avoid staff having to cope with food for two different functions and us with a back-ground disco! We tried to inform those of you likely to attend, without the expense of sending out a letter to all members. But I must apologise

if anyone did turn up a week early. Such occasions are one of the reasons we're asking for your email addresses in this issue [see p.4].

As you'll see from our lead story and John Miller's photographs, we've now started patient support in the Heart Centre's clinics. But this means a need for more visitors so, if this could be you, please contact Cliff. Meanwhile, thanks to Judy Coombes, Tracy Clowes and clinic staff for supporting us

Dates for your diary

Members' get-togethers

on 2nd Thursday of every month at

**The Railway Inn,
Ashley Road, Hale
WA14 2UN**

at 7.30 for 8.00 pm

**Enjoy a drink, a chat
& all the news**

**FREE PARKING
at station opposite**

**Thursday 10 Sept
with Shirley McNally**

An introduction to the British Heart Foundation's work in the North West

**Thursday 8 Oct
[to be announced]**

**Thursday 12 Nov
[to be announced]**

Next committee :

**Thursday 24 Sept
in the Club office**

FUTURE EVENTS CHARITY GOLF DAY

**Friday 2 October
at Chorlton Golf Club**

**A FEW TEE-TIMES LEFT!
Call Cliff on 0161-291 2873**

in this well-received project.

We've also been in discussion with Judy about her 'wish list' for the relatives' room in the Critical Care Unit and will soon be supplying a TV and artwork for this rather drab room - not at present an attractive space for anxious relatives.

Finally, don't forget our Charity Golf Day at Chorlton-cum-Hardy on Friday 2nd October. A few spaces left at £110 for a team of four. Again, Cliff's your man!

A Member's Tale : 5. John Phillips

Getting out of bed one morning in April 2003, I noticed some lack of feeling in my right leg - a bit like pins and needles, but I knew that something was not quite right.

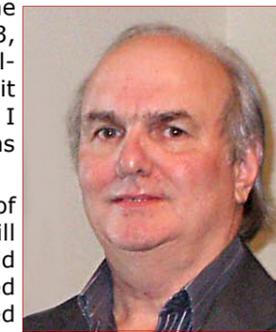
After my shower some of the numbness was still there, so I decided I should visit my GP. She listened to my concerns, checked my blood pressure - very high - and said to come back if the symptoms re-occurred. Panic set in when the numbness returned later the same day, but initial tests at the hospital found nothing.

My blood pressure dropped, summer came, and all seemed well. But in August after losing some use of my right hand on a couple of occasions, my GP decided the time had come for 'a full MOT'. After blood tests, brain scans, kidney scans and water tests, an echocardiogram finally revealed an atrial myxoma in the lower left ventricle of my heart.

At Tameside Hospital cardiologist Dr Khan explained this was a non-malignant tumour on the heart wall, looking like a mushroom on a stalk that moved with my heart beat. A little worrying to hear I may have had it for 15 years or even longer! I could be OK for years, he said, but worryingly I was living with a time bomb - if the tumour came away, it could lead to a massive stroke. No decision to make then, I just wanted it dealt with as soon as possible!

Within a few days I was with heart surgeon Mr Yonan at Wythenshawe Hospital. He endorsed what Dr Khan had said, confirming the condition was quite rare especially in men. It seems the intermittent loss of sensation in my hand and leg was likely to have been brought about by small pieces starting to break off the myxoma. I was booked in to have it removed within 3 weeks.

On the way down for open heart surgery on 1st December I do recall that, under the influence of the 'pre-med', I waved to others on the ward and cheerily said "I'll see you later", as though just popping out. Unreal,



John Phillips

Isn't what, medication can do to us?

Obviously I was oblivious to the 6 hours of surgery that followed, and my next recollections are of 7.00 am the next day when I was brought round in Intensive Care. Things went well - by 10.00 am I was sitting up drinking tea and eating toast.

The new-found zip down my chest was rather sore but I was relieved when Mr Yonan came by to tell me the operation had gone exactly to plan.

The soreness stayed around for some days; even now I remember the strange wriggling up and down on my bottom needed to change my position in bed.

Back on the normal ward I do recall being bothered by feeling sick, giving me visions of my newly-stitched chest being in danger of bursting. But in case I felt nausea coming on, a nurse showed me how to wrap my arms around my chest in what I can only describe as a bear hug. All was soon back to normal, stitches intact.

I was pleasantly surprised to find that, within 2 days of surgery, I was able to shower myself. The next 4 or 5 days passed along well punctuated by meals, regular blood pressure and temperature checks, and the Physios' daily visit. They soon told me that, if I could walk up and down the fire escape, I could well be going home by Sunday. I managed this on Saturday and was discharged the following day after Mr Yonan called in on the way to his Sunday round of golf.

Matron's scrupulous survey of her charges and their surroundings on regular visits to the Ward was also very reassuring, at a time when every newspaper I bought was carrying large headlines about MRSA.

Not a unique story but, though any form of surgery can be daunting, I felt I had the best of care throughout the entire process, day and night.

**A positive story to share about
your cardiac experience?
Get in touch on 0161-291 2873.**

◆ Val's recipe

Raspberry crème brûlée (serves 4)

Ingredients :

- 500ml double cream
- ½ teaspoon vanilla essence
- 6 egg yolks
- 50g caster sugar
- 110g fresh raspberries, plus more for decoration
- 4 tsp caster sugar for caramelising

Method :

1. Preheat oven to 140°C / 275°F
2. Place cream & vanilla essence in a pan & bring to boil
3. Lightly whisk the yolks & sugar until pale, whisk in the hot cream & pass through a sieve
4. Divide the raspberries among 4 ramekins
5. Pour the custard over raspberries
6. Place ramekins in a roasting tin with enough boiling water to come halfway up sides
7. Cook for 45-50 mins or until set. Allow to cool
8. To caramelise the top, sprinkle 1 tsp sugar over each & place under hot grill till golden
9. Place in fridge to chill

LOTTERY PRIZE DRAW

June winners :

- 1st : **R Bentley** £42.60 (30% of month's total fund)
- 2nd : **R Laithwaite** £21.30 (15% of month's total fund)
- 3rd : **F A Tonley** £14.20 (10% of month's total fund)

July winners :

- 1st : **John Baskerville** £42.60
- 2nd : **John Phillips** £21.30
- 3rd : **Roger Spensley** £14.20

August winners :

- 1st : **Alan Imrie** £42.60
- 2nd : **Pat Fletcher** £21.30
- 3rd : **M Court** £14.20

SEPTEMBER, OCTOBER & NOVEMBER WINNERS WILL BE IN THE WINTER NEWSLETTER