

◆ 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 Grundy
- Mr & Mrs Smith
- Marlis Pantall
- Mr E V Girardier
- Brian Leighton
- John Keith Morris
- Angela Page
- Mr & Mrs Davies
- Mrs J Kinsley
- Mr & Mrs Ragg
- David Knight
- David Banks

John Birks



Contact Us

We would also like to hear from you, the members. If you have anything that would be of interest to us please contact John Birks, email address: john.birks@ssesurf.co.uk for items to be published in the Newsletter please keep to approx 150 words for reports and max 400 words for main articles.
Or tickerclub@uhsm.nhs.uk - tel. 0161 291 2873 for general interest items.

BEST WIN AT CHORLTON AGAIN

Autumn Charity Golf Day held at Chorlton-cum-Hardy Golf Club on Friday 15th October 2010. This year was our 8th event at the very popular venue of Chorlton Golf Club.

We had 22 teams of four persons taking part, unfortunately 2 teams had to withdraw the day before.



Above - Cliff and Jim introduce Mr Mark Jones to present the prizes to the winning teams

Right - Mark presents the trophy to 'Simply the Best', winners of the men's completion, winners for the second year in succession.



Many other prizes were awarded for nearest the Pin on all 4 par 3 holes and on the 18th hole with the 2nd shot, Putting Competition, "BEST" team name, Ladies team prize. All players scoring a 2 received a pack of golf balls.

Thanks go to Wythenshawe Hospital Cardiac Surgeon Mark Jones, who is a Ticker Club Joint President, for attending the prize giving and handing out all the prizes.

The event could not take place without the help of non playing persons, and we thank Jim and Val Shillito, John Birks, Sue Clinkard and Jan and Rick Dennell for their efforts throughout the day.

Everybody seemed to enjoy another successful event at Chorlton-cum-Hardy Golf club and we have already reserved a day in October 2011.



Left - Mark and Cliff with the runners-up 'Lady Captain and the Chippers'

Below - Some of the 'forgotten' volunteers Val Shillito, Rick and Jan Dennell and Sue Clinkard who did great work selling the raffle tickets

As usual the event was well supported by members of Alsager Golf Club, with other teams from Wythenshawe Hospital, Gatley, Didsbury, The Trafford Centre, Styal, Ashton-under-Lyne and Ringway Golf Clubs. The Charity Day was sponsored for the 6th year running by Brooke Edgley Specialist Technical Services (BEST) who financed many of the prizes on the day, thanks again for supporting the Ticker Club.

Some very high scores were recorded with one of the earlier teams - Green Bay Hackers from Gatley posting 94 points but this was not enough to win. Two of the teams at the end of the draw posted even better scores :- 96 points - Lady Captain and the Chippers (Captained by Bev King) who were the Runners up, winning a Round of Golf for 4 persons donated by Didsbury Golf Club.

The winners and retaining the Ticker Club Trophy were our Charity Day Sponsors, Brooke Edgley Specialist Technical Services with 98 points, led by Managing Director Dave Roberts, who receive the 1st prize of a Round of Golf for four persons at Mere Golf and Country Club.

Our thanks go to the staff at Chorlton for their usual friendly and efficient service, also to the Professional and the Ground staff for the excellent condition of the course.

The final thanks go to our participants on the Charity Golf Day, without you we could not continue our financial support to Wythenshawe Hospital Cardiac Centre.

This year's event has raised approximately £1000 for the benefit of Wythenshawe Hospital Cardiac patients.

Hope to see you all at our next Charity Golf Day at Alsager Golf and Country Club on Wednesday 11th May 2011

Charity No. 519754



Founded 1987

THE TICKER CLUB NEWSLETTER

www.uhsm.nhs.uk/patients/tickerclub

Winter 2010

Affiliated to the British Heart Foundation

Ticker team

Committee members for the Club year 2010-11 are



Chair :
JIM SHILLITO

Vice Chair :

JOHN PHILLIPS



Secretary :
CLIFF CLINKARD

Treasurer :
VAL SHILLITO



Committee members :

EILEEN BATE
ROGER CLEGG
SUE CLINKARD
DAVID COOPER
MARTIN MERRIMAN

Co-opted members :

JOHN BIRKS
JUDY COOMBES
ALAN IMRIE

Ward visitors coordinators

CLIFF CLINKARD
JOHN PHILLIPS

Newsletter & Membership :

JOHN BIRKS



Pictured above is Alan Imrie receiving a long service award for 10 years UHSM Volunteers service. Awards were also made to Ticker Club Members Eddie Oldfield and Brian Lewis. The awards are made by the UHSM Wythenshawe Hospital.

PATIENT SUPPORT – IS IT FOR YOU?

Much has been written on this subject, as it is one of the two main aims of the Ticker Club. In an effort to interest club members to come along and sample the pleasure of helping patients and their relatives and friends along the patient journey, the time is now ripe for a full-blooded frontal assault, hence this special article!

There are now a number of vacancies and The Ticker Club are seeking your help to keep the ship afloat!

Ward visiting takes two forms in that the morning visits (Monday, Wednesday, Thursday and Friday) are made by a team of visitors – usually two per morning; these start around 9 to 9.30 and last about two hours. Pre-op ward visiting (Sunday, Monday, Tuesday, Wednesday and Thursday) – usually one visitor - start at around 2.30 and last for approximately 45 minutes depending how many patients are being admitted that afternoon.

Both of these types of patient support provide precisely that and are extremely rewarding to those who make the visits and from our feedback they are very well received by patients and friends/relatives alike!

Our need for new visitors is NOW – can you, will you help us? Give us a call on the office telephone and we will arrange for you to come along on a sample visit to either or both versions of our ward visiting pattern.

A new venture of providing a volunteer member to have a chat with patients at the Cardiac Outpatients Clinic is now in its' second year. These are carried out in the mornings on Tuesday, Wednesday and Thursday at Wythenshawe Hospital. New volunteers are required with these visits following suitable Training

GO ON – GIVE US A CALL – We Need YOU! If you feel that you can help please contact either Cliff Clinkard or John Phillips at the Ticker Club office on 0161 291 2873.

Ticker Club Members Meetings

Ticker Club members meetings are held on the second Thursday of each month starting at 7-30pm. We have a very short business introduction followed by refreshments, guest speakers quizzes and general chat. The more members that attend the more enjoyable the meetings are so why not join us. In March



Members enjoy the Christmas Hotpot

The UHSM Foundation Trust is Felicity Goodey, Chairman of joining us and a good turn out

Christmas draw Winners

Prize	Ticket No.	Winner
1st Red Letter Experience	04554	Melanie Hulme
2nd Hamper	04522	Fletcher
3rd Hamper	03291	Mr Graham Thomas
4th Box of Wine	11612	S Williams
5th Whiskey	09771	Stanley Maidment
6th £25 voucher	10375	James Murphy
7th £25 voucher	07717	Paul Leach
8th £25 voucher	01906	Anne Imrie
9th £25 voucher	09290	D R Mawson
10th £25 voucher	10324	D Mulliner

A New Beginning



The booklet 'A New Beginning' which is given to all patients who are having either Bypass or Valve Replacement surgery was revised by Fiona Green who is a Lead Physiotherapist in Wythenshawe Hospital, with help from John Birks of the Ticker Club.

The book is sponsored by the Ticker Club and they covered the cost of the printing which was £2035 for 2000 copies which is very good value. This should cover the next two years when it comes under review again.

The book is regarded as a very good guide by our ward patient support visitors, some even refer to it as the Bible and has already received praise from staff and patients.



Helen Barritt, John Birks and Fiona Green Launch the 'A New Beginning' book





◆ Donations

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

Donations received from 1st October to 31st Dec.

Special thanks to these donors of £100 plus :

Legacy Barry Thomas £11,250

Memory Terence Barton £142.00

Memory A Litherland £736.00

M J Aspey £150.00

Bargain Booze Collection Boxes £175.00

Total Donations for Oct, Nov & Dec £12,839.50

Smaller donations are all individually recorded and very much appreciated.

◆ Val's recipe

EASY LAMB CURRY

- 700gms lamb neck fillet cubed
- 1 large red pepper sliced
- 1 large onion sliced
- 2 teaspoon ground coriander
- 2 x 400gms tins chopped tomatoes
- 75gms dried apricot cut into quarters
- 240gms Pataks tin of Masala sauce
- 200gms spinach (fresh)

METHOD

Heat table spoon olive oil and fry onion and pepper approx 10 mins gently Remove to a plate.

Fry meat in batches on a higher heat - as browned remove to a plate.

Return all meat to pan with onion and pepper and stir in coriander

Add tomatoes and bring to a boil - simmer 25mins

Add apricots and curry sauce - simmer 25mins Add spinach stir until wilted(2mins)

Serve with rice

REST'IN...A Members Tale by Brian Walker

I am now 76 years of age, and I have had my life extended by at least 10 years by Wythenshawe Hospital and the care of it's staff as my Grandfather, his two sons, one being my father and the other my uncle both died at the age of 68 as did also my mother.

I had angina for the 30 years before my heart attack in the summer of 1997, when I had a bypass operation and I have had perfect health ever since. I was working manually and fell walking up to one week before my operation and a fortnight later I was back at work, at a slower pace and back on the hills. In fact my wife and I walked from the west side of Thirlmere over the tops to Watendlath then onto Castlerigg Fell coming down into Walla Crag then into Castlerigg to catch the bus back to Wythburn, not bad as it was covered with ice and snow and very cold. I could not have attempted a walk like this in those conditions up to 5 years before my operation.

I retired from being self-employed at the age of 70, I am now back in business since March this year (part time) making aids for the elderly and the infirm, though my wife insists I come into that category. I tell her that I don't feel any

older than 50, that really gets her going.

My business is REST'IN which is a new registered company. I manufacture in my garage, full length Ash Sliders (Skies) for reclining chairs and beds for the ease of moving on carpets and a 'Floatex' lined ski for use on hardwood floors. I have also designed and made an adjustable bedhead in two sections in the last month so that you can sit up without the use of pillows with a choice of fire proof materials. Alternatively you can supply your own materials to match your bedspread or curtains with a discount for this.

The third item is a flexi-ply baseboard for the foot of the bed, which is held down by the weight of duvet, this gives clearance for your feet. My products are now stocked at mobility shops, pharmacists and bedding outlets.

All this is due to Wythenshawe and it's dedicated staff, many thanks to all.

Editors note - Brian provided four sheets of these products which due to the lack of space we cannot reproduce so if you are interested in any of these please contact Brian on 01524 416817 or easyslidesskies@hotmail.co.uk

Chairman's Chat

◆ Jim Shillito writes :

First of all may I wish each and every one of you a Happy and Prosperous New Year.

Last year was again a very good year for the Ticker club where we reached or surpassed all of the Clubs hopes and ambitions.

The two golf days, one at Alsager organised by Alan Imrie and the other at Chorlton by Cliff Clinkard have again been as successful as they have previously been and brought in much needed funds to our club.

Dave Cooper and Roger Clegg have again attended fetes successfully and have done much work in the background

in the organising of these events. The Christmas card and the sale of raffle tickets again as in previous years sold very well. Again thanks to Bill Sullivan for the two lovely hampers he obtained for us from ASDA.

The ward and clinic visitors again did sterling work For this and all the work you do voluntary I thank you all and I know that all your work is much appreciated by the hospital and its staff.

Last but by no means least I would like to thank my committee for the work they all have put in. As I have said previously this is the best committee I believe the Ticker club has had in all the time I have been a member. Again as we have done in

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 well-lit station car park opposite

Light refreshments

Next Members Together Thurs 10th Feb

FUTURE EVENTS

Thursday 10th March.

Felicity Goodey

Chairman of the UHSM Foundation Trust

previous years we have given £300 to be shared by the Wards F5, F6, ICCU and the Jim Quick ward towards their patient presents.

This year as you will no doubt already have read we are holding two competitions.

1. the best designed Christmas cards.

2. Photographic competition for the best photographs that we can use in a proposed calendar we are thinking of producing for the year 2012.

A small prize will be given to ones we think are the best and I hope that your photographers will get your cameras working and the artists among you get out your paints and crayons so that next year the Ticker Club will have something to be proud of.

I will end now and hope that this year will at least as good if not better than last year, and again wishing you all a healthy New year.

Cardiac MRI Scanner goes HD3D

The new Cardiac Magnetic Resonance Imaging (MRI) Scanner which was installed in the New North West Heart Centre, purchased by New Start at a cost of £1,000,000 and officially opened by on the 2nd October 2008 by Paul Goggins MP, (who is now one of The Ticker Club's joint Presidents), has recently been upgraded with 3D Software with a donation of £12,000 by The Ticker Club.

The MRI Scanner is surrounded by an Electro Magnet which is cooled by liquid nitrogen and because of this is never turned off and therefore needs to be in constant use to make it cost effective. The magnets excite water in the cells in the patient's body to lie in one direction and this allows RADIO WAVES (as opposed to the CT Scanner which uses X-ray and is



Dr Schmitt's team - Lenin Francis, Kin Haw, Helen Devine, Clair Ludwie and David Clark

better for solid tissue such as bone), to pass through giving the image that we see on the computer screens. This is good for soft tissue such as the heart and the surrounding Vein/Artery systems.

A dye is injected into the blood (as in an angiogram) to increase the clarity of the images. This allows not only the condition of veins/arteries as well as bypass grafting to be seen clearly, but also the blood passing through the

heart and from this any damage caused by heart attacks can be seen and the efficiency of the pumping action of the heart assessed. This makes the MRI Scanner a valuable tool for the doctors to use before surgery. The procedure is completely harmless to the patient and has no side effects.

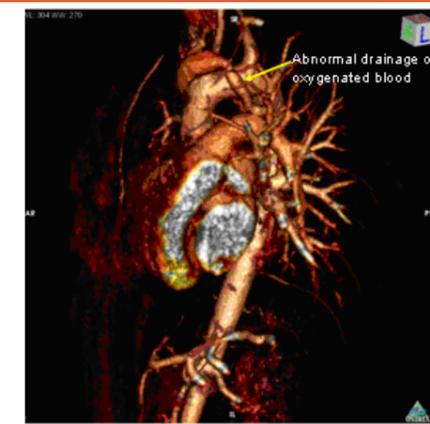
The images were produced in 'slices' taken vertically and horizontally through the body and the doctors to trace a vein had to examine each

slice to find out where it started to where it ended. The 3D software now makes a computer model from the information shown on the slices which can be viewed from any angle and turned to any direction needed to see what is happening. According to Dr Schmitt visualisation of

contrast filled structures of veins and arteries can now be performed in near high resolution providing image quality previously only achievable with high end CT packages in contrast to those but without the need of ionizing radiation. The 'software package' is used on a daily basis and has significantly widened the application of Cardiac MRI, and no doubt improved further the quality of care we are now able to deliver to our cardiac patients.



Contrast enhanced Aortogram demonstrating occlusion of several grafts, diseased LIMA graft with filling defects and a unharvested RIMA, usable for re-do surgery.



Contrast enhanced Pulmonary angiogram, venogram and Aortogram demonstrating abnormal drainage of the left upper lung region.

The above pictures, the first showing bypass grafting and the second showing abnormal vein structure which takes oxygenated blood to the left (wrong) side of the heart and will need surgery to correct the serious defect.

LOTTERY PRIZE DRAW

October winners :

- 1st : Iris Taylor £42.60 (30% of month's total fund)
- 2nd : D Cooper £21.30 (15% of month's total fund)
- 3rd : J Phillips £14.20 (10% of month's total fund)

November winners:

- 1st P Thornycroft £39.90
- 2nd B Taylor £19.95
- 3rd R Spensley £13.30

December winners:

- 1st M Blissitt £39.95
- 2nd V & J Shillito £19.95
- 3rd M Merriman £13.30

Alsager Golf Day

Wednesday 11 May 2011

Where - Alsager Golf & Country Club. Our first tee - time will be around 0900 - last tee - time expected at around 12-30.

Teams of 4 players, the total team cost for each team being **£100.00**. 18 holes of stableford golf. Prizes for 1st and 2nd teams with further prizes for nearest the pin on 4 holes and many, many more.

Mixed teams and all ladies teams will be most welcome.

A bacon roll and coffee, in addition to a 2 course meal (served as you come off the course) are included in the team entry fee.

Entry Forms and any other information can be obtained from :- Ticker Club Office 0161 291 2873 Or Alan Imrie 01477 535963

Every year the Ticker Club has great difficulty in choosing what pictures to put on the front of our Christmas cards We have to be careful of copyright and finding pictures that are in keeping with the Ticker Club.

This year it has been suggested that we have a competition between our members and their families especially the younger members for drawings to use for the cards and we thought it is a wonderful idea. There will be a small prize for the ones selected and their names will appear on the appropriate card, which should be no bigger than A5.

Please put your name and if a child age and addresses on the back of the drawing (painting or crayon) and send to our office address.