

### Val's recipe BANANA TRIFLE

#### Ingredients

- 200 g Amaretti biscuits (or Ratafia biscuits)
- 125 ml Sweet Sherry
- 3 Bananas & 2 eggs
- Juice from half a lemon
- 60 g Castor sugar
- 200 g Mascarpone at room temperature
- 225 ml Double cream (Elmlea is fine)
- Dark chocolate shavings to decorate
- 6 individual glasses

#### Method

1. Crumble biscuits into a bowl, sprinkle over sherry and leave 20 minutes
2. Slice bananas the thickness of £1 coin & divide equally into the glasses, sprinkle lemon juice over each.
3. Separate eggs – beat yolks and sugar until fluffy and fold into Mascarpone mix.
4. Beat egg whites until stiff, not dry, fold into mixture. Divide between the glasses and cling-film over then chill (May leave overnight)
5. Whip double cream until thickish and put over each glass – Chill
6. Decorate with grated chocolate shavings and enjoy

### HELP OUR NEWSLETTER

Our Newsletter is the only real contact we have for many of our members and is therefore very important to us.

So we would really like to hear from you - members or friends. If you have anything that would be of interest then please let us know either by emailing us at [tickerclub@uhsm.nhs.uk](mailto:tickerclub@uhsm.nhs.uk) or by phone at **0161-291-2873** for items that you wish to be published in the Newsletter.

Please keep to approximately 150 words for reports or for general interest items and a maximum 400 words for main articles.

Thank You

**SUPPORT THE TICKER CLUB**

### 9<sup>th</sup> Charity Golf Day at Chorlton-cum-Hardy Golf Club

This year's Autumn Charity Golf Day was held at the usual venue of Chorlton-cum-Hardy Golf Club on Friday 7<sup>th</sup> October 2011. Fred the TV weatherman promised fairly good weather but an early afternoon downpour caught us all by surprise. But we are made of strong stuff us Northerners and so it did not deter any of our efforts to master the little white monster, otherwise known as a golf ball.

24 - four person teams took part in the event sustained by Bacon Rolls and hot drinks prior to the round and an excellent 2 course meal of Soup and Steak and Ale pie after the golf. A number of the previous winners of the Ticker Club Trophy were trying to collect the main prize once again. The usual suspects were in attendance from Alsager Golf Club, Wythenshawe Hospital with local clubs Didsbury, Styal, Gatley and Chorlton also playing.



There were a number of prizes up for grabs, but the Ticker Club Trophy was secured by a team from Alsager Golf Club – FORE SHANKERS - captained by Cliff Bossons, winning with a creditable total of 95 points. They received for their prize, a round of golf for 4 at Mottram Hall Golf Club including Bacon Rolls and coffee before and a meal following the golf. (Donated by Sue Clinkard)

Runners up were STYAL COUNCIL with 94 points who received a round of golf for 4 at Didsbury Golf Club (kindly donated by the Golf Club) including Bacon Rolls and coffee.

Top Ladies or mixed team was ALSAGERS TOP TOTTIES led by Bev King with 80 points; they each received Ticker Club Logo golf balls as their prize.

Nearest the Pin prizes were awarded on all the Par 3 holes and also with the 2<sup>nd</sup> shot on the Par 4 – 18<sup>th</sup> hole. Other prizes of Packs of balls were given for 2's on Par 3 holes.

"BEST" team name prize went to "IF ONLY" captained by Tim Farrell from Wythenshawe Hospital.

Thanks must be given to our non playing helpers who were kept busy throughout the day, Val and Jim Shillito, Sue Clinkard, Dave Cooper, and Belva Mann from Alsager who usually plays but was injured and she raised a record amount selling Raffle tickets on the day.

Special thanks go to the main sponsor for the Charity Golf day - Brooke Edgley Specialist Technical Services (BEST) who donated many of the prizes.

The total amount raised on the Golf Day was just short of £1,000 which all goes to purchase Cardiac patient equipment and facilities at The North West Heart Centre at Wythenshawe Hospital.

Last but not least we thank all those who entered our Autumn Charity Golf event and we look forward to welcoming you to our next Charity Day which is at Alsager Golf & Country Club on Wednesday 9<sup>th</sup> May 2012. (See Alan's article)

### Ticker Club Christmas Draw Prize Winners



This year's Christmas Draw was held at the Ticker Club Members meeting and Grand Christmas Buffet on Wednesday 14<sup>th</sup> December 2011 at the Railway Inn, Hale.

An excellent Buffet was provided to the 30 members present and a fun Christmas quiz was organised by Barbara and Martin Merriman.

This year's Christmas Draw is expected to have raised over £2,000 after expenses have been deducted. Thanks to all our Members who participated in this year's Draw, we appreciate your support and it allows us to continue with our financing of equipment and facilities in the North West Cardiac Centre at Wythenshawe Hospital.

Here are Val Shillito, Iris Taylor & Sue Clinkard, in charge of the Christmas Draw - "Jim, you had better do as they say"

- 1<sup>st</sup> = 40" Television or Cash alternative – No 09188 - D R Mawson (Member)
- 2<sup>nd</sup> = Xmas Hamper - No 07173 – Mrs M Court (Member)
- 3<sup>rd</sup> = Xmas Hamper - No 02534 – Mr & Mrs Warburton (Member)
- 4<sup>th</sup> = Box of Wines - No 06611 – Mrs F Goodwin (Member)
- 5<sup>th</sup> = Voucher donated Sue Clinkard – No 03465 – V Byrne (Member)
- 6<sup>th</sup> = Voucher donated Val Shillito – No 06460 – Frank Newman (Husband of member)
- 7<sup>th</sup> = Voucher donated John Phillips – No. 06818 – Kelvin Vann
- 8<sup>th</sup> = Voucher – No 01125 – Mr G Thomas (Member)
- 9<sup>th</sup> = Voucher – No 05744 – J Jackson
- 10<sup>th</sup> = Voucher – No 09468 – W S Brierley (Member)
- 11<sup>th</sup> = Voucher – No 07050 – B Darbyshire (Member)

Jim Shillito - Chairman

Charity No. 519754



Founded 1987

# THE TICKER CLUB NEWSLETTER

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

February 2012

Affiliated to the British Heart Foundation

### Ticker team



Chair :  
JIM  
SHILLITO



Vice Chair :  
JOHN  
PHILLIPS



Secretary :  
CLIFF  
CLINKARD



Treasurer :  
VAL  
SHILLITO

### Officers of The Ticker Club 2011-12

### 2012 – THE TICKER CLUB WILL BE 25 YEARS OLD !

Doesn't time fly! It seems like no time since the Club celebrated its 15<sup>th</sup> Anniversary (to those of us who were members at the time). If you are one of those who were around then, you may recall we held a special event in The Education and Research Centre at 'Wythenshawe' and it gave us the opportunity to put names to faces – as well as commemorating a major milestone in our history as an organisation highly valued by the Heart Unit we support and, of course, by the many patients, relatives and friends our Volunteers have spoken with over the years.

Your committee are presently in the throes of mulling over various options for a celebratory event to be held some time later in the year but we thought you might like this 'taster' to whet your appetite!

The sub-committee are soon to report to the full committee with outline thoughts on venue, possible date, type of event and we would aim to have fuller details in the next Newsletter so – WATCH THIS SPACE....

The sub-committee would particularly like any useful background information from those of you who are long-established members to enable us to fill in any 'gaps' in club records so if you can help, please leave a message on the office telephone for Sue Clinkard and she will get back to you.



Committee members :  
EILEEN BATE  
ALAN IMRIE  
MARTIN MERRIMAN  
KEITH MORRIS

Co-opted members :  
SUE CLINKARD  
JUDY COOMBES

Ward visitors coordinators :  
CLIFF CLINKARD  
JOHN PHILLIPS

Membership Secretary  
VAL SHILLITO

### PAUL GOGGINS – MP for WYTHENSHAW at a recent Members evening

L - R - Cliff Clinkard, Paul Goggins, Jim Shillito



The Members meeting on Thursday 13<sup>th</sup> October finally secured Paul Goggins as a guest speaker - he had to cancel on two previous occasions due to urgent Parliamentary business.

He gave a very interesting talk on how he got into Politics and the work he has done both as a Minister for Northern Ireland and currently as an MP in the Opposition party. He stimulated many questions from the Ticker Club members present and answered in an open and unbiased manner.

Paul asked us our opinions on Organ Donation, as this subject was due to be discussed in Parliament in the near future.

Since his attendance at our meeting at the Railway Inn, Paul has contacted Jim Shillito to inform us that he mentioned his discussions at the Ticker Club whilst speaking in Parliament about Organ Donation. All members said he had been one of our most interesting speakers and with his association as a Joint President of the Ticker Club, we hope to invite him back in the future.

### Barbara Taylor



The Ticker Club lost a valued and much loved member with the death of Barbara Taylor in early December. In Barbara's many years in the Ticker Club, she was a very respected Committee member who was never afraid to put her opinions and ideas forward but it is for her irreplaceable work as a Volunteer Ward Visitor that for many members, new and old, she will be remembered with fond memories.

When someone was needed to have a 'word or two' with a patient needing some support post-operation, Barbara's name was the first to be put forward and feedback from many patients throughout the years confirmed the gratitude that her friendly chats produced. At the post funeral get-together, attended by a number of Barbara's Ticker Club friends, Jim Shillito told family and friends just how much Barbara was loved and appreciated by her fellow colleagues and conveyed the Club's condolences for the loss of a clearly well loved grandmother, mother, friend and colleague.

### ◆ Subscriptions Club subscriptions are £10.00

per annum per member  
(patient & partner £20.00)

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 Atkinson
- R Beech
- Mr & Mrs Campbell
- Mr G Dickenson
- M Kara
- J Marsland
- Mr D Marsden
- Mr & Mrs McKay
- Mr P Warburton
- Mr G Webster



## ◆ Donations



Thanks for all your donations, large and small, whether from individual members, from non-members, or organisations that support our work.

Donations received from 1st Oct. to 31st Dec.

*Special thanks to these donors of £100 plus :*

Part Legacy Mr Thompson £4,000  
Memory of Barbara Taylor £250  
Memory of Mrs Hammer £285

Total Donations this period £4,707

*Smaller donations are all individually recorded and very much appreciated.*

IF YOU ARE THINKING OF DONATING MONEY TO THE TICKER CLUB - **GIFT AID** ALLOWS US TO CLAIM TAX BACK WHICH INCREASES YOUR DONATION AT NO COST TO YOURSELF.

## TRAVEL INSURANCE FOR CARDIAC PATIENTS

Those of us who have suffered with Cardiac problems and then required Surgery or other Cardiac procedures, can then experience problems in obtaining suitable Medical cover for travel abroad.



Not all Insurance companies are willing to cover our PRE-EXISTING MEDICAL CONDITION, even when we are probably healthier following our treatment than we were before being diagnosed and treated.

To assist in this matter, **THE BRITISH HEART FOUNDATION** has produced a list of Insurance Companies which has been compiled with feedback from numerous Heart patients and is regularly updated.

You may find that the type and cost of cover offered will vary depending on your individual medical condition, age and where you are travelling to in the world. When you contact a company, they will carry out a Medical Screening by asking various questions about your Cardiac problem, treatment, medication etc.

The **BHF** does not endorse or work with any of the listed Insurance companies, which can be found on their Website in the Heart Health / Lifestyle section [www.bhf.org.uk](http://www.bhf.org.uk)

Copies of this list of Insurance companies can be obtained by contacting the Ticker Club Office on Ansaphone : Tel No. 0161-291-2873, you don't even have to be a member to ask us for help.

## Growls were heard at the Hospital Open Day

Ticker Club Members once again manned the Club stand at the Hospital Open Day on Sunday September 25<sup>th</sup> 2011.

We were selling club polo shirts, sweat shirts, lapel badges and Christmas cards



A raffle to Name the Bear was very successful, with the winners Rebecca and Jonathan Duff (pictured above) welcoming "William" to his new home.

The Open Day is always an excellent opportunity for the Ticker Club Cardiac Support Group to meet with any of the Open Day visitors and share with them the various ways in which the club supports UHSM Wythenshawe Hospital.

**The stand raised £111.00 on the day for the Ticker Club.**

**A big Thank You to everyone involved.**

## Dates for your diary

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### 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**

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### FUTURE EVENTS

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**The Annual General Meeting will be held at the Railway Inn, on 3<sup>rd</sup> Thursday in April to avoid Easter Week - 19<sup>th</sup> April 2012**

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**A Charity Golf Day at Alsager Golf & Country Club Wednesday 9<sup>th</sup> May (see article)**

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**Ward & Outpatient Teams Annual Seminar Thursday 24<sup>th</sup> May 2012**

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**Summer Barbeque. The provisional date is set for Saturday 23<sup>rd</sup> June 2012 at Martin Merriman's house (Poynton)**

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## Refurbishment of patient relatives room on CTCCU

The Ticker Club are pleased to advise members that one of the rooms on the Cardio Thoracic Critical Care Unit (CTCCU) has been refurbished with funds donated by the Ticker Club. The process began with the unit approaching the committee asking if we could help financially to change the use of the room to a private interview area.



The Unit Matron Julie Hughes and Unit Manager Hayley Hardiman explained that they were looking for an additional room capable of providing a quiet and private area where relatives of patients could talk with the medical staff.

The unit housekeeper, Susan Whitton and Senior Clinical Support Worker Paul Brierley began in earnest to clear the room once they knew the club were able to help and provide funds. Both have put in a great deal of time and effort during the refurbishment in keeping the project rolling.

The Ticker Club provided funds to cover the costs of a sofa, two armchairs, a coffee table, an uplighter and pictures for the walls.

The room looks fantastic now as you can see. Pictured on the left (from left to right), Senior Support Worker Paul Brierley, CTCCU Manager Hayley Hardiman, Vice Chairman of the Ticker Club John Phillips and CTCCU Housekeeper Sue Whitton.

## ALSAGER – IT'S THAT TIME AGAIN !



It's **NEVER** too early to inform all of our faithful (and valued!) golfing supporters of the arrangements for our annual Charity Golf Day so here goes,....

Set the date of **Wednesday 9<sup>th</sup> May 2012** in your golf diary to come along to The Ticker Club's visit to the Alsager Golf & Country Club and help us to celebrate our 8<sup>th</sup> consecutive Golf Day in this, The Ticker Club's 25<sup>th</sup> Anniversary Year.

The format is the usual one of four golfer teams - any gender combination you like - and as usual we offer (a) an excellent golf course (b) mouth-watering bacon baps on arrival (c) great company and last, but not least, (d) a very enjoyable day's golf - with the knowledge that your participation will, once again, help the Ticker Club raise funds for The Heart Centre at Wythenshawe Hospital.

In previous years, we have had in excess of 80 golfers on every occasion and we aim to boost this - with your help - to **100** this year.

Interested? ; want to know more? Contact me, Alan Imrie, on the office telephone (0161-291-2873 and leave a message for me) or ring my home (01477-535963) or email me on [alanimrie@hotmail.com](mailto:alanimrie@hotmail.com). Entry forms will be sent to previous participant captains later this month, but contact me if you want a specific tee-time in advance.

**Alan Imrie**

### LOTTERY PRIZE DRAW

October 2011 winners :

- 1<sup>st</sup> : Iris Taylor No. 107 £42.60
- 2<sup>nd</sup> : B Fitton No. 104 £21.30
- 3<sup>rd</sup> : D Mulliner No. 260 £13.60

November 2011 winners:

- 1<sup>st</sup> : J & V Shillito No. 257 £42.60
- 2<sup>nd</sup> : B Taylor No. 243 £21.30
- 3<sup>rd</sup> : P Thornycroft No. 151 £13.30

December (Bumper Xmas Draw):

- 1<sup>st</sup> : T & M Weston No. 209 £100
- 2<sup>nd</sup> : R Spensley No. 163 £50
- 3<sup>rd</sup> : D Mulliner No. 263 £25

## Chairman's Chat

*I hope you have all had an enjoyable Christmas with family and friends and I wish you all good health and happiness in this New Year.*

*It is with great pride that I remind you that it is the 25<sup>th</sup> Anniversary of the Ticker Club this year. What a fantastic achievement to have supported the Cardiac Services at Wythenshawe Hospital for that length of time.*

*We have many unsung heroes amongst our Ticker Club volunteers and it was very sad indeed to lose BARBARA TAYLOR in December 2011 - see our front page tribute article.*

*I also send best wishes for better health to Bill Sullivan who has been in hospital over the Christmas period.*

*I would like to say a big thank you to all Members for your continued support of the Ticker Club, through your membership subscriptions, buying Christmas cards and Christmas Draw tickets etc. - it all goes to help finance the work we do for Cardiac Patients.*

*I am pleased that we have been able to produce this edition of the Newsletter after a break due to a change in Editor. The Ticker Club Committee are therefore extremely grateful to our new editor, Roger Booth, for the excellent work he has done in producing this edition of the Newsletter.*

*If you have any interesting stories or information you would like us to include in future Newsletters please contact the Ticker Club Office.*

**Jim Shillito**