

Val's recipe



SALMON AND SMOKED SALMON RILLETTES

(Good as a starter before Barbeque or part of buffet)

Ingredients

- 400g fresh salmon (boned)
- 2 tablespoons white wine
- 2 tablespoons Greek yogurt
- 4 tablespoons half fat crème fraiche
- 2 teaspoons creamed horseradish
- 1 teaspoon ground coriander
- 1 dessertspoon each parsley and dill chopped
- 100g smoked salmon cut into ribbons (trimmings are fine)

Method

1. Cook fresh salmon in dish with wine and pepper, cook micro 3mins. When cool flake into large flakes
2. Mix the yogurt crème fraiche and horseradish together
3. Stir in herbs, coriander and smoked salmon
4. Stir in fresh salmon gently season (salt & pepper)
5. Put in dish cover with cling film chill overnight
6. Serve with melba or thin toast (Goes down well with a small glass of Prosecco)

Update on recent Medical & other equipment purchased for Wythenshawe Hospital

The Ticker Club Committee have agreed to finance the following exercise equipment for the Cardiac Rehabilitation Gym at Wythenshawe Hospital :-

Exercise rower , bicycle and treadmill costing	- £6,300
Telemetry equipment for monitoring patients on exercise	- £3,300
1,200 Patient Exercise diaries & 1,200 advice leaflets	- £860

We have also agreed to purchase equipment for the Cardiac Wards F5 & F6:-

Bladder scanner costing	- £6,000
3 x Spirometers (Breathing monitors) at a cost of	- £400 each
2 x Pace external Pacemakers costing	- £2,000 each

The other area to benefit is the Cardio Thoracic Critical Care Unit (CTCCU) for which we are buying:

4 x mobile Televisions on stands costing	- £2,500
4 x Bladeless cooling fans costing	- £1,000

The other significant purchase is to provide Sky illuminated ceilings over 5 Catheter lab recovery bays. These are said to have a calming influence on patients recovering after Angiogram, angioplasty and other Heart procedures. The Committee agreed to finance this project jointly with the ICD (Implanted Cardiac Defibrillator) support group and we have donated £5,000 each.

Our thanks go to the ICD group for their support and especially Chairman, Bert Thompson.

The total amount either paid or promised by the Ticker Club is over £30,000

Photographs of this equipment will be featured in the next edition of the Newsletter

For more information on UHSM phone 0161-291-2357 or look on the Website: www.uhsm.nhs.uk

LOTTERY PRIZE WINNERS (1st Prize = £50.00; 2nd Prize = £25.00; 3rd Prize = £13.00)



Organised by Martin Merriman

January 2013	February	March
1 st Mrs R Seddon - No. 249	1 st Mrs B Merriman - No 221	1 st Mr J Phillips - No 272
2 nd Mr D Cooper - No.125	2 nd Mr K Bloor - No 207	2 nd Mr K Duggan - No 179
3 rd Mrs P Rainford - No 134 (donated back to Ticker Club)	3 rd Mr J Baskerville - No 173	3 rd Mr M Wright - No 270
April	May	
1 st Mr J Walton - No 269	1 st Mr & Mrs P Fletcher - No 216	Thank you to everyone for buying tickets. This is much appreciated
2 nd Mrs R Seddon - No 252	2 nd Mr D Cooper - No 125	
3 rd Mr J Millett - No 175	3 rd Mr T Gunner - No 136	

TICKER CLUB COMMITTEE 2013-2014

CHAIRMAN : JOHN PHILLIPS

VICE CHAIR : MARTIN MERRIMAN

TREASURER : VAL SHILLITO

SECRETARY : CLIFF CLINKARD

CO-OPTED MEMBERS: JUDY COOMBES, SUE CLINKARD & HAZEL PHILLIPS

This year we have 3 new Committee members:-

Geoffrey Jessup

I am a retired GP trained at Manchester University , practicing in Wythenshawe for over 30 years in partnership with my wife Margaret. I was the first Resident Casualty Officer at Wythenshawe Hospital in 1956. In 1988, I had angioplasty without stents and in 2006 a Mitral valve repair. I am pleased to be able to join the Committee and offer my services to the Ticker Club

Muneeb Yassir

I had my CABG operation back in 1993. I started as a volunteer at UHSM Wythenshawe Hospital in 2012. I first heard about the Ticker Club whilst attending the Cardiac Outpatients clinic last year. The tremendous work done by the Club's volunteers over the years makes me proud to be part of the volunteer visitor team and I now offer my support as a Committee member.

John Miller

John Miller returns to the Committee. John is well known to many of our members and served as Secretary and Newsletter editor for a number of years. As well as being a Volunteer visitor at Clinics, he offers skills in media matters, updating our information boards and other literature

DONATIONS

Thanks for all your donations both large and small, they all go towards funding equipment for the North West Heart Centre at Wythenshawe Hospital.

Special thanks to the following:-

In memory Mary Thompson	£7993.01
Altrincham Reform Church	£100.00
In Memory K H Johnson	£200.00
70 th Birthday Jim Murphy	£490 (+ £105 gift aid)
Mr J Bailey	£115.00
S Higginbottom	£200.00
Balance / Legacy Barry Thompson	£1207.22

Total Donations £10,860.45 (Feb – May 2013)

Renewal of Annual Subscriptions

It is now renewal time for your subscription to the Ticker Club which is due **by 30th June 2013**

Annual subscription is **£10.00** or **£15.00 joint** membership patient & partner (reduced this year)

New members who have joined in the first six months of the calendar year are granted membership until June 2014.

The Club welcomes the following New members:- Mr Phillip Capp, Mr W J Hartill, Alison Jeanes, John Readman, Harvey Tench, Mrs Kathleen Travers, Arthur Worrall, Mr & Mrs Ken Goodwin

Charity No. 519754



1987 - 2013
26 Years

THE TICKER CLUB NEWSLETTER

www.uhsm.nhs.uk/patients/tickerclub

June 2013

Affiliated to the British Heart Foundation

Goodbye and thank you to Club's longest-serving official

After a remarkable 23 years former accountant Malcolm Blessitt, the Club's longest-serving official, has decided it's time to hand on his baton as independent examiner of the Club's annual accounts.

Following a bypass operation at Alexandra Hospital in 1990, Malcolm came to Wythenshawe for his rehab sessions and, on his way to the gym, bought tombola tickets a number of times at a Ticker Club stall in reception. On the third occasion he was invited to join the Club and soon after attended his first AGM where his professional qualifications were immediately seized upon to fill a vacancy for 'joint auditor'. Five years later HM Revenue changes meant a new title of Independent Examiner, a role Malcolm has continued to fill admirably ever since.

Malcolm's attention to detail has become legendary, with successive Treasurers acknowledging their debt for his ready support throughout the year in keeping the books up to date. Officially of course the role of independent examiner requires him simply to check the completed accounts at year's end.



Targeted successor inherits the keys

But for Malcolm nothing less than meticulously presented accounts was good enough for the Club, the detail of which he was always prepared to patiently explain in answer to members' questions at each and every AGM.

For some years now Malcolm has been proactive in looking for a replacement, whilst warning Club members that he would one day 'go under the proverbial bus', and at last year's 25th anniversary celebrations he had occasion to think: 'This is my lucky day!' Sitting by chance between him and Treasurer Val Shillito was Steve Clegg, a new recruit to the Club's visitor team. Malcolm very soon discovered Steve was a retired accountant 'with twice as many qualifications as me' and so he was interested in finding out more. So, for the rest of the financial year, Steve has been looking over Malcolm's shoulder and now takes over the role. But having qualifications is only part of the story, Malcolm. We have valued your commitment too. Thank you – and stay well away from that bus!



Club joint President, Member of Parliament Paul Goggins, presents Malcolm with a clock at last year's 25th Anniversary celebration

Annual Seminar for ward & clinic visitors and Ticker Club volunteers

The Club's ward and clinic visitors, together with other Club volunteers, assembled on 18th April in UHSM's undergraduate Lecture Theatre for their Annual Seminar. The seminar was opened by John Phillips and Cliff Clinkard, ward and clinic visitor co-ordinators for the Club. They welcomed all returning members and also extended a warm welcome to two new members to the visitor team, Ken Duggan and Arthur Worrall. Members heard from various invited speakers drawn from the clinical teams within the Cardiac Unit and other associated areas.

First to speak was Senior Sister Bernie Campbell from the Cardiothoracic Critical Care Unit (CTCCU). No stranger to the Club, Berni heads the team, including the Ticker Club, which meets pre-op patients every Friday afternoon in the CTCCU for a patient information session. Berni talked to members about the role of the CTCCU and her role within the Unit, and made a point of thanking the Ticker Club for the contribution that we make, both in our patient support role and in providing financial support to the Unit.



We welcomed next cardiothoracic surgeon Professor Nizar Yonan. From his surgical perspective he gave the Club an insight into developments resulting from recent advances in heart failure management. As he explained, this is an area that has developed greatly in the last few years.

The last session of the morning was given over to learning more about the catheter labs. Senior radiographer Elaine Holt gave us a fantastic talk on the procedures carried out in the catheter labs and how the work has advanced over recent years in relation to cardiology. Giving us an outline of her own role within the team, we also heard from Elaine how the work in the catheter labs now includes some valve replacement procedures.

All the morning session presenters made a point of thanking the Ticker Club for our dedication and support demonstrated on the wards and in the clinics. We heard appreciation too for the tremendous efforts made by the Club in fundraising, to the benefit of all patients passing through the Cardiac Unit.

After a group photograph and a not insubstantial buffet lunch the next session gave the seminar organisers occasion to consider their timing, as our next guest was community dietician Olayinka Mackay. Olayinka gave a super PowerPoint presentation "Healthy Diet, Healthy Hearts", giving the group an important insight into the need to think carefully about what we eat.

The seminar was brought to a close with input from Chairman John Phillips, one of the seminar organisers, who outlined the importance of the work we are doing and the continued development in our patient support roles, not only in Wythenshawe Hospital but also in the satellite clinics at Wigan and Tameside.



MY TICKER CLUB EXPERIENCE

I first became aware of the Ticker Club and its invaluable support activities, writes *Gil Fletcher*, following my triple by-pass treatment at the Wythenshawe Hospital in September 2011.

This had followed being unaware of any problem, then experiencing indigestion-like symptoms in early June 2011, quickly diagnosed as stable angina that after further testing and angiogram proved to be due to 70–80% blockages in three coronary arteries. The NHS 'Rapid Access' programme then presented me to UHSM Wythenshawe in late August when my condition became unstable about one week prior to my scheduled admission for by-pass surgery. I was then admitted and was monitored for possible earlier surgery, but in the event my operation took place on my due date and I was home again five days later.

I was so impressed with the calm professionalism of the surgical teams: six daily planned operations varying from my routine treatment to those of varying complexity or under emergency conditions. The ward visits of the Ticker Club team reinforced the very matter of fact assessment and treatment of the various ailments and the rehabilitation process to full recovery.

Until my treatment I had been unaware of the Ticker Club and the highly commendable support they provide but now, having opened the proverbial box, find a surprising number of people who have been there before and benefited from the whole experience. Such unstinted dedication certainly deserves all our support.



As Lady Captain at Bramhall Golf Club this year, my wife Emily decided to choose the Ticker Club as her nominated Charity and during one event, her Lady Captain's Charity Day, had the teams of ladies playing in fancy dress.

The winners of the 'best outfits' prize were a team of ladies suitably masked & gowned who could have come straight from the UHSM operating theatre.

Runners-up in this category were dressed as 'Heart of Midlothian' footballers following the 'Ticker Club' theme for the day.

Gil Fletcher UHSM former patient



FUTURE EVENTS

THE MERRIMAN'S SUMMER GARDEN TEA PARTY

SUNDAY 16th June 2013 - Wear your best hat or your funniest hat to the Merriman's Summer Tea Party.

From 3.00 pm at **88 TOWERS ROAD, POYNTON, CHESHIRE, SK12 1DF**

Please book your places in advance, contact Barbara or Martin on **01625 877205**

ONLY £ 5.00 PER PERSON — All proceeds are donated to the Ticker Club

Please bring your friends along, the more the Merriman. (Merrier)

RAFFLE and prizes for the best HATS



CHEESE & WINE PARTY IN MACCLESFIELD.

Following on from the very successful event last year, Mary Fagan, one of our ward visitors, is holding another Cheese and Wine party on **Saturday 6th July 2013 from 6.00 pm** and would like as many of you as possible to join her.

There is ample parking at the Scout Hut off West Bond Street, Macclesfield, SK11 8QE, where the Party is being held.

The cost is only **£5.00** per head and includes a glass of wine and a variety of cheeses.

All proceeds are for the Ticker Club, so please come along to join other members of the Club and bring some friends with you. So that Mary can organise her event would you please let us know by 28th June if you would like to attend, either by phoning the club office on 0161 291 2873 (ansaphone), or email us on... tickerclub@uhsm.nhs.uk.

IMPORTANT MEMBERS MEETING UPDATE



Due to falling attendances at the Monthly Members meetings, the Committee has decided to change the frequency of these meetings for the time being.

The next meeting on Thursday 13th June 2013 has been **CANCELLED** and the next event will be the **SUMMER BARBEQUE in JULY 2013**

We are holding a Special Summer BBQ event on **Thursday 18th JULY 2013** which is being held at the **RAILWAY INN, HALE** from **7.30 pm**.

The cost is **£7.50 per person**, which includes the food, Raffle prizes and a fun Quiz.

(Vegetarian options are available, please advise when booking)

Car parking is available in the Train station car park opposite the venue. All are welcome so why not come along. The numbers are limited, so book your place ASAP by phoning the Ticker office **0161 291 2873** and leave a message on the Ansaphone or email: tickerclub@uhsm.nhs.uk (No tickets issued)



WHAT A DAY OUT THAT WAS !!!!!

When Val Shillito and I arrived at Alsager Golf & Country Club at 0700 – the weather forecast proved exactly 'on the button'. At our venue for the previous nine years, rain was battering down and that's how it stayed for the remainder of the day....

With over 100 golfers, 108 precisely, also experiencing travel problems on Motorway and 'A' roads, the 'breakfast room', serving very welcome coffee and bacon baps, at times resembled a 'casualty centre' with teams delayed by circumstances totally beyond their control. Undaunted – as only dedicated golfers can be – my 'Starting Team' of Val and Jim Shillito and Dave Cooper somehow managed to maintain a steady flow from comfy indoor seat to 1st Tee, a not inconsiderable feat I can tell you!

Pat and Chris Fletcher offered their customary and welcome 'Pit Stop' at the 10th Tee to the 'poor wee souls' who had bravely fought the atrocious conditions to that point. ('Only nine more holes to go' said our cheery duo to unprintable replies!) The fact that all 108 golfers completed their rounds was a testament to their doggedness.....In their refreshed condition, their financial response - to our book/plant/shirts stall run by my wife Anne and friend Sue, followed by the incredible persuasive selling skills of Barbara Merriman on 'Lottery Duty', was absolutely brilliant and The Ticker Club's thanks to golfers and 'volunteers' alike is immense.



"Wednesday Warriors" (l to r) Brian Byrne, Cliff Bossons, Harry Brooks and Ernie Horn

'Bravest of the Brave' i.e. the four- golfer team who won the first prize were locals "Wednesdays Warriors", followed by "Bs and T's", another Alsager four-ball.

Repeating their feat of last year, the team from Alsager Golf & Country Club "Office Bearers" took the mixed team prize.

My thanks go to The Executive Committee of The Ticker Club for acceding to my request that the funds raised from this event be used to purchase a particular item of equipment identified by Maxine Warren who is Ward Manager of Ward F6 during my recent stay in 'Wythenshawe'.

A further article on this will appear in the next Newsletter as the particular piece of equipment could not be made available by the suppliers before this edition is printed so watch this space..... Suffice to end on the note that our golfing friends raised the superb total of £1,700, taking the total raised by 'Alsager' Golf days to around £14,000 – our eternal thanks to all who contributed this year and in the past nine years.

In closing, my undying thanks go to Sue (Catering Manager, for brilliant service), Andy (Chef, for a super buffet) and all of the folks at AG & CC and Principal Hayley, The

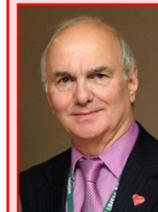
Jockey Clubs at Chester and Haydock Park (visitor tickets) and Sale and Pennant Golf Courses (Golf Rounds)

I'm looking forward to celebrating TEN 'Alsagers' next May.....

Contact **Martin Merriman/Jane Sopala** via the Ticker Club office for details/entries to the **Chorlton cum Hardy** event to be held on **Friday 11 October 2013. (Tel No. 0161 291 2873)**

Alan Imrie

Chairman's Chat



Well, how quickly my first year as Ticker Club Chairman has passed. So, may I welcome all members old and new to what I know will be another successful year for your Club.

The new committee is now up and running; we had our first meeting as a new team on the 23rd May. Most of last year's team are back and in addition I'm pleased to welcome Muneeb Yassir, Geoffrey Jessup and, after a brief time away, to welcome back John Miller.

I want to thank Keith and Anne Morris and Alan Imrie who have stepped down this year; they all worked hard for us last year, in what was a hectic year for us all at the Club.

Alan Imrie has just had his annual golf day at Alsager and once again this event has raised considerable funds for the Ticker Club. So, thank you Alan for all the hard work and effort put in to this event.

We have a number of social events coming up this year, organised by the fundraising team headed by Vice Chairman Martin Merriman. I would ask you to support Martin and his team with these events whenever you can.

We are currently in spending mode and I'm pleased to be able to say that your committee has given the go ahead for several areas within the Hospital's cardiac unit to benefit from Ticker Club funding. Watch out for photos and write ups in the newsletters as these items come on stream.

We are still building on our positive impact within the Hospital; our ward and clinic visitor teams are continuing with their one-to-one patient support, we represent patients' interests both inside and outside the hospital and we are always committed to our very important aim of fundraising, enabling us to give financial support to a whole range of departments within the cardiac unit.

I want to thank you all for your support last year and I very much hope you will continue to support the Club again this year in any way you can. John Phillips



Can you be a Ticker Club volunteer at Fairfield Hospital in Bury.

We are once again looking to expand our Cardiac clinic visitor's team. Would you be able to Help?

We would be absolutely delighted to hear from males or females who can give a little time each week to provide some patient support on the Outpatient clinics at Fairfield Hospital in Bury.

Our continued presence at the clinics at Wythenshawe, Tameside and Wigan is greatly appreciated by both patients and staff.

So if you feel that you want to give a little something back to the hospital please contact John Phillips, who is our Volunteer coordinator, Contact John at The Ticker Club Office on 0161 291 2873

or Mobile 07771718339

Or email

johnandhazel.phillips@hotmail.co.uk