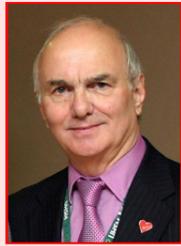


## Chairman's Chat



Hello to you all. As I write this article the sun is shining, I hope that this is the start to a pleasant spring.

The Committee were pleased with the increased attendance at the AGM in the Education and Research Centre at Wythenshawe Hospital on the 10<sup>th</sup> April.

I am proud to stand again for the role of your Club Chairman and to continue the good work that the Ticker Club carries out. We start a new term with all the exciting challenges that the year may bring us.

As you will read in the AGM report I am pleased that many of the Committee have offered themselves for re-election again this year. I want to thank the 2013/14 Committee for all the hard work that was put in by each of them over the year. We accomplished a great deal over the past 12 months as I am sure you will have noted from the Annual Report and from the Newsletters.

I hope you will agree, continuity is very important and we can now go on again this year working towards the aims of your club, to support and represent patients and continue to raise funds for the Cardiac unit at Wythenshawe Hospital.

I am delighted to say we funded some £36,406 of equipment and facilities last year and we have several items still outstanding from the Hospital "wish list" for due consideration.

Some of our members are currently involved in helping to provide patient feedback to the Hospital research programme on mitral valve procedures and some are making themselves available for an education programme to be run with the British Cardiovascular Society at the G Mex in June of this year. So as you can see we keep very active in many ways.

With regard to the next 12 months, we must continue to build on the hard work put in over many years. It was good to see three past Chairmen at the AGM and as I said the foundations have been laid with the guidance of these people since our inception 27 years ago.

I was pleased to be able to report to the meeting that the Hospital has offered us new office premises. We will be taking over the new office in the North West Heart Centre, indeed "right in the heart" of the Cardiac Outpatients Clinic from 25<sup>th</sup> April 2014. The new location is ideally suited to our needs and provides us with a presence, exactly where we will have contact with Cardiac patients and their families.

I hope to see many of you as the year progresses, so please keep an eye on the club's website and in this edition of the Newsletter for forthcoming events. Best Wishes John Phillips

**The word spreads** The past few months has seen the Ticker Club go out on the Speaking Circuit in the area. The Club are keen to share with the public a little about what we have been doing over the last 27 years.

We have given talks via a Power Point presentation to Heart Support Groups in the area, other types of Support Groups eg Prostate Cancer Groups, Senior Citizen Groups, Ladies Circle Groups, Round Table Groups, Men's Meeting Groups and Masonic Meetings.

If you should like us to give a presentation to any groups or clubs you may be involved with and you require further details please contact :- **John Phillips** on Tel mob 0777 17 18 339 or Home 0161 368 0478 Or.....email on [johnandhazel.phillips@hotmail.co.uk](mailto:johnandhazel.phillips@hotmail.co.uk).



## Val's recipe

### SPICED TURKEY BURGERS

#### Ingredients

- 1 Mild red chilli
- 1 small chopped onion
- 4 cloves of chopped garlic
- Teaspoonful of Lemongrass
- 2 Teaspoonfuls Thai fish sauce
- Dessert spoon olive oil
- 1 kilo (2lb 4oz) Turkey mince
- 4 spring onions finely chopped

#### Method

1. Process to paste the first 6 ingredients
2. Mix paste with the Turkey mince and spring onions
3. Form 6 patties and chill well to firm
4. Brush with a little oil and Cook on Barbeque or in Oven at 200 C for 12/15 mins

#### Serve with homemade Coleslaw:

- Mix half shredded white cabbage with
- 2 grated carrots
  - 1 inch grated Ginger,
  - 1 fine chopped red onion,
  - 3 tablespoons plain yogurt,
  - 3 tablespoons Mayonnaise,
  - 2 tablespoons Rice vinegar
  - and a little Sea salt.
- Add some fine chopped Coriander.



Organised by Martin Merriman

## LOTTERY PRIZE WINNERS

January		February	
1 <sup>st</sup> - No. 145 - C Cooper	£50	1 <sup>st</sup> - No. 219 - M Yassir	£50
2 <sup>nd</sup> - No. 248 - K Kamp	£25	2 <sup>nd</sup> - No. 176 - J Millett	£25
3 <sup>rd</sup> - No. 135 - T Gunner	£13	3 <sup>rd</sup> - No. 150 - P Thornycroft	£13
March		April	
1 <sup>st</sup> - No. 277 - A Jackson	£50	1 <sup>st</sup> - No. 133 - P Rainford	£50
2 <sup>nd</sup> - No. 15 - A Ginsberg	£25	2 <sup>nd</sup> - No. 222 - M Merriman	£25
3 <sup>rd</sup> - No. 104 - B Fitton	£13	3 <sup>rd</sup> - No. 153 - P Thornycroft	£13

## DONATIONS

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

Total donations in last 3 months = £5,725.73

Alan Hunt/Jackie Richards in memory of Rosemary	£1,100.90
Emily Fletcher (Lady Captain Bramhall Golf Club)	£3,830
Peter Caldwell 95 <sup>th</sup> Birthday	£425
T H Barrett	£200
M Chauhan	£100
Ian Spooner - Elvis CDs	£100

Smaller donations are individually recorded and are all very much appreciated and will be put to good use for Cardiac Patients at Wythenshawe Hospital.

**GIFT AID:** If you are thinking of donating money to the Ticker Club Charity, have you considered Gift Aiding it? By completing a short form, we can claim Tax (20%) back at no extra cost to yourself, providing you are a Tax payer and have paid at least the amount we are

### Money donated by MY DONATE website direct to the Ticker Club

Stephen Imrie (Charity Run) see article on Page 1	£818
In memory of Sue Martin	£530
Varley	£150
Crowe	£150



Where in the World? Our Newsletter was being read in Dubai

Charity No. 519754



1987 - 2014  
27 Years

# THE TICKER CLUB NEWSLETTER

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

May 2014

Affiliated to the British Heart Foundation

## RUNNING FOR THE CLUB

Last year, his Dad underwent a heart-bypass operation at Wythenshawe receiving, as always, wonderful care and attention from the doctors, nurses and all the hospital staff. Determined to give a little back, Stephen Imrie decided he would take himself and family off to Inverness to run a half marathon, and at the same time raise funds for The Ticker Club (T.C.).

Setting an initial target of £250 for his exploits, Steve managed to raise over £750 through the generous donations of family, friends and work colleagues from The Scottish Parliament.

Centred around The Capital of the North, the 13.1 mile run was one of a number of runs these intrepid five runners have taken part in but, in this instance, Stephen thought it would be a good idea if he used the event to support the Charity he knows is dear to the heart (literally!) of his father, Alan, a former T.C. Chairman and, himself, still a fund-raiser for the T.C. (see elsewhere in this Newsletter for Golf Day details).



The event itself - The Global Energy Half Marathon - took place on Sunday 9 March 2014, in somewhat blustery conditions. Taking a fairly scenic route through the centre of Inverness and up and down the River Ness, nearly 2,000 competitors took part in the day's festivities, many running for their own charities.

Finishing the race in a personal best time of 2 hours 21 minutes (albeit still picking up the Team's wooden spoon award!), Stephen was delighted, if a little exhausted, to finish and grateful as always for the support of his fellow team (from left to right, Colin Keenan, Gary Keenan, Mark Keenan, Nicola Imrie (née Keenan) and Stephen). Best time of the day for the team was set by Stephen's brother-in-law, Mark, who completed the race in 1 hour 28 minutes.

TC Vice-Chairman Martin Merriman paid a warm tribute to Stephen's wonderful effort when he reported on Fund-Raising at our recent AGM earlier this month. There couldn't have been a prouder Dad in the audience that afternoon.

Ticker Club Treasurer and Committee are currently considering The Wythenshawe Heart Centre's "Wish list" of equipment and Stephen and his supporters can rest assured that the monies they raised will be well spent towards one of The Ticker Club's primary targets on that list.

## Bramhall Golf Club Fundraiser

Following her very successful year as Lady Captain of Bramhall Golf Club, in January Emily Fletcher invited the Ticker Club to attend a lunch at Bramhall Golf Club to receive the cheque of the proceeds of her Charity year.



John Phillips, Ticker Club Chairman attended on behalf of the Club and was duly surprised to be given the cheque for a fantastic amount of £3,830. John accepted the cheque and made a short speech explaining the work of the Ticker Club and the equipment and facilities we fund to improve the treatment for Cardiac patients at UHSM Foundation Trust (Wythenshawe Hospital).

Emily named the Ticker Club as her Charity for the year because her husband, Gil, had received a Triple Heart Bypass operation in 2011 and she wanted to give something back to Wythenshawe Hospital. They had been impressed by the professionalism and dedication of the Hospital staff and of the re-assurance and matter of fact advice provided by the Ticker Club Ward visitors.

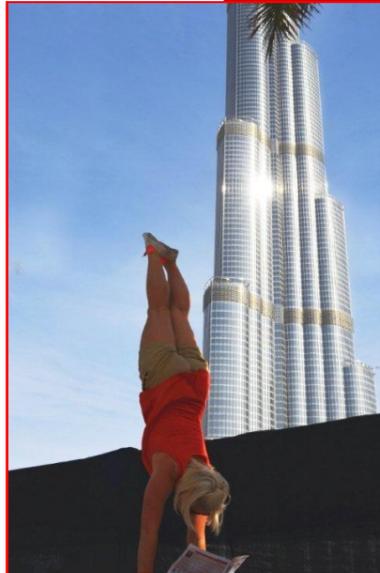
The Ticker Club Executive Committee will be ensuring that this and all other monies raised for the Charity are put to good use and will allocate funds if deemed appropriate following requests from Hospital staff.

Pictured left to right are Gill Ridley-Fink (from Boots Chemist who provided some sponsorship), Lady Captain Emily Fletcher and John Phillips (Ticker Club Chairman)

Recent purchases are listed below:-

- Sky Inside ceilings in Catheter Lab recovery bays - £5,000
- Treadmill, Rower and exercise bike for Cardiac Rehab Gym - £6,325
- Bladder scanner for use in Cardiac Wards - £6,984
- ECG machine for Cardiac Research Department - £6,035
- 2 Pacing boxes for Cardiac Ward F6 (50% from Alsager Golf Day) - £4,000
- Televisions & mobile stands for Cardiac Critical Care unit bedsides - £2,625

- Spirometers for Wards F5 & F6 - £1,191
- Bladeless fans for use in CTCCU - £999.99
- Furniture for use in Cardiac Ward F5 - £716
- Hearts & Minds DVDs & Relaxation CDs - £500
- 500 New Beginning Books for Cardiac Surgery patients - £650
- Cardiac Rehab Information leaflets and Exercise diaries - £870



Where in the world is the Newsletter being read? Answer on back page.

## 2014 FUTURE EVENTS



To reserve your place at any of the Events, telephone the number shown or the office on 0161-291-2873

### AFTERNOON LUNCH

Jean and Colin Cooper are holding an afternoon Lunch at their house in Hale on **Sunday 22<sup>nd</sup> June** (1 pm - 4pm) 12 Cambridge Road, Hale WA15 9SY There will be a 2 course lunch including a glass of wine, or soft drink. This event is professionally catered and will cost £10 per person. The numbers are limited to a maximum of 30 persons, so book your places early.

### BARBARA & MARTIN MERRIMAN'S PIMMS PARTY

We invite Members, friends and families to a Pimms Summer Party at 88 Towers Road, Poynton, SK12 1DF on 12th July from 3.00pm onwards. Please contact "The Merrimen" on 01625 877205 for details and tickets of £7.50 per person to include drink and choices of cakes, scones and desserts. There will be a Raffle with all proceeds to the Ticker Club.

### MEMBERS SOCIAL EVENING

We are holding a Members Social evening at the Railway Inn in Hale on **Thursday 11th September** from 7.30pm. There will be a Guest speaker, Claire Roe talking about "Tax Care and Toyboys" sounds interesting?

## Annual General Meeting of the Ticker Club



Cliff Clinkard  
Ticker Club Secretary

We held the Annual General Meeting in the Education and Research Centre at Wythenshawe Hospital on the afternoon of Thursday 10<sup>th</sup> April 2014. The Committee thought that a change of time and Venue might attract more Members to the meeting and this proved the case on the day with approximately 35 in attendance.

The meeting gave an opportunity for Members to ask questions regarding the Annual Report for 2013-2014. All Ticker Club Members had been sent a copy of the Report prior to the AGM as the Club are required to do. Stephen Clegg, the Independent Examiner of the Financial Accounts of the Ticker Club, took the opportunity to explain the Club's finances. We are in a very strong financial position and have purchased over £36,000 worth of equipment etc in the last year. The Committee are determined to make sure all monies raised, donated or given as Legacies are put to the best possible use. We do still have Funds available for equipment and regularly meet with the Hospital staff to identify suitable items for us to fund in the future.

At the AGM, the Chair and Secretary of the Club were up for election but as there was only one Candidate for each position; John Phillips was re-elected as Chair and Cliff Clinkard re-elected as Secretary, both for another 2 year term of office. Vice Chair, Martin Merriman still has 1 year of his term of office and so has Val Shillito as the Club's Treasurer. The meeting then had the opportunity to elect up to 5 Committee Members to serve for a 1 year term. We had only 4 persons nominated for these Committee posts and Eileen Bate, Hazel Phillips, John Miller and Muneeb Yassir were elected unopposed. The Ticker Club Constitution allows persons to be Co-opted onto the Committee but they do not have the right to vote. As we were 1 member short of the full Committee it allows only 2 persons to be Co-opted (1 per 3 Committee members).

Judy Coombes, the Cardiothoracic Manager at UHSM has agreed to be Co-opted and Sue Clinkard also agreed to assist the Committee, both will be formally approved at the next Executive Committee Meeting in May 2014. Stephen Clegg accepted the position as the Independent Examiner for the year 2014 – 2015.

After the formal part of the AGM, the Chair, John Phillips took the opportunity to explain to the meeting what had been achieved in the previous 12 months but also what we hoped to do in the coming year. Treasurer, Val Shillito gave an update on our current Finances and detailed the Equipment purchased for the Hospital in the previous year. Vice Chair, Martin Merriman gave an update of Fundraising activities and monies given via the My Donate website. Secretary, Cliff Clinkard asked for comments on the Newsletters we have published and explained that the Members are most welcome to send in articles for consideration for future Newsletters. He thanked Roger Booth for compiling our Newsletters and for John Miller assisting him with proof reading and editing of articles.

John Phillips then took the opportunity to explain to the Meeting, that earlier in the week, we had been offered a move to a new office which is in the Outpatients Foyer of the North West Heart Centre. Cliff immediately contacted all Committee members by email to ask their opinions, all were very much in favour. We hope to move into our new office before you receive this Newsletter. The location within the Heart Centre is a great opportunity for the Club to provide better contact with Cardiac patients and their families. In the future we are hoping to be able to have volunteers manning the office Monday thru Friday and perhaps there are some of our Members who might like to put themselves forward, please contact the Office (ansaphone) and we will give you more information : **Tel No. 0161-291-2873**

The Committee would like to thank those Members who attended the AGM and hope to see more of you at future meetings and Social occasions during the year. Please read the Newsletter for more details of where and when these are being held. Cliff Clinkard

## ALSAGER – IT'S THAT TIME AGAIN!

Arrangements are well in hand for the Ticker Club's 10<sup>th</sup> successive visit to the green, green grass of Alsager Golf & Country Club.

**Thursday 22<sup>nd</sup> May** will see a total of 104 golfers 'tee it up' with prizes galore – and a primary aim of raising funds to be used to purchase equipment for the Heart Unit at Wythenshawe Hospital, through the auspices of The Ticker Club.

Last year the funds raised were used to purchase a Temporary Pacer which is now in use on Ward F6 and it is hoped that a suitable piece of equipment can be found from the current Heart Unit "Wish list". I have a maximum of two vacant tee-times (at a squeeze!) **4 PERSON TEAMS.**

If interested, please contact me ASAP on 01477/535963 or email me on [alanimrie@hotmail.com](mailto:alanimrie@hotmail.com). Alan Imrie



## BHF accepts need to engage with Heart Support Groups



Continuing our engagement with the British Heart Foundation at national level, writes John Miller, I represented the Club at a London conference in March 2014 bringing together members of Heart Support Groups (HSGs) from as far afield as St Helens and Stafford, Chester and Croydon. The North West was particularly well represented, including groups already known to us from Salford, Tameside, Trafford and Bolton, in a day of lively discussion about the HSGs' future relationships with the BHF.

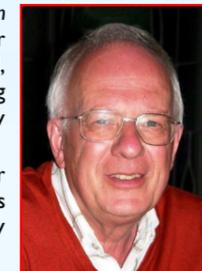
Since taking on board feedback from last December's regional meeting in Manchester (see Newsletter February 2014), the BHF clearly came to this event well-prepared to strengthen links with its wide range of affiliated HSGs nationwide. The majority of the 40 or 50 HSG members present became actively engaged in discussion in a programme led by key members of the BHF team.

Leading the first session, 'Listen, Engage & Influence', communications director Betty McBride said their review had shown the BHF good at listening but poor at doing anything. This was reflected in feedback from the floor: pride in links with the BHF but often disappointment in its lack of engagement. It was felt the BHF could offer valuable support to HSGs, for example in engaging with a restructured NHS and influencing its services. At the same time the BHF needed to realise that HSGs offered a rich source of first-hand patient experience.

'Prevention, Survival & Support', the second session, was led by programme director Catherine Kelly whose main objective was the building up of practical ways to deal with issues, such as ensuring patient access to high-quality services, and empowering them to stand up for their rights. Volunteer groups, she said, often provided an existing but hitherto unrecognised pathway to adding value to the NHS and its social care. The BHF, she added, was working towards a 'loose-leaf' directory of HSGs, though it was pointed out the wide variation between groups and their activities meant there could be no overall blueprint.

Retail director Mike Taylor spoke on maximising the BHF's £106m annual income under the heading 'Grow Income', though this session dealt mainly with the remodelling of the BHF's 700+ shops, in particular the rolling out of 'Community boards' in every shop with posters giving details of local support groups. A special initiative was to be launched to draw in and link with local groups, a move widely welcomed from the floor.

The day concluded with an apology from the recently-appointed BHF Chief Executive Simon Gillespie for the limited engagement with HSGs he found on his arrival. There needed to be more understanding of local needs, he said, with the BHF not only understanding better how HSGs operate, but also realising they were a good resource for the BHF in an ongoing learning interchange.



Committee member  
John Miller

## World wide link for patients



The Ticker Club were very pleased to be able to help when Simon Jesson, Cardiac Nurse Manager asked the Committee if we could help launch a **SKYPE** link for Cardiac patients which would help them to keep in touch with family and friends wherever they may be in the world.

The system uses a Laptop computer allowing patients to keep in touch with their loved ones especially if they are some distance away, possibly even on the other side of the world.

It also allows a valuable loop of communication for relatives to keep in touch with the Medical teams looking after the patient if the patient wants this to happen.

The Committee felt that establishing this line of communication would also give both the patient and the family a "feel good" factor, allowing personal contact when close ones are too far away to visit.

Pictured are Patient Stephen Rogan, Stephen is currently a long stay patient awaiting a Heart transplant, Charge Nurse David Romih and Ticker Club Chairman John Phillips.



## Membership Matters



Hello from your Membership Secretary. As you will know Annual renewal subscriptions are due on 1<sup>st</sup> July 2014 (Single member is £10 ; Patient & partner is only £15)

You will shortly be receiving a letter from me; it means I am after your money, however, I am sure you agree it is for an excellent cause. The Annual subscriptions are a vital source of income to the Club which funds the support work we carry out for Cardiac patients at Wythenshawe Hospital.

It would be a great help to me as your Membership Secretary and to the Ticker Club if you are able to send in your subscriptions promptly to save on postage for reminder letters. For members who pay by Cheque, I will be enclosing a Standing Order form should you wish to take up the option of paying by this method from June 2015. If you choose to use this payment option, please return your completed Standing Order form with this year's payment, this will allow adequate time for your bank to set up the payment for 2015.

Total membership is currently 416 with 65 of those being Joint members. Thank you for your support over the last 12 months.

We welcome the following who have recently joined the Club

Abraham Gosling	Ralph Payne	Phillip Cooksey	Dr & Mrs Prinja	Mrs Kim Brown,
Ian Butler	Paul Cashin	Ian Crowther	John Holland	Mr J Hunter
				David & Gwyneth Madden

**Hazel Phillips – Membership Secretary / Committee Member**