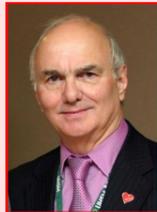


Chairman's Chat



Hello to you all again - we've had quite a busy time since the last Newsletter.

All the new equipment we'd financed is now on site and has been commissioned by the departments concerned. Some of the items are pictured in this Newsletter.

On behalf of the Club I was delighted to attend the photo shoot of the "sky inside" windows. As you know, this was a joint venture with the Implantable Cardiac Defibrillator (ICD) support group, with whom we have built up a good relationship over recent months.

With regard to membership, I want to thank you all for once again supporting the Club with your membership subscription for the coming year. This support is very much appreciated by your Committee - it allows us to continue fulfilling our aim of supporting cardiac patients, their families and the cardiac department at Wythenshawe Hospital.

As you will have read already, we've had some fantastic backing from the Hospital. The Cardiac Unit entered runners in the Manchester 10k run and Elaine Holt, a senior radiographer in the cardiac catheter lab, completed the Arctic Marathon, with funds raised from both events kindly donated to The Ticker Club.

I also want to thank Mary Fagan and Martin & Barbara Merriman for their tremendous efforts in putting on summer events to raise funds for the Club.

We continue to develop our Patient support further afield, this time with a new team of volunteers in the Cardiac Clinic at Fairfield Hospital, Bury. Final arrangements and training are taking place for the team to start in the coming weeks.

I want to welcome two new additions to the Ward & Clinic visitor team - Ken Duggan and Arthur Worrall. Both are now fully trained and carrying out their duties, adding to the fantastic job our resident team continues to do for us.

I hope to see many of you at our next Members' Meeting on the 12th December at The Railway in Hale for the Christmas Draw and Hot Pot Supper.

John Phillips

Recognition at Tameside Hospital

In the October 2012 Ticker Club newsletter, the 5th anniversary of the Clubs presence at Professor Yonan's clinic at Tameside Hospital was recognised

On Friday June 7th 2013, Tameside Voluntary Services Manager, Karen Eato organised the annual Volunteers Week "thank you" lunch. At this event certificates are presented for 5, 10 etc. years of service by volunteers.

Our volunteers at Tameside, Eruch Cavasji and Alan Munday, were presented with their five year certificates by David Wilkinson the Director of Human Resources

Alan pictured on the left front row and Eruch is stood next to him.



Charity No. 519754



1987 - 2013
26 Years

THE TICKER CLUB NEWSLETTER

www.uhsm.nhs.uk/patients/tickerclub

October 2013

Affiliated to the British Heart Foundation

ARCTIC RUN FOR SKYINSIDE CEILING TILES

Some months ago I observed an article in the "Radmagazine" (for medical imaging and radiotherapy professionals), about "Skyinside" window tiles which had been installed in the catheter laboratories of a Trust in the south of England. I showed the article to the catheter lab nurse manager and we agreed how much we thought the tiles would benefit the patients in the recovery area of our catheter laboratories.

Not only would they improve the environment for the patients pre and post their procedures, but also several decades of evidence-based design research indicates access to nature or nature imagery supports healing, reduces stress and anxiety, and reduces the use of pain medications in health care settings.

Given the current economic climate, I realized that the Trust would not be able to fund the project, and so I approached the Ticker Club, the ICD Support Group and the Big Heart Charity for their support. All were tremendously generous, and between them raised the £11,067.60 required to purchase and fit the window tiles. The Ticker Club and the ICD Group very generously gave £5,000 each.

We had the windows fitted in July 2013, and are the first Trust in the North West of England to have them installed.

The benefit for the patients has been instantaneous, and we have had very positive comments from many of the patients who have attended for a procedure. It is a much more pleasant and recovery enhancing environment for them, and everyone, patients and staff, have remarked how much more calming and relaxing an atmosphere it now is in the recovery area.

Here is a photograph showing the windows after they were installed.

Pictured left to right :- Janet Hornsey (Arrhythmia Specialist Nurse), Pauline Smythe (ICD member), Lawrence Smythe (ICD past Chairman), Elaine Holt (Senior Radiographer Catheter Laboratory), John Phillips (Ticker Club Chairman), Hazel Phillips (Ticker Club Membership Secretary), Dr. Mamta Buch (Consultant Interventional Cardiologist), Susan Grosvenor (Senior Pacing Technician) and Lindsay Waddell (Arrhythmia Nurse)

Grateful for their wonderful support, I decided I should try and do something for the charities involved in return, and so I chose to run a marathon to raise some sponsorship for them.



Although fairly fit, I had never run such a distance before, but investigated to see which marathons were up and coming. In the end, I decided if I was going to do just one then I would make it a good one, and signed up for the Midnight Sun Marathon in Tromso, the far north of Norway.

I began my training in earnest, as I had only decided in March and the marathon was to take place in June.

Being in the Arctic Circle and summer, it meant that there was 24 hours of daylight, and so we ran the course at night. I finished at nearly 1:00am after running for 4 hours and 40 minutes. The atmosphere and scenery was amazing, snow capped mountains and running alongside the coast and there was a great crowd of Scandinavians cheering us all on. We also passed the beautiful Arctic cathedral, designed to give the appearance of calving ice. I was very proud to be presented with my medal at the end of it all, but even more proud to raise £900 in sponsorship in total. This was distributed across the three charities.

We are delighted to have the windows installed, and know that they will continue to have a positive impact on patients for many years to come. It is hoped we may eventually have them fitted in the catheter labs themselves, where they will continue to provide a more relaxing environment for patients.

Elaine Holt



Here I am with my medal just after completion of the race in the early hours of the morning.

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

June	July	Thank you to everyone for buying tickets. This is much appreciated.
1 st T Weston - No. 213 2 nd F Merriman - No. 222 3 rd A Jackson - No. 280	1 st A Imrie - No. 114 2 nd J Phillips - No. 274 3 rd C Laithwaite - No. 157	
August	September	
1 st J Walton - No. 269 2 nd J Millett - No. 174 3 rd V Shillito - No. 255	1 st E Bate - No. 1826 2 nd M Blessitt - No. 240 3 rd P Thorneycroft - No. 153	

Organised by Martin Merriman

Membership



We have had a number of new members since June - welcome to you all :-
Anita and Barrie Whittaker
Stephen Merriman
Marina Mc Grath
Linda and Dave Curtis
Colin Hughes
June Donovan
Alan Taylor

We still have a few members from last year who have not renewed their Membership. We hope you want to continue as a member of the Ticker Club but this will be your last Newsletter unless we receive your subscription asap.

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.

Have you thought about Gift Aiding your donation? We can then claim 25% tax back, providing you are a Tax payer.

Total Donations £5,731.87 (June - Sept 2013)

Elaine Holt	400.00 (Charity run)
E Hobson	100.00
Dr Sonar Hurair	1,000.00
G Murphy	250.00 (25 yrs since operation)
Simon Jesson	500.00 (Manchester 10k run)

In memory

Elsie Jackson	2,554.37 (Legacy)
Charles Cheatham	100.00
J Griffiths	401.00
Gordon Stubbings	190.00

Val's recipe CHICKEN and CHORIZO

Ingredients

- 8 boneless chicken thighs
- 2 red onions - sliced
- 200 gms chorizo sausage - sliced
- 2 medium red peppers - de-seeded and chopped
- 1 desert spoon of sweet smoked paprika
- 1.5 tablespoons tomato puree
- 130 mls of dry sherry
- 200 mls of chicken stock
- A few black and green olives

Method

1. Pre heat fan oven to 160 C
2. Fry chicken in pan until golden
3. Remove to plate
4. Soften onions then add chorizo and peppers and fry for 3 mins
5. Add paprika, tomato puree, sherry and chicken stock
6. Bring to the boil and simmer for 10 mins
7. Put into a dish with chicken on top.
8. Place in oven for 50 mins
9. Add olives after 40 minutes. Serve with mash potato or rice and enjoy with a glass of your favourite wine.

The Manchester 10k run – May 2013

It was the hottest day of the year and Manchester was filled with people in fancy dress and ill-advised lycra. The runners met in Piccadilly Gardens for pre-run stretches and tactical discussions.



The runners taking part from the UHSM to raise funds for the Ticker Club were John Hill (Charge Nurse F5/F2), Victoria Norman (Senior Nurse, F5/F2), Amy Smith (Staff Nurse, F5/F2), Danny Jebb (Pharmacy Technician), Martin Reagon (Charge Nurse, CCU), Dave Green (Charge Nurse, CCU) and Simon Jesson (Unit Manager, CCU), all limbered up and soaked up the atmosphere.

It was then time for the race; it was a staggered start, Martin and Simon due to their athletic prowess, decided to let the rest of the team run first. Great times were set by John and Danny, coming in at less than 46 minutes. Vicky pipped Dave to the post by 2 seconds with a time of 54.59 and Amy came in just over the hour mark with 1hr 2mins.44secs.

The early runners then decamped to the pub for some well earned rehydration just as Martin and Simon were starting. Simon and Martin could have run fast like the others but decided that Manchester is such a beautiful city that they would take their time and see the sights. The atmosphere around the course was superb with people shouting encouragement and having picnics on

Deansgate. The atmosphere was very positive and showed the people of Manchester to be a real community. We finished to the roar of the crowd and collected our medals before finding out that everyone else was already on the train home.

It was a great day, good fun and we raised over £500 for a great cause. The Ticker Club has done so much to help the patients and staff over the years and it was very rewarding to have the chance to give something back.

Simon Jesson

UHSM Wythenshawe Hospital Open Day

The Ticker Club attended the recent UHSM Wythenshawe Hospital Open Day on Sunday 22nd September 2013. The Open Day allowed us to explain the work we do to members of the public as well as the fundraising, which allows us to purchase equipment for the benefit of Cardiac patients.



Pictured: Cliff Clinkard (Ticker Club Secretary & Hospital Governor), Felicity Goodey (Chair of UHSM Wythenshawe Hospital), Paul Goggins (MP for Wythenshawe and Joint President of the Ticker Club) and Ken Duggan (Cardiac patient visitor)

Mad Hatters Tea Party

A really big thank you to all the guests who turned up for Barbara & Martin Merriman's Mad Hatters Tea Party which was held on Sunday 16th June 2013.



A splendid afternoon tea and refreshments were enjoyed by everyone.

The Merrimans have decided to hold this social event annually and look forward to meeting more Ticker Club members, families and friends next year to enjoy the Merriman's Pimms and afternoon tea. Although not intended as a fundraiser, over £100 was donated to the Ticker Club.

How can you choose a best hat from those on display in the photograph ?

Cheese and wine fundraiser

Once again the wine flowed to compliment a wonderful selection of cheeses at the Cheese and wine party very kindly prepared by one of our members Mary Fagan and her family and friends on a balmy July evening. Mary is one of a dedicated team of ward visitors who support the patients and families at Wythenshawe Hospital. Macclesfield's Deputy Mayor Janet Jackson attended the event and had some very kind words to say about Mary.

The event raised £500 and this was swelled further by a generous donation from Barclays Bank "Pound for Pound" matching scheme for registered charities, as such the final total raised for the Ticker Club was £1000. The Ticker Club Chairman John Phillips thanked Mary and her team for all their hard work in making this a special event for the club and also thanked the efforts put in by Linda Hilton from Barclays Bank.

FUTURE EVENTS



Our next **Member's meeting** is the **Christmas Hot Pot on Thursday 12th December at the Railway Inn, Hale.**

The Grand Christmas draw will be made and there will be a festive quiz. Book early as this is always a popular event and we have a restriction on numbers. Only £7 per person. Phone the office to reserve your place on **0161 291 2873**

The Committee have decided to hold our **2014 Annual General Meeting** in the Education and Research Centre at Wythenshawe Hospital on **Thursday 10th April at 3.00pm.** Light refreshments will be served.

The **Ticker Club Visitor's Annual Seminar** has been arranged for **Thursday 8th May 2014**

in the Education & Research Centre at the Hospital, More details in our next Newsletter.

Please note that although membership is stable and support for the club is excellent, attendance at members meetings has fallen, so we are not holding monthly meetings, but will advertise any events in the newsletter and on the website.

Ticker Club funding benefits Cardiac rehab patients



In a recent letter UHSM cardiac rehab managers Fiona Green & Laura Burgess expressed their grateful thanks to the Club for the funding of four more major pieces of equipment, greatly to the benefit of cardiac rehab patients at the Hospital.

The **EN-Motion Treadmill** (shown on the left here) is a vital tool in assessing cardiovascular endurance. After initial instruction by staff, a clear LCD screen allows patients to familiarise themselves with working on a treadmill. An auto speed button automatically adjusts the band speed to the pace of the patient on the treadmill, while at the same time a patient's weight can be entered to calculate energy consumption

Left to right :- Gill Monk (Occupational Therapist); Caroline Gilroy (Rehab Unit Secretary); Gill Edmondson (Senior Cardiac Physiotherapist); Laura Burgess (Cardiac Rehab Team Leader); John Phillips (Ticker Club Chairman) & Fiona Green (Cardiac Rehab Team Leader) with Ken Duggan (Ticker Club Ward and Outpatient Clinic visitor) using the treadmill.



A standard piece of equipment in many other cardiac rehab programmes, the **Concept 2 Dynamic Indoor Rower** (shown on the left here) is a new piece of exercise equipment to Wythenshawe, highly recommended for improving patient fitness and upper and lower limb strength. Such training on the safe and effective use of an indoor rower will be invaluable for patients returning to their own local gyms after rehab at UHSM.



This second **Monark Ergometer Exercise Cycle** (shown on the left here), backs up the first example funded by the Club a few years ago of an item of equipment in constant use by cardiac patients. This is an exercise cycle which can be used to assess patients' exercise ability and can be set accurately in line with the exercise prescription written for each patient. Club funding for the Treadmill, Rower and Exercise cycle amounted to £6,325



This £4,000 mobile **Dash 2500 Patient Monitor** ensures accurate measurement, both at rest and during exercise, of heart rate, blood pressure and ECG during assessment of cardiac rehab patients. It has a colourful menu display screen, safety alarm settings for high and low limits and a clear ECG printout, as well as recording oxygen saturation levels.

When in Rome???



The Ticker Club word spreads to the City of Rome.

What have we here !!! Our roaming reporter spied the June 2013 Ticker Club newsletter being read by a very stunning looking lady in Rome.

Where next we ask?

Please send us your photos of other places around the World that the Ticker Club Newsletter has been spotted.

There will be a prize for the most interesting picture received, not necessarily the furthest travelled.



University Hospital **NHS** of South Manchester

NHS Foundation Trust
Ward F6
Wythenshawe Hospital
Southmoor Road
Manchester
M23 9LT
0161 291 2566

Ticker Club Alsager Golf Day provides vital equipment for Cardiac patients

September 17th 2013

To all members of the Ticker Club,

On behalf of Ward F6, we would like to thank you for your donation which has enabled us to purchase two cardiac pacing boxes. These are used on patients whose heart does not beat at a high enough rate following surgery. The box artificially stimulates the heart to beat at a predetermined rate until the patient's own heart rate improves. Having these new boxes helps to ensure that we have one available should a patient need one without having to borrow from other units.

Thank you for your continued support.

Yours sincerely

Maxine Warren

Maxine Warren
Ward Manager
Ward F6

June Prestage
June Prestage
Ward Manager
Ward F6