



## Chairman's Chat

Welcome to the November edition of your Newsletter. I hope that you are all keeping well and had a good summer, "what summer" I hear you say ... Still there is always next year.

I begin on a sad note; you will have read we have lost one of our very longstanding ward visitors Peter Jackson, he was a member I always held in very high esteem. I would always sum Peter up as the perfect gentleman; his style with patients, his peers and the ward staff was to be admired, he will be sadly missed.

As I write this I have been reminded that it will soon be Christmas again. The Christmas Draw raffle tickets will be sent out from the office this next week. I see we have some excellent prizes again.

Life at your club has rolled along very well since my last chat with you. I know Hazel, your Membership Secretary has thanked you for supporting us again this year, but I want to thank you all as the income from subscriptions help to provide vital funds for our task of supporting patients and the cardiac unit here at UHSM Wythenshawe Hospital.

Currently we are funding Televisions for the Cardiothoracic Critical Care Unit, these prove invaluable to patients as a therapeutic recovery aid

following Cardiac Procedures as it helps them to be aware of the outside world, relieving their minds from the operation they have undergone.

As you will have read we have just had our Golf fundraising day at Didsbury Golf Club. It was another brilliant day for the club. I am pleased that many of you golfers supported us, we also had quite a number of non-members competing on the day.

Another fund raising event this year saw a team from United Utilities complete the 3 Peaks challenge for us, so a big thank you to those guys (see their article in this Newsletter)

We have had many other donations during the year and I thank you all for your support, donations help us to continue with our role.

We have two new ward and clinic volunteers who have joined us, so I want to welcome both Chris and Colin on to the team. Welcome to you both.

I know I will see many of you at our Christmas Party at the Cresta Court Hotel on 26<sup>th</sup> November. I very much look forward to this event at our newly chosen venue. It's not too late if you still want to join the festivities, contact the Ticker Club office to book your place. Tel No. 0161 291 2873

If I do not see you or speak with you before Christmas I wish you all a very happy Christmas and a healthy New year.

Best Wishes John Phillips Ticker Club Chairman

Charity No. 519754



1987 - 2015  
28 Years

# THE TICKER CLUB NEWSLETTER

www.uhsm.nhs.uk/tickerclub/Pages/default.aspx November 2015

Affiliated to the British Heart Foundation

## THE 3 PEAKS CHALLENGE

On 25th February 2014, my brother Kev (an otherwise relatively healthy 35 year old) visited his GP for a repeat prescription for a chest infection that he was struggling to shift. A routine inspection picked up on a slightly irregular heartbeat and so he was advised to visit the A&E department at Wigan Hospital.

Whilst waiting in A&E Kev suffered heart failure, as a result of what was later discovered to be Myocarditis. That evening he was transferred to UHSM's Cardio-thoracic Critical Care Unit with multiple organ failure where he underwent emergency surgery to fit an ECMO machine, and we were given the devastating news that there was only a 50/50 chance of him surviving the night.

Fortunately he did, and after ten weeks in CTCCU, a couple in Jim Quick ward and several operations later, he was eventually allowed home with an artificial pump (LVAD) doing the job of his heart.

For a while, several of my colleagues from United Utilities and I had been toying with the idea of attempting the National 3 Peaks, so I suggested that we use it as an opportunity to raise money for the Ticker Club and began to organise the event.

The challenge involves climbing the highest mountains in Scotland, England and Wales, and although there are no set rules, many attempt to complete all three (Ben Nevis, Scafell Pike and Snowdon) within the same 24 hour period.



At the base of Ben Nevis  
Pictured are: Neil Littler, Paul Ashcroft, Stu Gilroy, Ash Collier, John Hodson & Gary Baron

On the afternoon of Tuesday 9<sup>th</sup> June this year, against the backdrop of the stunning Snowdonia National Park, we completed the challenge.

We managed to complete the whole challenge in 23 hours and 38 minutes, and were able to raise £1,485 for the Ticker Club in the process.

United Utilities offers a matched funding incentive for charitable donations to its employees. So we were delighted to find out that they very generously agreed to match our donation, boosting the total amount raised to a fantastic amount of £2,970.

Now eighteen months on from when he took ill, and only recently VAD-less, Kev continues to make a strong recovery and hopes to soon be able to return to work.

Although no amount of money could pay back the debt of gratitude that our family owes to everyone at UHSM, hopefully this will go a little way towards helping the Ticker Club continue the incredible work they do to support and make life more comfortable for future patients and their families.

There is a video link of the challenge which can be found at <http://youtu.be/pfaNv-wSmGU>

Neil Littler



Above - At Ben Nevis Summit.



Above - At the top of Snowdon

## LOTTERY PRIZE WINNERS - 1<sup>st</sup> = £50 2<sup>nd</sup> = £25 3<sup>rd</sup> = £13

May	June
1st - No. 223 - S Piper	1st - No. 231 - A Gosling
2nd - No. 117 - F Smith	2nd - No. 213 - T Weston
3rd - No. 241 - M Blessitt	3rd - No. 262 - D Mulliner
July	August
1 <sup>st</sup> - No. 257 - V Shillito	1st - No. 263 - D Mulliner
2 <sup>nd</sup> - No. 134 - P Rainford	2nd - No. 264 - C Shillito
3 <sup>rd</sup> - No. 126 - J Miller	3rd - No. 160 - C Laithwaite
September	
1 <sup>st</sup> - No. 278 - A Jackson	If you would like to support the Ticker Club Lottery please contact Martin Merriman on 01625 877205
2 <sup>nd</sup> - No. 177 - Kim Brown	
3 <sup>rd</sup> - No. 226 - J Atkinson	



Organised by Martin Merriman



## News from the Membership Desk

Dear Members. On behalf of the Executive Committee, I would like to thank you for renewing your annual subscriptions again this year. Your continued support is very much appreciated.

We also thank those of you who sent in additional donations that totalled £1,159.50, which will give the Ticker Club even more if you are signed up to Gift Aid.

I am delighted to report that our membership continues to grow. Please find enclosed with this Newsletter, a list of recent important purchases by your club for the Cardiac Unit at Wythenshawe Hospital. If your personal details change, please let us know for our records :by phone on 0161 291 2873 or email : [tickerclub@uhsm.nhs.uk](mailto:tickerclub@uhsm.nhs.uk)

Welcome to our newest members that have joined since the last Newsletter :- Ralph Manners-Wood, Linda Pomfrett, Alan Birkin, Gary & Carol Rowlands, Thomas McNulty, Penelope McCusker, Mavis Hey, Margaret Griffiths, Mike & Liz Kelly, Vimlabehan & Mahendrakumar Bhatt, Susan Tansley, Roger Parnell  
Thank you all once again for your continued support of the Ticker Club.

Best wishes. Hazel – Membership Secretary



## DONATIONS

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

**GIFT AID:** If you are thinking of donating money to the Ticker Club - have you considered gift aid? By completing a short form, we can then claim tax back at no extra cost to yourself, providing you are a tax payer - which increases your donation by 25%. Donations over £100 in the last 3 months are shown below. Smaller donations are individually recorded and very much appreciated.

Diamond wedding of Mr & Mrs Wood £280	Merriman's Tea Party £400
Mr & Mrs Murphy Silver Wedding £300	Richard Nicholson £500
In memory of Veronica Turner £967.46	Stewart Chapman £300
In memory of Richard Sydney £500	Martin Thorburn £200
In memory of Peter Jackson £458	Kathleen Travers £100
In memory of Theresa Patten £165	Harvey Tench £100

Total Donations £5,084.29

Thank you for all donations



## Val's recipe Duck Breasts - En Croute

Nice for a New Year's Eve dinner.

### Ingredients

6 Duck breasts, 250g spinach leaves, 500g puff pastry and 1 beaten egg.

### Stuffing

- 1 oz butter
- 140g mixed mushrooms (chop)
- 1 shallot peeled and chopped
- 1 garlic clove chopped
- 1 tspoon fresh thyme leaves
- 1 tspoon fresh rosemary

1. Remove skin from duck breasts and fry in non-stick pan for 1 min each side, remove & cool

2. To make the stuffing, fry the mushrooms in butter until browned, and stir in the shallots, garlic, thyme, rosemary and cook for a few minutes. Blitz in a processor but not too fine and then cool. Sandwich 2 duck breasts together in third of the stuffing, repeat with the other breasts

3. Wilt the spinach in a microwave or in a pan for 2 minutes, wrap the duck completely in spinach leaves so that you have 3 parcels.

4. Cut pastry into 3, roll each to 23 x 25 cm, wrap each breast in pastry, sealing the edges with beaten egg, brush each with egg and chill for 1 hour.

5. Put on a pre-heated baking sheet, cook at 200C for 20 to 25 mins

Serve with red wine gravy and a nice bottle of Pinot Noir wine.

Merry Christmas Val

## THE MERRIMANS SUMMER GARDEN PARTY



On a lovely sunny day in July, many members and their friends and family enjoyed a wonderful afternoon tea at The Merriman's Annual Summer Garden Party. Hats were the order of the day and prizes were given out for the best / funniest one. Everyone got involved and had a great time.

Specially prepared afternoon tea stands were in use with a beautiful array of sandwiches, cakes and the like. A raffle and other games were held, all organised by Barbara and Martin Merriman and their family.



A tremendous £400 was raised towards Ticker Club funds. Well done the Merrimans ...oh, it seems so long ago when the summer sun was shining.

## TICKER CLUB REPRESENTATION

### BHF CONFERENCE : NAMING PRIORITIES

The British Heart Foundation held its annual supporter conference at Manchester Central in June this year and, as an affiliated body, the Club was invited to send delegates. Though mainly aimed at fundraising volunteers, the conference also welcomed patient support groups such as ours which of course raises its own funds for UHSM. So, Alan Munday and John Miller were there, together with Sharon Powell who joined us later after her experience as an MRI scanner volunteer at the British Cardiovascular Society's conference next door.

New BHF chair Simon Gillespie opened the session, outlining the six main planks of the BHF platform : long-term research, prevention by education as to risks and need for testing, survival in the case of events, patient support in issues such as access and rights, influence by lobbying of government and EU bodies, and the need to grow the BHF's income to support the above.

Much of the time was then given over to workshop groups where patient issues were discussed under these headings, each group putting forward its two main priorities to a combined final session. First among these for many of the groups was the need for simpler, more detailed explanation of the BHF's research work. The BHF confessed that this was a particularly difficult area to make 'sexy', but accepted that it was especially important to put across this message as the BHF provides 51% of the funding for cardiovascular research in the UK, some £81m a year.

The second most quoted area for emphasis among the groups was the making of provision for survival, with suggestions of a wider distribution of defibrillators, especially in schools. But, with 80% of cardiac arrests taking place around the home, the BHF drew practical attention to the need for training in cardiopulmonary

resuscitation (CPR) by running a short CPR course for delegates in the lunch break. We're pleased to say that all 3 of your Club's representatives came away with certificates for their new skill!

### TICKER CLUB HELPS WITH TRAINING AGAIN

Several members of the Club took part in the Annual Conference of the British Cardiovascular Society at Manchester Central (formerly G-Mex) for a second year from 8th. to 10th. June 2015. It was again at the invitation of Dr. Matthias Schmitt of U.H.S.M., who had addressed us at our Annual Seminar in 2013.

The participation was in the training of cardiologists; "...scanning of volunteers will facilitate learning post-processing skills and interpretation" to quote the Conference Programme booklet. It was part of what was termed the "Imaging Village", which was a new innovation for the 2014 Conference.

Our members spent about an hour and a half in a mobile Cardio Magnetic Resonance Imaging (MRI) scanner, whilst trainees observed the monitor on which our heart images were displayed, guided by an experienced cardiologist and the scanner's radiologist. The technician was in contact with the volunteers via a microphone and headphones, giving them instructions eg. when to hold their breath after breathing out and when to start to breathe again. Those taking part in this process this year were David & Eileen Bate, Ken Duggan, Iris Taylor, David & Marie Holmes, Alan Munday, John Phillips, Sharon Powell, Val Shillito and Muneeb Yassir.

### WORKING TOGETHER : REVIVING OUR REGIONAL LINKS - PCP seminar 23 Sep 2015, Bolton

Alan Munday and John Miller attended this seminar. A full report in the next Newsletter.



## Introducing New Ward Visitors

### Chris Turner

I had my first heart attack twelve years ago after which a stent was fitted at Wythenshawe Hospital. This was followed by a second heart attack early last year leading to a triple by-pass. On this occasion, I spent a total of 3 weeks in Wythenshawe Hospital, most of which was in Cardiac Ward F6. One of the huge benefits of living in this area is that Wythenshawe Hospital is nearby with its fantastic reputation as being a Centre of Excellence for heart surgery. Throughout my stay in hospital, I was very impressed with the level of care and attention I received. In particular, I valued the professionalism of the Medical staff and the support of the REHAB team, not to mention the frequent presence of the Ticker Club and the reassurance they provided.

My memories of my stay in hospital are extremely positive (and, at times, it was almost enjoyable). What better way to repay my debt than to join the Ticker Club and visit new and existing patients. In my opinion, the Ticker Club is a wonderful organisation. I am not surprised that it has successfully raised over £1.25m for the benefit of all patients.

### Colin Albin

I first heard of the Ticker Club through my wife who works as a dietician at Wythenshawe Hospital. From what she had told me I realised that the club did a fantastic amount of good work in the hospital - visiting patients on the cardiac wards through to raising thousands of pounds each year and purchasing important equipment.

So once I had given up my business following a cardiac arrest it seemed the most natural thing in the world to volunteer myself. I suppose I felt that so many people had helped me along the way - I am incredibly lucky to be alive - so the opportunity of helping others was an attractive option for me now that I have more time available.

I have thoroughly enjoyed visiting patients on Cardiac Wards F6, F5 and F2; what a tremendous variety of different people you come across. Some need a lot of cheering up whilst others facing seemingly insurmountable problems can be a real inspiration. Such visits are inevitably appreciated as well - people are usually so grateful that someone is taking an interest in them at a difficult time in their lives. It really is a privilege to be part of the Ticker Club.

## UHSM Hospital Trust : Wythenshawe Open Day : Sunday 27<sup>th</sup> September 2015

The Open Day was declared open by Emmerdale actor Chris Bisson who was there with his partner and their 2 year old son Harry.

The main theme of the day was to celebrate 50 years of the Maternity Department at Wythenshawe Hospital, Chris explained that he was born in the hospital 40 years ago as was his son Harry and that the child they are expecting in December will also be born there.

The Ticker Club stand was manned by Vice Chairman Martin, Steve Merriman his brother and Sue Clinkard, their special glitter hats really caught the eye of those attending the event.

They were able to explain the involvement and support we give to Cardiac patients, when we see them at Outpatient clinics, at the pre-op meetings and before and after their operations. They chatted with the Specialist Cardiac nurses who were offering blood pressure checks at their stand using Dynamap machines that the Ticker Club had previously purchased.

Ticker Club Secretary, Cliff Clinkard was also at the Open Day, as well as helping set up the Ticker stand, he was there in his role as the Governor for UHSM volunteers. He took the opportunity to chat to Chris Bisson and convinced him to sign up as a member of the Hospital Trust, see Cliff wearing his Governor's hat.

A very successful day and as usual the Ticker Club were fully involved in our position as an integral part of the Cardiac Services provided at Wythenshawe Hospital.



## The Tickers Tick at Tameside Hospital's 2015 Open Day

Alan Munday our Ticker Club Clinic co-ordinator at Tameside Hospital writes that on Sunday 20th. September 2015 Tameside Hospital held its second open day. Our chairman, John Phillips, who is also a Governor at Tameside Hospital and chaired the Open Day Group for the hospital, further enhanced our influence.

Again the Ticker Club had a stand, staffed by Professor Yonan's clinic visitors from the Club, Joan Dickinson, Eruch Cavasji, and Alan Munday, along with our membership Secretary Hazel Phillips.

We spent a very fruitful and enjoyable four hours explaining what The Ticker Club do. This gave the club the opportunity to enhancing the public's awareness of our work and purpose in supporting Cardiac Patients. Leaflets and newsletters were distributed. We also collected donations for the pens, badges and mugs.

The weather was again very kind to us, and over 1,000 people attended. The local community was involved in entertainment, Greenfield Brass Band, Tameside Voices Community choir and The Samuel Laycock dance group. The stands in the marquee included many varied groups connected to health awareness where their work was explained, with much interchange between the groups and visitors.



## Charity Golf Day at Didsbury Golf Club

This year's event was a new venue for the Ticker Club Charity Golf Day with 19 teams competing for the Ticker Club Trophy on a dry but chilly day at Didsbury Golf Club. The 4 person teams were from a variety of Golf clubs including Altrincham, Alsager, Ashton u Lye, Bramhall, Bramhall Park, Chorlton, Davenport, Didsbury, Gatley & High Legh. Bacon rolls and hot coffee prepared everyone for the challenge of the Golf course.

Ticker Club Vice Chair, Martin Merriman, was the official starter. Chairman John Phillips took photos of all the teams adjacent to the 1<sup>st</sup> Tee which he had developed to hand over to each team later.



The Ticker Club "Girls" look happy in their work, Val Shillito handing out scorecards, Barbara Merriman, Raffle ticket seller (£420 taken on the day), Sue Clinkard and Kim Brown were later handing out drinks and snacks at the halfway house, including Whisky and Baileys & Emily Fletcher acted as host of the event, meeting and greeting participants.

A hearty 2 course meal was served following the golf and many comments were received about what a great day it had been.

The winning score of 94 stableford points was from Davenport Golf Club "Punters", pictured here receiving the "TICKER CLUB TROPHY" from Ticker Club Joint President Eamonn O'Neal and Emily Fletcher.

Runners up with 89 points were "4 Old Bogies" from Alsager Golf Club (Steve King and his team.)

The Ladies/mixed team prize went to "Rusty Niblicks" from Bramhall Park Golf Club (Sally & Ken Thomson and Sandra & Vernon Hayes.). Prizes were given out for nearest the Pins on the 5 par 3 holes and any player scoring a 2 received packs of golf balls as prizes.

The best team name went to "The Pirate Crunchers" Jackie Richards team from High Legh Golf Club

The total raised on the Charity Golf Day was over £1,200 which will be used towards financing equipment and facilities as requested by the Cardiac Department at Wythenshawe Hospital. Emily Fletcher and Cliff Clinkard as organisers for the Charity Day would like to thank all those taking part and supporting our Charity work at Wythenshawe Hospital. Thanks also to all the Golf Clubs and individuals who donated prizes, they will be sent individual Thank you letters.

Many thanks to the Didsbury Grounds staff, Stewards Julie and Mike Wardrop and their catering and bar staff for making the Ticker Club Charity Golf Day a very enjoyable and successful event.

Cliff Clinkard

