

Diary dates

Inaugural Members' Social Evening

Tuesday 10th Sept

from 7.30 pm
at the Stamford Arms,
Bowdon WA14 2TW
[for more see below]

All welcome!



Advance notice Christmas Party & Prize Draw

Tues 10th Dec 2019

at Cresta Court, Altrincham
[more details in Autumn edition]

'It Starts with Your Heart' : BHF courses

Reading a recent edition of 'Heart Matters', the British Heart Foundation (BHF) quarterly magazine, I came across a notice in the News section for a free BHF course. Available via their web site (www.bhf.org.uk), the course is entitled: 'It Starts with Your Heart; Understanding Heart and Circulatory Diseases'. I decided to sign up to fill in gaps in my knowledge and understanding, perhaps making me more useful as a Club visitor and pre-op patient meeting speaker.

The 3-week course is internet accessed and delivered by BHF partner Future Learn. It can be accessed free for about one month after which a fee is charged. I kept to free access, spending about an hour or so on it per week. With video clips a main feature of this course, I found it quite basic but interesting and enjoyable.

On completion I was offered another, more advanced, 4-week course, again via BHF/Future Learn but devised and led by Reading University. I decided to 'give it a go'. This course is entitled 'Heart Health' and, as before, access is via a link received by email each Monday of the four weeks. It covers subjects such as the cardiovascular, circulatory and respiratory systems, and problems such as atherosclerosis, angina, heart attacks and strokes, heart failure and arrhythmias. Being of greater depth, I found this course very interesting, taking me two or more hours each week. It is again based around video presenta-

tions, each of which lasts a few minutes and can be stopped and rewound at will, with a transcript to click on and read at leisure. The videos are presented by the course lead tutor and subject experts as appropriate. You are also able to download and print off a supplement each week. I found this a great aid and can now use it to revise the course after my free time for access to the course has run out.

How much of the course you take part in is optional. For example, there are practicals, for example with a lamb's heart; but I chose to watch the course tutor do them on the included videos. Personal food and activity diaries may be kept for analysis in week four if you wish, and it is possible to share your experiences on line as you go along. With all instructions and worksheets downloadable and printable, you are able to pursue the course in 'chunks' if you wish. At the end of each of the four parts there is a multiple-choice test - for your own use, not for assessment - which you may repeat if you make any wrong responses.

I really enjoyed the course which gave me the opportunity to learn, and save for future reference, all the terms I come across from time to time and wonder what they mean. **Alan Munday**



Alan Munday

Come and join us!

On 10th September we will be holding a second Members' Social Meeting at The Stamford Arms on Firs Road in Bowdon, following an exploratory get together in March. It is planned this will be a Quiz Night - with wonderful prizes! All are welcome to attend, including guests, and there will be food and drink available from the bar at your own expense.

Manager David Nealon has generously allowed us to use one of the rooms without charge. One of his reasons is his own close call when he drove himself to the A&E department at Wythenshawe to learn from the consultant that he had cheated death by about 10 minutes. Phew! He says the treatment he received was fabulous and he is delighted to be here to provide a room in support of our event. (David is also raising funds for a defibrillator to set up outside the pub for public use by inviting teams to take part in his own Quiz Nights on Wednesdays)

After a few years' gap the Club plans to hold more of these evenings, reviving regular social events for the Club.

As well as the quiz, this evening will include discussion of preferred formats for future events, with a range of possible activities and speakers, depending on attendances. So, we hope as many of you as possible will attend to set this initiative on the road to success. **David Holmes**



Stamford Arms, Bowdon

Charity No. 519754



The Ticker Club NEWSLETTER

www.thetickerclub.co.uk

Summer 2019

Founded 1987

Affiliated to the British Heart Foundation

Ticker team



Chair :
JOHN PHILLIPS

Vice Chair :

DAVID HOLMES



Secretary :
KEN DUGGAN

Treasurer :

MARIE HOLMES



Committee members :

BELINDA CARTER
JOHN MILLER
HAZEL PHILLIPS
SHARON POWELL
MUNEEB YASSIR

Co-opted members :

MARTIN MERRIMAN
JACKIE RICHARDS
GAYNOR SLATER

Visitor coordinators :

MUNEEB YASSIR
ALAN MUNDAY

Membership :

HAZEL PHILLIPS

Newsletter & Media :

JOHN MILLER

Full house for Visitors' Seminar

This year's annual Patient Support Visitors' Seminar took place on 25th June in the Hospital's Education and Research Centre (ERC) attended by over 90% of our visitor team.

After a welcome from Chair John Phillips we heard first from two members of the MCT (metacognitive therapy) Team, Lora Capobianco and Lindsey Brown whose research is challenging current psychological pathways dealing with the dwelling on anxiety that leads to depression. Working with 322 cardiac rehab patient volunteers from various hospitals, their focus on getting on with the job in hand and ignoring worrying thoughts that can lead to depression - 'you don't have to answer that ringing phone' - has proved very effective with a doubling in improvement rates. Inviting patients to take part in this way, said Lindsey, is very much part of PPI (patient & public involvement) where patients can be made aware of their contribution by asking them about their preferences and their views on the effectiveness of the methods employed.

Sheila Wilkinson, the MFT hospital group's quality and patient experience manager, spoke of the challenges of her role co-ordinating 1,300 volunteers across the 8 sites of the new Manchester University NHS Foundation Trust (MFT). With an eye on volunteer recruitment, more engagement sessions were planned, including two at a forthcoming Information Day. Training, some of it statutory, needed to be very different on the two main sites (Wythenshawe and MRI) and best ways forward were still under review.

After a healthy buffet lunch, senior nurse Helen Allen brought us up to date with a talk entitled 'What's New Since You?' She said her own experience with breast



The Club's patient support visitor team gathered for this year's Seminar

cancer had not only made her more aware of the need to see things from a patient point of view, but had also made her appreciate the role of the Club's visitors in sharing their experience with current patients both before and after surgery. She'd especially felt the pre-op patient information sessions every Friday, presented in language the patients could understand, had even allayed her own fears about facing surgery.

This, she said, had proved a spur towards her new role co-ordinating the best ways forward for both staff teams and patients in terms both of increased efficiency and the sharing of best practice. Some new roles had been created including the introduction of an advanced nurse practitioner and a discharge co-ordinator. Other innovations included a more efficient 'ward round on wheels' and a ward-based

[continued on p.2]



Come & join us
for a social event
see page 4

Page 2 : Chairman's chat & goodbye to Fred

Page 3 : A Member's Tale & what goes on in committee

Page 4 : BHF online courses & your diary dates

Donations

Thank you for your donations, large & small, whether from individual members, from non-members, or organisations supporting our work.

GIFT AID : If donating, have you considered Gift Aid?

If you are a tax payer, this increases your donation by 25%.

Donations of £100 and over received from May to July are shown below :

Donation from / for	£
David Norbury	100
J Sweeney	100
In memory of J Corbett	500
In mem David Senescall	255
Masada Lodge	150
Sisters Merriman	200
Peter & Janet Eastwood	100
Betty Bray	100

Smaller donations are always recorded and are very much appreciated.

Lottery winners

MAY	No.
1st £50 J Phillips	75
2nd £25 J Lewis	155
3rd £13 A Warne	8
JUNE	No.
1st £50 P Smallwood	44
2nd £25 W Parnell	14
3rd £13 K Duggan	179
JULY	No.
1st £50 C Shillito	64
2nd £25 F Tomlin	2
3rd £13 L Swann	134

[Please note: April prizes shown as £100, £50 & £25 should have read £50, £25 & £13: apologies Ed]

Why not join in?

The more that join, the bigger the prizes!
£1 per month per number
Contact Martin on 0161 291 2873

Chairman's Chat

Hello to you all. We are now in the holiday season and I guess some of you have maybe had a holiday or are in readiness to go on one. I'm sure we'll all hoping the sun will shine on us wherever we are. And I'm no exception. But to be sure of meeting the deadline for the Newsletter's publication, I'm writing my 'Chairman's Chat' in the Rocky Mountains of Canada, whilst on a visit to our son Adam and his lovely wife Michelle.

Ticker-wise we are now set fair once again with a full committee - nine full members and three co-opted members - for the coming year. I'm delighted to share with you that I now have a rather more peaceful mind regarding the longevity and continuity of the Ticker Club, as I welcome to the Committee three new members, Belinda Carter, Gaynor Slater and Jackie Richards, who are all settling in very well and already supporting and contributing to the Club's activities.

We have come so far since our inception in 1987 with the handover of an initial cheque for £1000, going on to have raised £1.3m to date, allowing us to support cardiac patients and their families, as well as supporting the Cardiac Unit itself at Wythenshawe. I am sure these are achievements we are all very proud of, and long may this continue.

Our July committee meeting brought requests to fund an exercise bike from the Cardiac Rehabilitation Unit and, from the Critical Care Unit, for a bladder scanner, as you will see from our new column covering key points from our recent committee meeting [see p.3]. These requests can only be met with funding from the Ticker Club with the support of loyal members and fundraisers, and I am very, very appreciative of that support. So, a big 'Thank you' to all.

You will have read on our front page that we held our Annual Volunteers' Seminar on 25th June. I was delighted that over 90% of the Volunteer Team was able to come along, and the feedback I have had was that it was an enjoyable and informative day.

In further good news, David Holmes, my Vice Chair, is organising a social evening at The Stamford Arms in Bowdon on 10th September, details of which you will find on p.4 of this Newsletter and on our website.

Please do come along and join us. I look forward to seeing many of you there.

Thank you all again for your support

John Phillips, Club Chairman



Visitors' Annual Seminar [continued from p.1]

pharmacist who could explain their medication to patients and check their needs, as well as an improved information system held in lockable cabinets to protect patients' confidentiality. Checking systems had now become a designated task and, as it was important for wards to be well organised, a daily 10.30 meeting of all ward staff had been introduced. To help with patient flow there was now also a daily meeting of critical care

and ward staff, and an operational manager to speed up discharge. Nursing staff time was now being saved by ward-based teaching whereby teachers came to the wards.

Helen said she looked forward also to working with the Club to look at any further links between staff and our visitors which might improve the patient experience.

One of these links would now be through Muneeb Yassir in his new role as co-ordinator of the ward and clinic visitor schedules.

Goodbye Fred

We are saddened to report the death of one of our members Fred Pullen, who passed away on 27th May 2019. The funeral was held at Dunham Massey crematorium on 10th June, the Ticker Club being represented by John Phillips and John Miller who passed on the Club's condolences to Fred's wife Louise.

As an ex-patient, Fred was for a number of years one of our regular Wednesday morning clinic visitors, offering support to both pre- and post-operative patients in the Heart Unit at Wythenshawe. On occasion Fred also covered ward visits for us on patient admission days.

With both patients and their families Fred had a comfortable and easy style. Both John Miller and John Phillips, who worked alongside Fred, have very fond memories of working with him, recalling, along with his serious side in discussions with patients, his wit and humour, something he also shared with the patients' families at what can be a difficult time.

Membership matters

Welcome to these new members, joining us since the last Newsletter :

2025	Linda Swann
2026	Gaynor Slater
2027	Susan Goulden
2028	Nicoletta Cabriana
2029	Ann Adams
2030	Melvyn Brooks
2031	Stephen Reid

Our thanks for joining existing members in supporting the Club in this way for the coming year.

Hazel Phillips, Membership Secretary

A Member's Tale : Manny Flores

More than 50 Wiganers took on an epic hike in aid of the charity that supported their friend in the aftermath of open-heart surgery.

The 54-strong group hiked 20km from The Moorgate Inn in Aspull to Rivington Pike and all the way back in aid of The Ticker Club, an association of ex-patients who have undergone open-heart surgery or other cardiac procedures at Wythenshawe Hospital.

The hike was the brainchild of Manny Flores, an Aspull resident who himself underwent a major open-heart operation last year. On his fund-raising page, Manny said: "It was a massive shock - it came out of the blue."

"It came about after visiting the out-of-hours GP with a sore throat, who after further examination then discovered a murmur on my heart. Following tests showed that I had a bicuspid aortic valve which was causing severe aortic regurgitation and a dilated aortic root. On February 26 2018 I underwent replacement of the aortic root and ascending aortic valve."

He added: "I decided as I lay on my bed in the critical care unit with drips and tubes sticking out of my body that I needed something to aim for and at the same time thanking all my family and friends who have been so important to my recovery."

"Over the next 12 to 18 months my aspirations will be to attempt runs over 5km



Manny Flores reaches the Rivington Pike summit

and 10km, then build myself up to a half marathon, and will then hopefully be in shape to attempt the full marathon."

Manny's sister-in-law Kelly said: "We just wanted to raise money for The Ticker Club to give back what they'd done for him. They've given him a lot of support since it happened."

"Manny has always done a lot for the community; he's always done stuff around Aspull."

She added: "It was tough, especially because we all had backpacks full of bits! But it was worth it!"

"But I don't think anyone could walk properly the day after!"

Article by Liam Souter reproduced by kind permission of Wigan Today

[Latest news is that Manny has raised a magnificent **£3,230** for the Ticker Club]

Committee meeting 11 July : Key points

It has been suggested that members would be interested to hear about the workings of the Club's committee and to learn more about its discussions and decisions. So, the committee has decided that the key points of its bi-monthly meetings will become a regular feature in our quarterly Newsletters.

- Belinda Carter took up her place after being elected at this year's AGM, and Jackie Richards and Gaynor Slater joined Martin Merriman as the committee's 3 co-opted members
- The Treasurer reported that the Club's financial position remained strong
- The Club's report for the last financial year's activities had been passed to the Charity Commission as required, well ahead of the November deadline
- Fundraising is going well, as reported to the committee by the member now responsible, David Holmes
- The Chairman, Membership Secretary and Secretary will all be stepping down from office next April, so serious

consideration needs to be given to their replacements

- The Club has agreed to purchase two further items for the Hospital, an exercise bike for patients using the cardiac physio unit at Woodhouse Park, and a dedicated new bladder scanner for patients in the Critical Care Unit
- As social activities in the Club seem set to increase, we will need a committee member to take on the role of Social Secretary
- The cardiac rehabilitation booklet 'A New Beginning', formerly known as the 'Green Book', has been substantially updated and modernised, with its replacement (now a 'Blue Book') coming into use, once again funded by the Club
- The Club's patient support visitors will now have their own 'slot' at committee meetings, with the new agenda item led by Muneeb Yassir
- All patient support visitors are to be invited once a year to attend one of the weekly Friday afternoon Patient Information meetings for pre-op cardiac patients to help keep them abreast of current practice in patient treatment.

Val's recipe

Simple Eggs Benedict for 1



Ingredients :

1. 2 eggs
2. 125g fine asparagus
3. 1tbsp olive oil
4. 1 ripe avocado
5. Ready-made hollandaise sauce
6. 1 muffin

Method :

1. Toss asparagus in oil for a few minutes, frying gently
2. Split muffin and toast cut side
3. Poach eggs in shallow pan of water
4. Cut avocado into strips
5. Top muffins with avocado slices and asparagus spears
6. Top each half with a poached egg
7. Warm 3 or 4 tbsp sauce and pour over eggs

Do you have . . .

'A Member's Tale'

. . . about your journey to joining the Ticker Club? If you would like to share your story, please send it in no more than 500 words to :

enquiries @thetickerclub.co.uk