

## Diary dates

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Ongoing restrictions imposed as a result of the coronavirus situation have led to the rescheduling, suspension or cancellation of all the Club's activities. Details will continue to be posted on the *News & Events* page of the Club's website at:

[www.thetickerclub.co.uk](http://www.thetickerclub.co.uk)

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## Annual General Meeting

(postponed from Thurs 23 April)

**Wed 4th Nov**  
**at 11.00 am**

to be held as a Zoom event  
*[details to follow]*

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## Annual Volunteers' Seminar 2020

is now cancelled until 2021

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## Members' Social Evenings

at the Stamford Arms,  
Bowdon WA14 2TW

**Postponed until further notice**

## Members joining

We'd like to welcome these new members who've joined us since the last Newsletter:

2073 William Glover  
2074 Pamela Stanworth  
2075 Stuart Alger

Our thanks to all of you for joining us and supporting the Club in this way for the coming year.

*Belinda Carter, Members Sec*

## Good friend of the Ticker Club retires



*Karen Eato*

Many of our patients at Wythenshawe Hospital who live in the Tameside area will have been diagnosed initially with cardiovascular conditions at Tameside Hospital. They will then have been operated on at Wythenshawe by a cardiovascular consultant surgeon who, for the patients' convenience, sees them pre- and post-op in clinics at Tameside.

For the past thirteen years The Ticker Club has been represented at these fortnightly clinics, this period coinciding with the tenure of **Karen Eato** as Voluntary Services Manager at Tameside Hospital who retired at the end of June this year.

The Club's patient support at the outpatients' clinics was initiated by Alan Munday and in 2007 Alan and Eruch Cavasji began giving patients the help and support we offer. John Phillips joined the team in 2011 and it is now in the capable hands of Alan Jackson and Peter Hill.

Hazel Phillips, formerly the Club's membership secretary, probably knows Karen the best as she now helps Karen in the Volunteers office at Tameside as a volunteer after many years as a full-time

employee in the Radiology Department.

Karen has been an enthusiastic facilitator and supporter of our services since our patient support was first offered at Tameside, her efficiency being illustrated by her efforts to quickly process our new applicants through the volunteer's application process - and her timely reminders when our training needs updating.

Karen helped the Ticker Club by joining a number of 'the Tickers' three years ago at one of the British Cardiovascular Society's conferences in Manchester and also, when volunteers were asked for in the training of cardiologists, by offering to go through the scanner to further this training.

Karen's support for the Ticker Club at Tameside Hospital Trust's Open Day events has been very much appreciated and, as lead governor at Tameside Hospital and chair of the Open Day event, John Phillips would wish to offer her his thanks.

A grateful Ticker Club Team will all miss Karen and we wish her a happy and, knowing her, a busy retirement.

**Alan Munday, Alan Jackson, Peter Hill, Eruch Cavasji and John Phillips**



## Belinda's super serendipity lockdown Quiz

1. In what year was the first Heart Transplant?
2. What colour is a Giraffe's tongue?
3. How many STANDARD bottles are in a Jeraboam?
4. Which of the FIVE senses uses the most brain power?
5. Which was the first UK sport to return after the coronavirus lockdown?
6. What did John Stith Pemberton invent in 1886?
7. How many hearts does an Octopus have?
8. What was the first animal in space?
9. And what was its name?
10. Which British monarch was the final ruler in 'The House of Tudor'?
11. How many children does Donald Trump have?
12. In August 1968 Soviet tanks rolled into which country?
13. Which sporting World Cup did England win for the first time in 2019?
14. In what sport did Farron Sharrock make history in December 2019?
15. Team GB won 67 medals at the Rio Olympics. How many were gold?
16. What colour is ZERO on the roulette wheel?
17. The Ticker Club was founded in 1987. Write 1987 in Roman numerals
18. In 1890 which sport did James Gibb invent?
19. How many hearts appear in a pack of cards?
20. The slang term 'MONKEY' is how much in pounds?

Bonus: Name Donald Trump's children

*[Answers on page 2]*

Charity No. 519754



# The Ticker Club

## NEWSLETTER

[www.thetickerclub.co.uk](http://www.thetickerclub.co.uk)

Autumn 2020

Founded 1987

Affiliated to the British Heart Foundation

## Ticker team

Chair :  
DAVID HOLMES



Vice  
Chair :  
MARTIN  
MERRIMAN

Secretary :  
GAYNOR SLATER



Treasurer :  
MARIE  
HOLMES

Committee members :  
BELINDA CARTER  
NAZIR CHOONARA  
JOHN MILLER  
ALAN MUNDAY  
MUNEEB YASSIR

Co-opted members :  
VICTOR HYMAN  
VERNON MARSHALL

Visitor coordinators :  
ALAN MUNDAY  
MUNEEB YASSIR

Membership :  
BELINDA CARTER

Newsletter & Media :  
JOHN MILLER



**Revised dates  
for your Diary :  
see page 4**

## Dealing with the effects of Covid-19

Since March we have all been affected by this global pandemic. Nobody could have envisaged then that we would still be under such stringent measures as we are now. As I write this, the figures for infection are rising nationally once again and most of Greater Manchester is under increased measures. All charities from the national British Heart Foundation to local ones such as our own Ticker Club are affected.

Since 23<sup>rd</sup> March, none of our volunteers have been allowed access to wards or clinics. With increasing Covid cases it may be some time before this changes. In an attempt to offset this, we are currently working with the Hospital's staff to set up 'virtual' meetings with cardiac patients, and staff will be giving out a contact number.

The staff of the critical care unit (CTCCU) are working on a video method of delivering the Friday pre-op presentations for patients and their families. John Phillips will be representing the Club as part of this initiative.



**Ken Duggan speaks at a Friday pre-op meeting**

During this time we have also not been allowed any access to our office, though from June we were able to collect the post. However, since July, the office has been used by the Hospital's staff to help them deal with the need to socially distance at

work. I apologise if any telephone messages or emails have gone unanswered during this time. We do now have extremely limited access, so we hope this problem has been resolved for the future. In the meantime all of the Club Trustees' committee meetings have been held via Zoom *[see p.3]*.

Inevitably the Club has suffered from a lack of fundraisers this year as all events such as marathons and 10Ks have been cancelled. But I must thank everyone who has made donations for the continuing work of the Club. We are unable to sell our Christmas Raffle Tickets in the Hospital this year, but tickets will be available through members or can be sent out direct by post.

We are continuing to fund our regular commitments to the Hospital - the 'New Beginning' books, Cardiac Rehab diaries and leaflets. We have purchased blood pressure monitors *[see p.2]* and will shortly be funding new information leaflets relating to a specific cardiac condition.

As a result of lockdown rules we were unable to hold our Annual General Meeting in April but this has now been rescheduled as a Zoom meeting for 4<sup>th</sup> November *[see Dates for your Diary p.4]*.

Our Volunteer Seminar, which was scheduled for May, has now been cancelled with the hope we will be able to hold what is usually an annual event in May 2021. Similarly, all our members' Social Evenings have had to be cancelled, and now, due to the 'rule of six', we have sadly had to cancel our usual December Christmas Party.

We would like to assure you that all the Club's trustees are working hard to ensure The Ticker Club continues to function as well as it possibly can under the difficult circumstances we all face.

**David Holmes**

[david.holmes.ticker@gmail.com](mailto:david.holmes.ticker@gmail.com)

**Page 2: Chairman's chat,  
and new purchases**

**Page 3: Report on 3 Zoom  
committee meetings**

**Page 4: Belinda's quiz ...  
& a friend retires**

## Donations

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

**GIFT AID :** If you are donating, have you signed for Gift Aid? If you are a tax payer, this increases your donation by 25%.

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

Donation from / for	£
R Manners-Wood	100
Paypal charity fund	140
In mem. Margaret Heap	1,855
In mem. Reginald Mee	100
Ken Donohoe	100
D Hibbert	100

Smaller donations are always recorded and are very much appreciated.

## Lottery winners

APRIL	No.
1st £50 Frank Smith	118
2nd £25 D Finney	53
3rd £13 S Clegg	120
MAY	No.
1st £50 A Forshaw	106
2nd £25 K Jerath	66
3rd £13 A Ginsberg	115
JUNE	No.
1st £50 J Atkinson	26
2nd £25 R E Noel	121
3rd £13 A Forshaw	105
JULY	No.
1st £50 B Summerfield	88
2nd £25 K Duggan	185
3rd £13 J&A McGrath	30
AUGUST	No.
1st £50 C Laithwaite	157
2nd £25 L Williams	113
3rd £13 D Mulliner	62
SEPTEMBER	No.
1st £50 C Shillito	65
2nd £25 W Mullin	198
3rd £13 L Richardson	191

## Chairman's chat

Hello again. I hope that you are all keeping well and looking after yourselves. I think we had all hoped that by now things would be getting back to normal.

It has been a time when we have had to embrace new technology - who had heard of 'Zoom' this time last year? It has been a steep learning curve for many of us. As there seems to be little chance of an open Annual General Meeting in 2020, we are going to attempt a virtual meeting via Zoom on Wednesday 4<sup>th</sup> November 2020 at 11 am. Members will receive a letter inviting you to let me know if you would like to join us. We hope it will go well and without fireworks!

We are sending out the Annual Raffle tickets to members but if you haven't had any and would like some, please let me know via the email address below. There are some lovely prizes and we have chosen them to be easily

deliverable to make it possible to get them out quickly and safely. I wouldn't like you to miss a chance to win!

Once we're into 2021, we will be looking for new committee members so, if you are interested in helping the Club to continue going forward, please let me know.

Despite us being unable to access the Hospital and having to cancel all our face-to-face meetings and events, rest assured we are still here and hope to be for many years to come. It's still a difficult time for us all and I am sure that no one finds the whole situation easy. So I would say to all of you that, if you need to chat, please do not hesitate to contact me for any reason at all on :

[david.holmes.ticker@gmail.com](mailto:david.holmes.ticker@gmail.com)

David Holmes, Club Chair



## Blood pressure monitors funded

The Cardiac Rehabilitation Team have been unable to welcome patients into the gym during the current crisis so have had to carry out their work by remote means. This made it difficult to monitor blood pressure levels in patients to assess their progress. They approached The Ticker Club for help in funding personal monitors that they could take out to patients who needed careful monitoring.

We were happy to do so and funded the purchase of four machines specified by the team in the gym as being the most suitable for home use. These will be demonstrated by the gym team and the results will be useful in keeping records for each patient.

'White coat syndrome' is acknowledged as a reason for a blood pressure increase when being taken by an authority figure such as a physiotherapist and consequently gives a potentially inaccurate set of results. Being able to take their own blood pressure at home will, hopefully, allow patients to be more at ease when taking it.

All the monitors have had a Ticker Club plaque attached so that they are identifiable and all are being carefully controlled by the gym team to ensure they do not get mislaid. We are always happy to help the Rehab team who most of you will have found extremely encouraging in your recovery and long may we be able to assist in any way we can.



### Quiz p.4 : the answers

1. 1967	1. Blue
2. Six	2. Czechoslovakia
3. Sight	3. Cricket
4. Pigeon racing	4. Darts
5. Coca Cola	5. Twenty seven
6. Three	6. Green
7. Dog	7. MCM LXXXVII
8. Laika	8. Table tennis
9. Elizabeth I	9. Eighty seven
10. £500	10. £500

## Key points from May, July & November committee meetings

Since publication of our last Newsletter, and in the absence of access to our office in the Hospital, the Club's committee has continued its work bi-monthly as usual through a series of Zoom meetings. To limit the length of such meetings, members were encouraged to share information and points for discussion beforehand. This preparation led to significantly shorter meetings - a lesson we hope to carry forward! We hope sharing the main points of meetings will continue to provide a better insight into the workings of the Club.

### Meeting Wednesday 13th May

- With the Annual Volunteers Seminar for 2020 cancelled, the date of Wed 19 May 2021 was agreed for next year, the Covid-19 situation permitting.
- The planned AGM would have to be postponed given the current situation making a 'normal' face-to-face meeting impossible. A letter to be sent to all members explaining that, in the meantime, we intend at the next meeting in July to confirm in office all officers and committee members as nominated. Members to be asked to write to the office if they disagree with this decision detailing valid reasons for their objections.
- Due to the current situation we may not be able to sell Christmas raffle tickets in the hospital as usual or to other clubs/associations during the run-up to Christmas. The only option left to us may be posting out raffle tickets to members. Prizes may also need to be in the form of vouchers.
- The income for 2020/21 is likely to be greatly reduced. The figure could be around £20,000, about half our usual amount. This potential reduction in income will be an urgent agenda item for future meetings.
- The Acting Secretary asked all officers and committee members to complete a brief Declaration Form to maintain accurate records and to update the Charity Commission website.
- Any social events are currently on hold until further notice. A weekly quiz was suggested once we could get access to the office.
- The Acting Chair thanked Alan Munday and other members who contributed to the Training Guide for Volunteer Ward and Clinic Visitors, an excellent and invaluable document for all new volunteers as well as current members not undertaking ward visits.
- The Volunteer Co-ordinator said current restrictions meant he hadn't had the usual level of correspondence. But there are currently 8 applicants for volunteering roles at various stages of the 'volunteer process'.
- Alan Munday had presented a Patient Representation report, said by members to be informative and useful. Alan expanded on point 4, outlining that hospital staff were finding difficulties in relation to the size and complexity of MFT which meant all aspects

of the business were taking longer to process and action.

John Phillips had emailed that day saying that, due to Covid-19, the Heart Support Group Reaffiliation 2020 has automatically been extended until 4 July 2021. He has kindly agreed to continue as Lead Contact for the Club.

### Meeting Wednesday 15th July

- The Chair said a comprehensive review of the volunteer structure (roles and responsibilities) is currently taking place across the Trust. He had submitted all Club policies, procedures and documentation last week.
- Newly appointed officers and members of the executive committee, together with their roles, were confirmed [see p.1 of this Newsletter].
- Very little income has been received in the form of donations and there were currently no planned fundraising events to generate new income.
- The Lottery had now been drawn, up to and including July 2020.
- Due to the current situation, the committee will be sending out two books of Christmas raffle tickets to all members, together with an accompanying letter and the next Newsletter currently planned for September. The 1st prize to be a £100 voucher and the 2nd prize a £50 voucher.
- No Friday afternoon pre-op meetings are currently taking place in the heart department. Information and paperwork is being passed on to all patients who will also be given a Club contact number to talk to a volunteer about any concerns they have.
- Currently (2nd week) there are 10 elective operations a week taking place at Wythenshawe. This may increase. As to whether Friday pre-op meetings can go ahead by Zoom, a letter will be sent out to all future patients. So far the Club has had 15 calls/enquiries from patients. An email has been sent to all volunteer visitors to update them and keep in touch.
- Concern was expressed that more positive and structured steps need to be taken to keep the Club going. For example, it was difficult to develop a relationship with a patient over the phone. A member of committee suggested a strategy to liaise with patients via Zoom.

- The Club was hoping to obtain more information on the state of play regarding volunteers across the Trust.
- Hospital funding requests: the Club has funded a series of patient information leaflets and purchased 4 home use blood pressure machines [see p.2].

### Meeting Wednesday 9th September

- **Rescheduled AGM** on Wed 4 Nov to be held as a Zoom meeting. Members will need to respond to a letter inviting them to 'attend' a short meeting to accept minutes of the 2019 AGM, the Annual Report (now on the website), current accounts, ratify new committee and appoint external examiner for financial year. Questions to be submitted in advance.
- **AGM 2021:** 22 April 2021 Cresta Court
- **Friday pre-op meetings:** MFT are developing an online presentation to replace these face-to-face seminars. John Phillips will represent the Club.
- The Treasurer reminded committee that we are relying on membership fees to balance the books as there are no planned sponsorship events. We must be mindful of spending to ensure we have sufficient funds to cover our ongoing commitments.
- **Christmas Raffle 2020** will be drawn on 10 Dec. (Previous lottery winner Frank Smith still can't be traced).
- **New Patient Information Leaflets:** Cardiac Echo Department Laura Dobson's leaflets now authorised by the Trust and in the process of being illustrated. Requested that Club's logo to show our support go on the back and not on the front of the leaflet.
- **Inpatient Support:** There is currently no volunteer access, meaning no clinic or ward visits. An option for this to happen virtually is being actioned by a committee member. Once a way forward is established a leaflet will be produced to inform patients and relatives of what we will be doing.
- **MFT** are in the process of 'rolling out' a new policy for all volunteers in line with government advice. The Committee are in the process of looking at how this will impact on the Club.