

## Diary dates

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Ongoing Covid-19 restrictions are of course still causing the rescheduling, suspension or cancellation of Club activities. Updates will 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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### AGM 2021

We hope to re-schedule this shortly as a face-to-face event

*[date to follow]*

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### Annual Volunteers' Seminar 2021

remains dependent on access to the Hospital *[date to follow]*

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### Members' Social Evenings

at The Stamford,  
Bowdon WA14 2TW  
will hopefully resume shortly

## Belinda's animal quiz

- 1 What is a whale's leap out of the water called ?
- 2 A koala is not a bear. What type of animal is it ?
- 3 What is the name of an otter's home ?
- 4 How many wings does a bee have ?
- 5 How many toes on each hoof does a rhino have ?
- 6 How many toes in total does a wolf have ?
- 7 What is the largest snake in the world by weight ?
- 8 What is the opposite of nocturnal ?
- 9 Which animal is key to the legend of the origin of the Roman civilisation ?
- 10 What name is given to a baby crocodile ?

*[Answers on page 2]*

## Supporting advanced cardiac research

The Ticker Club's volunteers are mainly identified by their patient support on the wards, in the clinics and through their fundraising activities. But, not infrequently, members put themselves forward to help with projects that draw on their accumulated life skills. One good example is our former Club secretary Ken Duggan.

### Post surgery complications

Over the last 4 years the IRIS research group at Wythenshawe Hospital, funded by the BHF, has been examining several post-cardiac surgery complications, principally atrial fibrillation and kidney injury arising among a small but significant number of post-op patients. This work required the gathering of detailed computerised data on all Wythenshawe Cardiac Centre's cardiac surgery patients. To comply with GDPR legislation, all information that could identify individual patients was removed and patients were asked to provide informed consent where extra data outside of routine clinical care was required.

### Invited to join

Our former secretary Ken Duggan was invited to join a small team overseeing this activity, his role being to examine patient interests at each stage of the process. Ken's career background had included working in and running a number of European and global systems evolutions that had many parallels with this work, and equipped him well to contribute to the team.

First of all the majority of patients who had not experienced these complications needed to be filtered out by newly-developed software systems, leaving only those with complications relevant to the study. After much evaluation the results were summarised, allowing for complications such as atrial fibrillation and kidney injury to be better foreseen in patients likely to suffer them. These could then be avoided by simple techniques during and after the operation, greatly helping patient recovery.

As IRIS evolved, a huge database of cardiac patients from Wythenshawe and elsewhere was compiled, and it became apparent that many other surgical complications might be addressed in the same way. It became clear that the database compiled by IRIS was to be the foundation for many research studies over coming years.

With patient confidentiality and GDPR legislation in mind, and with many hospitals offering to contribute data, it was clear this database needed to be carefully managed and controlled. And with other cardiac and related complications now being evaluated in ways similar to those used by IRIS, other research teams were asking to have access to the database as the core of their research.

### Evaluating access

So, protocols were developed and checked for legal compliance to help manage this activity. A small committee, named NCORR (North-West Clinical Outcomes Research Registry), of medical and technical experts was gathered to manage the process of evaluating requests for access to the data. It was to be chaired by Stuart Grant, clinical lecturer in cardiothoracic surgery at the University of Manchester.

### Ensuring data securely handled

Once again, the Ticker Club was to play its part, with Ken Duggan being invited to join this new committee from the beginning. They were to ensure that patient data would be correctly and securely handled, and that there were no patient or technical issues with the data being licenced for use by other researchers. The database has now received full ethical approval from the NHS ethics committee.

With new studies approaching NCORR regularly, both to contribute to and use data from the database, it is becoming apparent that patient interests are being enhanced greatly by this whole programme. The Ticker Club is proud to have been able to contribute to this work.



Ken Duggan



Stuart Grant

Charity No. 519754



# The Ticker Club

## NEWSLETTER

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

Spring 2021

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  
MUNEEB YASSIR

Co-opted members :  
VICTOR HYMAN  
VERNON MARSHALL

Visitor coordinator :  
MUNEEB YASSIR

Membership :  
BELINDA CARTER  
Newsletter & Media :  
JOHN MILLER



**Future Dates :**  
**For provisional**  
**arrangements**  
**see page 4**

## Patient support in difficult times

Welcome to the Spring edition of your Newsletter where, along with the greenery in parks and gardens, the situation is beginning to look a little more positive for everyone and everything. Without being too optimistic, it seems we can look forward to better times ahead.

### Club visitor contact

As a Club we have been fortunate that the initiatives we took to make people available for support conversations have proved useful, and we have seen an increase in contact from patients. Investing in more technology, the Club now has its own Zoom account and a dedicated mobile phone for direct contact with our ward and clinic visitor team. If you, or anyone you know of, have concerns of a non-medical nature either before or after cardiac surgery, the number to ring is **07395 071479**.

It has been a long road to recovery but, as we have seen, people are more than eager to get back to a degree of normality. Your Ticker Club goes on and benefits from a willingness by all our members to be involved in whatever way they are able.

### Adaptable to change

It is still not possible to access our office in the Hospital, so we are having to work from various private homes. But that has not prevented us from moving forward, confident that the Club will be stronger for being adaptable to change and being able to cope through more difficult times.

### Taking a role

Looking forward to the next stages of development, there is a need once again to ask members to consider taking a role within the organisation to ensure that it can continue to go forward. With new committee members, different ideas will be realised. The current and previous committees have carried out some wonderful work and

have built the Club into a well-respected charity within the Cardiac Unit at Wythenshawe, but to continue to grow we need to evolve and to do so will need new ideas and committed people. Should you be one of those who would like to become involved and need more details, please contact David Holmes on 07872 312205.

### Face-to-face AGM hopes

Whilst we have as yet been unable to set a new date for the AGM 2021, we are hopeful we will be able to hold a face-to-face meeting a little later in the year. Every member will be welcome to attend. Notice of the date will be sent out in due course.

## Fritz Fitton and his art



### St Chad's parish church, Saddleworth

Having survived a car crash resulting from a blackout, Saddleworth artist and graphic designer Fritz Fitton went on to make a full recovery after a quadruple bypass at Wythenshawe Hospital.

In gratitude for the support he received from our visitors, Fritz will be donating to the Ticker Club from sales of his ink and watercolour artwork, beautifully conveying the atmosphere of Saddleworth, the area where he lives. More of his work can be seen at : [fritzfittonart.com](http://fritzfittonart.com).

*More on this story in next Newsletter*

**Page 2: Chairman's chat, and help with fundraising**

**Page 3: Committee meeting & sad goodbyes**

**Page 4: Supporting cardiac research . . & Belinda's quiz**

## 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 January to April are shown below :

Donation from / for	£
In mem. of June Gowing	100
Stuart Ogden	100
via Paypal	150
Brian Summerfield	100
In mem. of Alan Williams	192
In mem. of Alan Baldwin	935

Smaller donations are always recorded and are very much appreciated.

## Lottery winners

JANUARY	No.
1st £50 F Tomlin	3
2nd £25 S Powell	151
3rd £13 R Mannia	82
FEBRUARY	No.
1st £50 L Swann	133
2nd £25 R Seddon	52
3rd £13 J Lewis	164
MARCH	No.
1st £50 D Latham	173
2nd £25 B Doward	192
3rd £13 R E Noel	122

## Animal quiz p.4 : answers

1. Breathing
2. Marsupial
3. Holt
4. 4
5. 3
6. 18 (5 fore, 4 rear)
7. Green anaconda
8. Diurnal
9. Wolf
10. Hatching

## Chairman's chat

The news we hear is becoming more positive day by day as lockdown is eased. The vaccination programme has had a good effect on controlling the virus and the signs for the rest of 2021 are encouraging.

Like most of us, I have had my second vaccination and I hope there were few if any ill effects for anyone. I'm particularly looking forward to being able to fully resume our activities within the Hospital. We are keen to re-engage with patients and their families to provide support. This year all of us have repeatedly been asked to be cautious in all our actions and I'm sure none of us would like to feel we are breaching the guidelines, though an occasional bending may have occurred - none of us are perfect!

We are always interested to hear from members who feel that they want to give something back and are willing to join our cohort of volunteers. There are several ways in which anyone can become involved as we need an admin team to keep the whole operation on track, as well as ward and clinic visitors who form the core of our support function. The Hospital is beginning to open its doors to people who wish to undertake the volunteer process and if you feel ready please

contact me on 07872 312205 and I will pass your details to our coordinators Muneeb Yassir and Martin Merriman. They will be glad to give you more information and assist you through the process of registering with the Hospital.



Though I may not be planning to travel abroad as yet, I do feel positive for our future. I look forward for example to having an Annual General Meeting this year with people rather than faces on a computer. Everyone will get an invitation and I would like to see as many as possible there when the time comes.

Finally, please continue to be careful and remain safe, and I look forward to seeing as many of you as possible once we are able to revive our Social Meetings after being suspended for a second time. If you'd like to be involved, Belinda Carter will welcome hearing from you at [enquiries@thetickerclub.co.uk](mailto:enquiries@thetickerclub.co.uk).

And remember, if you feel the need to speak to anyone, I would encourage you to contact me direct by e-mail on : [david.holmes.ticker@gmail.com](mailto:david.holmes.ticker@gmail.com)

**David Holmes, Club Chair**

## Fundraising : How can I help?

**I'm sure there are times when you ask yourself that question as a Club member and an ex-patient of the Cardiac Unit.**

Perhaps the simplest answer is that you can easily donate through :

### Virgin moneygiving

where there is a Ticker Club page. The money is sent direct to our bank and we are notified of the donor's details. If you prefer, you can :

### Pay straight into our bank account

Please get in touch and we will give you our details. Or perhaps the most straightforward method if you have a cheque book, you can :

### Post your donation

to the Club office at Wythenshawe Hospital and we will pay it into the bank ourselves.

We are also registered with :

### PayPal

They will accept donations on our behalf. But they don't tell us who donations come from, so we would not be able to thank you personally.

For those of you who buy items online from Amazon, please register via :

### Amazon Smile

identifying The Ticker Club as your preferred charity. We will then receive a small percentage of your spend at no extra cost to you. So, over the year, as you buy for birthdays, Christmas or festivals, you will help us gather funds.

### Sponsored walks and runs

are another way to support the Club. I'm not suggesting we all don our trainers, but you may know of someone who is keen to run for a charity but is unsure which one to choose. Don't be afraid to nominate The Ticker Club and we will provide sponsor forms and T-shirts suitably emblazoned with our logo and name at no cost to participants.

All of these methods contribute to our funds and enable us to continue our work at Wythenshawe Hospital. For any further details of how to help, please contact me on 07872 312205, or check the *How can you help?* page on our website: [thetickerclub.co.uk](http://thetickerclub.co.uk).

**David Holmes**

## Key points from March committee meeting

With access to our office in the Hospital still limited, committee meetings have continued bi-monthly on Zoom. To limit the length of meetings, members share information and points for discussion beforehand. In making meetings more compact in length than formerly, the benefits of preparation have been apparent. We hope sharing the main points of meetings will continue to provide a better insight into the workings of the Club.

### Meeting Wednesday 10th March

- In the near future anyone wishing to return in a volunteering capacity will have to go through a 'clearance procedure'. Details are sparse at present but it is anticipated all volunteers will have a first 'face to face' meeting involving attending a fire safety seminar. The second 'face to face' meeting will be about returning to volunteering though we have no details yet. Volunteers will have to complete documentation at these meetings including risk assessments.
- Tehreem Ashraf will keep donating to the Club until she has effectively purchased a sky light window in the recovery room. This was her saviour whilst she was recovering in hospital.
- The Ticker Club are registered with Amazon Smile. This needs to be maximised as we get a percentage of what is bought.

- To date there are 409 fully paid-up Ticker Club members.
- The Friday afternoon patient video presentation is still 'on hold'. The Trust are saying that it is too lengthy but have not given any detail or time-scales when it will 'go live'. This is impacting on patients as they are not getting a service.
- A car treasure hunt has been proposed. A 'bubble' in the car is permitted within Covid regulations. Cost suggestion : £10 per car. More research is being undertaken on this and information will follow.
- A Zoom meeting has been suggested for all ward volunteers. The Chair will attend the meeting and outline the current situation with the Trust and recent events/activities.
- The Club is in the process of purchasing a mobile phone. The number can

be put on our leaflets [also see p.1]. Calls and messages can then be accessed easily from anywhere. This will enable volunteers to keep in contact with patients and support them.

- The Ticker Club is going to strengthen its relationship and involvement with the BHF. One of the major benefits of being affiliated to the BHF is public liability cover for our visitors. It also enables the Club to network with other heart support groups.
- The Ticker Club Annual Report for 2020/21 has now been finalised and is ready to be 'signed off' by all parties and loaded on to the Charity Commission website.
- The Chair has contacted the Volunteer Governor, David Brown, who will be coming to talk to the Ticker Club as soon as we can use our own office again.

**Gaynor Slater**



## New members joining

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

- 2077 Stuart Starkey
- 2078 Kevin Morgan & partner
- 2079 Shaheen Naz & partner
- 2080 Ruth Booth
- 2081 Iain Drew Taylor
- 2082 John Hinkley

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

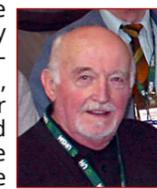
**Belinda Carter, Membership Sec.**

## Our goodbyes to two dedicated volunteers

We share with you the sad news of the passing of two members of our dedicated ward visitor team, **Alan Baldwin** at the age of 85 and **Joe Travers** aged 87. They have between them 23 years of supporting Wythenshawe's cardiac patients, offering help and guidance from their own experience as patients. I had occasion to work with both Alan and Joe and saw how both were welcomed by the patients they supported and by the staff on the cardiac unit.

**Alan** joined us following heart surgery in November 2014 and became a post-op ward visitor on the Friday morning team, mainly speaking to patients recovering from surgery. Living in Lowton near Warrington, Alan also covered on occasion the Wigan Hospital cardiac outpatient's clinic at the Thomas Linacre Centre, meeting with both pre-op and post-op patients of Mr Kadir. Alan enjoyed life to the full, one of his passions being his membership of his local church choir where his wife Joan was the organist and choir director. This did require some considerable travelling around the UK, much of which was

organised by Alan as well as singing in the many events.



**Joe** joined in April 2005 and became a pre-op ward visitor, covering Monday afternoons speaking to patients coming in for surgery the following day. Joe and his partner Norma were also very well travelled over the years; he always seemed to have just returned from far away destinations and was planning the next one. It was always interesting to hear of his travel experiences.

Both always attended our Annual Volunteers' Seminar and also came along to our Christmas draw events, showing a real keenness to support the Club in every way. Both are good illustrations of longevity following heart operations.

Chair David Holmes was able to attend Joe's funeral, but current restrictions meant no-one was able to represent the Club at Alan's funeral. We pass our condolences to Alan's wife Joan and to their son Michael and daughter Alison, and to Joe's partner Norma and his family at this time of their loss. **John Phillips**