

### ◆ Subscriptions

Club subscriptions are  
**£10.00**  
per annum per member  
(patient & partner £20.00)

**Full membership** is open to all diagnosed as having a heart problem, to their families, and to all who support the Club's aims.

**New members** joining in the first 6 months of the calendar year are granted membership to 30th June of the following year.

**Welcome to :**

- Marion Kennerley
- Barry Smith
- David Wrigley
- Neville Bennett
- Lesley Irvine
- Edward Greenall
- May Johnson
- Reginald Hill

**Eileen Bate**



## FUNDRAISING NEWS

**Ticker Club joins**



To make it easier for generous and enterprising individuals to raise money on the Club's behalf, the Club has joined JustGiving, an organisation receiving and processing donations for member charities and reclaiming Gift Aid on their behalf. Funds received are paid directly into the charity's bank account, only a small fee being charged for the service.

Fundraisers can also set up their own pages on the JustGiving website where friends and family can

donate and post messages of support. Individuals too should find it much easier to donate direct to the Club without the need for writing and posting cheques which we all know are being phased out.

Our two fundraisers below, Andrew Sidley and the Cooper family, already have pages on JustGiving.

Take a look and give them your support at :

**[www.justgiving.com/tickerclub](http://www.justgiving.com/tickerclub)**

**A**fter recovering well from his triple bypass at Wythenshawe **Ian Cooper** decided to say thank you through The Ticker Club after daughter Caroline [below left] persuaded the entire family to get in training for the Great Manchester Run on 16th May.



Great Manchester Run May 2010  
TARGET £1,000

**A**nd on 31st May **Andrew Sidley** will be competing in the Ironman triathlon in Florianopolis, Brazil. 'For those who don't know how rock-hard I am,' he says, 'the Ironman involves a 2½ mile swim, a 112 mile bike ride, followed by a 26 mile run, all within 17 hours.' All we can say is: Good luck Andrew!



Brazil Ironman Triathlon May 2010  
TARGET £1,000

## EVENTS NEWS

**O**ur 6th Charity Golf Day at Alsager Golf & Country Club takes place on Wed 12<sup>th</sup> May.

**Teams** will as usual consist of **4** players, the total team entry fee being **£100.00 (mixed teams and ladies teams most welcome)**.

With 18 holes of golf in Stableford format, the best two scores will count on holes 1 to 16 and all four scores on holes 17 and 18. There will be many further prizes on offer. And you can practice your put before your round in a rerun of our very successful putting competition.

Team entry fee will include a bacon roll and coffee on arrival and lunch following the game. Tee times available 09.15 am - 12.15 pm.

**Entry forms : Please ring the Club office or Alan Imire at Alsager Golf Club. Limited entry - book early!**

The **ANNUAL GENERAL MEETING** of **THE TICKER CLUB** will take place this year at 8.00 pm on **Thursday 8th April 2010** at The Railway Inn, Hale.

In advance of the meeting copies of the Annual Report & Statement of Accounts will be sent to all members.

**A nomination form** to be returned by Friday 26th March is enclosed with this Newsletter. Club members are invited to nominate other members for election to the posts listed.

- **Chair & Secretary : each to serve for TWO years**
- **Vice Chair** (due to resignation) : **to serve for ONE year**  
[The Treasurer was elected for a 2-year period in April 09]

• **5 committee members : to serve for ONE year**  
**Voting will be by a secret ballot of fully paid-up members present at the Annual General Meeting on 8th April 2010.**

Charity No. 519754



Founded 1987

# THE TICKER CLUB

## NEWSLETTER

[www.uhsm.nhs.uk/patients/tickerclub](http://www.uhsm.nhs.uk/patients/tickerclub)

Spring 2010

Affiliated to the British Heart Foundation

### Ticker team

Committee members for the Club year 2009-10 are



Chair :  
JOHN BIRKS

Vice Chair :

JOHN BASKERVILLE



Secretary :  
CLIFF CLINKARD

Treasurer :

VAL SHILLITO



Committee members :

EILEEN BATE  
ROGER CLEGG  
SUE CLINKARD  
DAVID COOPER  
JOHN MILLER

Co-opted members :

JUDY COOMBES  
JOHN PHILLIPS  
JIM SHILLITO

Ward visitors coordinator :

CLIFF CLINKARD

Membership :

EILEEN BATE

Newsletter & Media :

JOHN MILLER



## BEATING THE DRUM

### Ticker team joins BHF Lobby Day

**A** strong team from the Club travelled to London on 3rd February to take part in a parliamentary lobby day organised by the British Heart Foundation.

#### Priority

February was National Heart Month and Club secretary Cliff Clinkard, together with John Phillips and John Miller, travelled to London to help remind MPs that heart disease is still the UK's biggest killer and press them to ensure that tackling this problem remains a priority for decision-makers.

#### Briefings

In a formidable display of its organising skills the BHF supplied advance material to help lobbying groups and individuals to contact their MPs and briefings on the day to ensure those attending made the most of the opportunity.

Advance contact had established that Club joint president Paul Goggins, MP for Wythenshawe & Sale East, was of course very supportive of the issues and would be happy to meet us. But unfortunately his duties as Northern Ireland minister kept him in Belfast that day, though a meeting in the constituency is



**ON THE BEAT : The team meet Ticker Club member Ian McCartney MP [centre] during the Westminster Lobby Day**

### Chairman's message

◆ *John Birks writes :*

Hello everyone! It's now coming to the end of my year as Chairman having stepped in for Jim Shillito's 2<sup>nd</sup> year after his resignation for health reasons. At the AGM in April the post of Chairman is one of those up for re-election and nomination forms are included with this Newsletter. Also up for re-election is the post of Secretary and, because of John Baskerville's resignation on health grounds, the post of Vice Chairman for one year. There will be a vote at the AGM for each of these posts where there is more than one nomination, so this could very well be my last Chairman's Chat!

The AGM is on the 2<sup>nd</sup> Thursday in April, that's the 8<sup>th</sup> at 8 pm, at our usual venue The Railway Inn, Hale, and we hope to see as many members attending as possible.

I feel that it's been a good year for The Ticker Club and I have enjoyed my part as Chairman. During the year we have added patient support in the outpatient clinics and this is going well although more volunteers would  
*(Continued on page 2)*

### Contents . . .

- ◆ **Another Lobby Day picture . . plus Join Your Hospital Page 2**
- ◆ **Hotpot supper, Draw winners . . & where the money goes Page 3**
- ◆ **Fundraising departures, Charity Golf . . . & the AGM Page 4**

## ◆ Donations



Thanks for all your donations, large and small, whether from individual members, from non-members, or supportive organisations.

Donations received during December & January totalled :

**£2,924.00**

*Special thanks to these donors of £100 plus :*

**Mr D BARRATT  
£250**

**GMPT  
£380**

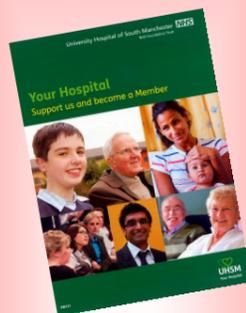
**CHRIS RONNIE [see p.3]  
£2,000**

**Mrs L BRIGGS  
£240**

*Smaller donations are all individually recorded and very much appreciated.*



**Support your Hospital by becoming a member . . .**



Fill in the form in the enclosed leaflet and join the 5,000 patients, carers and members of the local community who already share in the work of **Your Hospital**.

**For more information  
RING : 0161-291 2357**

## Westminster lobby (contd)

(Continued from page 1)

### Priority

Also in the team's sights was Ian McCartney, MP for Makerfield and former chairman of the Labour Party, a Ticker Club member after heart surgery at Wythenshawe. After speaking to the 100 or so assembled lobbyists at the welcome briefing, Ian accompanied the Club team across to the Houses of Parliament where

further meetings with MPs were to take place.

There Cliff Clinkard had arranged to meet his own representative Mark Hunter, MP for Cheadle. Mark demonstrated his support by putting his name to the BHF's declaration of support for the tackling of heart disease [see below] and spent some time with the Club team, emphasising the genuine impact made by taking part in such events.



**SIGNED UP :** Mark Hunter MP for Cheadle (R) signed the BHF's declaration on Heart Health issues for constituent and Club Secretary Cliff Clinkard during the Westminster Lobby Day

(Continued from page 1)

### The Chairman writes

help us make this more effective. Patient support in the wards continues to work well - it's a good feeling when you help a patient about to undergo surgery or help give advice on their recovery after the operation. Again, if you feel you could join our team of visitors, please contact Cliff Clinkard.

Membership continues to rise slightly but it's disappointing that we do not seem to increase our numbers as much as we would like. Per-

haps our presence in the clinics will help raise the profile, though of course our visits are first and foremost to provide patient support.

On the fundraising side we have also done extremely well during the year from subscriptions, donations and fundraising activities. Judy Coombes, directorate manager of the Heart and Lung Division, presented quite a large wish list for equipment to the last Committee Meeting and a number of items were approved for purchase by the Club [see p.3]. This,

## Dates for your diary

### Members' get-togethers

on 2nd Thursday of every month at

**The Railway Inn,  
Ashley Road, Hale  
WA14 2UN**

at 7.30 for 8.00 pm

**Enjoy a drink, a chat  
& all the news**

**FREE well-lit station car  
park opposite**

**NEW!** Light refreshments now a regular feature

**Thursday 11 March**  
[to be announced]

**Thurs 8 April**  
**Ticker Club AGM**

**Thursday 13 May**  
[to be announced]

**Next committee :**  
**Thursday 18 March**  
in the Club office

**FUTURE EVENTS**  
**CHARITY GOLF DAY**

**Wednesday 12 May**  
at Alsager Golf Club

[see p.4]

## Where the money goes

### Response to latest 'wish list'

At its January meeting the Club committee considered a substantial new wish list from the Hospital and agreed to fund :

**4 syringe pumps** for critical care unit for ongoing drug delivery **£6,000**

**Ultrasound machine** to provide catheter guidance in CT theatres **£14,000**

**3D software** to provide high quality images of existing grafts in repeat CABG patients **£12,500**

**Endoscopic vein harvester**, minimally invasive in removing leg veins for artery grafts, resulting in reduced scarring & faster healing **£36,000** [subject to receipt of £30,000 legacy]

Agreement has also been given to Fiona Green's request that the Club fund the revised 2010 edition of **'A New Beginning'**, the invaluable handbook for post-op patients.

### Grand Easter Draw

Yes, we know it doesn't seem 5 minutes since we were pressing Christmas Draw tickets on you and here with this Newsletter come another 2 books for our Easter Draw.

But, in addition to the wonderful £30,000 legacy we are expecting, we need another £6,000 to pay for the huge benefits of the **vein harvester** [see left] to those having bypass artery grafts. We hope you will help!

**First prize** is a 36"-high china doll, beautifully hand-dressed by the late May Lowe who, with husband Horace, donated £10,000 to our NW Heart Centre Appeal in 2005.

**Second prize** is a luxury hamper featuring an array of interesting bottles and mouth-watering chocolates.

The draw will take place at the members' get together at the Railway Inn, Hale on Thursday 13th May.

**A Member's Tale  
returns next time**

## Hotpot Supper & Christmas Draw

Once again a full house enjoyed the annual Hotpot Supper on 10th December when the **Christmas Draw** raised a magnificent **£3,070**. The Club funded the 1st prize of a **champagne hot air balloon flight** and special thanks go to donors of the remaining prizes.

Prize	Donated by	Winner
1. Hot air balloon flight for 2	Ticker Club	Mrs Deakin
2. Christmas hamper	ASDA Wigan*	Brian Elliott
3. Christmas hamper	ASDA Wigan*	Mr Corps
4. Christmas hamper	ASDA Wigan*	Jim Murphy
5. Bottle champagne	Kevin Heap	Nicholas Imrie
6. £20 M&S gift card	Sue & Cliff Clinkard	Mrs Deakin
7. £20 voucher	Val & Jim Shillito	J Kelly
8. Chocolate hamper	ASDA Wigan*	Joseph Rojas
9. £20 voucher	Hazel & John Phillips	Mr McDougall
10. £20 voucher	Ticker Club	L Holland

[\* thanks to Bill Sullivan]

**Name the Bear** raised **£100** and was won by Chris Ronnie [2nd L] who bought 20 of the 100 £1 tickets and then produced the greatest surprise of the evening by donating a further **£2,000!** Thank you, Chris.

And another bonus - the new Club **Christmas Cards** were very well received, raising a total of **£1,200**, nearly double last year's figure.



## ◆ Val's recipe

### Golden spiced chicken

Ingredients :

- 6 chicken breasts
- 1 tbsn seville orange marmalade
- ½ tablespoon honey
- 3 tablespoons olive oil
- 2 onions sliced
- 1 tablespoon curry powder
- 2 tablespoons brandy
- ½ pint double cream
- 1 tablespoon mango chutney
- 1 tablespoon chopped parsley
- Salt & pepper

Method :

1. Toss chicken breasts in honey & marmalade (divide in 2 if large)
2. Heat oil in large pan, brown chicken in batches & remove
3. Fry sliced onions for 10 minutes until softened
4. Sprinkle in the curry powder & brandy, stir and mix in cream
5. Return chicken to pan and simmer for 5 - 10 minutes
6. Stir in mango chutney & parsley
7. Serve with rice & warm pitta bread

## LOTTERY PRIZE DRAW

December winners :

- 1st : **D S Ryder** **£42.60**  
(30% of month's total fund)
- 2nd : **Colin Cooper** **£21.30**  
(15% of month's total fund)
- 3rd : **M Court** **£14.20**  
(10% of month's total fund)

January winners :

- 1st : **M A Wright** **£42.60**
- 2nd : **Chris Laithwaite** **£21.30**
- 3rd : **Cliff Clinkard** **£14.20**

February winners :

- 1st : **Cliff Clinkard** **£42.60**
- 2nd : **D Norris** **£21.30**
- 3rd : **Roger Spensley** **£14.20**

**MARCH, APRIL & MAY WINNERS  
IN THE SUMMER NEWSLETTER**