

Val's recipe LAMB TAGINE

Ingredients

- 800 grms Lamb neck fillet in 1.5 cm slices
- 1 Red onion chopped & 2 Garlic cloves chopped
- 2.5 cm piece Ginger grated
- 1 Teaspoon Cumin seeds – crushed ready ground OK
- 2 Teaspoons Coriander seeds – crushed ready ground OK
- 0.5 Teaspoon Tumeric & 1 Teaspoon dried Chilli flakes
- 1 Cinnamon stick
- 700ml Chicken stock
- 2 chopped Carrots & 2 chopped Celery stalks
- 1 Tablespoon Tomato puree
- 2 ozs bright green pitted Olives, chopped flat leaf Parsley, Lemon juice

Method

1. Using a saucepan, brown the meat in oil – remove and keep
2. Cook Onion in same pan - after 6 mins add Garlic & Ginger, cook for 3 mins
3. Add all Spices , cook for 3 mins stirring
4. Add Vegetables and cook for 5 mins stirring
5. Add stock and Tomato puree
6. Put Meat back , stir and simmer for about 2 hours until Lamb is tender
7. Stir in the olives, lemon juice and seasoning
8. Stir for 2 mins, stir in Parsley and serve

10th Ticker Club Charity Golf Day at Chorlton-cum-Hardy Golf Club

This year's Autumn Charity Golf Day was held at the usual venue of Chorlton-cum-Hardy Golf Club on Friday 12th October 2012. The weather had been terrible prior to the day, with many local golf courses closed or flooded. Despite there being much water on the course, the event took place and our apologies go out to all those taking part for the poor conditions. But we are made of strong stuff us Northerners and did not allow it to deter our efforts to master the little white monster (Golf ball) providing we could find it when it plugged or if it went into the flooded areas of the course (there was a reported sighting of Noah's Ark). 22 - four person teams took part in the event sustained by Bacon Rolls and hot drinks prior to the round and an excellent 2 course meal of Soup, followed by Steak and Ale pie after the golf. Some tots of whisky were also provided at the refreshment tent funded by BEST, our usual sponsors (served by Sue Clinkard despite the rain).



The winners from BEST



Runners up MYRIAD

The Ticker Club Trophy was eventually won by the team from sponsors BEST (captained by their Managing Director Dave Roberts) who have been winners in previous years. They received as their prize, a round of golf for 4 at the Marriott Worsley Park Golf Club (kindly donated by the Golf Club) including a meal voucher.

Runners up were MYRIAD from Chorlton (captain Brian Cullinane) who received a round of golf for 4 at Didsbury Golf Club (kindly donated by the Golf Club) including Bacon Rolls and coffee.

The "BEST" team name prize went to "DIDSBUY DUDES" captain Jeff Corry.

1st Prize in the raffle was donated by Paula and Graham Smith, a 2 night break at their "LINGMOOR" Guest House in Windermere, which saw a record £460 taken thanks to Jan Dennell's forceful ticket selling.

Thanks also to our non playing helpers who were kept very busy throughout the day, Val and Jim Shillito, Sue Clinkard, and our friends Jan & Rick Dennell.

Special thanks must go to the main sponsor for the Charity day, for the 8th year, Brooke Edgley Specialist Technical Services (BEST) who paid for many of the prizes. We also received some sponsorship from Bourntex Plasterers, Bournemouth and Sheffield Insulation thanks to Sue Clinkard's sister, Dee.

Thanks to all the intrepid golfers who took part in our Charity event resulting with the total amount raised on the Golf Day of a magnificent £1,800 which all goes to improving Cardiac patient facilities at The North West Heart Centre at Wythenshawe Hospital.



Brian Cullinane from the Myriad team surprised his team mates by holing in one on the Par 3 10th hole. (sorry Brian , no cars on offer).

Chairman's New Year Message

Well, here we are into 2013, let me wish you all a very happy and healthy New Year. Last year absolutely flew by, I guess because we had a busy year Ticker Club wise.

2012 for The Ticker Clubs 25th year was a great success: we were awarded Volunteer Team of the Year from the hospital and we reached the landmark fundraising amount of £1 million since our formation as a club in 1987.

I want to thank you all for the support that you gave in that special year for the club.

We continue with our fund raising for the hospital and I can advise you we now have a dedicated Fund raising sub-committee, this is Chaired by the Club's Vice Chairman Martin Merriman. The sub-committee all worked hard to organise this year's Christmas Draw for us with the income exceeding any previous years, I want to thank all of you who bought and also those who sold tickets for the event. I know that in 2013 your fundraising committee has a number of events planned, so keep your eyes open for dates in the coming Newsletters.

It was lovely to see many of you throughout the year at the clubs various meetings and social dates. As ever we look to continue to build on the clubs solid foundation again this year.

We go from strength to strength with our patient support. We now form part of the established support group, who meet patients and their families on the Patient Information Day in the Cardio Thoracic Critical Care Unit (C.T.C.U). This weekly seminar comprises the CTCCU Team, the F6 Ward Manager, The Physiotherapy Team and The Cardiac Rehabilitation Team. This seminar is held every Friday afternoon to support patients (and their families), coming in for surgery the following week.

We were able to give support to patients over the Christmas period as the pace on the cardiac unit does not slow down and patients were coming in every day onto the unit.

We also continue to represent patients both inside and outside the hospital at various seminars and meetings and we also continue to liaise with other patient support groups.

I look forward to meeting you at one of our monthly Members meetings or other social events throughout the next year.

Best regards John Phillips.



Charity No. 519754



1987 - 2013
26 Years

THE TICKER CLUB NEWSLETTER

www.uhsm.nhs.uk/patients/tickerclub

February 2013

Affiliated to the British Heart Foundation

Health Matters at UHSM Wythenshawe Hospital

The Ticker Club featured prominently on Wednesday, 19th December 2012 in the last of the monthly Health Matters talks at Wythenshawe Hospital which was all about the various Charities that are involved with the hospital. The event was hosted by the Ticker Club's own Cliff Clinkard who was recently re-elected as the Governor representing the 450 Volunteers who work at UHSM, Wythenshawe Hospital.



The Ticker Club Chairman John Phillips was invited to speak and to share with the audience just how 2012 had been such a successful year for the Ticker Club. John said that 2012 will go down as a very special year for the Club, we have hit three major milestones during the year,

Our 25th Anniversary of support to the Cardiac patients and Wythenshawe Hospital, the UHSM Volunteer Team of the Year Award and reaching the grand total of the £1million over the 25 years.

He then went on to say that the Ticker Club would continue to support the Wythenshawe Hospital and the cardiac patients in its efforts in 2013 and would continue hopefully for many more years afterwards.

The event showcased the work of the other Hospital charities which all work to supplement the efforts of the Staff in the Hospital. The event took place in the Education & Research Centre at Wythenshawe Hospital and it included a festive reflection from the Hospitals Chaplaincy team and Christmas carols from the Music in Hospitals charity.

Felicity Goodey, the Chair of the Hospital, thanked all the Charities for the fantastic support that they give which assists Patients to receive the excellent care that is provided at UHSM Wythenshawe Hospital.

"Health Matters" meetings are held every month on the third Wednesday of the month. They take place in the Education & Research Centre at Wythenshawe Hospital starting at 12 noon until 1.00 pm.

You are all invited to attend these informative talks :-

Wednesday 20th February - UHSM TRUST MEMBERS PRIORITIES FOR THE NEW YEAR

Wednesday 20th March - EXPERT PATIENTS PROGRAMME

Wednesday 17th April - HOSPITAL CHAPLAINCY

Wednesday 15th May - MAXILLOFACIAL SURGERY

For more information phone 0161-291-2357 or look on the Website: www.uhsm.nhs.uk



THE TICKER CLUB MEMORIAL BENCH



To recognise the magnificent work done by our Volunteer visitors, especially those no longer with us, the Ticker Club Committee decided to fund a Memorial Bench which has now been located outside the entrance to the North West Heart Centre Outpatient Department at Wythenshawe Hospital.

The brass plaque put on the Bench reads as follows:- "In memory of BILL SULLIVAN and the dedicated volunteer visitors no longer with us"

Seated on the bench are Ian Spooner and Peter Jackson who both worked as visitors with both Barbara Taylor and Bill Sullivan who passed away in the last year after many years as volunteers at Wythenshawe Hospital.

If you are visiting the Hospital, rest a while on the Memorial Bench and think about those to whom it is dedicated.

Ticker team Officers of The Ticker Club 2012-13



Chair :
JOHN PHILLIPS



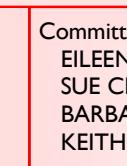
Vice Chair :
MARTIN MERRIMAN



Secretary :
CLIFF CLINKARD



Treasurer :
VAL SHILLITO



Committee members :
EILEEN BATE
SUE CLINKARD
BARBARA MERRIMAN
KEITH MORRIS
Membership Secretary
HAZEL PHILLIPS

Co-opted members :
JUDY COOMBES
ANNE MORRIS
HAZEL PHILLIPS
Ward visitors coordinators :
CLIFF CLINKARD
JOHN PHILLIPS

CHRISTMAS SOCIAL EVENING

The Ticker Club Christmas Buffet and Social was held on Wednesday 12th December 2012 at our usual venue of the Railway Inn, Hale. The event was well attended and a good social evening was enjoyed by all.



Barbara Merriman, Anne Morris and Martin drawing the winning ticket

Annette from the Railway Inn, served us a tremendous selection of both Hot and Cold buffet food which we eventually shared with other customers of the pub.

Martin Merriman conducted the Grand Christmas Draw from the large box required due to the number of tickets sold this year.

The final profit from the Draw is approx £3,300 after the cost of the Prizes, printing and postage are deducted. This is a great result and Martin Merriman and the Fundraising Sub-Committee have done an excellent job this year. He would like to thank those who sold tickets on various dates in the Hospital, especially his wife Barbara, Anne and Keith Morris.



Martin says "Roger, I don't believe it, you have picked out your own raffle ticket"

Cliff Clinkard brought in his Stereo CD system to hold a Christmas music quiz which proved to be very popular, the only complaints being about his insistence on singing along to the music.

Make sure you don't miss out on our Socials in 2013, check for details in the Newsletter under Future Events.

A huge thanks for all your support. The total amount raised was a wonderful amount of £3,330.00. Draw results are below.

1 st	£500	4815	J O'Connor (Hospital Cardiac patient)	6 th	Female Pamper Hamper	1869	Mrs Shaw
2 nd	Kindle	1676	Mr Holton (Ticker Club member)	7 th	Bottle of Sherry	9545	Hugh Roy
3 rd	£100	366	Alex Ball (Hospital Physiotherapist)	8 th	Bottle wine	4192	J Travers (Ticker Club member)
4 th	Continental Hamper	7800	Patricia (Co-op)	9 th	Bottle Wine	1561	Mrs A Corner (Ticker Club member)
5 th	Male Pamper Hamper	1517	B Derbyshire	10 th	Bottle Wine	5358	Mrs Habib

FUTURE EVENTS

Monthly Members Social evenings are held on the 2nd Thursday of each month at the RAILWAY INN, Hale WA14 2UN. Free car parking is available in the Train station car park opposite the venue. We start at 8.00pm and have Guest speakers, quizzes, update of Club matters and a light buffet is served. ALL are WELCOME so why not come along and give it a try.

The Annual General Meeting of the Ticker Club will be held at the Railway Inn, on **Thursday 11th April**. This is where you can elect your Committee for the forthcoming year and the Annual Report of the Club's activities including Finances will be discussed. Light refreshments available.



SUMMER GARDEN TEA PARTY

Sunday 16th June 2013 – Wear a hat to the MERRIMAN'S SUMMER GARDEN TEA PARTY at 88 Towers Road, Poynton, Cheshire, SK12 1DF 3.00pm onwards.

Tickets booked in advance, please contact Martin or Barbara on 01625 877205 by the 10th June 2013 – Only £5.00 per person.

Please bring friends along, the more the MERRIER..... Raffle and prizes for the best hats



CHEESE & WINE PARTY

Mary Fagan's Infamous Cheese & Wine Party to be held in Macclesfield on **Saturday 6th July 2013**.

Book your place early, leave a message on the office ansaphone if you would like to book your place.

Charity Golf Day at ALSAGER GOLF & COUNTRY CLUB

Set the date of **Wednesday 15th May 2013** in your golf diary to come along to The Ticker Club's visit to Alsager Golf & Country Club which is our 9th consecutive Charity Golf Day there.

The format is the usual one with teams of four golfers any gender combination you like and as usual we offer (a) an excellent golf course (b) mouth-watering bacon baps on arrival (c) a superb two course meal (d) great company and last, but not least, a very enjoyable day's golf – with the knowledge that your participation will help the Ticker Club raise funds for The North West Heart Centre at the Wythenshawe Hospital for specifically targeted equipment.

Entry per team is £110.00

Interested ? BOOK your Tee Times early or you may be disappointed: Contact Alan Imrie on his home number 01477/535963 or Cliff Clinkard on the office telephone (0161-291-2873 and leave a message) or email Alan Imrie on animrie@hotmail.com

Let's break our Alsager record of 30 teams !!!

Ticker Club Charity - Fund Raising Sub Committee

As you will probably be aware, one of the main aims of the Ticker Club is to raise funds to support the Cardiac Unit at Wythenshawe Hospital. We thank you all very much for the support that you have given to us over the last 25 years and continue to give us.

The Ticker Club is pleased to advise you that we now have a dedicated fundraising Sub Committee, which is chaired by Martin Merriman, the Club's Vice Chairman.

If you wish to fund raise for us and need our assistance in any way then please contact Martin on our office telephone No. 0161 291 2873 (ansaphone) or his Mobile No. 07578281188 or on the Ticker Club email - tickerclub@uhsm.nhs.uk

Martin is very happy to make an appointment to come and meet with any of you at the hospital. He has some sponsor forms and would also be able to give you details of our dedicated site for donations etc.



We invite guest speakers to talk at our regular Monthly Members meetings held at the RAILWAY INN, HALE which are held on the 2nd Thursday of the month from 8.00pm.

Some of our members have already given such a talk.

Have you an interesting subject you would like to share with us, perhaps a visit to an exotic location or an unusual hobby etc.

For more information please telephone our office and leave a message, we will get back to you as soon as possible. 0161-291-2873

The Ticker Club - "CAN WE HELP" Leaflet

We have recently revised our Tri-fold "Can we help" membership leaflet.

The main change is the two photographs on the front cover (shown here) which now show two volunteer visitors Peter Jackson and Mary Fagan speaking to Cardiac patients in Ward F6 at Wythenshawe Hospital.

The leaflet, distributed by our Cardiac Ward and Outpatient Clinic visitors, gives a brief summary of updated information about the Ticker Club to Cardiac patients and hopefully to prospective members.

As before, it includes a membership joining form.



The Tickers Annual Seminar

The Ticker Club are holding their Annual Seminar for Ward / Clinic Visitors and the Volunteer Team on Thursday 18th April 2013 in the Undergraduate Lecture Theatre at Wythenshawe Hospital.

The day is split into sessions and we will be visited by the Cardiac Medical Staff who will update us on developments in the field of heart disease.

The day also provides the opportunity for the Ticker Club visitor co-ordinators to update the team on new developments taking place within the role and to remind them of the standards required to existing visitors and to prospective new team members.

There will be a question and answer slot at the end of each session

If you wish to consider becoming a Ward / Clinic Visitor or a Ticker Club Volunteer you are welcome to come along.

This allows you to meet the team and to see if the role would suit you. The day starts at 10.00am & finishes at 3.00pm, a light lunch will be provided. To book your place on the Seminar please contact John Phillips on Mob 0777 171 8 339 or leave a message on the office answer phone 0161-291 2873 or email tickerclub@uhsm.nhs.uk

Can you be a Ticker Club volunteer

We are once again looking to expand our Cardiac ward and clinic visitors team who were voted as "Volunteer Team of the Year" in 2012.

Are you be able to Help us ?

We would be absolutely delighted to hear from male or female ex-patients who can give a little time each week to provide some patient support on the wards and in the Outpatient clinics at Wythenshawe Hospital. There is also a possibility we will be expanding the Patient support to Fairfield Hospital in Bury later this year, so if that is your local hospital how about joining us. Our presence on the Cardiac wards and clinics is greatly appreciated by patients, their families and hospital staff.

So if you feel that you want to give a little something back to the hospital please contact our Volunteer co-ordinator, John Phillips at The Ticker Club Office on 0161 291 2873 Mobile 0777 17 18 339 or email: tickerclub@uhsm.nhs.uk

DONATIONS

February 2012 to January 2013

Thanks for all your donations both large and small; they all go towards our funding of equipment for The North West Heart Centre at Wythenshawe Hospital.

Special thanks to the following:-

Feb.	- In memory of Barbara Taylor	- £275
April	- From Iris Taylor birthday	- £310
June	- In memory of Bill Sullivan	- £355
	- C V Barratt silver wedding	- £280
	- J K Morris	- £240
Sept.	- In memory of Ida Schofield	- £320

Smaller donations are individually recorded and are very much appreciated.

TOTAL DONATIONS = £12,589.90

(February 2012 – January 2013)

Lottery Results

October

1st prize 235. W H Curran £42

2nd prize 244. K Camp £21

3rd prize 137. J Quincey £13

November

1st prize 232. W H Curran £42

2nd prize 159. C Laithwaite £21

3rd prize 260. D Mulliner £13

December

1st prize 204. F Tomlin. £100

2nd prize 174. J Millett. £50

3rd prize 125. D Cooper. £25