



Chairman's Chat

Hello to you all, well here we are in 2016.

I hope that you all had a wonderful Christmas and may I take this opportunity to wish you all the best for 2016.

I am looking at a beautiful blue cloudless sky today as I am sat writing this article in my daughter's garden with the Indian Ocean just over 200 yards behind me"paradise"...as Hazel and I are on holiday in Western Australia.

At the end of last year, The Ticker Club Annual Christmas Party at The Cresta Court Hotel, Altrincham on 26th November gave us the opportunity to celebrate Peggy Crane's work as a Patient visitor. We were also pleased to welcome our 3 Joint Presidents to the evening and we all enjoyed good food and pleasant company. It was a brilliant night and already preparations are going ahead for a similar event this year.

Your Committee continue to work hard to steer the club forward and keep up the good work that you very kindly support, both as Members and volunteer visitors.

Treasurer Val Shillito is working hard as our Year end is fast approaching and all the finance details have to be audited in readiness for our Annual Report which you will all receive in March.

The Ticker Club Annual General Meeting takes place on Wednesday 13th April 2016 and I look forward to seeing many of you there. The current Committee will be able to update you on the club's progress over the last 12 months and the new Committee will be elected. So please come along and join us for tea and biscuits and a chat with fellow club members.

Details for all forthcoming events are in this edition of the Newsletter and will also be on our newly developed website. Please take a look at the new website, John Miller has worked very hard over the last few weeks on this project. I hope you will all agree it is very much of the times, with the new logo and much more information; it looks really eye-catching, so go on, take a look.

I have to finish on a very sad note, as you will have read one of our ward and clinic visitors Joan Dickinson has passed away. Her very lively positive personality will be sadly missed both at Wythenshawe and at Tameside Hospital. We will certainly miss her as a very dedicated member of our volunteer team.

Thank you once again for supporting the Ticker Club; I look forward to seeing you soon.

Best wishes, John Phillips Ticker Club Chairman

Charity No. 519754



1987 - 2016
29 Years

THE TICKER CLUB NEWSLETTER

www.thetickerclub.co.uk

February 2016

Affiliated to the British Heart Foundation

CHRISTMAS AT THE CRESTA COURT

The Ticker Club Committee decided that a new venue was required for our Annual Christmas Draw and Christmas Party in November. We gathered on the 26th November 2015 at The Cresta Court Hotel in Altrincham for what proved to be an excellent evening. 50 plus members and guests attended and we were delighted to be joined by our invited guests that included our three Joint Presidents, Nick Brooks, Mark Jones and Eamonn O'Neal.



Left to right : Joan and Alan Baldwin, Sue and Cliff Clinkard, Eamonn and Sheila O'Neal, Marie and David Holmes

A thank you must go to our Committee Member Eileen Bate, who had organised the event for us.

The Cresta staff looked after us very well and did not charge for the room as they were very pleased to support the work of The Ticker Club.

We enjoyed a good hot meal followed by mince pies and coffee. All those attending agreed that it had been a very successful night and we are pleased to say that plans are already underway for a similar event for Christmas 2016.



Left to right - John and Hazel Phillips, Nick and Barbara Brooks, Maureen and Alan Jackson, Ken and Lynn Duggan



We took the opportunity to mark the retirement from ward visiting of Peggy Crane, one of our long standing ward visitors. Peggy of course remains a Ticker Club Member.

Peggy was presented with a flower arrangement from The Ticker Club and a retirement cake. Seen here on the left is Peggy cutting her celebration cake with a steady hand assisted by one of our Joint Presidents Mark Jones, Mark was asked to help as we know he is cool and steady with the knife as one of UHSM's Cardio Thoracic Surgeons.

Nick Brooks gave a short speech thanking Peggy on behalf of The Ticker Club for her years of ward visiting providing support to many Cardiac surgery patients

The Christmas Raffle Draw was made on the night and has been another great success, boosting the funds of the Ticker Club in our support of the Cardiac Unit at Wythenshawe Hospital.

A thank you also goes to Marie and David Holmes who ran a festive quiz on the night.

Chairman John Phillips gave us all a quick update on some significant points of interest from the year and he thanked everyone for coming along to support the event.

John thanked Barbara Merriman who had worked very hard to make the Christmas Draw the success that it was. She had organised her team of ticket sellers to ensure as many as possible were sold around the Hospital and she was there herself most days. (Winning numbers elsewhere in Newsletter).

Our new style Christmas celebration seems to be the event not to miss. And we now have a date for this year's Christmas function - Tuesday 13th December 2016 at the Cresta Court Hotel , Altrincham, so put this date in your diary - details to follow.

Margaret Joan Dickinson

 It is with sadness we have to report the loss of one of our ward and clinic visitors, Joan Dickinson.

Joan passed away on Sunday 24th January 2016 at her home in Shaw. Our condolences naturally go to her family at this very sad time. Joan had her Triple Heart Bypass heart procedure in 2010 at Wythenshawe Hospital and very soon after joined The Ticker Club as a ward visitor at Wythenshawe and then in addition joined the Team at Tameside Hospital as a clinic visitor supporting the patients at Professor Yonan's clinic. Although her home was in Shaw and she did not have a car, Joan would make the journey into Wythenshawe or to Tameside by public transport sometimes making three bus changes in both winter and summer for us.

Joan was a lovely person always very happy to support the Ticker Club and she always brought a bright and positive mood to patients when speaking to them.

Joan's funeral took place on Friday 12th February 2016 at St Joseph's Roman Catholic Church in Shaw near Oldham and was very well attended with many coming to pay their respects and to celebrate her life.

The Ticker Club were represented by Alan Munday and John Phillips. Our Membership Secretary Hazel Phillips also attended with The Ticker Club but with Hazel's Tameside connection, Hazel also represented Tameside Hospital where Joan had given much time to Patient support.

LOTTERY PRIZE WINNERS

OCTOBER 2015				NOVEMBER 2015			
	No	Prize		No	Prize		No
1	A Munday	236	£50	1	C Cooper	145	£100
2	M Merriman	222	£25	2	A Gosling	231	£50
3	M Yassir	218	£16	3	D Mullin	196	£26
DECEMBER 2015				JANUARY 2016			
1	P Cooksey	110	£50	1	W Parnell	217	£50
2	A Forshaw	105	£25	2	M Merriman	222	£25
3	A Munday	237	£16	3	S Clegg	119	£16



Organised by Martin Merriman



Have you thought about joining the Monthly Lottery Draw. The more that join, the bigger the prizes, only £1 per month per number. Further details and entry forms available from Martin Merriman Tel No. 01625-877205 or contact the Ticker office 0161-291-2873

News from the Membership Desk

Dear Members. On behalf of the Executive Committee, I would like to thank you for your continued support, which is very much appreciated.

If your personal details change, please let us know for our records :by phone on 0161 291 2873 or our new email address: enquiries@thetickerclub.co.uk

Welcome to our newest members that have joined since the last Newsletter :- Mrs Lesley Beach, Dr. B Pal, Mrs Maureen Stott, Ms Sharareh Emdadian, Mr David Paxton, Mr Malcolm Reynolds, Mrs Elaine Tetlow, Mrs Miriam Kinsella, Mr James Sutcliffe, Mr Harold Birtwistle Total membership numbers are currently 453 with 76 being joint members

Thank you all once again for your continued support of the Ticker Club.

Best wishes. Hazel – Membership Secretary



DONATIONS

Thank you for all your donations, both large and small, whether from individual members, from non-members, or other organisations that support our work.

GIFT AID: If you are thinking of donating money to the Ticker Club - have you considered gift aid? By completing a short form, we can then claim tax back at no extra cost to yourself, providing you are a tax payer - which increases your donation by 25%. Donations over £100 in the last 3 months are shown below. Smaller donations are individually recorded and very much appreciated.

B Hartley - £600	Dr. C Skene - £156.50	D Masker - £100
Peter Caldwell - £360	Barbara Stones - £100	E Firth - £100
David May - £265	Dr. Nick Brooks - £100	Ken Duggan - £100

Total Donations £2,144 Thank you for all donations

Val's recipe

Spicy Pepper and Tomato Soup

Ingredients

- 2 tablespoons Olive oil
- 2 onions chopped
- 1 carrot chopped
- 3 red peppers chopped
- 3 garlic cloves chopped
- 1 red chilli, deseeded chopped
- 400gm can of chopped tomatoes
- 800 millilitres stock (chicken or vegetable)
- 4 tablespoons Greek yogurt
- Half cucumber (deseeded grated)
- Mint leaves for garnish

Method :

- Heat olive oil in a large pan & tip in the onions, carrots & peppers; cook gently for 15 mins
 - Add garlic and chilli; cook for 3 / 4 mins
 - Add chopped tomatoes and stock; simmer 10-15 mins
 - Whiz in blender or hand blend and reheat
 - Mix grated cucumber and yogurt and garnish the soup with a spoonful of mint
- Serve piping hot with a warm crusty bread roll.
- Hope you enjoy this lovely soup

TICKER CLUB REPRESENTATION

WORKING TOGETHER : REVIVING OUR REGIONAL LINKS - Patient ,Carers & Professionals seminar

Alan Munday and John Miller attended this seminar on 23rd September 2015 in Bolton.

A new initiative by the recently formed Greater Manchester Lancashire and South Cumbria Strategic Clinical Network (SCN) is aiming for closer collaboration between patients, carers and professionals. At a regional seminar held in Bolton in September, attended for the Club by Alan Munday and John Miller, associate director Janet Ratcliffe, formerly known to us as director of the Greater Manchester & Cheshire Cardiac & Stroke Network, explained that this seminar now brought together patients, carers and professionals in a much wider group including not only those concerned with cardiovascular issues but also with neurological, mental health, cancer and maternity care.



This review of the 'working together' initiative was intended to engage with informed patient experiences, by bringing together through effective group work aspects of patients' participation, their values and best experience. Examples came from the Bolton and the Wigan community groups bringing together the resources of all support groups in each borough, and reference by Alan Munday to our patients at Wythenshawe joining research monitoring schemes.

Under headings of their choosing, morning and afternoon round table workshop sessions gave delegates the opportunity, together with other patients, professionals and carers, including representatives of patient support groups such as ours, to discuss and report back on our reaction to current developments in the NHS. In a morning workshop on cardiovascular issues, the wish was expressed for more engagement with patients by Hospital Trusts. John Miller took the opportunity to emphasise more Trusts should be looking more actively to use patients and patient groups as a resource, as is increasingly the case at UHSM. An afternoon seminar session looked at the likely impact of devolution in Greater Manchester of health and social care, where it is hoped that the closer collaboration will bring a 'rationalisation of footprints', which we hoped meant more joined-up care for patients!

After a disappointing couple of years with little or no contact with regional NHS bodies, John Miller and Alan Munday felt that this event at last went some way to re-establishing the former strong patient/professional links that had largely disappeared once major restructuring within the NHS had begun. Time will tell, but even here it is apparent that available NHS resources will continue to be an issue.

2016 FUTURE EVENTS

The Ticker Club Annual General Meeting 2016 Wednesday 13th April

The Annual General Meeting will be held on Wednesday 13th April 2016 in the Education and Research Centre, Wythenshawe Hospital.

The meeting will commence at 1.00pm as this earlier start may help in securing car parking at the rear of the Hospital off Floats Road.

Please find included with your Newsletter, a nominations form for the election of the 4 Officers of the Ticker Club and 5 Committee members.

The Chairman and Secretary positions are for a 2 year term of office and both John Phillips and Cliff Clinkard are willing to carry on.

Treasurer, Val Shillito has decided to stand down from her position which she has held for over 10 years and Kim Brown is willing to stand for the Treasurer post; she has been working with Val over recent months and has a finance background. The Treasurer post is for a one year term of office on this occasion.

The Vice Chair post would be for a one year term of office for this year.

Both Treasurer and Vice Chair posts would revert back to a two year term of office at the AGM in April 2017.

Current Committee members are willing to serve on next year's Committee.

If you would like to nominate anyone else for the 4 Officers or 5 Committee positions please ensure that they are willing to be put forward for election and their nomination needs to be seconded.

All nominations must be returned to the Ticker Club office before the Committee Meeting on Thursday 10th March 2016.

All Ticker Club members will be sent a copy of the Annual Report for 2015/16 following it being approved and signed at the Committee Meeting on 10th March 2016. The front page of the Report will be the formal notification of the Annual General Meeting on Wednesday 13th April 2016

Cliff Clinkard – Ticker Club Secretary

Cardiac Ward & Outpatient Clinic visitors Annual Training Seminar

Thursday 21st April 2016
in the Education and Research Centre (rear of the Hospital).

This informative meeting starts at 9.30am until 3.00pm and is for all current volunteer visitors but is also for persons who may be considering becoming a Hospital visitor in the future - a light lunch will be provided. **Please contact the Ticker office 0161 291 2873 to confirm your place**

"The Queen's Birthday Tea Party" Saturday 9th July 2016



Barbara and Martin Merriman would like to invite you to their house, 88 Towers Road, Poynton, SK12 1DF to Celebrate the Queen's 90th Birthday;

You can dress to impress, hats, crowns, tiaras etc

This will be on Saturday 9th July 2016 from 2.30pm for afternoon tea and refreshments, games, prizes, raffles etc Only £7.50 per person Book your place by ringing Martin Merriman Tel No. 01625-877205 or phone the Ticker office on 0161-291-2873



2016 Ticker Club Charity Golf Day

Following last year's very successful Golf Day, a date has now been chosen for another Charity Golf Event at Didsbury Golf Club on **Friday 14th October 2016.**

The Event will use the same format as previous Golf Days; 4 person teams, **£120 per team**, which includes Bacon Roll and coffee before and 2 course meal following your round.

Full details and entry forms are available on the New Ticker Club website – www.thetickerclub.co.uk or from the Ticker Club office **Tel No. 0161 291 2873**

Withington Golf Club – Charity 2014-2015

The Ticker Club, Wythenshawe Hospital

Each year the incoming Captain, Lady Captain and President of Withington Golf club choose a charity to support over their year of office, which runs from October to October.

In the year to October 2015, all three decided to support the same charity, which was nominated by the Captain, David Southern. David selected this local charity because his family has been very much affected by heart problems and in fact both his parents died from heart related disease.

Due to the generous support of the members of Withington Golf Club, the sum of £3,200 was raised for The Ticker Club.

Pictured receiving the cheque, on behalf of the Ticker Club, is Chairman John Phillips. Also pictured (from left to right) are Captain David Southern, Lady Captain Brenda Dagnall and on the right is President Tony Dagnall.



A new website and a new look for the Club

There are times when an apparent setback can be turned into a welcome opportunity. One such occasion presented itself to the Club last November when the Hospital unexpectedly announced a proposed reduction of our presence on their website. As the UHSM site had become unacceptably overloaded and outdated, a new website was in preparation, only allowing for a Ticker Club presence of just one page.

After urgent discussions the Committee decided to return to an earlier plan, mooted before we were offered pages on the Hospital's website in 2003 - that is to set up and manage our own website. The single page on the UHSM website could then be used to briefly introduce The Ticker Club and provide a link to our own new website. (We understand this will be in place shortly)

As a result John Miller got to work in January with web designer Matt Lomax who came up with an excellent package for the new site, including a completely new logo and headline font, which the Committee approved. The site has been set up using a format that makes it possible for us to update information as necessary – with a little practice, that is!

After a couple of meetings and the exchange of many emails Matt and John decided errors, omissions and repetitions had been sorted out. Happily the ideal domain name for our website was available, and so we went live at www.thetickerclub.co.uk on 6 February.

The introduction of a new logo for our website will naturally lead to introducing this new identity across the whole range of the Club's output, from letterheads and leaflets to mugs, pens, displays and of course our Newsletter. Though we are aiming to complete this makeover as quickly as possible, this is still a work in progress. There wasn't time to bring the new look to this edition of the Newsletter, but watch this space – the next Newsletter will look rather different!

Meanwhile, do have a look at the new website and let us know what you think via our new email address: enquiries@thetickerclub.co.uk

John Miller

Queens Award for Voluntary Service

The Ticker Club Committee are delighted to tell you that your club has been nominated for this prestigious award. We were nominated in September 2015 and advised in October that our nomination had been accepted.

Dr Robina Shah one of The Deputy Lord Lieutenants of Manchester, came out to carry out the first part of the judging process in December.

Club Secretary Cliff Clinkard and Ken Duggan one of our volunteer visitors were interviewed by Dr Shah for some one and a half hours.

The history of the club was enquired into by Dr Shah and also the work of the club and how we go about our main aims of patient support, patient representation and fundraising and how this carries through on a day to day basis. A great deal of information was sort with much evidence provided during the interview.

The file now goes forward to the judging panel and we will know if we have been successful in winning this award in early June of this year.

We will of course let you know if we have been successful as soon as we know.

CHRISTMAS RAFFLE WINNERS

Thanks to all who supported this year's Christmas Raffle which has raised £2,844 which will help us fund additional equipment and facilities in Wythenshawe Hospital Cardiac Centre.

1 st	5022	John Irlam	I - Pad
2 nd	3290	S Crane	Meal voucher
3 rd	2851	Karen	Wine Hamper
4 th	1013	A Knight	Traditional Hamper
5 th	2708	H Roe	Picnic Hamper
6 th	248	C Wilson	Father Xmas Decoration
7 th	621	J Robinson	Chocolates
8 th	1946	J Nixon	Wine
9 th	064	D Rudd	Tin Cadbury Biscuits
10 th	236	B Smith	Bayliss Harding Cosmetics



Here is the Xmas draw being made at our Christmas Party by Barbara Brooks with Roger Booth (Newsletter Editor) and Ticker Club Vice Chairman, Martin Merriman