

Diary dates

In view of social distancing required during the current coronavirus crisis, the Club's AGM and Seminar have been postponed until the situation changes or a virtual alternative can be arranged. Details will be posted on the Club's website at:

www.thetickerclub.co.uk

To follow :

Annual General Meeting

postponed from Thursday 23rd April

and

Annual Volunteers' Seminar

postponed from Thursday 21st May

To be resumed :

Members' Social Evenings

at the Stamford Arms, Bowdon WA14 2TW

All will be welcome!

Meet the team [continued from p.3] Alan Munday

Following a career as a senior science teacher and college lecturer, I went on to chair professional & voluntary committees, and have been a vice chair of school governors.

After a triple by-pass 18 years ago, I joined the Club to give back thanks. I negotiated and staffed the Club's presence at Tameside Hospital 14 years ago, and became a pre-op visitor and pre-op patient information meeting speaker at Wythenshawe. I am now a visitor co-ordinator, organising the rota and training.

I have contributed to Club publications and have fed new ideas into the Club, given outreach talks and supported the chair at fundraising events. I have represented the Club at patient support bodies including the BHF and am on their patient information panel.

I intend to continue representing the members and visitors, ensuring the Club has a good future.

Muneeb Yassir

In my working life I was MD of a printing lab producing photos and large format digital displays for ad agencies, hospitals and large companies.

I became a member of the Ticker Club in 2012 after I had had a few grafts to fix my ticker. My motivation to become a volunteer came from seeing the dedicated ward staff. I joined the team as a clinic and ward visitor and, a year or so later, the Club committee. Throughout my time with the Club I have had tremendous support from committee members.

My 'unofficial' role with the Club is the ordering of stationery and its delivery; more officially I became a Volunteer Visitors' Co-ordinator in 2019. This is a role I enjoy, meeting and talking with passionate and committed people who give their time to become ward or clinic visitors. I help and guide applicants through the process.

School project : charities in the community

In February this year the Ticker Club received an invitation from Stockport Grammar School to talk to pupils on the charity work we carry out with cardiac patients.

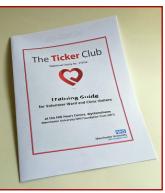
Rosie Moore, granddaughter of Alan Munday, our ward and clinic coordinator, is a pupil at the school. John told the assembled group that his audience is usually not this young, though it was balanced by some staff members who were keen to find out how we work.

The presentation of slides and a talk were well received and followed by a lively Q & A session.



John Phillips with Rosie Moore on his right

Guidelines for patient support visitors revised



Over the last few weeks the ward and clinic Support Team Co-ordinators, Alan Munday and Muneeb Yassir, together with John Phillips, have spent some time reviewing the content of the ward and clinic visitor training guide, and have now produced an updated version.

They each took a section of the document, looking at areas where update was needed, and then passed the draft over to our Media Editor John Miller for proof reading, final editing and formatting.

As is the practice, prior to handing it out to the team, the booklet will be shown to the Hospital's Volunteers Office and to a senior cardiac ward manager. This allows

the Trust to see our commitment to bespoke training for our team, and we welcome any feedback the Trust may offer. Once approved, this version will be presented to Committee at its next meeting, and to our Annual Seminar, when all present will be handed a copy. A copy will also be held on file at the Ticker Club office as part of good practice.

The booklet delivers a well-presented and easy-to-follow set of guidelines for both existing volunteer colleagues and for new volunteers joining the team.

Alan and Muneeb feel the guide also acts as a refresher for colleagues to refer to from time to time. Our thanks to them for their work on this document.

The guide will be due for review again in September 2022.

Charity No. 519754



Founded 1987

Ticker team

Acting Chair :
DAVID HOLMES



Vice Chair :
MARTIN MERRIMAN
or ALAN MUNDAY
[to be elected at AGM]

Acting Secretary :
GAYNOR SLATER



Treasurer :
MARIE HOLMES

Committee members :
BELINDA CARTER
*NAZIR CHOONARA
MARTIN MERRIMAN
JOHN MILLER
*ALAN MUNDAY
MUNEEB YASSIR
[* acting until AGM]

Co-opted members :
[to be confirmed]

Visitor coordinators :
ALAN MUNDAY
MUNEEB YASSIR

Membership :

BELINDA CARTER
Newsletter & Media :
JOHN MILLER



The Queen's Award
for Voluntary Service

Diary Dates:
current situation
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The Ticker Club NEWSLETTER

www.thetickerclub.co.uk

Spring 2020

Affiliated to the British Heart Foundation

The Club's patient support continues ...

Keeping the Club ticking over

As we all know COVID-19 has affected everyone, and that includes our patients, their families and carers. Elective cardiac surgery (that is, for non-urgent cases) was suspended some weeks ago as the Critical Care Unit needed to keep a number of bed spaces clear for COVID-19 patients. The Cardiac Directorate advised at that time that only emergency surgery was to take place, though this of course is under constant review.

Based on this advice we withdrew temporarily from ward and clinic visiting, and from Friday afternoon briefings at the pre-op patient information sessions. But we continue to check regularly with the Directorate team, with the waiting list co-ordinator's office and Cardiothoracic Critical Care Unit for updates on activities in both wards and clinics.

At present (early May) we are unable to report when the Club's hospital-based patient support activities may restart and what form they may take in the immediate future. Hopefully we will be able to resume face-to-face support before too long. But, if not, we may need to consider introducing 'virtual' alternatives, types of communication we have become more familiar with recently, such as video conferencing.

But aside from face-to-face, the work of the Ticker Club has adjusted to allow our members, current patients, ex-patients and carers access to us if they need it. We have updated our website and office telephone answering service with telephone contact details allowing access to the volunteer ward & clinic support team.

Initial feedback has shown this to be very helpful for a number of patients and carers who have had questions and raised concerns, all of which the team have been able to help with successfully. We will of course share progress when we know more.



Barbara Leigh (93) rings a bell for the NHS across the road from Wythenshawe Hospital

The Ticker Club APPLAUDS THE NHS

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 February to April are shown below:

Donation from / for	£
In mem. Brenda Lord	500
G Worth	200
In mem. Mr Hogan	200
Tehreem Ashraf	100
In mem. Stella Goodwin	120
In mem. Jennie Nessa	2470
Smaller donations are always recorded and are very much appreciated.	

Lottery winners

FEBRUARY	No.
1st £50 W Edwards	84
2nd £25 W Mullin	194
3rd £13 B Summerfield	92
MARCH	No.
1st £50 JG & AL McGrath	29
2nd £25 S Powell	150
3rd £13 D W Tamblyn	199
APRIL	[to follow]

Members joining

Welcome to new members:
2064 Allison Sinclair
2065 Victoria Little
2066 Simon Lancashire
2067 Patricia Khan
2068 Christopher Bosson
2069 John & Kathleen Mills
2070 Tehreem Ashraf
2071 Tom Delaney
2072 Andrea Delaney-Hall

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

Belinda Carter, Membership Sec

Chairman's Chat

Hello, I'm David Holmes and I'd like to introduce myself to members as the Acting Chair. I've been involved with the Club since my wife Marie's operation in 2013 and have been on the committee for a couple of years in a mainly fundraising capacity and, more recently, as Vice Chair. I also volunteer on the reception desk at Entrance 6 to point people in the right direction for the clinic they are to attend, although, in the current circumstances, such visits are not taking place.

I would like to thank John Phillips who is retiring as Chair following his decision to stand down after over a decade of wonderful service to The Ticker Club, a decision I am sure was not taken lightly. I would also like to thank both Hazel Phillips and Ken Duggan who have served as Membership Secretary and Club Secretary respectively and are also standing down. All three have chosen the date that the AGM should have taken place, 23rd April, to stand down, but in these extreme times we have not been able to hold

this meeting to thank them all publicly for their sterling work. We will of course make sure we do this at a later date.

Mine was the sole nomination for the role of Chair of the Club but I cannot assume this role until it has been confirmed at an AGM. But in the meantime this will not affect the running of the Club. There is still a very active committee in being and we have invited the already nominated prospective committee members to become involved in any pre-AGM meetings to ensure the continuity of The Ticker Club. We will be keeping you aware of the re-arranged date for the postponed AGM and will be holding it in some form as soon as we are able.

It is acknowledged that charities will suffer reduced income during this time of lockdown and social distancing but please be assured that we will be able to come through this. All our volunteers give their time freely, so we do not have any staffing costs.

In the current situation please stay safe and keep well. **David Holmes, Acting Club Chair**

Key points from committee meeting : 10 March 2020

- Bladder scanner being purchased was now on site and would be paid for shortly
- Overall Club finances discussed, cost reduction program for discussion next time
- Treasurer said she'd be standing down at 2021 AGM, completing her 2-year term
- Secretary advised his replacement-elect was monitoring the role, preparing to take on the position at AGM
- One planned event postponed until 2021, another on hold until after Covid-19 crisis
- The Winter Newsletter had been published as planned. Current submission date for Spring issue was 23 April
- Newsletter stock locations were being reviewed to keep stock where it was most in demand. Consideration was to be given to whether copies could be e-mailed to members who had given us their email addresses
- Changes to MFT organisation were generating delays in some areas, eg volunteer approvals
- Ward visitor recruits finally passing through approval system. One of the new recruits was able to cover Fairfield Hospital, Bury, a very positive development
- Online methods of paying Club dues to be examined

Ken Duggan

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In the current situation please stay safe and keep well. **David Holmes, Acting Club Chair**

Here for you . . . your acting team members introduce themselves



David Holmes Gaynor Slater Marie Holmes Belinda Carter Nazir Choonara Martin Merriman John Miller Alan Munday Muneeb Yassir

David Holmes, Acting Chair

I'm now retired from a career travelling the world selling textiles, arranging installation of kitchens and windows in projects across the UK, and ending in police communications. Since retiring I have served 3 years as Chair in Sale U3A. My family has a history of heart issues. Both my parents passed too early after heart attacks and both my sisters have had heart procedures. I have an underlying condition which requires monitoring. I became involved with The Ticker Club after my wife Marie's bypass operation in 2013. In April 2018 I joined the committee, becoming Vice Chair in 2019. I have now been nominated as Chair for 2020 but will be Acting Chair until the position is agreed at an AGM. My aim is to carry forward the work of The Ticker Club.

Gaynor Slater, Acting Secretary

I took early retirement from a career in secondary school teaching to look after my elderly parents. My father was on renal dialysis and had chronic heart failure. He regularly attended Wythenshawe Hospital's heart department for over 20 years. I wanted to do some voluntary work and felt passionate about The Ticker Club, a local charity. I've been a member now for about a year and would like to help take the Ticker Club forwards.

I am currently Acting Secretary using my previous skills, knowledge and experiences to support the committee by taking minutes of meetings, keeping accurate records and liaising with the Charity Commission.

I absolutely love early retirement and participate in a lot of sporting activities; squash, running, cycling and walking. I enjoy travelling, shopping and meeting friends for coffee — and I'm an avid Manchester City supporter!

Marie Holmes, Treasurer

I am a retired payroll manager, working 26 years for Henshaw's Society for Blind People, and in the accounts departments of the Probation Service and Trafford Leisure. Since retiring I have been involved in Sale U3A, serving as Treasurer.

In 2012 I started with back pains and difficulty breathing. At first it was assumed to be my asthma, but after an MRI scan I had a triple heart bypass in January 2013. I started to go to the Ticker Club members' social evenings and was soon 'roped in' as a volunteer. For over two years I was a ward visitor.

In April 2017 I took up the role of Treasurer which I have greatly enjoyed. In 2021 I will be retiring as Treasurer but will provide as much support as necessary for whoever steps into the role.

Belinda Carter

After 40 years of full-time work, acquiring office and business skills, I retired at 58. After a few months freedom, I was made aware the Ticker Club was in need of some help, and based at Wythenshawe Hospital within walking distance from home. I didn't need to have had a heart procedure - I only needed £10 membership! For the past 12 months I have shadowed Hazel Phillips as Membership Secretary, ready to take over this year, and have helped with the Club's social evenings. Volunteering for a hospital charity is different from office work but in a very enjoyable way. I look forward to building on previous successes in fundraising vital monies in support of heart patients at the NW Heart Centre.

Nazir Choonara

I have been a mental health support worker for the past 10 years after spending 30 years in IT management and financial consultancy in London and overseas. Surrounded by medics, my wife, daughter, brother, and father are all NHS doctors. Just over 4 years ago I was surprised when my wife suggested I see my GP after I was lagging behind on a family outing. I was not having any pains and was, I thought, quite 'healthy' - non-smoker, non-drinker (I'm a practicing Muslim), not overweight with a good diet and exercise regime. The system worked brilliantly and within weeks I had a quadruple heart bypass at Wythenshawe, courtesy of the wonderful Mr Venkat.

Since then I've been managing the

Wednesday morning clinic sessions, and for the past two years have assisted in the training of new ward visitors.

Martin Merriman

After my triple bypass in June 2009, I became a Ticker Club member as I was so grateful to the NHS staff at Wythenshawe Hospital and wanted to 'give something back'. The ward visits from Ticker Club volunteers had prompted my interest.

After finishing work as director of my own construction industry, in April 2011 I became a co-opted committee member, the following year a full committee member, and later Vice Chair for 2 years.

With the help of my family we held fundraising themed garden parties for 7 years. Over several years I have been involved in fundraising golf days and as co-ordinator of the monthly lottery draw, and, more recently as organiser of the annual Christmas Draw. I also supported the successful application for the Queens Award for Voluntary Service. I intend to carry on with my fundraising activities and supporting the Ticker Club as Vice Chair or committee member.

John Miller

After a quadruple bypass op in 1997 I joined the Club the following year and, quite soon thereafter, became one of the ward-visiting team. In 2000 I joined the committee briefly as Vice Chair before becoming Secretary, a role I retained until 2004. I began producing the Newsletter in its present form from the outset in 2000 and, as a committee member for most of the years since, my main role has been as Media editor. Using experience from a career as a TV and live events producer, I have put together the Club's presentations and printed material, and in 2016 introduced our website.

Meanwhile I moved from ward to clinic visitor when that role was added to the Club's patient support activities, and thereafter joined the team of four of us who continue to share the role of addressing the weekly information sessions for pre-op patients and their families.

[continued on p.4]