

## Diary dates

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With pandemic restrictions easing, we are now able to begin rescheduling or restoring our normal Club activities. Further 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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### Rescheduled AGM 2021 14th October

at the Cresta Court Hotel,  
Altrincham : 10.00 for 10.15

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### Christmas Party and Prize Draw 7th December

at the Cresta Court Hotel,  
Altrincham : 19.30 for 20.00

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### Members' Social Evenings

will hopefully resume shortly  
[Venue : to be confirmed]

## Lottery winners

### APRIL No.

1st £50 W Mullin 195  
2nd £25 S Goulden 154  
3rd £13 D Finney 53

### MAY No.

1st £50 J Lewis 165  
2nd £25 T Weston 11  
3rd £13 R Seddon 52

### JUNE No.

1st £50 R E Noel 121  
2nd £25 I Taylor 107  
3rd £13 W Mullin 194

### JULY No.

1st £50 C Cooper 148  
2nd £25 D Mulliner 61  
3rd £13 S Powell Withers 151

## Club looks for new committee members

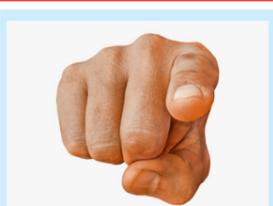
Over the past 34 years since its founding in 1987 by post-op heart patients, the Ticker Club has a fine record in developing its three-part role of patient support, patient representation and fundraising.

But this is not a success story that is self-sustaining. Once again, we have reached a point where we must be forward-looking to maintain the Club's effectiveness within Wythenshawe's Cardiac Unit. To do this, we need to recruit more willing volunteers, and with them their new ideas.

We will, this year, need people who are willing to step up to join the Committee of Trustees who manage this registered charity on behalf of its members. The committee meets only 6 times a year after elections at an AGM where five committee members are elected for one year and four officers for two years. These nine committee members then bring in up to a further three co-opted members.

If you or anyone among your friends and family feel that you could take a part in the managing of the Club, we would ask you to please consider joining the team. Anyone who has an interest in the Club can become a member, and having had cardiac surgery is not a pre-requisite for a committee role.

After this year's delayed AGM on 14<sup>th</sup> October (postponed from April), at least two of the officers will be looking to work



Could this be you?



8th August : Committee members reconvene

with a potential successor for April 2022 as they will not be seeking re-election next year due to family commitments. October is not too far distant so, if you feel you could step into the role of either Treasurer or Secretary next year, please contact David Holmes on 07872 312205. Making a move now will allow time for shadowing of the current officers while they are still in office. The Treasurer's role requires a working knowledge of MS Excel and the Secretary's role a good knowledge of MS Word. Management of the roles is straightforward, and training and ongoing support with the detail will be made available. A third role needing cover from April 2022 is that of

Membership Secretary, with the ability to operate a database of members. Other roles are covered by individual committee members and, whilst they are more unsung, they are a vital part of the running of a Club where every committee member works very much as a part of the whole.

While some may view being on a committee a long term commitment, it does not have to be. Change can be refreshing for any organisation as a means of bringing in new ideas, so some changes from year to year have their advantages.

But at the 'heart' of it the Ticker Club needs to move ahead with a full working committee to continue our work at Wythenshawe Hospital.

Your offers and suggestions would be very much appreciated.

## Belindaz tech trivia quizz

1. Larry Page & Sergey Brin started what in 1998?
  2. What year was the first microchip made for Intel?
  3. Who was the revolutionary designer of Intel's first microchip?
  4. Nokia 8110 banana shaped phone became the symbol of cutting edge cool after a version appeared in a film in 1999. What was the film?
  5. Unicode Consortium is the world's official overseer of what?
  6. To the nearest billion, how many transistors does an iPhone 12 have?
  7. What was the first man made satellite in space?
  8. What year was it launched?
  9. How many bits in a byte?
  10. In 1957 which company made the first transistor radio TR-63?
  11. What year was the first Nokia 8110 produced ?
  12. In 1961, the pill was introduced in the UK on the NHS for married women only. Single ladies had to wait until when?
- [Answers on page 2]

Charity No. 519754



# The Ticker Club NEWSLETTER

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

Summer 2021

Founded 1987

Affiliated to the British Heart Foundation

## Ticker team

Chair :  
DAVID HOLMES

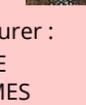


Vice Chair :  
MARTIN  
MERRIMAN

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



**NEW DATES**  
now ready for  
your diary :  
see page 4

## Creative mission raises funds for Club

**A** Saddleworth artist and designer has been adding his own creative twist to a fundraising mission for a cause close to his heart. Simon 'Fritz' Fitton was planning a sponsored walk from John O'Groats to Land's End, but with his challenge put on pause due to Covid, he was determined not to be stopped entirely. So, he is completing 150 new paintings and drawings of the local area to be sold online, starting from as little as £60, with funds raised going to The Ticker Club.

### Close to his heart

It is a cause close to Fritz's heart as he himself underwent a quadruple heart bypass in 2017.

'I blacked out at the wheel of my car, survived the crash but woke up to discover I needed a quadruple heart bypass,' explained Fritz, who has run his own graphic design studio DesignStorm for three decades.

'It's been a long recovery but I'm getting there. So I decided I wanted to give something back by helping others in

the same situation by raising money and awareness of heart disease.

'What struck me is that this is not an old person's disease. When I was in hospital, there were people there in their 30s, 40s and even a teenage girl. And I was only 57!

'And it isn't just about the operation - it's the recovery and afterwards that most people don't think about.

'Cancer gets a lot of fundraising efforts but there are also many people who die or struggle with daily life because of heart disease.

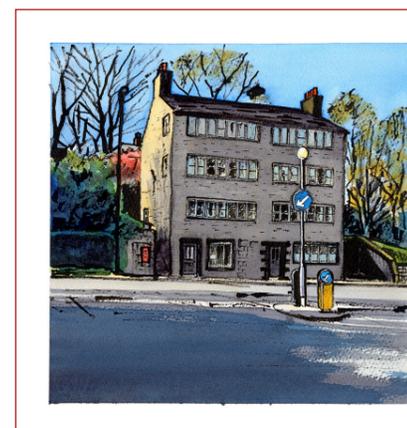
'If I can help make people think about looking after their heart, then that's what I want to do.'

### Walks part of his recovery

Fritz, who has always been a keen walker, started short walks as part of his recovery and now enjoys stepping out over 15-20 miles a day, stopping along the way to draw and paint.

This inspired his idea to do a sponsored walk for The Ticker Club,

/ continued on p.2



^ 2 & 4 Oldham Road, Delph

Fritz Fitton sketching : March 2021 >



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Page 2: Chairman's chat, and acknowledgements

Page 3: Committee meetings & sad goodbye

Page 4: Call for committee members... & 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. Alan Baldwin	now 985
In mem. Joe Travers	265
Shaheen Naz birthday	560
In mem. Alan Tetlow	210
Ralph Manners-Wood	110
In mem. John Foulkes	696
In mem. Peter Eastwood	300

Smaller donations are always recorded and are very much appreciated.



## Tech trivia quiz p.4 : answers

12.	1974
11.	1996
10.	Sony
9.	8
8.	1957
7.	Sputnic
6.	11.8 billion
5.	Emoji's
4.	The Matrix
3.	Federico Faggin
2.	1971
1.	GOOGLE

## Chairman's chat

**W**elcome to the Summer edition of the Newsletter. I hope you are all keeping well and remaining positive about everything. In spite of a couple of minor hiccups the whole nation is moving again, and so must we at The Ticker Club.

In order to achieve this we have almost completed the process of getting our volunteers accredited to return to ward and clinic visiting, when we are allowed to safely do so. All of our current volunteers are undergoing a refresher course as there have been some regulation changes caused by the pandemic.

We will find ourselves a little bit lighter in volunteer numbers due to some of our visitors standing down from their role. So, if you feel you could be interested in being a visitor but are wanting to have more detail before offering to volunteer, please get in touch with me in first instance on 07872 312205. I will gladly fill in some of the blanks for you before passing you through to Muneeb, our Volunteer Co-ordinator, who can give you full details. Don't be concerned that you are not sure what to do as we have a full

mentoring programme, So, there is no 'in-at-the-deep-end' initiation.

I am optimistic for the future but feel we all need to remain cautious with the freedom we have been given. I will still continue to wear a mask where I feel it prudent to do so, but that is my chosen action.

Finally, I would like to ask you all to continue to be careful and remain safe, and I look forward to seeing all as are able when we can start to hold our Social Meetings again. They had to be suspended just as we had begun to hold them again but, if you would like to be involved, please contact Belinda Carter at [enquiries@thetickerclub.co.uk](mailto:enquiries@thetickerclub.co.uk). She will welcome your contact.

Remember that you are always able to contact me direct by e-mail on :

[david.holmes.ticker@gmail.com](mailto:david.holmes.ticker@gmail.com)

and I would encourage you to do so if you feel the need to speak to someone.

**David Holmes, Club Chair**



**Acknowledgements** On behalf of the Club I would like to place on record our thanks to the following people for their years of service to the Club and to the very many patients that they have helped during their time as Ward and Clinic Volunteer Visitors, a role fulfilling one of our main objectives as a charity.

Retiring from their role due to changing personal circumstances are : Keith Morris, John Walton, Brian Searle, Alan Munday, Iris Taylor and Lisa Williams. And, as you will have seen from the last Newsletter, we have also sadly lost Alan Baldwin and Joe Travers.

I am sure you will all join with me in registering our thanks to all of them.

## Fritz Fitton's creative mission

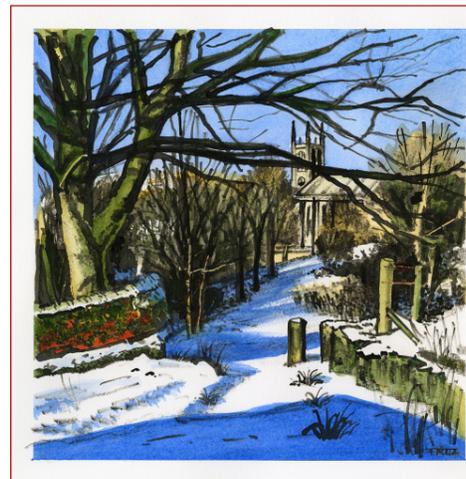
*/ continued from p.1*

and he set about putting his plans into motion for a country-long challenge.

'I wanted to do something individual, so came up with the idea of combining my art with sponsored walks,' explained Fritz. 'The long walk will hopefully still happen, but in the meantime, I'm producing 150 paintings and drawings instead to raise funds for The Ticker Club.'

His art captures Saddleworth and the surrounding areas in all seasons, using watercolours, acrylic and mixed media. As well as raising money for The Ticker Club, Fritz also plans to have an exhibition locally later in the year.

But, if you would like an original piece of work that means something to you, Fritz is taking commissions, so get in touch with him online where all his work can be viewed and purchased at : [Fritzfittonart.com](http://Fritzfittonart.com)



**St Chad's parish church, Saddleworth**

*[The text for this feature has been extracted from an article in the Saddleworth Independent by kind permission of Aimee Belmore]*

## Key points from May & July committee meetings

With access to our office in the Hospital limited during lockdowns, committee meetings have continued bi-monthly on Zoom, with members sharing information and points for discussion beforehand. One beneficial impact of this pre-meeting preparation has been to make meetings more compact in length than formerly.

Please note all items reflect the position at the time of the meeting but will hopefully still provide an insight into matters in hand.

### Meeting Wednesday 12th May

- **Patient presentations** are still not taking place on Friday afternoons.
- **Raffle prizes** are desperately needed. Michelle, never a TC member but donator of hampers, raffle prizes and money, has sadly passed away.
- **Social meetings** have not been possible due to Covid but hopefully will resume after 21 June.
- Two ward volunteers, **Joe Travers** and **Alan Baldwin**, have sadly passed away. The Club has been in touch with their families.
- **John Phillips** received complimentary feedback about Club's services. He has been tasked with being a patient guide.

- **The Trust's representative to the Club, Elliott Shuttleworth**, had reported on what is currently happening across the Trust : *Covid is still a challenge on site. Over the last 12 months, the Trust has had to remain as flexible as possible for patients. Consideration is being given to the impact on staff and how services are being run. But overall things are better now than 3 months ago.*

*Cardiac surgery: during the 1st Covid wave the Hospital was shut down, with recovery beginning in late summer. Most elective work across the Trust has moved across to Wythenshawe because of its 'Green Pathways' status (for patients who were at home prior to their procedure, who can come into the Hospital but are kept separate re Covid). The Trust has started on its recovery journey and embarked on 'joint trust work', Wythenshawe focusing mainly on elective surgery with MRI managing mainly non-elective surgery. In January 2021 Wythenshawe returned to pre-Covid theatre and ward footprint with reduced capacity. Emergency services, eg outpatients, were dealt with urgently and prioritised accordingly. Today Wythenshawe cardiac surgery is back up to 3 theatres and F6 is still a 'Green' and protected ward. There is now more cardiac surgery taking place than pre Covid due to the campus gain-*

*ing more space and theatres. Waiting lists have been prioritised and re-categorised.*

*The Trust's current focus is on health and wellbeing: integrating staff back into their everyday job roles and addressing patient confidence. Consultations being undertaken virtually have moved on dramatically, meaning patients do not always need to come on site. But 'face to face' is still taking place as virtual consultation isn't often possible for cardiac patients.*

• **Outside Organisations:** it is very important for the Ticker Club to attend British Heart Foundation meetings and keep in touch with other heart organisations. It will keep the Club informed and in touch with current developments.

### Meeting Wednesday 7th July

- **Friday afternoon patient seminars** are currently under review. It is good news they may soon be re-instated.
- **Recruitment to Club committee** We are looking for any ward volunteers or members to join the committee as potentially all four officers could finish at the April 2022 AGM.
- **The Membership Secretary**, who also organises the Club's social events, will be emailing members to see if there is any interest in forming small sub-groups of like-minded members in different sporting fields, eg walking, golf, cycling, with the potential for later fundraising.
- **The Ward & Clinic Visitors Guide** has been updated to meet current hospital guidelines; thanks go to John Phillips, Martin Merriman and Muneeb Yassir for their hard work.
- **Inpatient support** : the Club mobile phone has proved to be extremely useful for patient contact during these difficult times.
- **Funding of vein harvester:** After lengthy discussion it was agreed 6:2 that this 2nd vein harvester should be funded at a cost of £22,671.
- **The Club AGM** will be held on 14th October at the Cresta Court (further

details to follow nearer the time).

- **Volunteers Seminar 2021** : Unfortunately due to current circumstances this will not be taking place.

- **Volunteers Seminar 2022** : a date, venue and relevant meeting content is currently being considered. Further information to follow.

- **Christmas Party** : Confirmed this will take place on 7th December 2021 at the Cresta Court 7.30 p.m. for 8 p.m. start. **Gaynor Slater**

## John Foulkes



It is with sadness I share with you the passing of John Foulkes at the age of 93. John had double bypass surgery in 1986 and one year later, when

the Ticker Club was formed in 1987, he became a founder member, continuing to support the Club ever since.

John recovered very well from his bypass graft and soon returned to work. In conversations with him at the Club's 25th and 30th anniversaries in 2012 and, with his daughters Ruth and Jane, in 2017, he simply put his continued good health down to regular daily exercise since first coming home after his procedure. He continued to walk around 2 to 3 miles every day, even in bad weather: 'I have a good long mac, some strong shoes and a hat, no excuse'. His daughter Ruth told me that, if the weather was really bad, her Dad would exercise by walking up and down the stairs.

In my role as a Club patient support volunteer I regularly speak about the importance of exercise following heart procedures, very often using John's dedication to his exercise as an example of looking to keep well following a cardiac event. John's connection with the Club will continue as Ruth has expressed a wish, in her Dad's memory, to retain his membership. **John Phillips**