

Diary dates

As you will read in this edition, Club events and activities have now returned to near-normal. Upcoming dates will be shown in this column and posted on the *News & Events* page of the Club's website at :

www.thetickerclub.co.uk

Members' Social Evenings

[Dates & venues will be posted here & confirmed on website]

Christmas Party

[Venue & details to follow]



Belinda's quiz : p.3

The answers

1. River Rea
2. Perry
3. 1930
4. Black Sabbath
5. 2018
6. Cleudo
7. Anchor
8. Australia
9. J R R Tolkien
10. Baiti
11. 15,000
12. Maldives
13. King Henry II

We're back!

Summer has come and, after 27 months, we are back doing one of the things we do best and enjoy the most - visiting patients on the wards.

Muneeb Yassir and John Phillips were warmly welcomed back by staff on to the cardiac wards F6, F5 and Jim Quick. They both commented: 'it was as though we had never been away' as they were met on the ward by a good friend of the Ticker Club, cardiac liaison nurse Helen Allan.

John and Muneeb are continuing with cover on alternate Sundays until other members of the Ticker team are fully signed off with the Trust's updated e-Learning training.

Due to coronavirus it seems a long time since we were able to meet with patients and their families, particularly on their day of admission. All were delighted with our visit.

The Sunday sessions and occasional other sessions are busy as they are at present the only sessions the Club can cover face-to-face due to personnel resources. And fortunately, we have a team who have been able to support patients and their families virtually every Friday afternoon for patient information days since 18th February. We also have a team that has supported patients virtually in Cardiac Rehabilitation since mid-February this year, and finally another team who man a mobile on a rota basis 7 days a week to provide help and support to patients and their families.

We are pleased to say that new members who have taken on the role of



John Phillips and Muneeb Yassir back on ward F6 initially to visit pre-op patients

volunteering have embraced the Trust's e-Learning and completed it in less than a week. Muneeb and John are looking now to induct them into the role quickly and on to the wards and clinics.

The numbers of volunteers will hopefully increase further as our original group of volunteers become signed off having completed the e-Learning.

If you feel that this may be a role for you, please contact us on: **07395 071479**

John Phillips

New monitor for Cardiac Rehab

Cardiac Rehab lead Jennifer Aindow writes :

In Cardiac Rehab, patient monitoring is an important part of advising and supporting patients. At Wythenshawe we have used a 3-lead ECG machine to monitor patients, particularly during the initial assessment. By doing this we have been able to identify arrhythmias for several people that have then gone on to receive appropriate treatment. We had just one 3-lead ECG device and it was coming to the end of its use. The Ticker Club very generously agreed to fund a new Welch Alyn monitor just in time as the older version was decommissioned.

On this monitor we are able to undertake rhythm monitoring of the patient's heart during assessment and record this in their notes. This device also takes blood pressure, heart rates and, for emergencies, it has an oxygen finger probe.

We would like to thank the Ticker Club for their ongoing support, and are very happy to have added to our sessions a virtual patient talk by your volunteers, discussing the patient experience.



Welch Allen monitor

Charity No. 519754



The Ticker Club

NEWSLETTER

www.thetickerclub.co.uk

Summer 2022

Founded 1987

Affiliated to the British Heart Foundation

Ticker team

Chair :
DAVID HOLMES



Vice Chair :
MARTIN
MERRIMAN

Secretary :
[vacancy]

Treasurer :
MARIE
HOLMES

Committee members :
BELINDA CARTER
NAZIR CHOONARA
KHALID GHAFFUR
JOHN MILLER
MUNEEB YASSIR

Co-opted members :
[Three to be co-opted]

Visitor coordinator :
MUNEEB YASSIR

Membership :
BELINDA CARTER
Newsletter & Media :
JOHN MILLER



You can now
contact us direct :
07395 071479

Moving forward hopefully

Our return to normal service is continuing at pace and things are moving forward on a daily basis. Ward and clinic visiting has re-commenced and has been well received in the areas we have been able to access. It is still limited and care is being taken to protect patients, staff and our visitors from infection by the Virus.

Hospital changes

We had our first Volunteers Seminar for two years in May [see p.2]. It was well attended and, thanks to Muneeb, we had some very interesting presentations about the changes in the Hospital that have and are taking place. We learned there have been some changes during our time away from the Hospital and more changes are planned. New managers have been recruited to effect these changes and we have been given involvement in some decisions which will affect our Club members. We have been able to express our points of view about how the changes would impact on patients, as have staff members. This involvement helps ensure the decisions taken are pertinent to patients' needs.

Despite media reports, cardiac surgery levels are increasing towards maintaining the levels expected prior to Covid. There will always be the emergency that causes a hiccup, but that is the nature of emergencies.

Face-to-face :
First volunteers'
seminar for three
years
[see page 2]

Patient pre-op talks interrupted

We have had what is hopefully a short term interruption to our pre-operation talks which had been taking place via the internet on Friday afternoons. A staffing issue seems to have led to invitations not going out to patients due for an operation. Once this has been addressed, these sessions should soon be back on track. They have always been seen as a benefit for patients, appreciated by consultants, and making patients and their families more aware of what was going to happen.

Our committee's future

I know I say this regularly, but may I emphasise once again the need to recruit new members to the Club's committee in order to ensure its future. For the Club to be allowed to function it must have a committee. I may sound like a cracked record, but it is essential I get the message to you all.

We will be running a raffle later in the year and two books will be sent to all members. As we will still be unable to sell within the Hospital, our income from the raffle will be restricted, so do please purchase as many tickets as you can when they arrive.



Page 2: Chairman's chat, and
volunteers seminar

Page 3: Committee meetings
& Belinda's quiz

Page 4: Return to the wards
& new monitor for Rehab

Donations

Thank you for your donations, large and 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 May to July are shown below :

Donation from / for	£
Angela Haydock	294
Donald Hibbert	100
In mem. Hilda Bayliss	1000
Paul Cashin	100
In mem. Terry Panter	205
In mem. Michelle Howarth	1000
In mem. Colin Veal	100

Smaller donations are always individually recorded and are very much appreciated.



Lottery winners

MAY	No.
1st £50 A E Robertson	129
2nd £25 R Mannia	81
3rd £13 JG&AL McGrath	30
JUNE	No.
1st £50 N Woodward	77
2nd £25 C Laithwaite	159
3rd £13 W Edwards	84
JULY	No.
1st £50 T Gunner	135
2nd £25 J Pimblett	112
3rd £13 D Charlesworth	35

Chairman's chat

In our last issue I was hopeful of a return to normality and it seems that my optimism was not misplaced. We are all learning to accept that there will be a Covid virus around for some time to come, in one guise or another but, fingers crossed, that it will become as manageable as flu.

I also suggested that our office was going to become available to us in the not-too-distant future, but this has not happened as quickly as any of us would want. Plans have been redrawn for a number of reasons and this has delayed the go-ahead being given. It is still in process but I am assured will happen soon as it impacts on the area around Entrance 6 of the Hospital. The sigh of relief when it goes ahead will be audible for miles around. All the changes being made are going to be beneficial for patients and staff and will provide a more acceptable situation when visiting the Hospital for treatment or consultations. It's a situation we all look forward to.

Please remember that The Ticker Club exists for the benefit of its members and patients. I know this is mentioned in our lead story on page 1 but, at the risk of repeating ourselves, there really is a need for us to recruit willing volunteers to the committee. The next Annual General Meeting will see several committee members not seeking to be re-elected as they have come to the end of their term and this could become an issue for the future of the Club. Please do think seriously about how you want to see the future of the Ticker Club. Joining the committee is not a

lifetime commitment but involvement would increase your awareness of the Club and its usefulness within the Cardiac Unit of the Hospital.

Our Ward and Clinic visits have re-commenced [see p.4] and as expected our volunteers have been welcomed back to the wards. Visiting is still restricted for patients and a sympathetic face is always a good tonic, especially one with our volunteers' experience in visiting. However, there is always a need for more volunteers who may feel able to 'give something back'. And being involved in our visiting rota does not have to be every week, but on an occasional basis. Please do give it some thought and, for an initial chat, contact either Muneeb Yassir on 07849 388608 or me on 07872 312205, our only stipulation being that you have had a cardiac procedure. Take care and keep well.

My email is: david.holmes.ticker@gmail.com

David Holmes, Club Chair



Membership

Our thanks to all Club members for their support of the Club in this way.

There are no new members confirmed since the last Newsletter, though others are pending subject to receipt of membership fees.

We are sorry though to report the passing of member Raymond Brown, but pleased to say that his widow Christine Brown has asked to retain his membership number. So, welcome Christine.

Belinda Carter, Membership Sec

Volunteers' Seminar

For the first time in 3 years our annual Volunteers' Seminar was held face-to-face in the Hospital, with dedicated ward and clinic visitor volunteers coming together in the Education & Research Centre (ERC) on 16th May. A joy to once again see all our colleagues in person.

John Phillips had co-ordinated the arranging of speakers and chair David Holmes opened the meeting by greeting those attending.

The day began with a mandatory fire training session which all volunteers are required to undergo three-yearly.

The F6 ward manager, Adele Brearley, gave us an update, confirming there were now no Covid patients in the cardiac wards. Surgery was taking place once again over 3 theatres, with a ward capacity up to 32 beds. She confirmed our visitors would soon be back on the wards, with 2 per ward as usual.

Surgical care practitioner Dr Bhuvanewari Bibleraj spoke of the vein harvester which the Club had funded. They were trying to

train all surgeons to use it, though they were at present only available in 10 hospitals countrywide. It was mostly used in cases of key-hole surgery, at a cost of about £1,000 per patient. He said they also proposed to ask the Club to fund more-portable handheld vein scanners, used to identify the position of veins.

After a group photo [see p.1] and lunch, we heard from radiographer Chloe Jackman who is involved in taking pictures during angiograms and the fitting of stents. During the Covid period there had been a further increase in the use of stents over surgery.

Senior CTCCU sister Karen Brennand told us about the unit's 330 staff (32 per shift) and the type of cases they deal with including bypass grafts and valve surgery, thoracic cases using ECMO (one of only 5 centres in the country), and pre-transplant heart failures.

After volunteers' office representative Beth had updated us on their processes and procedures and answered our questions, the meeting was brought to a close with thanks to all those taking part.

Muneeb Yassir

Key points from May & July committee meetings

With Covid restrictions now almost totally removed, committee meetings have returned to being held bi-monthly in the Hospital's Education & Research Centre (ERC).

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

Committee meeting Wed 11th May

1. Though Pat Khan was co-opted on to the committee after the AGM, this was rescinded as she has a problem attending meetings on Weds and/or Thurs, and all committee members need to take an active role in TC meetings, decisions and activities.
2. Anthony Evans (AE) updated the meeting on the TC office. The Trust's estate management had agreed costings and plans for the reception area and ex-coffee shop space. This will become a 'self-check in' patient reception area on a small IT screen as currently in doctors' surgeries. It will also have vending machines for coffee and snacks. The Club will retain its office but with a slightly smaller square footage. AE may have confirmation on the contractor shortly. DH to be informed of formal meetings and kept updated.
3. DH mentioned that ward visiting will soon be possible, though there is no definite date yet. Volunteers will have to comply with the Trust's due diligence process.
4. Due to Covid the Friday afternoon patient information sessions are continuing to go ahead via Microsoft Teams as opposed to face-to-face.
5. DH stated Club AGM was not well attended with only 17 present.
6. The Club is actively looking for a replacement Secretary as we are currently without one in post.
7. 31 TC members had still not paid their membership. They have now been taken off the official membership list. Newsletters, correspondence etc will no longer be sent to them. BC is going to write to these members. The membership fee is to remain the

same; £10.00 for an individual and £15.00 per couple.

8. Social meetings: BC has been to look at the Stamford Arms. Unfortunately, it is no longer suitable and she is going to look into finding a new venue
9. The Volunteers Seminar was due to take place on Mon 16th May 2022. So far arrangements were going to plan.

Committee meeting Wed 6th July

1. Chair David Holmes greeted all, including John Phillips, there re his assistance with volunteer scheduling.
2. Chair said ongoing lack of a secretary is becoming an issue. The extent of the role was discussed but no solution was achieved.
3. E-learning was seen as an issue in terms of recruitment but as MFT require it for all volunteers we have to comply.
4. There are currently no 'shadows' for visitor volunteers with insufficient people coming forward. This to be revisited when committee has a full complement of co-opted members.
5. No date yet on return to face-to-face Friday pre-op meetings but a rota for current virtual meetings is in place.
6. A significant legacy had been left to the Club by a long-time supporter.
7. It was noted we were currently not engaged in any ongoing fundraising activities for the Club.
8. Membership had been slowly increasing and that should improve further on our return to the wards.
9. Social meetings suspended pending finding a suitable venue.
10. Logoed fleeces for the colder months were being sourced for ward & clinic

visitors, together with logoed polo shirts for formal identification.

11. Generic business cards were to be produced and carried by all TC representatives, name to be hand-written.
12. An updated Training Guide had been approved by the ward manager who was happy for us to induct our own volunteers on to the wards.
13. The meeting was updated on the office situation where approval for start of work was awaited.
14. A £500 grant was approved towards setting up a 'wellness trolley' for CTCCU patients, together with a collection box for patients to contribute towards stock replenishment.
15. Following receipt of further information requested, purchase of a spectacle camera for Mr Dimarakis was approved at a cost of £9,000.
16. Provision of a vein scanner to be used in conjunction with the 2 vein harvesters we had funded was approved subject to receipt of appropriate paperwork.
17. The volunteers' mobile phone is to continue in use and its number will appear on the new business cards.
18. Cost details of proposed videos for use on websites to be co-produced with a national cardiac charity were yet to be received for consideration.
19. A temporary uplift to the mileage allowance was agreed due to fuel price increases.
20. The constitution was to be reviewed to ensure it was still fit for purpose in light of changes within Hospital and MFT, though caution was needed to avoid changes to aims and objectives.

John Miller

Belinda's Birmingham and Commonwealth Games quiz

1. What is the name of the river that Birmingham was originally built on?
2. What is the name of the Commonwealth Games Mascot (a bull) for Birmingham 2022?
3. Year of first Commonwealth Games?
4. Gas Street Canal Basin has a bridge named after which famous Birmingham band, formed in 1968 by their guitarist Tony Lommi?
5. At which year's Commonwealth Games was there finally an equal no. of medal events for women & men?
6. Holed up in his home in Birmingham during WWII air raids, Anthony E Pratt invented which board game?
7. For 250+ years, what has been the Hallmark symbol for jewellery and precious metal manufactured and assayed in Birmingham?
8. Which country has most frequently hosted the Commonwealth Games?
9. Which author lived his childhood in South Birmingham (Black Country) from 1895-1911 and always referred to himself as 'Birmingham Man'?
10. What type of food, served in a thin wok, first arrived in UK in Birmingham in 1971?
11. Inspired by a sequined dress by Paco Rabanne, the Bull Ring (Selfridges) is clad with shiny aluminium discs. How many?
12. Which small nation was the last member to join the Commonwealth on 1st Feb 2020 after a re-admission was approved?
13. In 1154, which King granted a 'Charter of Marketing Rights' to Birmingham to hold its first market?