

Diary dates

With Club events and activities now returned to near-normal, we are planning to return to regular social events in the New Year.

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

Annual General Meeting

Wed 24th April 2024
at the Cresta Court Hotel,
Altrincham

Members' Social Events

It is hoped to resume more regular social events in the New Year, subject to sourcing a new venue



Conquering the Yorkshire Three Peaks

Rachel Dawson, a physiotherapist based in the Critical Care Unit (CTCCU), decided that she wanted to take part in an event on behalf of The Ticker Club as she was well aware of the work we are involved with in the Cardiac Unit in Wythenshawe Hospital.

Not being one to take the easy option, she began to think of the Yorkshire Three Peaks Challenge and approached us to obtain our thoughts before going forward with the idea. Of course, we welcomed her with open arms and supplied a T-shirt with our logo, together with some sponsor forms. She also used the PayPal donation platform to open a funding page so that donors could give directly to the page for her event.

She was soon training for this challenge as she wanted to be successful and complete it within the time allowed, which is 12 hours from start to finish. She took part in an organised and guided challenge and completed it well within the time allowed, smiling all the way through, she says, as we can see from the photos [see above & p.3]. Rachel completed a total of 25 miles and 61,677 steps over Pen-y-Ghent, Wharfedale and Ingleborough with a total ascent of 5200ft!

She raised a grand total of £530.00 and for that we thank her and hope she appreciates how grateful we all are for the effort she made. We have assured



Rachel on the summit of Ingleborough

her as to how well we will put the money to use in funding more projects within the Hospital at Wythenshawe.

Having spoken to her, we understand she is now looking forward to a new challenge. We wish her well in anything she chooses to do in the future of a similar nature, and it now seems her husband is likely to be challenged too!

Thank you, Rachel, and well done!

David Holmes

Nazir Choonara elected Volunteer Governor

Our congratulations go out to Ticker Club committee member Nazir Choonara who has been elected Volunteer Governor within the management of the Manchester University NHS Foundation Trust.

Nazir joined the Club soon after his quadruple heart bypass operation nine years ago and, shortly thereafter, became a patient visitor on the wards. More recently he joined the committee as a very active member of our team, making use of his strong IT background by instigating on-line and mobile phone contact for patients to more easily reach members of our support team with their concerns.

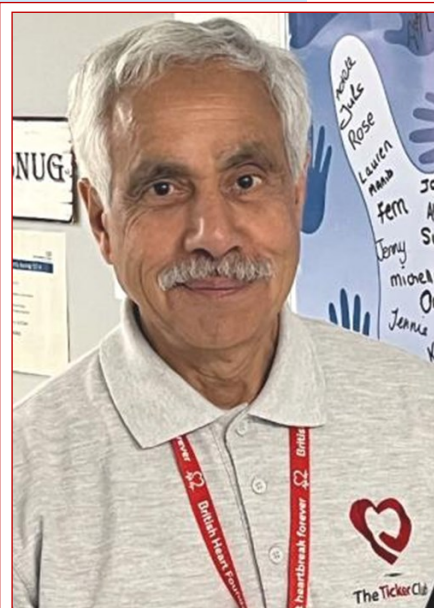
He was connected to the NHS

from an early age as the son of a Trafford GP. Then, after having worked for over 30 years as an IT consultant abroad, he returned to Trafford and retrained as a Mental Health Support Worker.

Nazir is following in the footsteps of a former Ticker Club secretary, Cliff Clinkard, who was also some years ago elected as Volunteer Governor. Once again one of the Club's aims - patient representation - is put into practice.

Having been elected, Nazir now says he is looking to place his focus on Volunteer training and retention.

We wish him well!



Nazir Choonara

Charity No. 519754



The Ticker Club NEWSLETTER

www.thetickerclub.co.uk

Autumn 2023

Founded 1987

Affiliated to the British Heart Foundation

Ticker team

Chair :
DAVID HOLMES



Vice Chair :
MUNEEB
YASSIR

Secretary :
MAGGIE MEE



Treasurer :
MARIE
HOLMES

Committee members :
NAZIR CHOONARA
KHALID GHAFUR
JOHN MILLER
[Two vacancies]

Co-opted members :
[Two may be co-opted]

Visitor coordinator :
MUNEEB YASSIR

Membership :
MARIE HOLMES [temp]

Newsletter & Media :
JOHN MILLER



**You can now
contact us direct :
07395 071479**

Moving forward . . .

In moving forward, the Ticker Club - your Club - will be looking to build on the past year's successes and increase our involvement with the Cardiac Unit and team within Wythenshawe Hospital.

Full coverage aim

The increased activity on the wards of our visitor volunteers has shown all the staff that we are back and just as keen as previously in our support of the patients - and just as interested in their well-being. Our present volunteer team are managing to cover most days but, with the aim of full coverage, there is still the opportunity for

more people to join the team. Our Volunteer Co-Ordinator Muneeb Yassir would welcome a discussion with any interested member who feels they want to give something back. He will be happy to explain the system for enrolment, and can be contacted in first instance by email on tickervolunteercoord@gmail.com. It is not complicated, and guidance and training will be available throughout the joining process. We hope more ex-patients will not be reluctant in coming forward to offer support, just as they were previously supported by one of the volunteers. Remember, in putting ourselves forward for all the best reasons and with positive ideas, we do not always know how best each of us can help. So, in the first instance, the Chair is happy to discuss all the options [see p.2 for Chair's contact details].

Membership increase

Our increased activity has also come alongside a recent increase in membership, which must prove something is working. And even some of the newer members have shown an interest in becoming visitors which is very encouraging for the current visitor team.

One of the physiotherapists based in CTCCU has recently carried out the Yorkshire Three Peaks Trek on behalf of the Club and an article and photos [see Chair's Chat and pp.3&4] tell the story in this issue.

Pre-op presentations

The Friday afternoon Pre-Op Presentations, in which we are involved, have at long last resumed face-to-face in the seminar room at of the Critical Care Unit (CTCCU).

[continued on p.2]



Three Peaks Challenge : see p.4
Rachel Dawson with Club chair David Holmes

Page 2: Chairman's chat, and membership update

Page 3: A Member's Tale & committee meeting report

Page 4: 3 Peaks Challenge & Nazir's selection

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 August to September are shown below :

Donation from / for	£
A Gasuinas	100
C Thompson in memory of Malcolm Blessitt	200
R Manners-Wood	110
A Smith	2000
B Stones	210
A Blackley	200
R Dawson 3 Peaks Chall.	530

A Blunt charity football 400
Smaller donations are always individually recorded and are very much appreciated.



Lottery winners

AUGUST	No.
1st £50 C Shillito	65
2nd £25 P Cooksey	109
3rd £13 D Charlesworth	32
SEPTEMBER	No.
1st £50 J Pimblett	111
2nd £25 V Shillito	55
3rd £13 J Phillips	76

OCTOBER No.
[Winners to follow in Winter Newsletter]

Chairman's chat

The summer wasn't as good as it might have been, given that the weather could have been better, but we are British and take what comes. But now Christmas is just around the corner, and I hope that we are all looking forward to it. It always seems to get earlier or come round more quickly than we expect but is enjoyable for most when it comes.

It has been an interesting year for The Ticker Club. We have now been able to return to our office and it is open some days of the week when our volunteers are available either before or after their ward visits. If the light is on and the door open, please call in if you are visiting the Hospital for any reason. We are being kept aware of the progress of the other works to be done there, and will have to move out for a short time but will still be as active as circumstances allow.

From the information contained in the separate letter you will see that we are not able to hold a Raffle or Members Christmas Social this year. There is a continuing situation with Covid and due to a need for infection prevention, we are not allowed to sell the Raffle tickets in the Hospital.

Still active with our funding, we have agreed to fund some new specialised chairs for the Radial Catheter Lounge to assist in the recovery of patients and these should be available prior to Christmas. They will be a boost to that department, helping reduce the waiting list for certain procedures. We are also in process of sourcing and funding some electronic signs for the Outpatient Clinics to advise patients what the situation is with

regard to their appointments and in which room they can expect to be seen. Technology helping to keep patients informed – wonderful, isn't it!

We hope that your endeavours as members of the Club continue to the benefit of all future patients. It's a measure of your appreciation that allows us to go on funding these items.

On this subject, I would personally like to thank one of our supporters for her endeavours, and that is physiotherapist Rachel Dawson who, as you see on p.4, undertook climbing Yorkshire's Three Peaks to raise funds for the Club. It's an initiative that shows staff within the Hospital understand and appreciate what we are doing for patients in the several ways, both in funding and personal support. I know she had been in training for the event and managed it well within the timescale. I would hope this might encourage others to carry out similar fundraising activities for us. A flow of funds is essential to enable us to keep working as we do now.

Thank you all and I wish you, on behalf of the Club, the Season's Greetings.

Please contact me on either 07872 312205 or e-mail on david.holmes.ticker@gmail.com should you wish to contact me for any reason.

David Holmes, Club Chair



... moving forward

[continued from page 1]

They have been reasonably well attended and very much appreciated by the pre-op patients. Attendance is increasing as word spreads but is not up to pre-covid numbers as yet. We are working closely with the staff at the Hospital to increase patient awareness of the benefits of attending these presentations.

On another front, we will hopefully be able to resume our members Social Evenings next year, giving all of us the opportunity to see more of our fellow members. In the meantime, we hope all our members will take care and keep safe.

Ticker Club committee

Membership

Our thanks to all Club members for their support of the Club through membership.

There have been four new members confirmed since the last Newsletter :

- 2100. Alan Smith
- 2101. Ash Blackley
- 2102. Clive Beveridge
- 2103. Norma Scruton

Others may be pending subject to receipt of membership fees.

Marie Holmes,
Acting Membership Sec

News from the committee

Committee meetings have now fully returned to being held bi-monthly at the Hospital in venues to be advised.

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 : Wednesday 13th September

The committee were able to meet in the office for the first time since 2019, following the end of the lockdown and recent renovations. All agreed it was good to be back. Membership of the committee remained a concern as it is essential to maintain numbers to continue in our present form. The Chair pointed out that certain administrative jobs did not require committee membership.

It was reported that the Friday pre-op presentations were to resume on 15th September. The Chair said this was an absolute step forward now that the appropriate chairs were in place.

The Treasurer reported that changes to the signatories on the various bank accounts were in process and arrangements are being made to carry out these changes.

Gift Aid had been claimed from HMRC, and the relevant monies were now in the bank. Our funds now looked very healthy.

It was agreed unanimously to continue with the donations to the wards to allow for items to be bought for patients who are in the Hospital over the Christmas period, and that this should include Ward F2 now and in future.

The Chair said more donations were pending and Rachel Dawson, a member of

the physiotherapy team in CTCCU, was to raise funds for the Club this month by completing the Yorkshire Three Peaks challenge. This was welcomed by all.

It was confirmed there will not be a Raffle this year, mainly because it is no longer possible to sell tickets within the Hospital. The Treasurer had sent out membership reminders this month as there were still some outstanding subscriptions, reducing the income for the Club.

The committee discussed ongoing plans to make some aspects of the website more current and to produce banners with more recent photographs. It was hoped this might take place shortly.

It was suggested the Club might look into the possibility of providing a pad and pen to patients bearing the Ticker Club's name to remind them of us after they have left Hospital. Samples were to be acquired.

We have agreed to fund specialised chairs for the Radial Catheter Laboratory which would help reduce the list of patients waiting to be treated.

It was agreed to renew our affiliation to the British Heart Foundation.

Ticker Club committee



Rachel's route : A view from the Yorkshire Three Peaks challenge : see p.4

A Member's Tale

Barbara Stones

In September 2023 I celebrated 21 years since I had a triple bypass.

Before the operation I went for an angiogram, which is where I met Cynthia. We became friends, and have remained so ever since. Cynthia and I had our operations at the Alexandra Hospital due to a shortage of intensive care beds at Wythenshawe, mine in September and Cynthia's in December.



Barbara Stones
at the Club's
25th anniversary
in 2012

I had already joined the Ticker Club in the summer months while waiting for the operation, and started making greeting cards for the Ticker Club to sell. I have continued making cards ever since and selling them to raise funds for the Club.

Since having the bypass, I have become a great grandmother to Frankie, now 21 years old, and Mary who will be 1 year old in November.

To keep active after my operation I went dancing, which is where I met Jack, my dance partner. He later became my life partner and we had 17 happy years together until his death in 2021.

Jack was an RVS volunteer at the local Broadbent luncheon club, and he encouraged me to join him as an RVS volunteer, and I am still there leading an Art group. Our luncheon club was awarded the Queen's Award for voluntary service in 2010 and four of us were invited to the garden party at Buckingham Palace.

A few years after my bypass I also joined the Sound Heart gym that had been set up by a group of people with heart problems who wanted to try and keep healthy.

Looking back, I would like to express my thanks to the surgeons and staff of Wythenshawe's cardiology department who looked after me before, during and after my operation. They have enabled me to lead a full and happy life for the past 21 years.