

Diary dates

With Club events and activities returned to near-normal, we are now seeing a return to more regular social events.

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 Events

Social Evening

Wednesday 5th March
at 7.30 pm

at the Sale Sports Club
Clarendon Crescent, Sale
M33 2DE

A bar will be available

Members' guests welcome

It is hoped to resume more regular social events soon

Annual General Meeting

Wed 24th April 2024

at the Cresta Court Hotel,
Altrincham
at 10.30 am



20 years on F6 . . . and 20K steps a day!

The Club's cardiac ward visitors are well used to Nicola Green dashing past us on her way to carry out her responsibilities as Clinical Discharge Manager for Ward F6. Nicola has spent more than twenty years working on F6 and says she still comes to work each day 'with a smile on her face' – and yes, we've seen the smile often!

Nicola started working on Ward F6 over 20 years ago as a Health Care Assistant. After over six years of clinical duties, she was promoted to Housekeeper for the F6 Ward. In this position, which Nicola held for over 11 years, she had responsibility for all non-clinical aspects of running a demanding environment and managing the work of NHS and Sodexo staff. Nicola was promoted again and returned to a clinical role.

She has been the Clinical Discharge Coordinator on Ward F6 for over 4 years now, including a difficult time during the Covid pandemic. Nicola walks to and from work and in her present role works with, and rushes to, other departments in her Coordinator role, covering an incredible average of over 20K steps every day!



Nicola Green : 20 years on Ward F6

Nicola's role and energy is much appreciated by the Ticker Club and by the many patients passing through life changing procedures on Ward F6.

Nazir Choonara

Club benefits from huge corporate award

Just before Christmas 2023 we wrote a speculative letter to NEXT putting a case forward for a donation from their charity budget. The letter gave an overview of The Ticker Club, the amazing work we do in the Hospital and the essential equipment we help to fund for the benefit of both patients and the dedicated staff on the wards.

I am sure you will all be as surprised as I was when I took a call from the manager Jo of the Next Charities Team, if I now tell you that she phoned me saying that NEXT had considered the application, loved what we do and felt it merited a grant of **£10,000** to help towards the work we do. It was a good job I was sitting down when the phone rang!

I immediately wrote an email giving our charity bank details as NEXT had requested and thanked them for the grant.

We now need to identify the priority for the donation and how it can be best



spent to best effect. Once we have decided, NEXT would love to hear what we have achieved with the money and how it will benefit those we aim to help. I believe they then let all their staff know so they can be more engaged in the work of the charities they support.

I know that, along with me, we all appreciate the award and what it does to help in the comfort and recovery of patients in the Cardiac Unit at Wythenshawe Hospital.

David Holmes

Charity No. 519754



The Ticker Club

NEWSLETTER

www.thetickerclub.co.uk

Winter 2024

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 GHAFFUR
JOHN MILLER
[Two vacancies]

Co-opted members :

[Two to be co-opted]

Visitor coordinator :

MUNEEB YASSIR

Membership :

MARIE HOLMES [temp]

Newsletter & Media :

JOHN MILLER



The Queen's Award
for Voluntary Service

New!
Social Evening
see Diary Dates p.4

Forward into the New Year . . .

A happy New Year to all our members and best wishes for the year ahead. We now have to look positively to the future of The Ticker Club in 2024 and continue to build on the progress made in 2023. It's pleasing to note that our return to the wards has seen an increase in new memberships as more patients have been grateful for the support they have had from our volunteers during their stay in hospital – both after surgery and in some cases beforehand. The appreciation shown by staff and patients alike is encouraging for our volunteers, though there are still too few of them to cover every opportunity.

Initial discussions

I know that there are some members who would like to be more involved but are reluctant as they do not feel they are able to interact with patients. Anyone with concerns can make a first contact with the Chair for a chat about the role without commitment. Further discussion of the details can take place in confidence – it is only with agreement that names are passed forward to our Volunteer Coordinator for training and mentoring. And no-one is left without support until they feel ready to 'fly solo'.

'Backroom' support vital

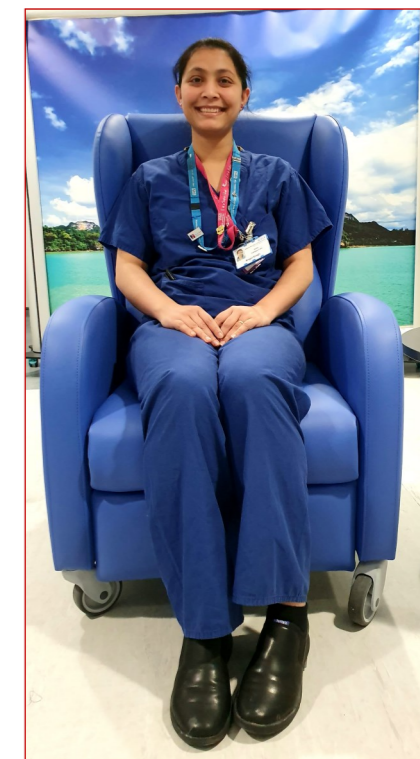
The administrative work needed to keep the Club running is just as important as any other work we carry out, as without a solid backroom there can be no front of house. There are some administration roles which can be carried out by non-patient-facing volunteers, so if you feel that there is something you could do in this area, then do please think about it. Committee membership may not be necessary for some of the roles.

We all put ourselves forward for the best of reasons and with positive ideas but not always knowing how best we can help. Again, you can discuss any role with the

Chair in the first instance. His details can be found at the end of the Chair's Chat on p.2. There is of course no commitment in having a conversation.

Funding requests ongoing

We are continuing to fund equipment and literature and have been in a position to cover these requests due to the generosity of members and their families.



Radial lounge chairs : see below & p. 3

On behalf of the Trustee Committee, the Chair adds his personal thanks for giving the Club the chance to be able to continue to do this. The items that we have funded have been carefully scrutinised to make the best use of your funds and with the benefit to patients' wellbeing and comfort in mind.

[continued on p.2]

Page 2: Chairman's chat, and membership update

Page 3: Radial lounge chairs & committee meetings report

Page 4: Nicola's 20 years & . . . a corporate grant

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 October to December are shown below :

Donation from / for	£
In memory David Guirey	170
J Murphy	100
J Russell-Metcalf	100
Barbara Stones	100
In mem. Patrick Curran	460
In mem. Martin Sheard	3036
R Manners-Wood	100
G Murphy	100
On behalf Matthew Owen	250
NEXT plc	10000

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

Lottery winners

OCTOBER	No.
1st £50 T Gunner	135
2nd £25 D Charlesworth	48
3rd £13 J Pimblett	112
NOVEMBER	No.
1st £50 K Jerath	67
2nd £25 R Mannia	82
3rd £13 D Laver	17
DECEMBER	No.
1st £100A E Robertson	130
2nd £50 J Dowell	138
3rd £26 B Summerfield	97
JANUARY	No.
1st £50 C Shillito	64
2nd £25 A Hunt	171
3rd £13 T Gunner	135

Chairman's chat

Looking back over the last year the Club has grown stronger by being back to a better level of involvement within the Hospital, as well as with increased visibility in respect of the office being available and open at least some of the time. This has shown that The Ticker Club has continued as a charity for the benefit of patients, and will continue to do so into the future.

We have been able to return to having a presence on the wards and, whilst we are still looking to recruit more volunteer visitors, we are able to cover every day. I would ask all members, where possible, to give some thought to becoming a ward visitor volunteer. Our visitors tell us how very rewarding it is to see the benefits for patients in aiding their recovery process, knowing we are available to discuss concerns they may have.

Contained in the Newsletter posting, you will have received notification of the Annual General Meeting on 24th April 2024 at the Cresta Court Hotel in Altrincham, starting at 10.30am with refreshments provided. I would ask that as many as can attend, as this is important to the Club. The Annual Report will be posted on the website once it has been approved by the Trustees and will contain a brief synopsis of the work that has been carried out over the last year. This is also an opportunity to raise questions for the committee to answer, but please notify us in

advance so that a full answer can be given; relevant detail may not be available at the meeting. We look forward to welcoming all who can make it. There is also a nomination form to allow you to propose members to the committee, but please ensure the nominee is in agreement with their nomination.

Last year the Annual Raffle did not take place and there was no Christmas Social Lunch. I am hopeful that both of these will be able to return this year. As more things become normal, it may well be possible to resume sales of raffle tickets in the Hospital and help us maximise income from that source. We are also hoping to resume regular Social Meetings for members - the first event will take place on 5th March at Sale Sports Club off Clarendon Crescent in Sale at 7.30 pm, and there is a bar available. This will be a games evening and all members and friends are welcome.

[See front page & p.4 for details]

Please phone me on either 07872 312205 or e-mail me ([david.holmes.ticker@gmail.com](mailto: david.holmes.ticker@gmail.com)) should you wish to contact me for any reason.

David Holmes, Club Chair



... forward into the New Year

[continued from p.1]

We know that the items that have been funded will continue to offer a better outcome for patients following their cardiac intervention and rehabilitation. In this context we have provided some new equipment for the Rehab Gym and also new specialised chairs for the Cardiac Radial Lounge [see p.3] which will assist the transit of patients through the department. Several items we have agreed to fund will be in place soon and will aid with patient comfort and information both on the wards and in outpatients' departments.

I hope that all our members consider that their involvement is worth the effort however you offer your support, whether it be by paying your membership or being in the monthly lottery for example. So, our thanks for your continued commitment.

Ticker Club committee

Membership

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

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

- 2104. Hephzibah & Kora Yohannen
- 2105. Debbie Willcock
- 2106. Glen & Cheryl Brockett
- 2107. Anthony & Clare Finlay
- 2108. Adrian Walmsley
- 2109. Ashley Bates
- 2110. Lesley & Judy Wertheimer

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 : Wed 13th Sept

It is necessary that more members are recruited to the committee to ensure future progress.

Chairs have been bought for use in the Cardiac Radial Lounge for the comfort of patients and Information Monitors are being bought for the Outpatients Department.

New banners are to be produced with newer photographs to update the ones currently in use. An update of our literature is also proposed.

A member of the physiotherapy team has completed the Yorkshire Three Peaks Challenge and raised money for the Club in appreciation of the work we do.

No raffle will be carried out this year [2023].

Membership has increased since ward visiting has resumed after Covid with some members only wanting to be contacted by e-mail.

The website is being reviewed.

The Newsletter's format is being reviewed to perhaps look at content options and regularity of issue, but no decisions have been taken as yet.

Ward volunteer visitors are still being recruited but more are required and members should be encouraged to consider this role.

The New Beginning book is still being reviewed and will continue in the same format in the future.

A meeting of volunteers was requested for 6th December 2023 for passing on information purposes.

An outside organisation has requested that the Club participate in a self-referral pilot scheme and more details will follow in 2024.

Ticker Club committee

Committee meeting : Wed 10th Jan

Concern has been raised about the continuing of the outstanding work which will affect our use of the office, but no further news is available as yet.

Annual General Meeting has been arranged for 24th April at the Cresta Court Hotel in Altrincham at 10.30 am.

Two further members of the committee are included on the Bank's signature list and will be registered for online banking in due course.

The final accounts will be readied for the Independent Examiner after 31st January.

One of our volunteer visitors raised money dressed as Father Christmas at a 'Breakfast with Santa' event in Chorlton.

The Newsletter will be discussed at the March meeting, consideration being given to adapting it to a more online e-mailable format for members and perhaps a separate either annual or bi-annual one for within the Hospital.

A new venue has been found for members social meetings and will be progressed with the hope of resuming regular social meetings for all members.

Volunteer Training Guide is being reviewed.

A supply of the New Beginning book has been taken to the pre-op team at the MRI for elective patients who are to undergo surgery at Wythenshawe.

A funding request has been approved for three patient trolleys with 8-hour mattresses for the Cardiac Catheter Department to improve patient comfort during their stay.

Training courses (e-Learning) are a requirement of the Ministry of Health but the number of modules our volunteers have to take is being questioned by the MFT Volunteer Governor as ours are non-clinical.

There is still a need to recruit more committee members.

Ticker Club committee

Lounge chairs

A recent Club purchase for the Radial Catheter Department

The Club was asked to fund a number of special chairs designed to aid the flow of patients through the Radial Catheter Department and we were pleased to be able to do so. These have now been delivered and are in use daily for the comfort and benefit of patients. They are also used by the staff to assist with the movement of patients within the department itself.

We have been given the opportunity to see them being used, so wanted to showcase their effective use. It is your donations and generosity that have enabled us to purchase these items, together with many others, to benefit patients finding themselves in hospital at Wythenshawe.



A patient tries out one of the radial lounge chairs

