

## Diary dates

\*\*\*\*\*

With Club events and activities returned to near-normal, we look forward to the return of 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](http://www.thetickerclub.co.uk)

\*\*\*\*\*

## Members' Social Events

### Social Evening

**Caribbean Dining Evening at the Sale Sports Club Clarendon Crescent, Sale M33 2DE**

**[Date to be announced : see chairman's chat p.2]**

A bar will be available

Members' guests welcome

\*\*\*\*\*

## Volunteers Annual Seminar

**[Date to be announced]**

**in the Heart Centre, Wythenshawe Hospital**

\*\*\*\*\*

## A Member's Tale : John Miller remembers . . .

**M**y story begins on the summit of Tryfan, one of 14 peaks over 3000ft in Snowdonia (Yr Eryri), in May 1996 with a group of old friends passionate about hillwalking. My first angina attack came at 2.00 am just four nights later.

Soon, in Macclesfield Hospital, I was assessed to have stable angina, so there was no panic, but I was referred for an angiogram. The good news was that there was no damage or disease of the heart, but the bad news was that I needed at least three coronary artery bypasses. My main emotion was one of huge relief: now I knew what the problem was, and I knew it was one that could be dealt with.

A full briefing with the consultant followed: the op could take place anytime from Easter onwards, but I asked, because of my freelance work producing major live events for the BBC, could it wait till November? Stable angina worked in my favour, so it was a yes.

So, I went back to my day job, building theatres & stages and producing events for three major shows at the National Exhibition Centre (NEC): Match of the Day Live in March, Gardeners' World Live in June, and Children's BBC BigBash in October. I had a big team, so I was able to manage my own level of exertion, just a short walk carrying a shoulder bag to & from the hotel on site and a caravan based backstage in the exhibition hall.

But at the end of October, it was back to reality with a bump! I was called in on 9th November for my operation on 10<sup>th</sup>. Lucky boy - all going to plan, but it was time to get my mind round it. I was apprehensive, yes, but remember being quite calm.



Summit of Tryfan, Snowdonia

After a brief issue until the tube in my throat was removed, a stage very many patients don't recall, order was quickly restored and I was soon making good progress.

Back on the ward, my first impressions were of being kept comfortable, and I have no real memory of pain. I was soon being chased out of bed by physios, with the best moment being taking a walk to my first shower! With my first steps, I knew I was better - from then on patience was the problem! I soon learnt doing the stairs was key to going home and, though the due date was a Sunday, a physio was found to sign me out.

So, home on Monday, I apparently joined the Ticker Club on Tuesday. And within a few months I was already sharing my positive outcome with new patients on the wards.

Once at home I felt good, and knew things were better. I was keen to get out but had to learn patience for the process of physical recovery. But I was soon back on the phone, planning my next event - another Match of the Day Live at the NEC in March.

So, my outcome left me with a lot to be thankful for. In 1998 I began ward visiting for the Club, right through until 2009 when we moved over to visiting patients in the new Heart Centre clinics. I also began taking my turn once a month speaking at the much-appreciated Friday sessions for pre-op patients.

I first joined the committee in 2000 as Vice Chair, and then as Secretary until 2006 when I began concentrating on the Club's image, making good use of my TV and media background! During this period, at the invitation of surgeon Ben Bridgewater, I produced my video about the Club, which was the first of five patient information films I was to produce for the NHS.

Meanwhile in 2000, I had produced the Club's first Newsletter in its present format. *[continued on p.3]*

Walking Hadrian's Wall 2006 . . . and yes, it's the same hat!



Charity No. 519754



# The Ticker Club

## NEWSLETTER

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

Spring 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 GHAFUR  
ADRIAN WALMSLEY  
*[Two vacancies]*

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

Volunteer coordinator :  
MUNEEB YASSIR

Membership :  
MARIE HOLMES

Newsletter & Media :  
JOHN MILLER



**Plans for  
Social Evening  
see Diary Dates p.4**

## A Bright and Positive Future

**W**e held our Annual General Meeting on 24<sup>th</sup> April at the Cresta Court in Altrincham and there was a good attendance from the membership with a number of faces attending for their first time. We were also fortunate to have Eamonn O'Neal, one of our joint Presidents, in attendance considering how very active he is with other charities in the local area. He took the opportunity to make a short speech in appreciation of the work we have done in the Hospital this last year and in the past for the patients and surgery teams.

### Meet the team

Following the AGM the roles of the new committee of Trustees can be confirmed as:

- David Holmes: Chair
- Maggie Mee: Secretary
- Muneeb Yassir: Vice Chair & Volunteer Coordinator
- Marie Holmes: Treasurer & Membership Secretary
- Nazir Choonara: BHF Liaison Contact & now Volunteer Governor MFT

- Khalid Ghaffur: Ward Visitor volunteer
- Adrian Walmsley: Admin. assistant

This will be the team that you can rely on to continue our outstanding work into the future and ensure the Club prospers.

It is encouraging to all our members that the work we are involved in within the Hospital at Wythenshawe is recognised by people not directly involved and that the volunteer ward visitors are appreciated, not only by staff and patients in the wards but by the wider membership also. We are always looking for more volunteers to support the work we do and I would ask anyone who feels that they could 'give back' for the care and attention they received to contact us. There would be no obligation in having a conversation in first instance and the satisfaction gained from the support given to the patients is immeasurable.

The Chair is personally looking forward in this coming year to taking the Club into what could be a brighter future as we have now consolidated our position back in the Hospital and can only grow *[continued on p.2]*



Annual General Meeting of the Club at the Cresta Court Hotel, Altrincham

**Page 2: Chairman's chat,  
donations & lottery winners**

**Page 3: AGM & committee  
meeting reports**

**Page 4: A member's tale  
. . . and social events**



## 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 January to April are shown below :

Donation from / for	£
Aviation Society	100
S Reid	300
In mem. David Mulliner	100
R Harwood	1000
Peace Lodge	250
P Horton	100
K Donoghue	100
P Freeman	259

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



## Lottery winners

FEBRUARY	No.
1st £50 M Holmes	43
2nd £25 C Shillito	65
3rd £13 W Mullin	195
MARCH	No.
1st £50 L Swann	133
2nd £25 R Mannia	81
3rd £13 B Summerfield	97
APRIL	No.
1st £50 K Jerath	66
2nd £25 M Mee	41
3rd £13 B Summerfield	91

## Chairman's chat

**A**s we welcome a new Spring, so we welcome new members of the committee. With all situations there are opportunities and that is where the new committee have to 'step up' their game and perform to the standard that the members expect, in as much as maintaining our presence in the Hospital and continuing to support and enhance the patient's experience.

We had a successful Social Evening at Sale Sports Club and are hoping in the near future to arrange a Caribbean Dining Evening there. They host a catering company most Thursdays and the food is highly recommended by all customers. I will be obtaining further details of the menu and will be in touch with all members to advertise this event. Last time we had a Games Evening where there were a couple of quizzes and a Play Your Cards Right game which several players took part in. Unfortunately, not everyone was a winner but that is the game. One lucky player won an Easter egg which I hope he was willing to share with his partner, but who knows!

As we welcome our new committee, we say cheerio to one of our long and possibly longest serving member of the committee John Miller. John has been involved with the Club for over 2 decades and has been working in various roles on the committee for many of them. He has been a ward and clinic visitor and has presented at the Friday afternoon Patient Information Meetings on a regular basis. Behind the scenes he has been instrumental in the display board information, the newsletter production and the website. He will still be looking after the newsletter and website as he is not going away altogether!

You can get in touch with me on either 07872 312205 or e-mail me on : [david.holmes.ticker@gmail.com](mailto:david.holmes.ticker@gmail.com) should you wish to contact me for any reason.

**David Holmes, Club Chair**



## ... a bright & positive future

*[continued from p.1]* from there. As has been said in the past, there are a number of necessary administrative roles that can be carried out by non-committee members, so the commitment is not as onerous, but equally important. Remember, we all put ourselves forward for the best reasons and with positive ideas but not always knowing how best we can help. You can discuss any role with the Chair in first instance through his contact number or e-mail *[see above]*. There is no commitment in having a conversation.

The Chair said at the meeting that he would like to extend his personal thanks to John Miller who, after many years (over 2 decades) of service to the Club, has felt the time was right for him to not seek re-election to the committee. He will still be involved in looking after website and newsletter and will always be available to be called upon regarding the history of The Ticker Club, which he has helped form in his time.

We will be looking to remodel the website but

that is in the formative stage at present and will be launched when it is approved and available. We are also looking towards a different Newsletter format to make it more e-mail friendly and member-focused, with a public information letter for use in the wards and clinic areas based on the achievements of the Club over the years. This, we hope, will be useful throughout the Hospital to raise the profile of the Club and what it has done for patient comfort and care.

**Ticker Club committee**



**The new committee for 2024-25 elected at the AGM**

## News from the committee & annual general meeting

Committee meetings continue to be 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 March**

**AGM : Wednesday 24th April**

No progress has been made as yet on whether the building works will be taking place as the other works which had been scheduled have been completed and no plans are currently being discussed.

Approval was given for the purchase of a laptop computer for the Chair to pass to their successor in future.

The Treasurer said she will be not seeking re-election in 2025 and a successor needs to be recruited.

The AGM was to be held on 24<sup>th</sup> April 2024 at the Cresta Court Hotel.

The website is being developed and more information will be available when ready.

The Treasurer reported that the Gift Aid had been received from HMRC.

The Annual Report had been read and was approved by the Committee for submitting at the AGM.

We have received a grant from Next Plc towards funding of equipment.

A request had been received from the Physiology Dept for a specialised bike to allow them to monitor heart rates during patient's exercise. It was felt that this could be funded in part by the Club using the Next donation.

One of our members has offered to organise a 'gentle' walk on behalf of other members who might be interested.

Membership has been increasing in the past year possibly due to our increased presence in the wards.

**Ticker Club committee**



The Chair welcomed members to the meeting and thanked especially one of our Presidents, Mr Eamonn O'Neal, for joining us at the meeting.

The minutes of the AGM 2023 were approved as a true record.

The Chair then gave an update of the continued work since the Annual Report had been written, detailing some the things we had become involved in more recently.

The Treasurer updated the financial position of the Club, having paid for the items that had been agreed for funding prior to the 2023/2024 year end.

The Treasurer reaffirmed that she would not be seeking re-election at the next AGM.

The Annual Report was reviewed and approved by the meeting and could now be submitted to the Charity Commission.

The nominations for the Committee were read and, as there was no need for a ballot for any of the positions, all the nominees were approved en bloc.

The Independent Examiner was appointed for the next year but he has also indicated that it would be his last year.

Eamonn O'Neal was asked to say a few words: he was pleased to be a President of the Club and happy to be part of an organisation which supported the Cardiac Unit in Wythenshawe Hospital. He asked questions about some of the equipment funded and was surprised what some of it was being used for and how effective it is.

Thanks were given to John Miller who has been a stalwart at the Club for some 26 years and has served in various roles on the committee for most of that time. He has taken the decision to not seek re-election this time but will still be involved with the newsletter and website in its current form.

**Ticker Club committee**

## ... a member's tale

*[continued from p.4]*

In 2005 the first colour version appeared, moving on with a new logo & look in 2014, and again in 2016 to link in with our new website, put together by a professional web designer.

Twenty seven years on I'm really grateful for the full life I've been able to lead since my op . . .

. . . and, until recently, that also included hillwalking - Tryfan was the not to be last! Nine years after my op in 2006, I walked the length of Hadrian's Wall - 84 miles coast-to-coast in 7 days - and managed to raise over £1,000 for the Club.

So, after all that . . . what can I say as I step back from the committee and other of my Club activities? Apart from being grateful for the many more good years of life that my operation has given me, I have been more than grateful to have had the opportunity to join such a wonderful bunch of colleagues in support of current patients.

Long may the good work go on!

**John Miller**

## Membership

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

- 2111. Geoff Morton
- 2112. Richard Dean
- 2113. Peter Jamieson
- 2114. Paul Horton
- 2115. Sarah Conroy
- 2116. Valerie Herbert

There have been a total of six new members confirmed since the last Newsletter :

Others may be pending subject to receipt of membership fees.

**Marie Holmes,**  
*Acting Membership Secretary*