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Section 6 Your support

In addition to the valuable patient support provided by this booklet, it has been shown that individuals having heart surgery greatly benefit from talking to former patients who have been through a similar experience. You can easily contact such patients through a support group.

Support groups

Ticker Club www.thetickerclub.co.uk

Email enquiries@thetickerclub.co.uk or call 0161 291 2873

The Ticker Club, a registered charity for Wythenshawe Hospital patients, was founded in 1987 by a group of patients who had recovered from heart surgery. It is a totally voluntary organisation open to all those who have undergone, or are about to undergo some form of cardiac or vascular procedure. It is also open to their families and to all who wish to support the aims and objectives of The Ticker Club.

The Ticker Club raises money through subscriptions, donations, prize draws and other events. All funds raised are spent on facilities and equipment for the hospital's heart, vascular and cardiac rehab units.

Patient support volunteers visit the cardiac wards and clinics daily to offer practical advice and moral support to new patients, both before and after surgery. The Club also produces a quarterly Newsletter with information on the Club's activities.

If you would like to join The Ticker Club, or require any further information about the work they do, please email them

enquiries@thetickerclub.co.uk

or call 0161 291 2873.

Other support groups

If you wish to find out about the support or community-based exercise groups available in your area, please contact your local cardiac rehab co-ordinator. Alternatively, you may contact our cardiac rehab secretary on 0161 291 2177.

Long-term wellbeing and lifestyle options

On completion of your cardiac rehab programme, you will be encouraged to continue to live as healthy a lifestyle as possible, doing regular physical activity in the long term and /or taking up an exercise or hobby that you enjoy.

Alternatively, you may choose to be referred to a local exercise referral scheme, health and wellbeing service or a local community-based exercise group. Listed below are some examples of health and fitness services in the Manchester area.

Cycling: Transport for Greater Manchester

<http://cycling.tfgm.com/Pages/training.aspx>

Free adult cycle training – whatever your level

Health and Wellbeing Service Manchester

<http://www.goodhealth-manchester.nhs.uk>

Local services and health information around conditions

Manchester Physical Activity and Referral Scheme

<http://www.mhsc.nhs.uk/services/wellbeing-services/physical-activity-referral-scheme.aspx>

Helps people living with long-term health conditions to increase their levels of physical activity in a safe and structured environment

Active Lifestyles Manchester

<http://www.manchester.gov.uk/activelifestyles>

Active Lifestyles is our free-to-join club for anyone who wants to get fit and keep fit (from babies to retired people)

PARiS (Physical Activity Referral in Stockport)

<http://www.lifeleisure.net/enterprise/lifeleisurestockportgpreferal>

GP Exercise Referral scheme in Stockport, designed to help patients with moderate medical conditions become and stay more physically active, whilst benefiting and or improving their health

Healthy Stockport

<http://www.healthystockport.co.uk>

Help you to make positive changes to your health and lifestyle

Health and Wellbeing Tameside

<http://www.tameside.gov.uk/health>

Advice and information about a variety of health issues and initiatives on improving your own health and wellbeing and also information on local services

Active Trafford

<http://www.traffordleisure.co.uk/active-trafford/>

Provide a concessionary pass for discounts on exercise and activity across Trafford

Useful contacts

British Heart Foundation (BHF)

<https://www.bhf.org.uk/heart-health/treatments>

Greater London House

180 Hampstead Road

London

NW1 7AW

Email: orderline@bhf.org.uk or call 020 7554 0000

Call the Heart Helpline on 0300 330 3311 Monday to Friday from 09:00 to 17:00

The BHF produces a range of booklets about understanding heart disease and prevention. They are free of charge and can be ordered on line or by calling

0300 200 2222. You can also view informative videos via

<https://www.youtube.com>

Society for Cardiothoracic Surgery (SCTS) in Great Britain and

Ireland <https://scts.org/patients/having-heart-surgery/>

Encouraging and promoting research and excellence in the practice of cardiothoracic surgery

NHS Choices <http://www.nhs.uk>

Lots of information on conditions, services, healthy living and health news

Arrhythmia Alliance <http://www.heartrhythmalliance.org/>

The heart rhythm charity that promotes better understanding, diagnosis, treatment and quality of life for individuals with cardiac arrhythmias

Email info@heartrhythmcharity.org.uk or call the 24 hour helpline on 01789 867501

Wythenshawe Hospital contact numbers

Cardiac Surgery Specialist Nurses	0161 291 2463
Cardiothoracic Critical Care Unit (CTCCU)	0161 291 4527
ACCU	0161 291 6077
Ward F5	0161 291 5302
Ward F6	0161 291 2566
Jim Quick Ward	0161 291 2204
Cardiology Liaison Nurses	0161 291 2679
Pharmacist	0161 291 3331
Smoking Cessation Service	0161 291 5030
Dietician	0161 291 2701
Wythenshawe Hospital Cardiac Rehabilitation Out-patient Secretary and Team	0161 291 2177
South Manchester Community-based Cardiac Rehabilitation services at Burnage Healthcare & Woodhouse Park Lifestyle Centres	0161 435 3531

Other useful contacts

NHS 111 – dial 111 from any landline or mobile for free NHS advice and out of hours appointments

Age UK <http://www.ageuk.org.uk>

Information and advice including finances, local support, staying independent, work and volunteering, health and wellbeing, learning, care options, travelling, and bereavement

Transport for Greater Manchester <http://www.tfgm.com>

Journey planner, public transport routes and timetables, accessible transport

Ring and ride <http://www.ringandride.info>

Door to door service for people of all ages who find it difficult to use public transport

Call 0300 330 1341

Questions or concerns

We hope that this cardiac rehab information booklet and your Surgical and Cardiac Rehab Teams have answered all your questions about your heart surgery.

If in the future you need further help or advice, please do not hesitate to contact your local Cardiac Rehab Team (see the contact details given to you on your discharge from hospital).

If you have any questions or concerns about any of the information in this booklet, please contact the South Manchester Cardiac Rehab Team on 0161 291 2177.

Suggestions and complaints

If you would like to provide feedback, discuss a concern or make a complaint

- Ask to speak to the ward or department manager
- Write to the Patient Advice and Liaison Services (PALS) or telephone
0161 291 5660
- Log onto NHS Choices <https://www.nhs.uk/contact-us/>

We welcome your feedback so we can continue to improve our services.



**Really
informative**

*Always
opportunities
to ask
questions and
clarify things*

We thank The Ticker Club for funding this highly valued information booklet
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