

# YCSG TRUST

York Coronary Support Group

Registered Charity No. 1011149



30<sup>th</sup>  
anniversary



Lest we forget

30<sup>th</sup> Anniversary 1988-2018

Newsletter No. 113

Winter 2018



A busy day at St Crux



# CHAIRMAN'S NEWS



## Dear Members

I would like to start by saying that the new committee has gelled well and is working on various ideas to benefit the charity and its' members. I would like to take this opportunity to welcome Jackie McKevitt and Jeff Lane (newsletter editor) to the committee and look forward to working with them.

As a lot of you already know, I am very keen on seeing the social side of the YCSGT develop. In the past we had numerous activities that members took part in including a walking group, art group, Valentine's dance and weekends away. For various reasons over the years, one by one of these activities have ceased. I am now glad to say that the committee are pushing ahead with plans to start a new walking group in March 2019. The leaders for the group will be Jeff Lane and Des Mahon, and the walks will be geared to the capabilities of our members. We already have quite a few names of people interested in the group and if anyone else would like to join please contact Des or Jeff.

I am also pleased to inform you that discussions are taking place to form a new art group. As more information becomes available I will let you know. We are also discussing increasing the number of social events and choosing venues more accessible to our members.

On the fundraising side of things, I would like to thank all those involved with St. Crux and the Charity Hospital Stall for their generous donations and support. The gross takings for St Crux were £1069.77 and for the Charity Hospital Stall £136.50. I would like to extend a special thank you to the volunteers on the days for their hard work and for making these events so successful. I thoroughly enjoyed both occasions, and feel that others taking part felt the same.

**continued.....**

In future we intend to have set collection days on which members can bring their donations of books, bric-a-brac, toiletries etc to various collection points. These will be publicised in the newsletter. We have applied for 2 further dates for both the St Crux and Charity hospital Stall for next year and will let you know when these are to take place.

The exercise groups and the aquarobics continue to be well supported. Some additional equipment has also been recently moved to the Railway Institute facility to provide more variety for our members.

The take up for the Christmas/30 year celebratory lunch has gone very well and at the moment we have over 96 confirmed bookings. I would like to thank Anne Weir, Jackie McKeivitt and Jenny Cookson for their hard work in sorting out the bookings and seating arrangements. I look forward to meeting as many of you as possible on the day and to welcoming our guest speaker Dr Pye and a number of the hospital staff too. We also have the annual Christmas Party at Burnholme on Monday the 3rd December at 7pm which I know members enjoy. This has always been an entertaining evening.

I am sure that most of you will be looking forward to the festive season, and to meeting up with families and friends. On that note I would like to wish each and every one of you and your families a very Merry Christmas and a Happy New Year.

**Edward**



# Editorial



Hello Everyone,

I will start with yet another thank you to those who worked so hard at the St Crux fund raising day and of course the Hospital Stall. All so important to keep the funds coming in.

We are hoping to launch a walking group in March to organise walks for members. They will range in levels of difficulty to cater for different abilities. Would you be interested? See page 18 for more detail.

This year marks two important anniversaries. One of course is the 30<sup>th</sup> year of the group when we should reflect on the hard work and commitment of those who set up the group in 1988 and those who have been involved in the 30 years since. They have made sure it is still with us today, giving the support to those of us who needed it, still need it, and will do so in the future. I am grateful to Des Mahon for his input in this issue, giving an account of his own involvement and one of a much respected founder member of the group, Stan Heaven. Two fitting articles for the anniversary. The other anniversary this year is of course the 100 years since the end of the Great War. See later.

My own personal 'heart' journey started with severe angina, when I suddenly couldn't push the Flymo more than 10 metres (we're still in Europe. I could have managed good old British yards easier). I did consider purchasing one of those automatic ones that can be programmed to be left to cut automatically. Then a new neighbour moved in with IT skills. Would he be able to reprogram it to cut only his grass? This brings me to modern technology and driver less cars. Will they be able to 'see' a child dashing towards the road in the corner of their 'eye'? This technology is not altogether new. As a youth I did farm work, when we would leave a tractor driver less to follow the potato rows whilst, mostly, female pickers filled baskets and their children were left to skip around the field and avoid the tractor. It was of course necessary to jump on, stop it, and turn it before it hit the hedge.

**continued.....**

I guess we wouldn't want to go back to those days of no seat belts in cars, being able to drink and drive, smoking on aircraft and playing conkers without hard hats and eye protectors now would we?



**Have you got a light?**

Awareness of health and safety issues goes back further than we think. I have a few old books, one of which was issued in 1937 by Sunderland Library. It has an insertion by the printer that reads;

*'In the interests of cleanliness, public health and the preservation of public property, readers are requested not to wet their fingers when turning over the leaves of books and periodicals'.*



On a recent visit to East London, we took the grandchildren to one of their excellent and free play parks. However the car parking is £3, there are no machines to pay. You have to download an 'app' on your phone and pay through that. For me, this was like asking Fred Flintstone to fix the microwave. I decided to let the children play while I made sure a Giant Haystacks or Big Daddy lookalike didn't clamp the car.

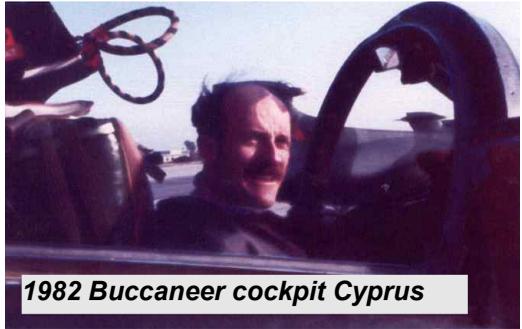
**Car clampers London**

We hear about racism, antisemitism, sexism and other acts of discrimination. I think there is *techism*, that is, discrimination against people who haven't got the right mobile phone to park their car or a computer and printer to use when buying insurance, or travel documents. We need a voice. Now turn the page without licking your fingers.

Jeff Lane [jtl1950@hotmail.com](mailto:jtl1950@hotmail.com)  
27 Murton Way, Osbaldwick, York YO195UW

## **Des's journey.** *(by Des Mahon Vice Chair YCSGT)*

I was an RAF Aircraft Technician and doing very well. My outside interests included long distance walking, 25 miles a day was normal, occasionally 50 on weekends. During the week I would go running lunchtimes, I had even kept this up during an overseas posting to Italy in temperatures up to 30°C. In December 1988 I was in North Yorkshire. Out of the blue I started getting muscle cramps in my left arm. The Senior Medical Officer gave me an ECG several times and found nothing. I was due to go on a recovery operation after a tragic civilian air crash in Scotland but still kept getting pain. Instead I was sent home for Christmas and returned determined to sort this out.



On return I went to see doc again, this time he put a call through to Catterick Military Hospital. 'Get him to run up and down the stairs a few times and do the ECG again,' they said. How things change! I guess like an hydraulic system if you put it under pressure you find weak spots and our circulation must be similar. Next stop, ambulance to Catterick, not panic but concern. I was told I had been 'wired up' wrong since birth but this had never been picked up, I needed to be 're-plumbed'. The old adage came to mind 'go past 40 and crash dive!'

It took 2 years to get the NHS to operate and this was done at the Freeman's Newcastle in late 1990, it was a quadruple bypass. Rehab, as it was, followed with the advice; 'walk every day and build up to 5 miles a day to rebuild the arteries in your leg'. 'First day go for the first street lamp-post and build up'. No problem for me I said, I live in North Yorkshire and lamp-posts are 5 miles apart anyway! Dolly, my collie dog, was delighted with the exercise! I would walk my daughter to school and keep going. I was recovering but my RAF career was over and I had the option of immediate discharge or finish my contracted time.

## **Des's journey continued.....**

I had only been a month away from promotion and other colleagues were getting redundancy money as well. Life can be cruel but I was still alive. I was by now a single parent, so I stayed and took night school courses preparing for civilian life and a job. Six months after my operation and to prove myself fit, with colleagues and the dog, I climbed Snowdon via the Crib Goch Ridge (not for the faint hearted!) and then continued to do the Horseshoe route around the Snowdon ridge, a class E walk and scramble. I felt alive!

I left the RAF found a good school for my daughter and a flat in Easingwold. I got a job as a Quality Assurance Manager at a small engineering company and I did well. Then the exchange rate crashed. As our trade had been all in Europe, the company went down.

I moved on and worked as a 'practitioner of the black art,' (an H&S auditor!), for a company in Manchester. I thought Christmas had arrived but they wanted their pound of flesh. Stress started to tell. I decided to leave but they talked me into staying until a replacement could be found. Writing my very last report I became unwell. The GP asked me to come down to Easingwold cottage hospital for an ECG. I left my daughter with the cooking and walked down the road! We men are always in denial of the obviously impending disaster!

The result was another ambulance trip to hospital but this time it was a blue light job. The effect on my daughter was considerable. It took another 2 years to keep pounding away at the consultants. How much more economic it would be to do an operation and get me back to work. Eventually I got what I have been chasing. The operation was at Cottingham in 2000. It was a single bypass repair. I needed two but it was too technical to carry out safely it seemed.

My daughter's teachers brought her to see me at hospital in the evenings, it is times like this you realise how good people are. In hospital the Coronary Support Nurse, knowing I was a walker, told me she, with colleagues, were going to walk the Great Wall of China to raise funds for the BHF. I was impressed and resolved to get fit enough to follow in their footsteps. Put something back into the system and walk again, it was a win win situation.

## **Des's journey continued.....**

By now rehab had moved on, I got onto the 6 week course at York, brilliant. The rehab course is so essential for getting your life back, realising what you can do and getting fit again. I have 'dined out' on pushing this subject for some years now and continue to do so as I consider it so vital. The evidence is before you, just look at us.

Then I became involved with the BHF and raised quite a bit of money for those times by trekking challenges all over the world including the Great Wall and a desert trek ending in Petra. I was also talked into a trek in Tibet which I was rather hesitant about because it involved altitudes up to 5,600mtrs. I even contacted my consultant for advice and his answer was 'go for it'. So I was committed.

These treks are not holidays they are designed as a challenge to achieve things one would never have without the backup of BHF and this one took us to the brink of what could be achieved by heart patients, several had to give up with altitude sickness, I managed to avoid that but woke one morning with frost bite on my nose. An excellent trek otherwise, but it came close! Raising sponsorship was another challenge, as if the trek experiences themselves were not hard enough! After several ideas I succumbed eventually to just 'tin rattles' and had some very interesting experiences with 'customers' at times. But 8, or even, 10 hours collecting in all weathers, mostly on my own, was hard. This was pay back, put something back I thought. Yes I did do a little bit.

I later discovered rehabilitation is not universal. My niece's husband went down with similar health problems and yet he received no offer for any rehabilitation apart from BHF booklets. It was later I related the story at a BHF Conference to a surprised audience that he had received no rehabilitation in their part of the country because their NHS area did not invest in coronary support. We are so lucky in York.

I learned about YCSG (before it was a Trust), at the rehabilitation and joined in 2000. Soon I found myself in full flow helping with the video sessions at the Hospital. I was religious about attending as many exercise sessions as I could and when I got back to work still kept up the Burton Stone session on a Wednesday evening after work.

## **Des's journey continued.....**

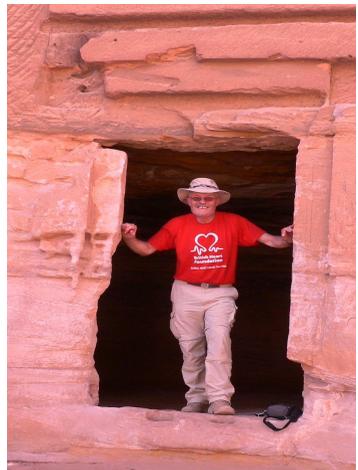
Work got in the way of the other activities but I was still in the walking group with Stan Heaven, Geoff Peacock, Ron Cornish and the team. Sometimes I would walk with Stan and then carry on doing more. Stan then introduced a long and short routes. On one memorable day the long walk group got back to the cars before the short walk group led by Geoff. Worries were alleviated when Geoff turned up having taken a wrong turn. The next time we went out Geoff boots were marked with a left and right across the top!

My health deteriorated in 2015 and I retired from work. Another rehab course at York and I felt time to get more involved with YCSGT. I came back like the 'prodigal son' to Burton Stone. Many of the old faces were gone by then but George was still kicking balls around. An example to us all and evidence how keeping fit works! I joined the committee to put something back.

So now, maybe I won't be climbing up Ben Nevis any more but I will do what I can for as long as I can. If there are any lessons to be learned from all this then keeping fit has to be the top, keeping positive in one's mind has to be next. Avoid stress like the plague and keep smiling, we are still here! And now a new future in the YCSGT.



**Dolly**



**At Petra**

**Front cover story.** The image is All Saints Church, High Ousegate. The 30,000 knitted poppys have been created by congregations at home and abroad.

York lost 1450 men and 2 women as a result of the Great War. Among them Private George Ellison, born in Skeldergate, York the last British soldier to be killed in the Great War. He died on 11<sup>th</sup> November 1918 at 09:30am. Theresa May laid a wreath on his grave in Belgium on 9<sup>th</sup> November this year. From York there was also the Calpin Family of Walmgate of Irish descent. Ten of the Calpin Brothers served and all miraculously came home. The photo here shows marching across Lendal Bridge towards the station.



The North Sea was considered dangerous for shipping and so coal was moved through York by rail to the Naval Fleet at Scapa Flow, Scotland. In 1915 over 50 coal trains a week moved through York Station each with 600 tons.

In 1916 Lord Kitchen travelled north on a secret mission to Russia. His train was held at York station while an important piece of information was despatched on a special fast train to catch him up at York. He continued his journey from York and boarded *HMS Hampshire* at Scapa Flow. This was sunk shortly after sailing when it struck a mine. Kitchener and 736 others perished.

The armistice came in 1918, but peace officially had to wait until the Treaty of Versailles in 1919, hence this date being on the Railway Memorial on Station Rise. That honours the 2236 who signed up from the North Eastern Railway and didn't return. This out of a total of 18,000 from the NER. There cannot be many who haven't had their lives affected by the Great War, considering it is widely accepted that World War Two was a direct result of World War One. What's your story?



## Publicity, fundraising continued.....

### Re-opening of the Folk Hall, New Earswick 22nd September

The YCSGT were invited to have a stand at the re-opening event of the newly refurbished Folk Hall at which we were able to display and hand out information about the charity. (see photo). Thank you to Chris Haworth, Jackie McKeivitt and my husband Edward who helped me man the stall and engage the public.



### 30 years anniversary celebration of YCSGT

*30<sup>th</sup>  
anniversary*

A number of people have come forward with their narratives of why they joined YCSGT and provided lots of photos. It is apparent to me how popular the walking groups were, and we are looking forward to the reintroduction of a walking group early in 2019. I do appreciate this effort so thank you. I am currently organising these into a display for you all to read at the Christmas lunch on December 13th.

**Joan**

# Dates for the Diary



## **Monday 3rd December. 7pm.**

Burnholme Christmas Party at the Burnholme Social Club as last year, tickets £5 for all. For last minute ticket availability contact Christopher Haworth on 01904 762336

**Note**, this replaces the December Folk Hall monthly meeting.

## **Thursday 13<sup>th</sup> December. 12 noon.**

Novotel Hotel, Fishergate for Christmas Lunch and 30<sup>th</sup> anniversary celebrations.

## **Monday 7<sup>th</sup> January.**

Folk Hall 07:30pm

A Heck of a Disaster, (The Great Heck Rail Crash), Neal Clarke.

## **Monday 4<sup>th</sup> February.**

Folk Hall 07:30pm.

An Oasis in the City, Clive Dawson.

## **W/C 4<sup>th</sup> February;**

Collections of bric a brac, books, toiletries, unwanted gifts etc, at all exercise classes and monthly meeting that week. (nb; no electrical items or second hand clothing thanks)

## **Monday 4<sup>th</sup> March.**

To be advised.

## **Monday 1<sup>st</sup> April.**

Folk Hall 07:30pm.

Conservation over the centuries. Trevor Julian.

**Don't forget the website for information.**

**[www.ycsgt.org.uk](http://www.ycsgt.org.uk)**





## A warm welcome to our recent new members;

David Parry, Keith Knight, Mark Stephens, Anne Mwangi, Jennifer Farnell, Christine Berry, Ian and Sandra Ryder, Adrian and Sue Kite, Robert and Valerie DeLaWarr, Andrew Eddon, Diane March, Alfie Barnes, Janet and Robin Jenkins, Maureen Fox, Robin and Christina Patrick, Kerrie Warner, Christine Jones.

### **Patient Transport Services**



If you or your spouse need to visit the hospital following surgery and are not eligible for free transport or do not have easy access to public transport, we may be able to help. We can't guarantee a 4 x 4, a sports car, or even a vintage gem, but we have a group of volunteer drivers who will assist in any way they can to help you make your journey. We will do our best to make sure you arrive on time. We are always pleased to hear from any more of our members who are prepared to join our list of volunteers. We do not pay fees but will reimburse any necessary expenses.

***Patient Transport Co-ordinator:***

***Rosie Schatzberger 01904 470416***

# YCSGT New Membership/Renewal Form

I/we wish to apply/renew for Single/Joint Membership (delete as necessary)

## PLEASE COMPLETE IN BLOCK CAPITALS

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Post Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

E:mail: \_\_\_\_\_

Subscriptions are £6.00 for individuals, £8.00 for couples and are renewable on 1<sup>st</sup> October each year.

**NB: New members intending to use exercise classes should provide a referral note from a hospital, GP or qualified Nurse at their first session.**

Please make cheques payable to: York Coronary Support Group Trust and send, with this form, or a copy, to:

Jenny Cookson, 16 Church Close, Tollerton, York, YO61 1QS, any queries please call 01347 833260, Email [jenny\\_cookson@yahoo.com](mailto:jenny_cookson@yahoo.com)

### General Data Protection Regulation (2018) Privacy Notice:

Please note that the personal information you supply us will only be used to send you information/newsletters from YCSGT. If you agree to being contacted in this way, please tick the relevant boxes:-

Post:  E:mail:  Phone:  SMS:

We will never share your information with any third parties.

Any queries please contact Jenny Cookson – details above.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ .

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## About the York Coronary Support Group Trust

### Meetings:

We meet on the first Monday in each month at 7.30pm (except bank holidays, when we meet on the second Monday). The meetings may be illustrated talks or entertainments and once a year we invite members of York Hospital's Cardiac Unit to tell us about developments in heart surgery and health matters and to answer member's questions. There is a tea break and the evening is rounded off by a raffle. Meetings are held at;

<p>The Folk Hall, Hawthorne Terrace, New Earswick, York YO32 4AQ</p>
--

They start at 7:30pm and friends and family are welcome.

### Exercises:

The group organises exercises in water or in a gymnasium for members, their friends and relations. A referral note from hospital, GP or qualified nurse will be required at the first session.

### Fund-raising:

We have a team of volunteers to lead our fund-raising efforts but new helpers and new ideas are always welcome. Funds are used to support our exercise groups and we contribute funds towards new equipment, publications and resources for the Cardiac Unit at York Hospital.

### Communications:

The quarterly Newsletter, for which the editor welcomes articles, news items and anything that could be of interest to our readers, is sent free to members by post. Information can be found on our website; [www.ycsgt.org.uk](http://www.ycsgt.org.uk)

### Subscriptions:

The current subscription is £6 for a single membership or £8 for couples. This is payable when joining the group and thereafter on the 1st October each year. If you wish to join, please complete the form in this newsletter, or a copy, and return to the Membership Secretary.

## Health Notes.



Whatever your level of walking ability, the health benefits of walking as an exercise are well documented. The heart needs physical activity to stay healthy and regular walking can help this process. It can also reduce the risk of stroke, type 2 diabetes and stress. It can lower blood pressure, help to control your weight and improve sleep. It can help you feel more energised, increase self confidence and provide a way of meeting people. If you have a bus pass try walking part of the journey. If you are able to, you should walk daily even small amounts, ideally building up to 150 minutes of '*moderate intensity activity*' each week. This is activity that makes you warmer, makes the heart beat faster but you are still able to converse.



Here's the good news. We are hoping to offer our own guided walks for group members family and friends. They will vary in degrees of difficulty. Full details will be given in the Spring newsletter with a view to starting in March 2019. Meanwhile contact the editor or Des Mahon if you are interested in taking part or have experience of guiding walks. Contact details are on the editorial page or committee list.

However if you can't hold back your excitement, and want to get started, there are organisations that offer guided walks, such as the Ramblers or you could go to a local library and ask for the 'York Health Walks' leaflet. This gives details of local walks sponsored by the York Council and AgeUK. They have free guided walks tailored for different levels of ability and operate walks every day from Monday to Friday starting at different locations around the city. If you have internet access go to; [www.walkingforhealth.org.uk/walkfinder/york-health-walks](http://www.walkingforhealth.org.uk/walkfinder/york-health-walks) or telephone 01904 693235



# Monthly Meeting Report

## Meeting 1st October. Medical Evening.



This was the annual 'medical night' and as such was well attended. Christine Rallison, Lead Cardiac Rehabilitation Co-ordinator, York Teaching Hospital, introduced two of her colleagues, Dr Rashed Hossain and Dr Simon McGarry. Between them they gave a detailed and informative presentation followed by a question and answer session. Dr Hossain began by congratulating the group on it's 30 year anniversary.

It soon became clear that high cholesterol continues to be a major factor in heart attacks and strokes, but improvements in the system now mean better awareness and management of the problem. Blood tests at intervals consistent with the individual's situation were important. We were also advised to have cholesterol checks annually, any reading of 7.5 and above would need specialist attention as this defines FH (see later). The average cholesterol is around 5.5 in the UK. The ideal total cholesterol level following a cardiac event is 4 or below and ideally as low as possible.

The subject of statins was also on the agenda, the cost of which has reduced drastically over recent times. Those taking the drug were encouraged to report any side effects as some effects can be serious although this is not common. The dosage does vary between individuals as does any effects. It was clear this was a complex area, with different people having different allergies, often not connected to the medication. A lot of press coverage about statins can be alarmist and as such we were advised to consult our GPs if we had concerns. There was nothing wrong with asking your GP for an update on your medication. They should review their patient's cases after a period if they are on the surgery's cardiac register.

Christine talked more about Familial Hypercholesterolaemia (FH) a subject she had explained to us in her article in the last newsletter. The service was up and running locally dealing with those people who have high levels of cholesterol from birth due to a genetic condition that allows the cholesterol level to double.

It is difficult to grasp that young adults can have heart attacks and strokes and require statins. Statins are now licensed for the under 16s.

## Continued.....

Dr Hossain told us that York Hospital now has a Heart Failure unit where patients can be dealt with during day hours without the need to be admitted overnight with the risks of infection so common these days. He also



informed us of home based rehab for those people who would find the standard exercise sessions unsuitable. These include chair based routines. In case we doubted it, it was confirmed that Cardiac Rehab programmes and regular exercise thereafter led to a better recovery rate and improved quality of life in general with better mental health.

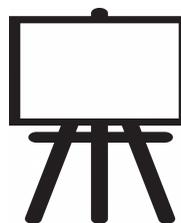
Heart failure and related issues take up 2% of the NHS's budget but improved services and new drugs are making inroads. In recent years there has been an increase in implants and devices with more of these procedures performed at York.

Questions from the audience generally focussed on drug regimes and their effects. Christine reminded us that the Cardiac Rehab team were always there for advice and there would be more integration between the rehab team and the community nurses. Christine finished off the session with a thank you to the group for their help and funding over the years. Hopefully we can continue for many years to come.

## Art Group

We are hoping to form an Arts Group aimed at mixed abilities which we will run at the New Earswick Folk Hall. The classes will be 2 hour sessions and possibly on a Thursday afternoon under the direction of Trish Fletcher ( textile and mixed media artist ) and Francine Cross ( fine arts artist).

Anyone who is interested in taking part please email Trish @ [p.r.fletcher13@gmail.com](mailto:p.r.fletcher13@gmail.com), or ring 01904 490582



# Quiz Page

As part of the 30 year anniversary  
all 30 questions relate to events in  
**1988.**



- 1). Which US president visited the UK in June?
- 2). Which Briton heckled the Pope at the European Parliament?
- 3). Who was elected leader of the Social Democrats?
- 4). Who claimed that most eggs were infected with salmonella?
- 5). What happened to PanAm flight 103?
- 6). What car was the UK's best seller for the 6<sup>th</sup> year running?
- 7). A killer in Leicestershire is the first in the UK to be convicted based on what type of forensic evidence?
- 8). What item of currency ceased to be legal tender?
- 9). Which golfer was the first British winner of the US masters?
- 10). Who were the unlikely winners of the football FA cup final?
- 11). What type of licence was abolished? (exc Northern Ireland)
- 12). Who became 5<sup>th</sup> in line to the throne when born in August
- 13). What were allowed to open all day by new legislation?
- 14). Which comic actor dies after falling from a horse in Spain?
- 15). Where were the summer Olympics held?
- 16). What happened to some of the doves of peace shortly after being released at the Olympic opening ceremony?
- 17). What sport returned to the games after 64 years?
- 18). Which Olympic silver medalist later became a Strictly Come Dancing runner up?

## Quiz Page Continued.....



- 19) Who is re-elected leader of the National Union of Mineworkers?
- 20) What national TV fund raising event began in February?
- 21) What famous, well respected, prisoner turned 70 in June?
- 22) What did the Church of England say will happen in 1992?
- 23) Rhyme 'n' Reason won what in this year?
- 24) Which footballer became the first to cost a british club £2m?
- 25) Which Yorkshire born Olympic gold medalist and star of a Yorkshire Tea advert was born this year?
- 26) Which Australian sang about 'being so lucky'?
- 27) Which TV comedy started with some of the Hi-de-Hi cast?
- 28) Which science fiction TV comedy began starring one of this years Strictly Come Dancing contestants?
- 29) Which politician died this year 14 years after faking his death on a beach?
- 30) What plant and drink did Cliff sing about?

## Last issues Quiz answers.

**Songs.....**(a) Has Anyone Here Seen Kelly? Nora Bayes (b) I'll Be With You In Apple Blossom Time, Charles Harrison. (c) Putting On The Ritz, Fred Astaire. (d) A Nightingale Sang in Berkeley Square, Vera Lynn. (e) Rudolf the Red Nosed Reindeer, Bing Crosby & others. (f) Please Don't Tease, Cliff Richard. (g) Summertime, Mungo Jerry. (h) Super Trooper, Abba. (i) Unchained Melody, Righteous Brothers. (j) You're Beautiful, James Blunt.

**Places around Kory.....**(a) Copmanthorpe. (b) Towthorpe. (c) New Earswick. (d) Bishopthorpe (e) Acaster Malbis (f) Elvington. (g) Rawcliffe. (h) Heslington. (i) Appleton Roebuck. (j) Knapton.

# Improve your fitness

Exercise sessions for YCSGT members;



**At York St John's University Sports Complex,  
Haxby Road, New Earswick YO31 8FY.**

Monday 09:15-10:15  
10:30-11:30

Wednesday 09:30 – 10:30 (see notes below)

Friday 09:15-10:15  
10:30-11:30

**At York Railway Insitute, Hamilton Drive, Holgate.  
YO24 4NX**

Wednesday evening session 18:00 – 19:00

**At Energise, Cornlands Road, York YO24 3DX**

Monday 13:00 - 14:00  
Friday 13:00 – 14:00

**Please note;**

*There will be no Wednesday morning session on;  
**12th December** at St Johns.*

*The last session before Christmas will be;  
**Wednesday 19<sup>th</sup> December.***

*Sessions will restart on;  
**Wednesday 2<sup>nd</sup> January.***

***Also; Until further notice ALL sessions at St Johns will be held in the weights gym to the right of the corridor, before the main hall. This is due to temperature levels in the main hall.***

***The cost is £3.00 per person per session.***

## Improve your fitness



Sessions include simple exercises to suit all abilities, with the use of bikes and other apparatus. Sessions end with a period of relaxation, followed by refreshments.

Sessions are held under the supervision of qualified instructors. A nurse attends all sessions, except Wednesday evening.

***Please note: New members should contact Tony (see below) for further information and availability before attending first session.***

***Exercise Organiser: Tony Fletcher 01904 490582***

## Exercises in Water



Aqua Aerobic and swimming sessions  
are held

**At Roko Health Club Pool, Stirling Road, Clifton Moor,  
York YO30 4TU**

Friday mornings, 09:30 to 10:30  
(*may change during school holidays*)

***The cost is £3.00 per person per session.***

Sessions consist of 30 minutes of simple exercises in water with optional 15 minute sessions of Free'n Easy swimming before and after the exercises. You do not need to be able to swim to join in these classes. Sessions are conducted by a qualified instructor.

For further information contact;

***Swimming Organiser: Anne Weir 01904 794973***

# York Coronary Support Group Trust

Registered Charity No: 1011149

Patron: Professor Sir Roger Boyle CBE

President: Dr M Pye FRCP

Honorary Vice President: Ron Cornish

## Who's Who

### Officers:

Chairman	Edward Kennedy	01347 848166
Vice Chairman	Des Mahon	07748 824761
Secretary	Christopher Haworth	01904 762336
Treasurer	Jenny Cookson	01347 833260
Fund Raising Officer	Joan Kennedy	01347 848166

### Committee:

Membership Secretary	Jenny Cookson	01347 833260
Entertainment Officer	Bernie McKeivitt	01904 651693
Publicity Officer	Joan Kennedy	01347 848166
Keep Fit Organiser	Tony Fletcher	01904 490582
Swimming	Anne Weir	01904 794973
Minutes Secretary	Sheila Whipp	01904 763845
Speaker Organisers	Adrian and Pamela Carpenter	

[thestationmaster@btinternet.com](mailto:thestationmaster@btinternet.com).

Nick Longster

Mark Carter (mark-carter1@live.co.uk)

Peter Leishman

### Co-opted

Jackie McKeivitt	
Newsletter Editor & distribution.	Jeff Lane

### Trustees:

Tony Fletcher	01904 490582
Anne Weir	01904 794973
Des Mahon	07798 824761
Peter Leishman	

### Contacts:

Patient Transport	Rosie Schatzberger	01904 470416
Tin-shake Rotas	Vacant	

### Senior Cardiac Rehab Nurse

Christine Rallison	01904 725821
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# Stan Heaven

By Des Mahon

30<sup>th</sup>  
anniversary

It seems appropriate on the centenary of the first world war to remember a past member of the trust who played a part in the second and was also involved in the start up of the trust 30 years ago. **'Big'** Stan Heaven who passed away in February this year was one of the founder members and the walk leader for the YCSGT. Born in 1923 he joined the RAF in WWII and became a navigator on Lancaster Bombers. Shot down over Poland in 1945 on his 25th mission. Unconscious, Stan was pushed out of the aircraft by Dickie Pratt the Radio Operator and only came round when he hit the ground. He spent the next 4 weeks evading capture. Living on turnips from fields, he became too weak to continue and gave himself up to be taken prisoner by the Germans. The horrors of being a POW ended when the Russians advanced against the German Army.

Stan married the love of his life Jean in 1947 and had seven children.

After the war Stan worked for the forestry commission until a series of heart attacks caused him to retire in 1982. Following a triple by-pass at Killingbeck he decided to retain a good quality of life by ensuring a good level of fitness and so when, the then, Senior Cardiologist at York, Roger Boyle (now Sir Roger Boyle) and, the then, Cardiac Nurse Jayne Pearce came up with the idea of a patients group Stan was one of the initial group to form the Coronary Support Group in York in 1988. Their initial focus was patient support and rehabilitation sprang out of this. Stan's daughter Jeanette also worked for Roger Boyle and the family became involved in supporting Dad.



Stan was a founder member of the walking group and its walk leader. In his usual efficient manner he used to reconnoitre the Sunday walks by going out sometimes with a few others to check the routes on a Wednesday. The walks were scheduled for once a fortnight and grew in numbers to over 40 including many of Stan's family.

## Continued.....

They were a social event, people out for a chat and fun amongst like minded people all focused on retaining a good life style following their illness. Occasionally members got so absorbed in conversation they missed what was on the route! Routes were graded as short; easy; very easy; generally easy or undulating and distances varied from 4 miles to 10 miles. We all soon learned to take such descriptions and distances as not 'gospel'. Errors were put down to Stan's long legs! Eventually age took its toll and Stan began to suffer with eye sight problems but insisted in continuing with assistance from group members, friends and family for some time. Eventually numbers dwindled and the Group folded after some 20 years.

Stan had long before set up a Gym in his garage at home in Haxby in order to keep fit but lost his beloved Jean suddenly at age 72. Determined to carry on even as his eyesight became worse and walking more difficult, Stan set up a circular route in his garden where he could walk around with trekking poles. He knew that 16 circuits of this track represented a mile and placed a pebble after lap so not to lose count. Stan passed away on the 6th of February and we lost one of life's characters and an example of a positive mindset and determination.



Stan the Navigator second from left in crew of Lancaster QR-X.  
(Dickie Pratt far right).

## **York and District Diabetic Club**

Meetings are held at 7.30pm on first Wednesday of each month

(except for January and August)

in the Diabetic Centre, York District Hospital.

The subjects at meetings vary between social, medical and general interest.

Tea and biscuits are provided and newcomers will be made most welcome.

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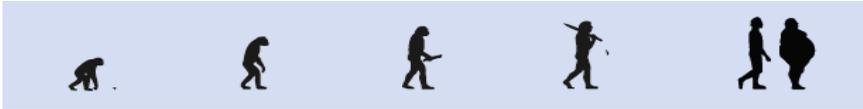
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Evolution 150 million years

1900 - 2050

# The Challenges of Inactivity vs Activity



The 21st century challenge



Adapted by Nicky Cokerill 2018

*An illustration of challenges faced by us. The brain makes us lazy, with technology and lifestyle. The challenge is to influence our habits by making small changes in physical activity descending the pyramid so that we are sitting less and moving more. Research shows us it is never too late, whatever our age or stage of life, to take up some regular activity, but pace ourselves accordingly.*

