

# YCSG TRUST

York Coronary Support Group



Registered Charity No. 1011149



Newsletter No. 115  
Summer 2019



**The Zennons, see Page 11**



**Alehouse Rock, see page 11**

# CHAIRMAN'S NEWS

**Dear Members**



It is hard to believe that it is already 11 months since the committee was elected, and it is now less than a month until the AGM. The committee, during this time has achieved a great deal including starting walking groups, art groups, an excellent year fundraising, new events, a lot of work done behind the scenes to publicise and make people aware of the charity including many GPs across York, the 30th anniversary celebration and renewed contact with our Patron, finding new premises for members attending exercise classes at the Railway Institute and much more.

The short distance walking group which I have been part of has been great fun and well organised by Jeff and Des. Jeff will say more later in this newsletter. The longer walks have now started (see later).

The Grand Easter Raffle was well received by the members and raised a good amount of money for the charity (see Joan's article), thanks to Joan and those supporting her, but more than that it was great fun for the members, family and friends. As you will hear later from Joan in this newsletter, we are going to hold our first auction. The main aim of this is to respond to members who wanted more get togethers/social events, but in addition it will raise a small amount of money for the charity. I hope that as many of you as possible will attend the lunch and auction. It should be a great afternoon.

We continue to work with the hospital staff to support future heart patients. 1000 Heart Save cards were purchased recently by YCSGT, which are cards given to patients who experience chest pain. The card can be stored in wallets/purses and includes advice on how to deal with a chest pain episode. These were gratefully received.

I said in my previous Chairman's News that I would keep you updated re the exercise classes. I am pleased to say that members attending the Railway Institute classes have now been found much better facilities at Energise along with a new instructor, thanks to GLL. See the times for all exercise classes in "Improve your fitness".

**CHAIRMAN'S NEWS** continued..... Tony Fletcher has informed me that there are a regular core of attendees to the Art Group, run by Trish and Francine, but would gladly welcome any other members and their friends to join them at their weekly class. Please see the Art Group column for details and times or talk to Tony on 01904 490582.

This will be my last Chairmans' News, as my term of office is coming to an end and I will not be putting myself forward for another term, along with: Chris Haworth, Joan Kennedy, Adrian and Pamela Carpenter and Sheila Whipp. This will leave the following exciting opportunities. The roles are: Chairman, Secretary, Fundraising Officer, Publicity Officer and Minutes Secretary. If you have the time and the enthusiasm, please consider one of these roles, details of which can be found on the Situations Vacant page. Job descriptions are also available.

We are coming to the end of the committee's year and the AGM is almost upon us. Our Publicity Officer has planned a presentation of the achievements of the committee over this last year. This will take place on Monday 3rd June at 7.30 pm at the Folk Hall, New Earswick. There will be the opportunity for members to put themselves forward to be nominated for the committee. At the first committee meeting following the AGM the roles will be decided by the new committee. I will of course give a formal handover to the new chairman when he/she is elected at that meeting. I look forward to seeing as many of you there as possible.

It has been a very interesting year in which I have made a lot of new contacts and friends both inside and outside the charity. The committee has worked well together to achieve what has been done for the members. I will of course be thanking them for their support at the AGM. Hopefully the new committee will build upon the excellent work that has been done in the last year.



I hope you all enjoy the rest of the summer. All the very best for the future.

**Edward**

# FUNDRAISING AND PUBLICITY NEWS

Since the last newsletter, we manned a charity stall at the hospital to both publicise and raise funds for the YCSGT, and we held our Grand Easter Raffle. The stall raised £194.40. Thank you to all who donated items for sale and to friends and colleagues who volunteered on the stall that day.

A total of £806 of raffle tickets were sold for the Grand Easter Raffle, the first of its kind for the charity. The prizes were generously donated free of charge by local York businesses, to whom we are very grateful. I would like to thank everyone who bought tickets and sold tickets to family and friends. A particular thank you goes to member Jim Begley, who alone sold 200 tickets raising £100, and to Ray Schofield, our trainer who sold 350 tickets raising £175 at the exercise classes. The draw took place at the Toby Carvery, Hoprove on April 17th, and all prize winners have been notified. The winning ticket numbers are:

1st 1451, 2nd 1421, 3rd 0083, 4th 1306, 5th 1363, 6th 0937, 7th 0088, 8th 1682, 9th 1156.

Forty people attended the Toby Carvery, who all enjoyed the meal and the social occasion. Many people have asked for more occasions like this. As it happens we will be holding another event there very shortly. The winner of the 1st prize of the use of a Jaguar XE for the weekend (terms and conditions apply) has asked if we can auction the prize to raise more funds for the charity. An extension has been granted by Inchcape Jaguar/Landrover and the prize will now be auctioned and sold to the highest bidder on Wednesday May 29th 2019 at The Toby Carvery. This should be fun for all concerned. Please see advert for details. Please contact me on 01347

848166 asap if you would like to book a place as this is on a first come, first served basis. Payment will be made by individuals on the day.



## FUNDRAISING AND PUBLICITY NEWS Continued.....

The next fundraising event is now at St Crux on 30th May. For those who are not aware, St Crux is a small church hall next to M&S on Stonebow. Charities can hire the hall for the day in order to raise funds by providing food and drinks and selling these inside in the cafe, and by running stalls outside. As well as the cafe, we will have 3 stalls selling second hand books, bric-a-brac, and cakes and jam. A number of people have kindly offered to bake cakes, but if anyone else would like to bake or help out on the day please let me know on 01347 848166. A tin shake organised by Anne Weir is also to be held at Morrison's in June.

On a final note, the end of the committee year is approaching in June, and I will not be putting myself forward at the AGM for another term. As fundraising is a central function for charities, and raising and maintaining a high profile helps us gain new members and support from the wider public, I hope that some members will come forward to fulfil these important roles. Please feel free to ring me if you would like to talk about what is involved.

The date for the next week of bric a brac collection for St Crux will be decided by the new committee after it is formed in early June. In the meantime our Treasurer and Membership Secretary Jenny Cookson has kindly agreed to be a point of contact. Telephone **01347 833260**.



**In the last newsletter I mentioned the donation from Waitrose of £565 from their 'Community Matters' scheme. The handover is pictured here.**

Thank you to everyone who has supported me over the last year.

Wishing you all the best,

**Joan**

# *Spring Auction Sale*



## *Lot 1:*

*The weekend use of a Jaguar XE courtesy of  
Inchcape Jaguar/Landrover York (terms  
and conditions apply)*



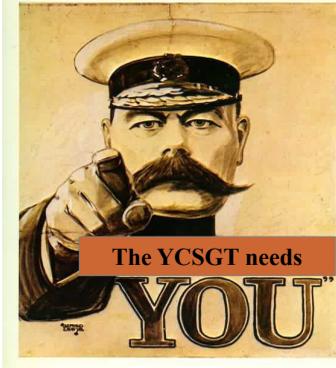
*To be held at The Toby Carvery, Hopgrove, York on  
Wednesday 29th May 2019  
Carvery meal (from £6.99) at 1.30 pm followed by  
auction. Proceeds to YCSGT*

*To book a place please contact Joan on  
01347-848166*

- *you can attend the lunch even if you do not want to make a bid*
- *those unable to attend but who would like to place a bid, please contact Edward on 01347-848166*

# Editorial

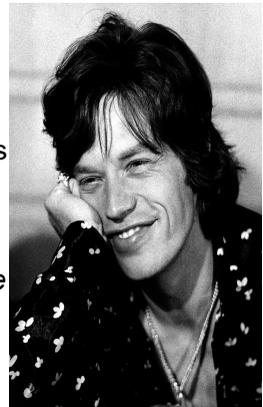
Hello Everyone,



There are a few items I would like to draw your attention to. Firstly please note on page 27 important changes to timings and venues for exercise classes. Note also the dates when there are no classes. You will also notice a new venture on page 28, that is, exercise sessions for people who would prefer to do seated or other non-circuit exercises. Is this for you? Yet another important section in this issue is the situations vacant page. As the Chairman

has already mentioned in his notes we are in need of people to come forward and take on important roles in the running of the Group. Have a look, is this for you? Or do you know anyone who would be able to take on one of these positions? We need to ensure that local people have the opportunity to improved their fitness and confidence after cardiac events now and in time to come. Give it some thought.

We have to be ready to help new members. There is one potential member who might sign up very soon. You will have noticed that Mick Jagger has undergone heart surgery recently. We wish him well, hope that his enthusiasm does *not fade away* and he doesn't ever have to say '*I can't get no satisfaction*' from the rehab classes. He must have been relieved when someone told him; '*It's all over now*'. Hopefully *this could be the last time* for him. Having said that *you can't always get what you want*.



I find I am watching less and less television these days. The quality seems poor, I don't like over graphic scenes of any type and if I watched every cooking programme I would not have time to cook. Who would have predicted that watching parliament would be among the highlights of the day.



# New Members are always welcome.

Subscriptions are £6.00 for individuals, £8.00 for couples and are renewable on 1<sup>st</sup> October each year. This will entitle you to this quarterly newsletter, monthly talks and presentations and access to exercise and swimming sessions.



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

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

**A warm welcome to our recent new members;**

Bryan Catton, Don Spaven, Robert Brookes, Patrick & Lynda Boucher, Derrick & Norma Spence, Antony Eayrs, Chris and Carol Pinder, Andrew McEvoy, Ken Harris, Janet Haase, Austin & Monica Thorpe, Jonathon Charters-Reid, Jean Metcalfe, Owen Turnbull.

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## Front Cover Story

The inaugural Sunday short walk on the 10<sup>th</sup> March coincided with some awful wet, windy and cold weather. However the brave souls who made it discovered where the Victorians sent their 'fallen women', why Roughier Street gets its name and what some medieval nuns got up to.



However the front cover image this time shows the walking group on the 14<sup>th</sup> April. Thankfully on this occasion we had better weather for a one hour walk around the South Bank, looking at some surviving evidence of both World Wars returning via an ancient Drover's track back to Scarcroft Road and Blossom Street. The final stretch to Micklegate was rewarded with hot drinks and a chat. See later for next walks on page 19.

On April 30<sup>th</sup> on the inaugural 'Longer walk' a small group, in perfect walking weather, started at Monk Bar, took the Roman route out of York before meeting the Foss river. The river was followed to New Earswick, then across country to Bootham Stray and return via the Derwent Valley cycle and pedestrian path. We regained the Foss again but left it at the Malton Road before heading back to Monk Bar about two hours later.

## Anatomy of a Rock Band by Brian Burley.

Back in 1960 'The Shadows' came from backing a string of hits with Cliff Richard and released an instrumental called *Apache*. It became a number one hit. There then followed a string of releases, all hits, which saw a lot of schoolboys rush out, acquire a guitar and become a wannabee Shadow. Yes, me too. By the time *Wonderful Land* came out I'd been down to Bulmers and bought my first guitar. It was a red/black Rosetti acoustic (it cost £5 second-hand) and together with Bert Weedon's book "*Play in a Day*" set about becoming a Star!



Well it took more than a day and the cheap guitar took its toll on my fingers. '*Played it 'til my fingers bled*', to quote Bryan Adams in *Summer of '69*. I persevered and shortly after I acquired an electric pickup for the guitar and it sounded great through the old valve radio in my bedroom! Armed with my 3 chords and £25 I purchased my first proper electric guitar from Banks, a red Futurama, I was made up. After gaining experience and confidence from a stand-in stint with a local group I answered an ad in the Press to join a newly forming band. It turned out that the guy went to my school so at one chemistry lesson we scoured the text book for a suitable band name and came up with '*The Xenons*' (we thought it was appropriate as it was a rare gas). It turned out to be a bad choice. Nobody could pronounce it properly. It is pronounced Zennons.



Still onward and upwards. We toured Yorkshire, using Dads as roadies, playing youth clubs. Does anyone remember Carr Lane and Our Ladies Youth Clubs? The pubs included the Burns, Londesboro and the White Horse. Then there was the Working Men's Clubs and we were still not old enough to drink! We copied the top ten hits for about a year and rode the wave brought about by the success of the Beatles and the Mersey sound. Then we split up. About the same time another band split and after some reshuffling of members regrouped as 'The Roosters'. The Rolling Stones had just released "*Little Red Rooster*", although we never got to play it.

**Anatomy of a Rock Band continued.....**At least 'The Roosters' was more pronounceable! More top ten hit covers followed and then the genre changed from pop to rhythm and blues. We discovered Chuck Berry and some of the other American trailblazers. We continued to play regularly the same venues plus some new cellar clubs that had opened. I recall playing downstairs in the Zarf Club on Stonegate, we were convinced that York had got its own Cavern Club.



We learned that the cheap strings we used required replacing regularly but discovered that when taken off and boiled in vinegar they got that "as new" sound back. It did take half the night to get the things back in tune properly though. I'm glad to say today the quality of the instruments and strings has improved a great deal.

We had acquired a manager. Well, when I say manager, he was a guy with access to a van, although he did get us a few bookings. By now day jobs were beginning to interfere with bookings and so following a life changing decision the electric guitar, together with its amplifier, were traded in to fund my first car. I was 20 and the year was 1967.

## **Anatomy of a Rock Band continued.....**

A whole lifetime later when the kids were leaving home I could at last afford a real American Fender Stratocaster guitar - like Hank Marvin's. I discovered that there were other closet Hanks and joined the York Shadows Guitar Club. Imagine karaoke but instead of singing to a recorded backing track we stand up front and play lead guitar (no, I don't do the steps - if I move my feet my fingers stop!). The Club is still going today and attracts players from all over Yorkshire. It turns out there were others with a similar history to me as well as newcomers to the electric guitar.

Nostalgic reminiscences turned to our former near brush with fame and three of us joined a singer and drummer to form the first version of the current band. Our repertoire consisted, and still does, of the numbers we learned in the good ol' days. After rejecting band names such as '*The Zimmers*' and '*The Rolling Bones*' and as we played a few Elvis numbers '*Alehouse Rock*' was considered appropriate and Jailhouse Rock became our signature tune. We were mainly playing rock n' roll in pubs so it fitted well.



Alehouse Rock played their first gig in 2003 and after a few changes in the line up we are still enjoying performing our good ol' rock n roll, plus a few Shadows instrumentals. We are happy if we play publicly about once a month. We have a number of close allies so sometimes we are a 4 piece band sometimes 5. Every man should have a hobby - now you know about mine.

For further information on Alehouse Rock or York Shadows Guitar Club which meets at Dunnington Sports Club on the last Sunday of the month (non players welcome) contact Brian on **01904 763648**

**OR see us at the Victoria Hotel, Heslington Road on;  
13<sup>th</sup> July, 19<sup>th</sup> October, 14 December. (all Saturdays),**

**OR at the Derwent Arms, Osbaldwick on Saturday 6<sup>th</sup> July.**

**Brian Burley.**

## Dates for the Diary



**Wednesday 29<sup>th</sup> May.** Toby Carvery at 1;30pm, followed by auction of the raffle prize. See page 7.

**Thursday 30<sup>th</sup> May,** St Crux fundraising day. This will be the usual cafe and stalls. We require bric a brac, paperbacks, jams, chutneys and homemade cakes. We require volunteers on the stalls and in the cafe plus people to help setting up at 08;30am and taking down at 3:30pm.

**Contacts** for donations to hospital or St Crux or volunteering: Joan Kennedy, Jackie McKeivitt, Anne Weir, or Jenny Cookson. (see committee page for how to get in touch).

**Monday 3<sup>rd</sup> June,** AGM, Folk Hall 07;30pm. (see next page)

**Sunday 16<sup>th</sup> June.** See walk pages.

**Monday 1<sup>st</sup> July.** Monthly meeting. Folk Hall 07:30pm.  
*History of the Canals.* Eric Jackson.

**Sunday 14<sup>th</sup> July.** See walk pages

**Monday 5<sup>th</sup> August.** Monthly meeting. Folk Hall 07:30pm.  
*My Year as a Nanny in Italy.* Maggy Poppa.

**Sunday 18<sup>th</sup> August.** See walk pages.

**Monday 2<sup>nd</sup> September.** Monthly meeting. Folk Hall 07:30pm.  
*Shandy Hall and Gardens.* Chris Pearson.

**Tuesday 3<sup>rd</sup> September.**  
St Crux fundraising day. (See above)

**Monday 7<sup>th</sup> October.** Monthly meeting. Folk Hall 07:30pm.  
*Medical Evening.*

**Monday 4<sup>th</sup> November.** Monthly meeting. Folk Hall 07:30pm.  
To Be Advised.

## **Dates for the Diary continued.....**

**Monday 25<sup>th</sup> November** Hospital Stall (see above)

**Monday 2<sup>nd</sup> December 07:00pm**

Annual social at Burnholme Social Club. Be there or be square!

**Thursday 12<sup>th</sup> December**

Annual Dinner at Novotel. Further detail in future newsletters.



Don't forget the website for up to date information on events, exercise classes, past newsletters and much more.

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

## **YORK CORONARY SUPPORT GROUP TRUST**

Registered charity number 1011149

### **ANNUAL GENERAL MEETING**

To be held at 7:30pm on Monday 3<sup>rd</sup> June 2019

At The Folk Hall, New Earswick

### **AGENDA**

- 1). Welcome and apologies
- 2). To approve the minutes of the AGM held on 5<sup>th</sup> June 2018
- 3). Matters arising
- 4). Chairman's report
- 5). Treasurer's report
- 6). Nominations for the committee for 2019/2020
- 7). Appointment of Auditors
- 8). Any other business
- 9). To fix date and time of AGM 2020

# York Coronary Support Group Trust

Minutes of the 29th Annual General Meeting held at 7.30 p.m on Monday 4th June 2018 at The Garth, New Earswick.

PRESENT: Eileen Johnson (Chair), Adrian Carpenter, Pamela Carpenter, Jenny Cookson, Tony Fletcher, Chris Haworth, Des Mahon, John Mitchell and Anne Weir, together with 27 other Group members.

18.01. WELCOMES. Eileen welcomed all present. APOLOGIES had been received from Bernie McKeivitt, Christine Rallison, Mark Rice, Ron Robb.

18.02. MINUTES. The Minutes of the 28th AGM held on Monday 26th June 2017 had been circulated in the Newsletter. They were unanimously approved on the proposition of Adrian Carpenter, seconded by Brian Johnson.

18.03. MATTERS ARISING. None.

18.04. CHAIRMAN'S REPORT. The Chairman delivered her report, a copy of which is appended below these minutes. Adrian Carpenter then proposed a vote of thanks to the Chairman.

18.05. TREASURER'S REPORT. In the absence of the Treasurer his report was circulated at the meeting. A copy of this and the detailed accounts will be attached to the top copy of these Minutes. Any member wishing to receive a copy of the accounts should contact the Treasurer.

The report stated that Income for the year was £34,070 ( down 4% on the previous year),

Expenditure was £48,454 ( up 47% on the previous year)

So the annual deficit was £14,384.

Monies in the bank and in hand at 31/3/18 amounted to £39,211

18.06 ELECTION OF THE COMMITTEE.

The Constitution required a minimum of 12 Committee members including the Deed Trustees ex officio and the Hospital Liaison Officer ex officio.

## **Minutes of the 29th Annual General Meeting continued.....**

On the resignation of Eileen Johnson and Ron Robb as Deed Trustees from the date of this meeting, the remaining Deed Trustees would be :- Tony Fletcher, Anne Weir and Des Mahon + one vacancy.

The current Hospital Liaison Officer was:- Christine Rallison.

The following were re-elected en bloc on the proposal of Brian Johnson, seconded by Rosie Schatzberger. :- Adrian Carpenter, Pamela Carpenter, Jenny Cookson, Christopher Haworth, and Bernie McKeivitt.

The following new members were elected,

a) On the proposal of Adrian Carpenter, seconded by Eileen Johnson.

Sheila Whipp, Nick Longster, Mark Carter.

b) On the proposal of Tony Fletcher, seconded by Christopher Haworth.

Peter Leishman.

c) On the proposal of Jenny Cookson, seconded by Rosie Schatzberger  
Edward Kennedy, Joan Kennedy.

18.07. APPOINTMENT OF AN AUDITOR. The appointment of an auditor was referred to the Committee to progress.

18.08. A O B.

a) Mark Carter felt some people were reluctant to offer themselves for jobs as they were not clear what was involved. He suggested the Committee might address this.

b) In response to a question about the state of membership, Jenny reported that it was increasing, with a gain of about 40/50 people since last year.

c) Eileen reminded the meeting that the Group was nearly 30 years old, and she hoped the new Committee would consider celebrating this.

18.09. The next AGM was fixed for Monday June 3rd 2019

The meeting concluded at 8.0 p.m.

# Friends of the YCSGT walking group.

Friends of the YCSGT organise walks for members and their guests. You will see from the next page that we have put together our next batch of walks. They are generally town walks ideal for **'starter' walks**. That is, walks of about 60-90 minutes in duration, not too difficult and can normally be cut short part way by anyone who might not want to continue to the end. They can also be extended for those wishing to build up an appetite for Sunday lunch. This will depend on the individual's ability.



We have also started a programme of **longer walks** of further distance, and more rural. These will normally be around 2/3 hours and 6/8 miles. These will **not** be advertised in the newsletter for the foreseeable future to ensure we have more flexibility arranging them. If you would like to be kept up to date on these then please contact Jeff Lane ([jtl1950@hotmail.com](mailto:jtl1950@hotmail.com)) 019044 414476 or Des Mahon. You will need to give permission to contact you by e-mail or telephone to relay information to you. Further contact details on editorial or committee page.

## Helping out;

If you would like to be involved in the 'Friends' group, leading walks, assisting on walks, planning walks or have any practical experience to offer, then please get in touch with Jeff or Des.

## This is the small print;

1. If you are in any doubt about your ability to take part in the walks you should seek advice from a health professional or your GP.
2. Any medication you could potentially need should be taken with you (inc sprays). In warm weather this should include fluids.
3. Clothing and sturdy footwear should be appropriate to the weather and terrain.
4. Taking part is entirely at your own risk.
5. You should tell the walk leader if you have any conditions that he/she should know about.
6. You should tell the walk leader if you feel unwell at any point during the walk.

# Walks information page.

These are more 'starter' walks for June, July and August. Although they are exercise walks there will be one or two stops on the way at points of interest. The routes will be mostly paved.



**Date; Sunday 16<sup>th</sup> June.**

**Title;** Brief Encounter.

**Featuring;** Morris Dancing, Composing, Gladiators.

**Time:** 10am.

**Meet;** Platform 2 York Station.

**Expected duration:** 60-90 mins. **Distance** approx 2 mile

**Date; Sunday 14<sup>th</sup> July.**

**Title;** East Meets West, (a Mystery Circular Tour)\*\*

**Featuring;** Bronze age man, Lakes, a Stately Home.

**Time:** 10am.

**Meet;** Argos, Piccadilly. YO19PB.

**Expected duration:** Walk 60-90 mins.

Plus 2x10min bus journeys.

**Distance** approx 2 miles (walking)



**\*\*NOTE: For this walk you will need either a bus pass or enough for a day ticket, or a bank or credit card.**

**Date; Sunday 18<sup>th</sup> August.**

**Title;** The Bridges of York County.

**Featuring;** A 'Site' for sore eyes, Shipbuilding, Cholera.

**Time:** 10am.

**Meet;** King's Arms, King's Staithe, YO19SN

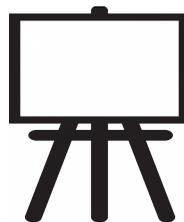
**Expected duration:** 90 mins.

**Distance** approx 3 miles

Please note; Car parking in the centre can be quite expensive even at weekends. You are advised to use public transport where possible, particularly the Park and Ride services.

# Art Group

The Art Group is now up and running so if you would like to join our small but talented group of artists, we would be very happy to welcome you. Bring your own projects you are working on, or if you are a beginner wanting to try painting or drawing, we have the materials and help at hand.



We meet at Wigginton Recreation Hall every Thursday from 2pm to 4pm. The cost is £4 which includes a cuppa.

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



## 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;

The Folk Hall, Hawthorne Terrace, New Earswick,  
York YO32 4AQ

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. Past issues 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.

# Monthly Meeting

Meeting 7<sup>th</sup> January.

## The Great Heck Railway Disaster.



Back in January Neal Clarke, a career railwayman, came and gave us a presentation on the Great Heck railway incident of 28<sup>th</sup> February 2001, of which most of us will sadly recall. Neal had personally been involved in the aftermath and so could speak with a great deal of accuracy on the topic. It was accepted by those involved in the clear up, that this was the biggest such event they had experienced. It remains the worst UK rail accident of the 21<sup>st</sup> century.



The location was close to the village of Great Heck south of Selby on the East Coast Main Line between Scotland and London King's Cross. Great Heck once had a station but as

with many under used stations it was closed in the 1960s. Just north of the village the M62 motorway crosses the line and this is where the events begin to unfold.

The tragic events of that day began with the driver of a Land Rover and trailer traveling west bound on the M62. He had not had sufficient sleep the night before for the lengthy journey he was taking and consequently fell asleep at the wheel at 06:07am as he was approaching the point where the M62 crosses the rail line. His vehicle leaves the carriageway, travels at speed along the grass verge and then down the embankment and onto the rail destroying 30 metres of motorway fencing on the way.

The driver telephones 999 at 06:12am, but it was too late to stop the Newcastle to London high speed train hitting the Land Rover at 120mph very soon afterwards. The impact caused the locomotive wheels to leave the rails and travel some distance straddling the track. At the same time a northbound freight train was approaching with 16 coal wagons each with 102 tonnes bound for Ferrybridge. A collision was inevitable. The freight train was traveling at 54 mph giving a combined impact speed of 142 mph according to new equipment installed on the freight locomotive.

## Monthly Meeting report continued.....

The impact pushed a number of passenger coaches into nearby fields and the freight locomotive into a local garden. The tragic result was 10 dead and 82 injured. The East Coast main line in the area was closed for 2 weeks whilst clearing up and repairs took place. The picture show a memorial erected later at the scene.

As with all such events, a painstaking study of what happening and what could be learned for the future got under way. As a result some minor changes have been made to coach interiors with some emphasise on eliminating injury from flying objects particularly flying broken glass. There also followed a debate regarding roadside barriers where rail lines are close by or beneath roads. This resulted in nationwide installation, trengthening or repair of barriers where potential risks had been identified. *The driver was given a prison sentence for 10 counts of death by dangerous driving.*



## York and District Diabetic Club

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

(except for January and August)

at Tesco Supermarket, Tadcaster Rd (upper floor).

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

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

# Monthly Meeting

Meeting 4<sup>th</sup> February. An Oasis in the City.



Clive Dawson paid a visit to the Folk Hall and gave us all a fascinating talk on a piece of land in York with so much life and activity and yet also home to 125,000 dead, and rising, the number that is, not the occupants rising up. It was of course York Cemetery on Cemetery Road, where else? In the early 19<sup>th</sup> century York had a big problem. People had a habit of dying. Where to put them all? For about a thousand years York had a cluster of parish churches within the city walls. Most people followed Christianity and wanted to be in sacred ground ready for the afterlife. By the 19<sup>th</sup> century churchyards were getting overcrowded and earth was brought in from outside the city to raise the level to get more in. Burials must have been gruesome and undignified at times trying to get more in.



The estimated number of burials within the city walls has been put at 500,000, the population of Leeds in about one square mile. The Holy Trinity in Goodramgate is believed to have 18-20,000. In Charles Dickens *Bleak House* a character has witnessed a burial in such circumstances, to quote: *'They put him nigh the top, they were obliged to stamp upon it (the coffin) to get it in'*. The problem came to a head in 1832 when York suffered an outbreak of cholera. Of 450 cases there were 185 deaths. To use Clive's words; *'They needed to be buried deep and quick and away from residents'*. Hence the burial ground opposite the station and noticeably outside the walls. The Board of Health looked at York's problem and were 'horrified'.

In 1854 an Act of Parliament banned burials in the city centre. There followed a debate on where to put a new cemetery. The Victorians were keen to have garden cemeteries, places to walk around for leisure. (Before TV remember). The 24 acre plot on Cemetery Road was chosen and was formally opened in 1837. The chapel is a grade II listed building by the same architect as the portico of the Assembly rooms in Blake Street (now an Italian restaurant). The gatehouse and some monuments are also grade II. The Archbishop of York (Harcourt) was asked to consecrate the ground. As he would only do this if the weather was fine, the event was delayed one day waiting for better conditions.

## Monthly Meeting report continued.....

The Victorian period also saw a growth in Dissenters or Non Conformists' those who did not follow the Anglican form of worship. As a result the Cemetery has different sections to cater for different faiths. The chapel is similarly divided. In 1969 the cemetery went into administration. Problems stem from 1920 when Fulford cemetery was established and then the crematorium in 1962. The Cemetery Road site was locked up and all saleable assets were sold off. The affects of nature and vandals took their toll. The council debated taking it over but didn't.

In 1984 rescue came in the form of a group calling themselves Friends of York Cemetery. They purchased the land and derelict buildings for £1. In the same year the chapel roof collapsed, but fortunately a £157,000 grant from English Heritage was acquired. The chapel has now been refurbished with underfloor heating keeping all faiths warm albeit still in separate parts of the building. Today there are over 20 different guided walks lead by volunteers. The friends work with local schools and have recently guided walks based on the casualties of the Great War.

There is now a strong emphasis on nature, that is, life above ground. In the different seasons, snowdrops, daffodils, tulips and bluebells can be seen. There are also scented walks for the partially sighted and butterfly walks. Thousands of purple crocuses have been planted recently to symbolically represent the purple dye used to mark children's fingers in Afghanistan and Pakistan to show that they have had the polio vaccine. The tansy plant is a resident which encourages the rare tansy beetle. Nettles are left to encourage butterfly, making the site the third most important for butterflies in North Yorkshire and ragwort is left to entice insects. They have a resident fox who happens to discourage rabbits.

Clive gave details of a number of tree species including the yew tree and it's link to Druids and paganism. It was also important for the making of the longbow, although French yew was better for the task. I guess after Brexit we will have to pay import duty to get it, if ever we are at war with them again. The yew tree clippings are gathered by companies who produce drugs for cancer treatment from them. Volunteers come from all walks of life. Some companies allow their staff time off if giving time to charitable concerns. Staff from Nestle, Aviva and Portakabin have helped out. If you wish to join the Friends of York Cemetery it will cost £5 per year or you could volunteer your skills and time. Look at [www.yorkcemetery.org.uk](http://www.yorkcemetery.org.uk) or phone 01904 610578.

# Quiz Page



The following 10 popular song titles have words missing, all missing words are related to food or drink.

1. \*\*\*\*\* Charlie. 1868
2. \*\*\* For Two. 1925
3. Don't Sit Under the \*\*\*\*\* Tree. 1942
4. \*\*\*\*\* Boat Song. 1956
5. My Boy \*\*\*\*\* . 1964
6. \*\*\*\*\* \*\*\*\*\* . 1969
7. Brown \*\*\*\*\* . 1971
8. American \*\*\* . 1971.
9. \*\*\*\*\* Man. 1972.
10. \*\*\*\*\* Fields. 1973.



The next 10 are the original names for some of the UK's airports. What are they called now? How many do you know?

- |                 |                |
|-----------------|----------------|
| a). Ringway.    | b). Kirmington |
| c). Prestwick   | d). Elmdon     |
| e). Croydon     | f). Yeadon     |
| g). Speke.      | h). Woolsigton |
| i). Finningley. | j). Aldergrove |



## Last issues Quiz answers.

- 1) Mutiny on the Bounty. 2) Gone with the Wind. 3) All about Eve.
- 4) The Greatest Show on Earth. 5) Around the World in 80 days.
- 6) West Side Story. 7) Man for All Seasons. 8) The Deer Hunter.
- 9) Dances with Wolves. 10) Silence of the Lambs.

- a) Max Factor. b). Clementine Churchill. c). Cary Grant.
- d). Mother Teresa. e). Fats Domino. f). Alvin Stardust. g). Les Denis.
- h). Shirley Ballas. i). Darcey Bussell. j). Samantha Cameron.

# 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

*Note; no sessions Monday 27<sup>th</sup> May Bank Holiday  
no sessions Monday 1<sup>st</sup> July due to Uni open day,  
no sessions Monday 26<sup>th</sup> August Bank Holiday.*

**Wednesday**  
(From 29<sup>th</sup> May)                      09:15-10:15 & 10:30 -11:30

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

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

**Monday**                      13:00 – 14:00 & 18:00 – 19:00

*Note; no sessions Monday 27<sup>th</sup> May Bank Holiday  
no 13:00hrs session on Monday 8<sup>th</sup> July (school event),  
no sessions Monday 26<sup>th</sup> August Bank Holiday*

**Friday**                      13:00 -- 14:00

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

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 and a nurse attends all daytime sessions.

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

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

## Stop Press...



From 29th May we are able to offer a variation on our exercise classes. At the **St John's classes** we will be able to cater for members who would prefer seated exercises with or without the use of other selected items of equipment. We can cater for those using wheelchairs or other aids. The exercise regime will be tailored to the individuals requirements and abilities and not follow the normal circuit of equipment. These sessions will run within and



alongside the usual sessions at the times and locations listed on the exercise information page with a nurse in attendance.

**Not Sure?** Why not just call in at one of the classes and spend a few minutes to see how it works before going further.

For further information contact Tony on **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	01904 414476

### Trustees:

Tony Fletcher	01904 490582
Anne Weir	01904 794973
Des Mahon	07798 824761
Peter Leishman	
Edward Kennedy	01347 848166

### Contacts:

Tin-shake Rotas	Vacant
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### Senior Cardiac Rehab Nurse

Christine Rallison	01904 725821
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# SITUATIONS VACANT

## Chairperson



There is a vacancy for a Chairperson. This is a vital voluntary position pivotal to the success of the YCSGT, now and in the future.

This is a leadership role providing direction for the charity and representing its vision and purpose. The Chairperson ensures that the committee functions properly with full participation at meetings, all relevant matters are discussed and effective decisions are made and acted upon.

### Key Responsibilities:

- . Ensure the committee functions properly. Plan and run committee meetings in accordance with the governing document.
- . Ensure matters are dealt with in orderly efficient manner. Bring impartiality and objectivity to meetings and decision making.
- . Facilitate change and address conflict within the committee. Plan for recruitment and renewal of the committee.
- . Ensure the charity is managed effectively. Maintain an overview of the charity's business.
- . Co-ordinate the committee to ensure key functions are met e.g, finance, and governance by utilising people with the appropriate skills
- . Represent the charity by communicating effectively the vision and purpose of the charity both internally and externally
- . Advocate for and represent the charity at external meetings and events. · Be aware of current issues that may affect the charity.

**If you think you are able to take on this involved but highly rewarding position then contact Edward on 01347 848166 for more information.**

# SITUATIONS VACANT

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## Group Secretary.

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Chris Haworth is retiring, as intended, after 3 years in the role. A replacement is required to fill this vital task.

Have you the skills and commitment to take on an important role within the Group? It is voluntary, but with the satisfaction of being able to play a crucial part in the well being of our members present and future.

### **The principal duties are;**

Booking rooms and venues for fund raising events.

Submitting yearly accounts to the Charity Commission.

Applying for gambling licences and other contact with York City Council.

Renewing yearly Insurance.

Compose any letters required on behalf of the Group.

Attend Committee Meetings every six weeks.

Keep registers to meet fire regulations.

**If this is of interest to you, please contact Chris Haworth or Edward Kennedy. (see contact details on committee page).**

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## Minutes Secretary

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This is another important role in the organisation of the YCSGT. Have you had secretarial experience? Or are you good at note taking? Have you some computer skills? This is another voluntary position offering the opportunity to play a part in the group for the benefit of all members. **The principal duties are;**

To prepare agendas for meetings in consultation with Chair person.

Circulate agendas and other papers in good time for meetings.

To take minutes at all meetings, including Annual General Meeting and send draft minutes to Chair person for approval.

When approved by Chairperson, issue them to relevant persons.

To ensure Chair signs minutes once they have been approved.

To circulate agenda and minutes of the AGM to all members.

Ensure Committee members have carried out agreed actions.

Keep up-to-date records of committee membership.

**If this is of interest to you, please contact Sheila on 01904 763845**

# SITUATIONS VACANT

## Publicity Officer



The purpose of the Publicity Officer is to promote and publicise the work of the charity in order to reach the people who would benefit from membership and/or support the charity, and communicate with existing members

Responsibilities include: · updating external publicity materials in a timely manner to maximise public awareness

- communicating with the media eg local radio, press and TV to publicise specific events
- publicising the work of the charity at its' fundraising events and any other relevant occasions
- publicising events for the members of the charity in the newsletter, on the website or by personal communication as appropriate

Contact Joan on **01347 848166** for further information.

## Fund Raising Officer



The role of the Fundraising Officer is to lead and develop fundraising activities in order to increase the funds available to the charity, gaining support from external businesses/supporters where appropriate

Responsibilities include:

- planning and organising fundraising activities
- networking with members and external organisations in order to gain support for fundraising activities
- recruiting volunteers/participants to assist with fundraising events
- organising and collecting goods for sale at prospective events
- developing new types of fundraising activity
- liaise with the Treasurer to transfer monies raised in a timely manner

Contact Joan on **01347 848166** for further information.

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