

# YCSG TRUST

York Coronary Support Group



Registered Charity No. 1011149



Presentation of wrist heart monitors, see page 26.

Newsletter No. 116  
Autumn 2019



# Christmas Party



Burnholme Sports and Social Club,  
Burnholme Avenue, YO31 0LL.

\*

Monday 2nd December at 7pm

\*

Dance to Ale House Rock

\*

Quiz, Raffle and Light Refreshments.

\*

All tickets £5

\*



Contact a committee  
member for tickets  
and  
further information.



# CHAIRMAN'S NOTES

**Dear Members**



I am honoured and privileged to have been elected as your new Chairman, I intend to do my best for you all. I believe it is the duty of the Committee to look after the charity in the present but we also have a responsibility to the future and that we do this in an efficient and effective manner. We are answerable to you the members.

As you may be aware Edward Kennedy, our last Chairman stood down, along with his wife Joan and other members of the Committee; Sheila Whipp, Adrian and Pam Carpenter and Chris Haworth. I would like to thank them all for the hard work they have done for the Charity.

We have a returning Committee member; John Mitchell, Minutes Secretary, and he is most welcome. Peter Leishman now becomes the Secretary. Nick Longster is the Fund Raising Officer. Jackie McKeitt is the Entertainments Officer, who, alongside Anne Weir will organise the speakers for the monthly meeting talk.

In relation to the monthly meetings we have had to change locations for September, October and November. This is because there will be work on the outside drains and resurfacing of the car park at the Folk Hall. This is due to be completed by November, but we couldn't take a chance on that date and the car parking we had been offered wasn't suitable. Haxby Sports and Social Club, which some may remember as the Haxby Working Mens Club, has been chosen, we have booked the small function room for those months. It is on a regular bus route, no's 1 and 13, the same buses that stop at the Folk Hall and there is parking available. More information is contained in this issue of the magazine (see back cover). I look forward to seeing you there.

You will also find details of the Christmas Lunch menu at the Novotel. It seems odd speaking of Christmas in the summer. You will notice this year the discount for members has been reduced. The Committee decided that the previous costs for the discounts involved were too great a burden on the charity, If you remember there was just short of 100 there last year! I hope this reduction doesn't put you off attending. The Burnholme Christmas evening 'do' will also return this year.

## **Chairman's notes continued.....**

I am in the process of visiting all the classes we organise including the aqua-aerobics and intend to take part in as many as possible in the coming months. I normally attend the second class on a Monday and Friday at York St John. I think one of the benefits of our charity as well as providing exercise is the social aspect, whether at the gym or swimming pool, the two groups we run and the monthly meetings.

In past year we have seen the start of the walking group and the art group. The local walks are popular, with the knowledge of Jeff coming to the fore. When I ask members about joining the art group, the normal response is that they would like to give it a go but they aren't an artist. That's exactly the person we want, we have two artists there to mentor budding painters or any aspect of art they would like to pursue.

One of the things I am introducing is a Volunteer Skill Register. So if you have a skill or are a professional, ex-professional, even if you don't think you have a skill, why not put your name down, we will need contact details and the hours per month you are willing to donate. Examples: baking, knitting, customer services, commercial, legal. I know we have good bakers who already support the St Crux days we host but can you have too many cakes? Volunteers are the life blood of charities, so please give it your consideration. The form will be a regular fixture of the newsletter, so if you are wavering about giving it a go or a recently recruited new member, it will be there.

I have already mentioned the positive social aspect of the charity, another thing that has struck and amazed me, is the age of some of our active members, I know of at least three that are 90 plus who attend various exercise classes. I think that is something we can all wish and aim for. My regards to them.

### **Best Wishes**

**Mark Carter**

**Chairman YCSGT.**

# Editorial

Hello Everyone,

I will start by wishing our new Chairman and other Committee members well as they take on their new roles. Well done to them all for stepping up to take on crucial tasks in helping the YCSGT to continue with the work it does now and in the future. Following on from the Chairman's notes, arrangements for the monthly meetings for September, October and November, when we will not be using the Folk Hall, are detailed on the back cover.

As I write this, we have just returned from Bradford having seen the musical 'Les Miserables'. This is not to be confused with the 'The Glums', that was a radio show with Jimmy Edwards. 'Les Mis' is the one where the cute kid gets shot and the bad bloke jumps into the river. (I think he went 'inseine'). I hope I haven't spoilt it for anyone. One reason for going was to have the experience of being in their wonderful Alhambra Theatre. (pictured). I do like to support these special places from a bygone era. Harrogate Royal Hall is another must see, if you haven't been already. We got back without any parking fines or speeding tickets, which was refreshing, read on.

The main holiday of the summer was a week in France tracing my Grandfather's WW1 journey based on written war diaries of his company in the Duke of Wellington's Regiment. I may relate some of this experience to you in future newsletters. I managed to dredge up some schoolboy French when ordering food. I didn't do too badly, unlike Spike Milligan who (he said) ordered some food in French and was given a box of crayons and a silk tie. The drive to France involves the crossing of the Thames at Dartford. The last time I did this was many years ago and I recall having about £2 in cash ready to hand over to a nice man in a booth. So this year we had some pound coins ready, but no booths and no stopping or slowing. It did say you could pay online by midnight the following day. Surely there will be booths.



## **Editorial continued.....**

No there isn't. We are well into Kent at no cost. How do they know I owe them the toll fee? Numberplate recognition! We eventually worked out how to pay. One small step for man.....

I was a bit apprehensive about driving abroad again after so many years, but after docking at Dunkirk, I soon got back into the swing of driving on the right. In fact so good was I that on our return to York there was speeding fine waiting for me from the French for excessive speed on the Dunkirk bypass. How do they know it was me?  
Numberplate recognition! This can even catch you out across the channel.

I did toy with the idea of asking Boris to stick my £45 onto the Divorce Bill from the EU that he has said he will hold back. I decided to pay as I do not know to what extent their powers of arrest reach into the UK. I couldn't wait and hope that the European Arrest Warrant arrangement would be cancelled after Brexit and I can't rely on them sending an incompetent Inspector Clouseau type to fail to find me.



Tracking the English

Another outing we had in the summer was a couple of nights in Windermere which was followed up on our return with a parking fine. Apparently I had stayed an extra 12 minutes in an M&S car park in Kendal and now have a fine of £85. How do they know it was me? Numberplate recognition! The fine represents a rate of £420 per hour for the extra time. My calculation is an underpayment of 24 pence, which I have offered to send them. It is in the appeal process at the moment. So beware of the new technology now used in car parks, toll bridges and motorways, i.e. Numberplate recognition.

No longer can you wait a bit extra with the car in the car park ready to move it when the person with the cap and machine comes around. So be warned. Incidentally, the same company with the same fines and the same technology operate the Morrison's car park on Foss Islands Road, there will be others in this area no doubt.

Jeff Lane [jtl1950@hotmail.com](mailto:jtl1950@hotmail.com)

27 Murton Way, Osbaldwick, York YO195UW

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# Monthly Meeting

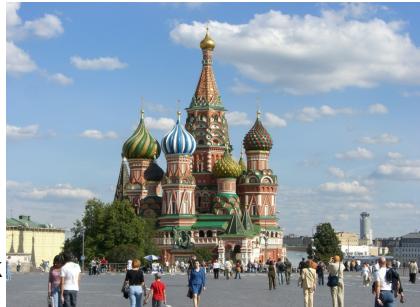
Meeting 4<sup>th</sup> March.

Helsinki to Hong Kong by train. Brian Percival.



Back in March Brian Percival read from an account of his experience travelling from Helsinki to Hong Kong mostly by rail. A journey In the footsteps of Dr Zhivago or a forerunner to the multitude of TV rail travel programmes. His journey began in 2002 with 30kg of baggage which included bottled water, Lucozade and Yorkie bars.

The initial section was to be in Russian carriages, built by East Germans, pulled by a Finish engine. The ride experience when later travelling on Russian tracks became less comfortable. The stop over in Moscow included a 3 star Hotel, red caviar on black bread and Russian champagne. Brian's guided tour took in the Kremlin's public rooms, Red Square, Gumm, the large department store and his first view of the 10 lane highway which included lanes restricted for government vehicles.



Further travels by metro also took in their war memorial guarded by goose stepping soldiers. After being lost and then rescued by a taxi driver able to identify his hotel key, it was time to move on. The next stage was to begin. The train was boarded at Moscow destined for a five day and five night journey with Brian as the only English passenger. Also on board were a number of Mongolians, who, loaded with large bundles of second hand clothes, were to attempt to sell them at each stop on the way.

The clothes seemed to be a regular feature of these journeys as crowds gathered at the stations ready to barter. However it did appear that one mafia style character controlled the operation and handled the cash. Each overnight sleep was interrupted by the screeching of wheels as the train lumbered on. Moving between carriages was a risky affair. Each carriage had a log fired furnace, the fuel diminished as the journey progressed.

## **Monthly meeting report continued.....**

Decrepit towns and factories were visible during daylight as were old tractors pulling two furrow ploughs. The town of Yekaterinburg was en route, famous for being the place of the executions of the Tsar and his family. After skirting the shores of Lake Baikal the train moved towards Outer Mongolia, about the same time as the train ran out of food. This now needed to be purchased on station platforms at stops.

There was a customs inspection at the border, the currency exchange rate was three times better on the black market, and the train gauge changed. The latter problem was dealt with by lifting the carriages up and onto new wheel sets ready for the new track width. Even though the journey traversed time zones, train time continued without clock changes. Brian's experience of Mongolia included dense smog in the capital Ulan Bator, with its solitary department store, pony trekking, horse meat and mare's milk. On leaving Mongolia the train was almost taken apart to search for drugs, a successful exercise it seems.

A change of trains was required when entering China. The journey went close to the Great Wall, and through open country where single ploughs pulled by peasant people was a surprising sight for any westerner. During a stop off, a visit to a Chinese theatre followed by a visit to a Macdonald's illustrated the contrast now seen in the 21<sup>st</sup> century land of Mao ze Dong.

The carriage exteriors were washed by an army of workers before the next stage and prison guards with cattle prods kept prisoners focused on the removal of chewing gum from the platforms. The final leg of the 13000 kilometre journey had to be done by air into Hong Kong, where a memorable meal of seventeen courses, all served together, was experienced. As with the journey the meal was not likely to be experienced again.



# BACPR Annual Conference 2018

(British Association for Cardiovascular Prevention & Rehabilitation).

Grand Central Hotel, Glasgow 4/5<sup>th</sup> October 2018.

A report by Nicky Cockerill (ACS Physiotherapist)  
and Debbie Turpin (Community Specialist Cardiac Rehab Nurse).

The theme was; ***Improving Performance and Outcomes within the field of Cardiac Rehabilitation.***

Professor John Leitch, Scottish Minister for Health opened the first session entitled 'What matters to you?' Promoting a very patient centred problem solving approach. There was nothing innovative in asking that question but his talk included memorable cobra snakes, a picture of a rat and the NHS cycle of '*problem/action/new problem!*' The concept of ceding power to the patient to promote self-management was discussed. The BHF presented their vast strength of ongoing and pioneering research, specifically utilising newer health intelligence statistics and future IT advances. The heart failure charity group *Pumping Marvellous* held a patient panel to raise their patient voice and what is important to their group.

Professor David Wood from London highlighted the prevalence of diabetes up to 75% in cardiovascular disease patients with the distribution of weight and central abdominal obesity being key to increasing such disease risk. Our local Professor, Patrick Doherty, highlighted NACR findings, pertinent to local provision and how we need to increase the dose of rehabilitation to achieve meaningful outcomes increasing from our current 5 week, 10 session programme. He also raised the increasing prevalence of multimorbid (two or more chronic conditions) complex rehab patients with diminishing specialist therapy provision switching to exercise in the community instructors.

Professor Marie Johnston presented behaviour change theory and psychological intervention. Lifestyle choices being influenced by slow reasoning and reflective practise, but also challenged by fast habit and impulse, i.e. We may have the best intentions but executing them requires will power, commitment and intention.

## **Conference notes continued.....**

Dr Rob Cooper discussed inherited cardiac conditions like myopathies (muscle tissue disease) and risk of AICD need (automatic implanted cardioverter defibrillator) and the caution with European Society of Cardiology 2018 guidance for non-competitive exercise sport, with low dynamic gradual activity like golf, bowling or yoga.

Dr Michael Papadakis baffled us with complex Electrocardiograms. Something we do not regularly interpret in the gym and refer to our colleagues for specialist assistance. Dr Vinit Sawhney predicted up to 13 million cases of Atrial Fibrillation by 2030, with risk factor reduction a key target in prevention. That is reducing obesity, hypertension, obstructive sleep apnoea, excess alcohol, reduce smoking, diabetes, increase physical activity and reduce sedentary behaviour. There was a lively debate (conflicting opinions) to promote diabetes remission with low calorie, low fat weight loss versus low carbohydrate.

Professor Rod Taylor updated on the rehabilitation enablement in chronic heart failure as co-chief investigator for the National Institute for Health Research programme of manual based rehab, of which York was an original pioneer site with ourselves, Debbie Turpin as community cardiac rehab Specialist Nurse and clinician and Nicky Cockerill ACS Physio.

Professor Gerry McCann, a highly eminent Cardiologist from Leicester shared his extensive image and scanning research data, finding structural changes in the hearts of patients 5 years prior to them then going onto to develop diabetes, with heart failure being the leading cause of morbidity and mortality in this group.

The importance of the emerging role of the community pharmacist in cardiac rehabilitation was highlighted with patient 'concerns' from media articles, fake news or anecdotal hear say with figures suggesting a number of cardiac patients self-reported non-compliance with at least one of the secondary prevention medicines.

York's Professor Chris Gale (now moved onto Leeds) once again baffled with epidemiological population based studies to unpick the data and trends in cardiovascular healthcare quality.

Manchester Wythenshawe transplant team presented LVAD (artificial heart pump) updated technology as a bridge to transplant and destination therapy.

## **Conference notes continued.....**

There were also several oral 20 minute workshop presentations which Debbie and I split ourselves between, including;

- GTN Heart save advice
- Comparison of self-reported and accelerometer measured sedentary time in adults a 40% variance!

And many poster presentations of small scale studies allowing us to network, share ideas and compare services.

***The conference was utterly exhausting, motivating, inspiring and challenging as the services nationwide are so variable!***

Thank you so much to all at YCSGT for your support of this annual, continuing professional development activity, celebrating 25 years of the BACPR.

**Nicky Cockerill and Debbie Turpin.**

## **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.

## **St Crux donations (for Tuesday 3<sup>rd</sup> Sept)**

**Bric a brac** collections will be made at St John's exercise classes on Wednesday 21st & Friday 23rd.

**Cakes** can be dropped off at exercise classes on Monday 2nd Sept or at the evening monthly meeting on the 2nd or before 10am at St Crux on Tuesday 3rd.

**Contacts** for donations to hospital or St Crux or helping: Jackie McKevitt, Nick Longster, or Jenny Cookson. (see committee page for contact details).

**Volunteers** on the day will be very welcome.

# Dates for the Diary



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

**Tuesday 3<sup>rd</sup> September.**  
St Crux fundraising day. (see page 11)

**Sunday 22<sup>nd</sup> September** (see walks page)

**Monday 7<sup>th</sup> October.** Monthly meeting.  
Haxby Sports and Social Club 07:30pm.  
*Medical Evening.*

**Sunday 20<sup>th</sup> October** (see walks page)

**Monday 4<sup>th</sup> November.** Monthly meeting.  
Haxby Sports and Social Club 07:30pm.  
Mummy, what did YOU do in the Great War? Peter Braithwaite.

**Monday 25<sup>th</sup> November** Hospital Stall

**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 12 noon.**  
Annual Dinner at Novotel. See later for further detail.

**Monday 6<sup>th</sup> January. Monthly Meeting, Folk Hall 07:30pm.**  
Quiz Night.



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

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



# 2019 Christmas Lunch

at the Novotel, Fishergate,  
York YO10 4FD.



Thursday 12th December at 12 noon.

## MENU Starters

**BROTH;** Truffled wild mushroom broth with a garlic infused ciabatta.

**PRAWNS;** Traditional prawn cocktail, king prawns with avocado served on a bed of baby gem lettuce topped with Marie Rose sauce.

**PATE;** Chicken liver pate spiced with green peppercorn and herbs, served with a mixed fruit chutney & toasted ciabatta.

## Main Courses

**TURKEY;** Traditional roast turkey. A fresh turkey escalope rolled and stuffed with sage and onion, served with all the trimmings and finished with a rich onion gravy.

**SALMON;** Salmon Wellington, grilled asparagus, creamy mash, white wine and dill cream.

**VEGETARIAN DELIGHT;** Napoleon of Mediterranean vegetables and goat's cheese, nut roast arancini, grilled polenta cake topped with creamy garlic mushrooms.

## Deserts

**CHRISTMAS PUDDING;** Spirit of Christmas. Traditional Christmas pudding with lashings of brandy sauce.

**TIRAMISU;** with a twist, orange posset topped with milk chocolate mousse, finished with Baileys.

**CHEESES** Selection of local cheeses, Yorkshire casks, ruby crumble & Duke of Wellington, served with crackers, chutneys, fruits and nuts.

# Quiz Page

Here are clues to shipping forecast areas;

Tip; set your alarm for 5:20am & tune to  
BBC radio 4 or the world service.



- 1) Irish River.
- 2) Invader.
- 3) Sweater.
- 4) You could drive one.
- 5) Former Archbishop.
- 6) Only one.
- 7) Captain of the Beagle.
- 8) Battle. 9) A capital river. 10) Decade.



Next we travel back to the planet Treah again.

Where every person and every place is duplicated. The problem is, they can't spell and sometimes don't put spaces between words. Can you identify the place names around their county of Sirehorky, (Yorkshire). E.G. ULLH would be their HULL.



- a). FIFEDELSH b). ERASTNODC
- c). ILXAFAH d). RODDRABF
- e). SRELDEDIUFDH f). YEVEBLER g). NERKIPIGC
- h). TAGEROHAR i). TARSGNIGONS j). HEATGONETWIRMK.

Last issues Quiz answers.

- 1) Champagne. 2) Tea. 3) Apple. 4) Banana 5) Lolipop. 6) Sugar, Sugar.
- 7) Sugar. 8) Pie. 9) Rocket. 10) Strawberry.
- a) Manchester. b) Humberside. c) Glasgow. d) Birmingham.
- e) Heathrow. f) Leeds Bradford. g) Liverpool (John Lennon)
- h) Newcastle. i) Doncaster (Robin Hood). j) Belfast International.

## 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. They start at 7:30pm and friends and family are welcome. Meetings are usually held at;

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

**Important; for September, October and November 2019 see inside back cover and back cover for change of location.**

### **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, quizzes 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.

# **2019 Christmas Lunch Form**

The cost is £20 per head for members, £22 for non members.  
To facilitate serving on the day, please list the names of each diner  
with their menu choices. (Use separate sheet if required).

Name.....

Choices.....

Name.....

Choices.....

Name.....

Choices.....

Name.....

Choices.....

Name.....

Address.....  
.....

**Phone number.....**

Then return this page (or a copy) with your cheque payable to  
YCSGT c/o Anne Weir, 26, Nursery Road, Nether Poppleton, York  
YO26 6NN.

**Forms and payment by 14<sup>th</sup> November please.**

# 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 1st 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: \_\_\_\_\_

## **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, walking and swimming sessions.

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

**Pat Wilson,  
John and June Wake,  
Jonathan Steele,  
John Hields.  
Christine and Terry Hopcutt.**

### **Message from the Treasurer:**

In an effort to reduce postal costs, receipts will, once again, not be issued for renewals sent by post unless specifically requested. I will visit at least one session of each exercise class during October to collect subscriptions. Please have your completed form with you. I will also, as usual, be available at the monthly meetings for those who wish to renew their membership there.

**Jenny**

# **YCSGT VOLUNTEER SKILLS REGISTER**

**Name.....**

**Preferred contact method (address/e-mail/phone)**

.....

**Skills\***.....

**Hours per month\*\* .....**

**\*Skills would include, Baking, knitting, customer relations, professional/ex professional. Plus any and all skills, even if you think it wouldn't be relevant, all welcome.**

**\*\* Hours per month: What are you prepared to give? How your time will be used will depend on the needs of the charity and may vary month to month.**

**On completion, please leave this form (or a copy) at one of the exercise classes or monthly meetings, or hand to a committee member. Alternatively e-mail to; mark-carter1@live.co.uk.**

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

Please note that the personal information you supply us will only be used to send you information 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.**

# 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 final batch of walks for 2019. 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 also occasionally put together **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 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.

Below are our last 2 walks for 2019. Although they are exercise walks there will be one or two stops on the way at points of interest. The routes will be mostly, but not always, paved.



## Date; Sunday 22<sup>nd</sup> September.

**Title;** A Walk on the Wild Side.

**Featuring;** York's other station, L.S.Lowry, Islam.

**Time:** 10am

**Meet;** Morrison's chimney, Foss Islands Rd. YO31 7UJ

**Expected duration;** 60-90 mins. **Distance;** approx 2-3 miles  
(parts of this walk will be unpaved).

## Date; Sunday 20<sup>th</sup> October.

**Title;** York's Snickleways.

**Featuring;** Saint Peter, Mad Alice, Charlton Heston,

**Time:** 10am

**Meet;** Theatre Royal, St Leonard's Place YO17HD.

**Expected duration;** 60-90 mins. **Distance;** approx 2 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.



The October walk will be the last for this year. During the winter period we will take stock and consider what we are able to offer for 2020.

Further information will be available in future newsletters.

Meanwhile if you want to get out and about there are a number of opportunities, including The Ramblers guided walks or get a Walking for Health Leaflet, from a library or the Folk Hall (usually). Alternatively go on the internet [www.walkingforhealth.org](http://www.walkingforhealth.org) or e-mail them [walkingforhealth@ramblers.org.uk](mailto:walkingforhealth@ramblers.org.uk). Or telephone 01904 693235.

# 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 26<sup>th</sup> August (Bank Holiday)**

**Wednesday** 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 26<sup>th</sup> August (Bank Holiday)**

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

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

Sessions include exercises to suit all abilities, with the use of bikes and other apparatus. Also we offer a variation on the exercises at all classes for people who would prefer seated exercises with or without apparatus. We can also cater for those with wheelchairs or other aids. Exercises are tailored to the needs of those taking part and run within, and alongside, the regular classes with a nurse in attendance at all classes.



Any member who would like to see how we do things before joining a class are very welcome to call in for a look. All sessions at St John's are 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**

# 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

**Note; on August 9<sup>th</sup> and 16<sup>th</sup> sessions will be held between  
2.30pm & 3.30pm due to school holidays.**

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

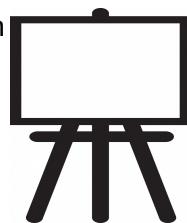
Sessions consist of 30 minutes of simple exercises in water with optional 15 minute sessions of Free'n Easy swimming before and after the exercises. You do not need to be able to swim to join in these classes. Sessions are conducted by a qualified instructor.

For further information contact;

**Swimming Organiser: Anne Weir 01904 794973**

## Arts Group

The Art Group is a small group who would very much welcome newcomers. We need new members to keep this activity going forward. Whatever level of experience you have, you will be very welcome. You can 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.

# 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	Mark Carter	( <a href="mailto:mark-carter1@live.co.uk">mark-carter1@live.co.uk</a> )
Vice Chairman	Des Mahon	07748 824761
Secretary	Peter Leishman	( <a href="mailto:peterleishman57@aol.com">peterleishman57@aol.com</a> )
Treasurer	Jenny Cookson	01347 833260

### Committee:

Fund Raising Officer	Nick Longster	( <a href="mailto:nkmhj@aol.com">nkmhj@aol.com</a> )
Membership Secretary	Jenny Cookson	01347 833260
Entertainment Officer	Jackie McKeitt	01904 651693
Publicity Officer	Mark Carter	0771 9900 170
Keep Fit Organiser	Tony Fletcher	01904 490582
Swimming	Anne Weir	01904 794973
Minutes Secretary	John Mitchell	01904 764237
Speaker Organiser	Jackie McKeitt	01904 651693
Newsletter Editor	Jeff Lane	01904 414476
& distribution.		( <a href="mailto:jtl1950@hotmail.com">jtl1950@hotmail.com</a> )

### Trustees:

Tony Fletcher	01904 490582
Anne Weir	01904 794973
Des Mahon	07798 824761
Peter Leishman	( <a href="mailto:peterleishman57@aol.com">peterleishman57@aol.com</a> )

### Senior Cardiac Rehab Nurse

Christine Rallison 01904 725821

# **Chairman's report to the AGM June 2019**

I would like to say what a good year it has been for the committee and how well we have gelled from the beginning. At the first meeting we hit the ground running and put various things into operation straight away, and as the year has progressed we have added to that. (A brief list of our achievements was shown on the screen). These included a new charity logo designed and approved by committee.

**Membership;** I am pleased to say that our membership continues to grow and currently stands at 402, up from 360 (11.67% increase)

**Exercise classes;** Exercise classes continue to grow along with the aquarobics group. It was deemed fit by the committee that an extra class should be started on a trial basis to see how it progresses. We have incorporated chair exercises for people who are less able. The new equipment arrived and was installed. The classes at the Railway Institute have been moved to Energise. We have also found a new instructor. The aquarobics at Roko is proving more and more popular and is now on its' limit most weeks. The new committee will therefore need to keep this under review.

**New Art Class;** Started by Tony and Trish.

**New Walking Group;** Led by Jeff and Des. Short walks around York are proving the most popular at the moment and are not simply a route march. Jeff regularly stops at points of interest along the way and gives a brief history of the subject/area. The other attraction of these walks is that there is usually a coffee shop at the end where members can socialise. Positive feedback from those taking part, be it family or friends.

**Fundraising;** It has been a very successful year. St Crux grossing over a £1000 on both occasions in September 2018 and June 2019. The new Easter raffle/auction grossing £871. The Waitrose Community Matters raised £565. Two Hospital charity stalls raised £136.50 and £194.40 = £330.90. Morrison's tin shake raised £214.78.

## **Chairman's report to the AGM June 2019 continued.....**

**Hospital liaison;** In accordance with our Declaration of Trust, we have worked with the hospital and paid the course fees for 2 staff to attend heart related matters. (See report on pages 9/10/11). We have also funded patient magazine, GTN heart save cards for cardiac patients, and £2000 is set aside to pay for mobile heart monitor for the new telemetry system. Also 10 heart rate watches for people in first phase of recovery in cardiac rehab classes. (see front cover).

**30 year celebration;** We held a highly successful 30 year anniversary celebration with 100 people in attendance. Due to the hard work done by Joan with many telephone calls and emails, I am delighted to say that Dr Pye and Professor Sir Roger Boyle CBE were able to attend and give their presentations to us. More from Sir Roger at the end of this meeting. We were able to display members' stories about how they came to the support group and what they have gained. (These were on display.)

**Quarterly Magazine;** Has received much praise for the way that it has been revamped by our editor Jeff who has put many hours of hard work into this. As you will be aware this is now available online.

**Publicity;** Thanks to the hard work of our publicity officer, publicity has been dramatically increased across York through her contacts with the NHS, producing new leaflets and posters, and raising nurse and GP awareness.

Edward Kennedy.



Presenting the GTN heartsave cards

## **Treasurer's Report (April 2018- March 2019) to the AGM June 2019**

As this report signals my first year as Treasurer I must firstly thank Mark Rice for all the work he did previously and his very detailed instructions of how to continue his good works.

The Trust has had a good year fundraising with a fantastic £1929.54 being raised. This was mainly through St Crux, Waitrose customer donations, tin shake at Morrison's and a stall at York Hospital. Well done to all concerned – and special thanks must go to Joan Kennedy for her incredible work as our Fund Raising Co-ordinator this year – she will be sorely missed.

In addition to this we have received £726.35 in unrestricted donations, a very welcome addition to our funds. Many thanks to all who donated.

The exercise programmes have fared well this year, mainly due to our relocation to York St John's – whose generosity and quality of facilities has been incredible and much appreciated – the overall cost to the Trust has been only £529.71.

The swimming programme at Roko has ended the year with only a cost to the Trust of £234 – the number of members attending having increased significantly over previous years.

It is my recommendation to the Committee that we increase the total budget for this coming year with some adjustment to the sections to that of £7,850. Budgets for 2019/2020 have provisionally been set as follows

Exercise Programmes £ 800

Administration £ 200

Public Liability Insurance £ 600

Newsletter/publications £ 2,500

Affiliation Fees £ 50

## **Treasurer's Report continued.....**

Monthly Meetings £ 700

Exercise Equipment £ 500

YDH Cardiac Rehabilitation £1,000

Social Events £ 1,500

Total £ 7,850

There is also ring fenced sum of £2,000 as agreed by the Committee for new mobile Heart Monitors for YDH. We have also ring fenced £7,920 to cover all activities - keep fit classes and wages, swimming classes and wages, art group hall hire, monthly meeting hall hire and speaker fees. This covers the group for a three month period should the unexpected happen and we have no income.

The monies in the bank accounts and in hand at 31st March 2019 amount to £34709.32 compared to a total of £41,918.47 at 31st March 2018.

Alec Weir has scrutinised the books, accounts and financial statement for this last year and found them to be satisfactory. This is the first time that Alec has acted as our Auditor and my personal thanks go to him for all his help and advice. All the reports will satisfy the requirements of the Charities Commission.

The committee continues to state that one of the main purposes of the Trust is the help in rehabilitation and maintenance of good health in persons with heart related conditions. On these grounds monetary support will continue to maintain the Keep Fit classes at York St John's, York RI and GLL (Energise), the Swimming group at Roko Health Club with necessary training and certification courses for their leaders.

Thank you.

**Jenny Cookson** Treasurer & membership secretary, York Coronary Support Group Trust.

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# **Monthly Meetings, Important information.**

Due to work on the car park area at the Folk Hall, it has been necessary to change the location of Monthly Meetings for;

**2<sup>nd</sup> September, 7<sup>th</sup> October and 4<sup>th</sup> November.**

The new location is the small function room at;

Haxby Sports and Social Club, North Lane, Haxby YO32 3JP

tel; 01904 768300

website; [www.haxbysportsandsocialclub.co.uk](http://www.haxbysportsandsocialclub.co.uk).

Buses 1 and 13 stop close by.

**Parking** is available close by in Haxby Village and the club has two car parks.

## **Car Park 1.**

**From York;** turn left at the roundabout past the ambulance station. (right would be for Strensall). Go along Haxby Village, turn right opposite the Coop store between Haxby Butchers and Age UK shop. (See Photo 1)

**From Wigginton;** With the Coop store on the right, turn left between Haxby Butchers and Age UK shop.

## **Car Park 2. More suitable for disabled parking.**

**From York:** As above but continue along Haxby Village and turn right up North Lane (past Sainsbury's on the left). Follow North Lane until car park on right. (see photo 2).

**From Wigginton;** Turn left into North Lane before Sainsbury's on the right.



**Photo 1. (Haxby Village)**



**Photo 2. (North Lane)**

