

YCSG TRUST

York Coronary Support Group



Registered Charity No. 1011149



Newsletter No. 117
Winter 2019



Ice sculptures in York.



CHAIRMAN'S NOTES



Dear Members

As we come to the end of another year, it's probably a good time to reflect on what has been successful for the charity and what has not. We now enjoy having over four hundred members. We have been successful in our fundraising events. We have a blossoming relationship with York St John University, with members having taken part in studies they are undertaking and no I don't know the results of those studies yet.

We have supported the Cardiac Rehabilitation Unit at York Teaching Hospital by purchasing nine heart monitor devices, to replace the previous versions, which had come to the end of their useful lives. The monthly Monday evening meetings are still strongly supported and those who have attended have been entertained and educated by the various speakers. The reintroduction of the walking group has been successful and I look forward to its return next year. Sadly, we were not able to keep the art group going. Although well-liked by those who have attended, there wasn't sufficient interest to retain it. So to look forward, we have the two Christmas events coming up, which are very popular.

Following on from the studies with the University, we are on course to start a partnership with both the Cardiac Rehabilitation Unit and York St John to the benefit of all concerned. We will have two senior students from the University, work with the Cardiac Rehabilitation Unit, then come and join the exercise groups. They will support Ray and gain an insight into rehabilitation. We as a charity will enable them to take British Association for Cardiovascular Prevention and Rehabilitating level 4 qualification, which may assist them in their future careers. We might even see them again at some point. If this is successful we intend to continue this as an ongoing programme, as a charity it is important and part of our duty to educate. This sows a seed for the future.

There are other things the charity are considering. I know everybody likes a good rumour. At the same time nobody likes change just for the sake of change. Yes, we are looking at the new Community Stadium for the York St John classes. One of the regular questions when chatting to patients undergoing rehabilitation is, 'I have to return to work, what classes do you have in the evening?' So we are looking at having a second evening class there as well, that will not clash with the Energise group.

Chairman's notes continued.....

We are also considering starting a second water aerobic class there, again not clashing with the Roko group. The major driver behind this is that the Cardiac Rehabilitation Unit is looking to relocate there from the hospital and it would make sense for the charity to be there also. We can showcase what we do, as patients undertake their rehabilitation and hopefully persuade more to become members, in an environment they're familiar with. There are also limitations with using York St John facilities, anybody who has visited or attended the classes will be aware of them, it's priority is education of the students. Nothing is yet decided by the committee, the Community Stadium has to be fit and suitable for our purpose.

As I mentioned earlier there are now over four hundred members, with the committee and regular volunteers, which I would estimate there are about twenty members who run and support the charity, including the fund-raising events. I talked in the last magazine about a skills register, the form should be in this magazine as well. I remember Eileen Johnson, whom we all know as a former chairman, asking for members to step up to help with the running of the charity. One of the reasons for considering the York Community Stadium is the hope of a fresh influx of members. I don't think anybody wants to be a permanent member of the committee. I think most view it as doing something for the charity that has aided them during a serious situation in their lives. So I ask you to consider doing the same and step up, be brave, help your fellow members.

The charity wouldn't work if it wasn't for the two Rays, Jason, Jo and nurses Vicki and Nancy, they are the wheels that keep this charity rolling, I would like to thank them for all the work and effort they put in.

To the members, my best wishes to you at Christmas and for the New Year to come.

Regards

**Mark Carter
Chairman
York Coronary Support Group Trust.**



Editorial.

Hello Everyone,

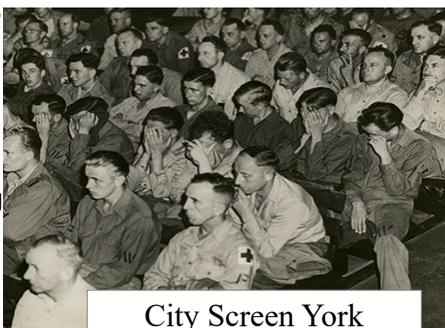


Well done and thanks to all those who have been involved in the fundraising this year. Takings at St Crux in September were excellent and the figure was pushed over the magic £1000 after a kind donation of £30 from one of our members and £12 from plant sales.

The exercise and aqua aerobic classes are going well but will be interrupted in late December as usual. Therefore please note the closures of these classes in December/January and the changes to Monday times in the new year for the gym sessions.

The retail, sorry, festive season is upon us again. The season starts earlier each year, I note some towns had Christmas lights up in October. It is not just Christmas, in my working days we despatched Easter eggs to superstore warehouses on Christmas Eve. I guess they still do. Anyway I hope you all have an enjoyable time whatever that may mean to you. The Brexit delay means we can enjoy Brussels sprouts for one more year at least, before they have tariffs applied.

We recently went to the cinema, not a movie theatre you will note. This doesn't happen very often these days due to a number of factors. We are rather put off by the modern way the schedule is arranged. That is, to force you to sit through nearly 30 minutes of adverts and trailers before the film you have turned up to see (not the 'movie' you will note). I am sure this does not help anyone with certain medical conditions. This indoctrination of products is akin to the films shown to POWs after WW2 when the Allies had to de-nazify them and instill our democratic values. They had to sit through them whether they liked it or not. Now, in 2019, we are being indoctrinated through film into buying German cars.



City Screen York

Bring back the days when you could walk in at anytime during the film, watch the last bit then watch the first bit before leaving at the point in the story where you came in. Much more sensible.

Editorial continued.....

Another aspect of the cinema today is people intent on purchasing and consuming bags of sweets with the noisiest packaging they can find.

Amongst the good news recently was the announcement that another of the pay day lenders ceased trading. The extortionate interest rates people had to pay at difficult times in their lives was bordering on criminal. This leads me on to the price of crisps. I often take my wife out for something to eat, but this might change soon after the shock I had when I was charged £1.25 for a 40g bag of crisps in a pub. If I purchased a 25kilo bag at £7 and made my own this would produce 625 bags worth £781. This equates to a mark up of 11,157%. If I have my maths right of course. This is far worse than any payday lender and we should be warned about it on the packets.

It has been brought to my attention that we have some members in their nineties. So well done to them. They would have been around during the 1929 general election. It was known as the 'flappers election' because it was the first to have female voters of 21 years of age able to vote. Those age 30 plus already had the privilege. The result meant Labour had most seats but not an overall majority. It was a hung parliament. They needed other parties to support them to get acts passed. Deja vu?



1929 was also the year of the St Valentine's Day massacre when seven men were gunned down and the wall street crash which ruined thousands and led to a world recession. At least they didn't have Brexit to deal with. It also saw the first appearances of Popeye and Coco the Clown, where are they when we need their advice? Whatever your take on politics or Brexit remember to vote to honour those who gave such a lot, including their lives, for our right to vote today.

Please remember we welcome your stories on your experiences particularly in relation to a heart experiences and why you became a member of the group or any other subject which you think readers would be interested in. Accompanying photos would be even better.

Jeff Lane jtl1950@hotmail.com

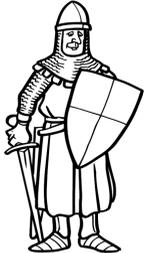
27 Murton Way, Osbaldwick, York YO195UW

Monthly Meeting

Meeting 1st April

Conservation over the centuries. Trevor Julian.

Trevor gave a illustrated presentation entitled Conservation Over the Centuries. He began by reminding us of the rich heritage we have in York, with evidence and structures covering all periods of English history. An almost unique situation with only Ludlow and Chester coming close with their claims to a similar breadth of conservation. It began with the Romans. **What did the Romans ever do for us?** In York their building skills can still be seen at the Multangular Tower, most of it still standing after about 1900 years. Trusted enough in the 13th century (1100 years later) when it was built on with more walling. Then there are drains under the Minster still working, a mosaic in the Yorkshire Museum which can be walked on and murals still displaying patterns and original colours. They also left us with a street pattern that still dictates the shape of the city centre. **Apart from that nothing.**



Trevor also touched on York's part in William the Conqueror's struggle to tame the north, his only defeat in England being in York. The locals were definitely revolting. They didn't like foreigners imposing taxes and laws and dictating how we trade. Nor did they like the free movement of Europeans especially those with swords.

After the conquest we get the closed orders (monasteries, convents, nunneries etc) developing in and around York in

numbers. There were eight separate establishments within or close to the city walls, St Mary's being the largest and wealthiest. York becomes the 'silicon valley' of the religious orders in Yorkshire. It is said that in York there were 163 properties owned by 32 separate religious orders. Barley Hall off Stonegate was a rest home for the Monks of Nostell Priory near Wakefield. The city was 'blessed' with an economy centred around the building and servicing of these communities. Then Henry VIII comes along with reforms that had a major impact on the city. He wasn't happy with large sums of money going to Europe (Rome) to finance an institution ruled over by well paid men with privileged lifestyles, and of course he wanted to be able to divorce.

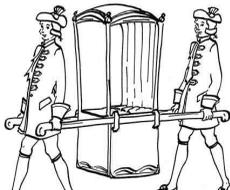


Monthly meeting report continued.....

Trevor then explained the consequences of the Civil War. During the 3 month siege of York in 1644 all buildings were destroyed outside the city walls in order that the besieged royalists could see what the troops of parliament were up to. **Task;** try to find a timber built structure from this period or before outside the city walls and report back.



The economy recovers and we get the Georgian period when York becomes one of those places to be for the wealthy and connected. We get the Race course, the pizza restaurant, sorry I mean the Assembly Rooms in Blake Street, the Mansion House, the army barracks, the court buildings and the



Theatre Royal. The Victorians bring us the Railway Station, Clifford Street and a number of city centre buildings. Post war brings the likes of Stonebow House and Ryedale House, love them or hate them, they aren't going anywhere soon.

Trevor went on to explain how all this was and still is protected by individuals and, later, organisations past and present established for the purpose. The Minster with its glass and icons were protected from vandalism by puritan soldiers by Lord Fairfax after the parliamentary victory at Marston Moor, thus defying Cromwell's orders. The only Cathedral in England to get this protection. William Etty, the York born artist, helped protect the walls from destruction in the early 19th century. Fast forward to April 1942 when French pilot Yves Mahe shot down two enemy bombers, thus 'driving them away' and preventing further bombing on the night.



In 1947 The York Civic Trust was established. In 1948 a plan was put forward to create an inner ring road by clearing buildings to construct 11 roundabouts outside but close to the city walls, it didn't happen thanks to opposition. The Esher report of 1968 recommended turning the part derelict city centre into a place where people would want to live. In 1976 the York Conservation Trust was set up. They still purchase vulnerable suitable buildings, faithfully restore them and rent them out to fund future projects. Next time you walk around York Centre, consider how it might have looked without conservation.

Monthly Meeting

Monday 13th May. Not Ladies in Pigs.



The evening didn't turn out as expected. We were expecting 'Ladies in Pigs' unfortunately they couldn't fit us in so they gave us the chop. There was now a gap and someone needed to 'fillet'. Up stepped Adrian armed only with some written notes. He began a talk on parts of his working life or how he brought home the bacon. He started way back with his involvement with the Fylingdale early warning station on the North York Moors.

Most of us will remember the giant golf balls before they were replaced by a less exciting structure. In the cold war this monitored any Soviet attack and due to the curvature of the earth gave the UK a four minute warning, but the US got 20 minutes. We could boil an egg, they could bake a flan. Adrian went on to describe the size of computers in the 1960s and how



operating them involved 1000s of punch hole cards. (Barclays Bank sent out similar cards to customers for use in the early cash machines). He worked in teams of five with only enough work for two, the extra staff there for emergencies. This resulted in plenty of spare time in which games, in particular, chess played a part.

His next move was to attend a job interview with Cable and Wireless, a company set up in the 1930s and nationalised in the 1940s by the Labour government. His application was successful and he was shipped off to Bermuda with wife Pamela, children and dog, but not before a trip to their London Embassy to get a permit to transport their pet. Bermuda turned out to be a culture shock. There was no source of drinkable water. This had to be collected from rooftops. British driving licenses were not accepted and so a driving test was required and a delay of few weeks after application was not unusual. Adrian then described how the system worked with use of some low tech methods to test reactions when driving.

Monthly meeting report continued.....

He told us that the island is only 22 miles long and a maximum of 2 miles wide. The speed limit being 20mph but 15mph in the towns. Up to that point there had been no fatalities, thanks no doubt to the over enthusiastic police with their radar speed guns, often hidden in hedges. Cars on the island were limited to 1500cc engines, only one per household, and had to be kept for five years minimum. When they became scrap they would be de-oiled, cut in half and used to build up an artificial reef off shore. As you drive on the left in Bermuda, cars can fit in well if shipped back to the UK.

After time served in Bermuda, Adrian and family were sent back to the UK for another posting. They were booked to return by banana boat, but due to a fire on board the accommodation was not available. This meant the journey home had to be a flight to New York and a transatlantic crossing on the SS France, the longest passenger ship ever built until the RMS Queen Mary in 2004. The journey was preceded by some anxious dealings with New York taxi drivers. Back in the UK Adrian went through a routine medical and debrief. He then spent 6 months at HQ before being sent to Hong Kong as an instructor for a three year spell. That's another story. Thanks again to Adrian for stepping up in an hour of need.



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.

Dates for the Diary



Monday 2nd December 07:00pm

Annual social at Burnholme Social Club. Be there or be square! (see last Newsletter for detail)

Thursday 12th December 12 noon.

Annual Dinner at Novotel. (see last Newsletter for detail)

Monday 6th January. Monthly Meeting, Folk Hall 07:30pm.
Quiz Night.

Monday 3rd February. Monthly Meeting, Folk Hall 07:30pm.
World Wide Treks, Des Mahon

Monday 2nd March. Monthly Meeting, Folk Hall 07:30pm.
Hearing Dogs

Monday 6th April. Monthly Meeting, Folk Hall 07:30pm.
Poppleton Garden Nursery



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

www.ycsgt.org.uk

Quiz Page



Do you remember 2019?

See how many questions you can answer.

January

- 1). Where did 'Chang'e-4' land?
- 2). What did Japanese restaurant owner Kiyoshi Kimura pay \$3 million for?

February

- 3). What did Prince Philip give up?
- 4). Who won best actress award at the BAFTAs.

March

- 5). Which car manufacturer announced it's intention to quit UK manufacturing?
- 6). Where did overcrowding cause delays which in turn caused exhaustion and weakness which resulted in 8 deaths?

April

- 7). What did Tiger Roll do for the second time?
- 8). What started at 18:20hrs on the 15th April in Paris?

May

- 9). Which Hollywood icon died on 13th May?
- 10). Where on the planet did Victor Vescovo go where no-one else had been before?



June

- 11). Who did Kim Jong-un of North Korea shake hands with on 29th June?
- 12). Where did pro democracy protests begin and last over 5 months?

July

- 13). What 50th anniversary fell on 21st July?
- 14). Who claimed British airfields were 'took over' in 1775?

Quiz page continued.....

August

- 15) How did Frenchman Franky Zapata get into the UK?
- 16). What did the inhabitants of Whaley Bridge fear?

September

- 17). Who claimed he didn't possess a single Beatles record?
- 18). Seventy thousand gallons of what spilled from a tanker onto the M6 in Cheshire?

October

- 19). Eliud Kipchoge managed to do what in 1 hour 59 minutes and 40 seconds?
- 20). Russian Alexei Leonov passed away this month. What was his claim to fame?

November

- 21). What job did Sir Lindsay Hoyle get?
- 22). Which world champion described himself as an ordinary dude from Stevenage?

December

- 23). One hundred years ago on the 1st December 1919, what did Nancy Astor achieve?
- 24). On the 19th December it will be one year since Gatwick airport ground to a halt. What happened?

The answers to the above are tucked away somewhere in this issue in case you would want to refer to them over the Christmas period.

Last issues Quiz answers.

- 1) Shannon. 2) Viking. 3) FairIsle. 4) Humber (car) 5) Fisher. 6) Sole, .
- 7) Fitzroy (Robert). 8) Trafalgar. 9) Thames. 10) Forties.
- a) Sheffield. b) Doncaster. c) Halifax. d) Bradford.
- e) Huddersfield. f) Beverley. g) Pickering. h) Harrogate. i) Grassington. j) Market Weighton.

MEET THE LOCALS.

No 2. *Robinson Crusoe*



It is some time since we had a '*meet the locals*' article (*No 1 Jon Snow Summer 2018*) but I thought that as 2019 is the 300th anniversary of the publication of one of the most famous English novels, *Robinson Crusoe*, it was the right time for No 2.

The first lines of the famous novel by Daniel Defoe reads; '***I was born in the year 1632 in the City of York of a good family.***'



It is widely accepted that Defoe based his famous story on the real life exploits of Alexander Selkirk a Scottish sailor born in 1676. He liked a drink and a fight. At 19 he ran away to sea to avoid charges of indecency in a church. He returns in 1703 but gets into trouble again and again goes to sea to join a privateer ship, licensed by the government to plunder Spanish shipping.

Off the coast of South America with his crew mates sick and dying, he argues with his captain. Selkirk didn't believe the ship was seaworthy and asks to be put off on an island. He expected others to join him, but there were no takers. This prompted him to change his mind, but he was not allowed back aboard. He is marooned on the remote island with some supplies and tools. He survives for 4 years and 4 months before being rescued, in 1709, by a English ship.

All in all it seems the fictional York boy was a far nicer chap than Selkirk, well he would be, wouldn't he? Why Daniel Defoe had his character coming from York isn't too clear although the author had visited and written about York.

To quote: "*The royal chapel at Windsor and King's College Chapel, at Cambridge are indeed very gay things, but neither of them can come up to the minster of York on many accounts'*

'.....to return to the city it self; there is abundance of good company here, and abundance of good families live here, for the sake of the good company and cheap living; a man converses here with all the world as effectually as at London'

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**

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 for consideration including; 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.ycsqt.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.

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.

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

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.

Membership entitles 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;

Anne Dixon, Christopher Lawson, Frank Whittall, Peta Welch, Philip and Barbara Taylor, Stephen Joiner, David Atkins, Ian and Karen Samms, June Smith, Mick Gorden, John Cooper, Donald Cook, Georgina Jameson, Stephen Caley, Ian Purcell, Annette and Peter Griffiths, Keith and Margaret Race, Jennifer Carter-Shaw.

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Walks information.

We plan to recommence a walking programme in March after a winter break. During the winter period we will take stock and consider what we are able to offer for 2020. Further information will be available in the next newsletter. If you are interested in getting involved in 2020 then please contact Jeff Lane or Des Mahon. (see page 25)



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 or e-mail them walkingforhealth@ramblers.org.uk. Or telephone 01904 693235.

Monthly Meeting

Meeting 7th October. Medical Evening.

The monthly meeting held on the 7th October at the Haxby Sports and Social Club was in the form of an informative and thought provoking presentation by Dr Sanjay Gupta, Consultant Cardiologist, York Hospital. This was followed by a general update and Q&A session with Christine Rallison Lead Cardiac Rehabilitation and Education Coordinator.



Dr Gupta began by telling us how pleased he was to be with us, considering how he had gained a lot of information over the years from people with experience of heart events. His presentation was titled '*How a heart attack changed my life*'. It soon became clear that the heart attack wasn't his, but that of his 45 year old GP friend Hari. A seemingly healthy non-smoker, active, slightly over weight man who felt all was not well after an exercise session. This resulted in a cardiac arrest followed by resuscitation on route to Hull. The cause turned out to be a blocked artery which was treated with a stent. Hari survived but with reduced physical ability, a damaged heart and the need to take medication. This led to a group of ten mutual friends wanting to be checked out. Dr Gupta obliged. The results showed signs of concern in all even though there were no signs of angina. This confirmed that outwardly healthy people can have early signs of blockages but continued to live active lives.



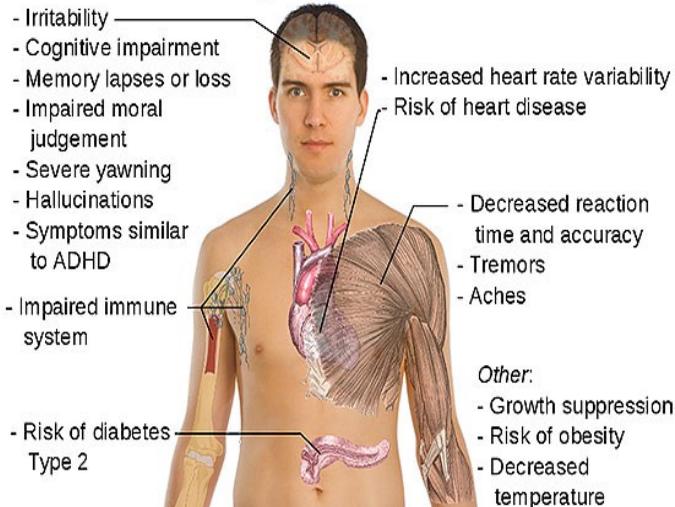
The presentation then involved illustrated slides showing the development of blockages caused by plaque build up and what happens when the protective cap around the plaque ruptures. He went on to explain the difference between acute and chronic inflammation within the blood vessels and how the body releases proteins to deal with the problem. The remainder of the presentation was taken up with lifestyle and how to prevent heart issues in the first place. Lifestyle, age, genetics, and bad luck all play a part. Lifestyle encompasses, what we eat, if we smoke, exercise, sleep and stress.

Monthly meeting continued.....

The subject of what we weigh was of interest and focused largely on what we eat. One of Dr Gupta's slides posed the question; '*Are we allergic to food or are we increasingly allergic to what is being done to it?*'. Most of us over a certain age cannot recall 'allergies' of our own or others in our childhood. Why do we get them now? A lot of 'blame' can be attributed to modern food, with the inclusion of sugars, preservatives, additives, salts and the use of pesticides. We can't all avoid this by growing our own 'organic' produce, so we are reliant on what the big producers do for us. Animal welfare was another issue. Intensive farming is not producing healthier produce, tests showed that major supermarkets sold chickens with high levels of campylobacter bacteria, which can cause disease in humans. Remember horse meat burgers? We humans are as heavy as we have been since the beginning of the human race. Adults in the USA are now on average 18% heavier than they were in 1960 and rising.

We were reminded that exercise plays an important part in our lives whatever our levels of ability and that far more people die in their sleep than during exercise. Sleep itself was another topic. We were told that fifty percent of us don't sleep well and lack of sleep leads to weight gain and depression. We can last longer without food than we can without sleep.

Effects of Sleep deprivation



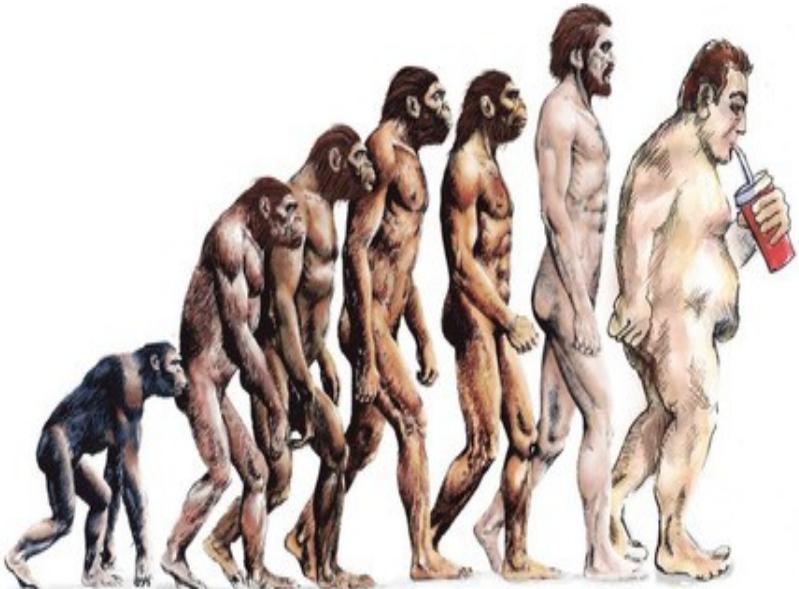
Monthly meeting continued.....

Our modern world has introduced the unwelcome habit of spending time on mobile phones and other devices to the detriment of sleep. Those with sleep problems are increasingly looking to early morning caffeine doses to keep going, good news for Starbucks. Dr Gupta also touched on loneliness which we think of as being largely confined to the older age group, but the same modern devices and the availability of so much on the internet has resulted in numbers of people spending time not socialising in the way we did in time past. Dr Gupta ended with the advice to live life wholeheartedly and do everything in moderation. He had been on call all weekend and needed to leave us to go, presumably, to ensure he had sufficient sleep for the following day!

Dr Gupta has a website and presentations on youtube.

See www.youtube.com/yorkcardiology

or www.drSanjayGuptaCardiologist.com



Our Development.

Monthly meeting continued.....

Christine then began a brief presentation giving some information on changes to the rehab procedures and the planned move to the new community stadium. We were reminded that high cholesterol was still the main cause of heart attacks and there were new guidelines on its management. A brief explanation of how drugs will be categorised in future was also given and how pharmacists are being introduced into GP's surgeries. Christine also informed us all that there is now a very well compiled online patient information programme that filters in the latest ESC (European Society of Cardiology) prevention guidance for patients and carers regarding Atherosclerotic cardio vascular disease (ASCVD) and prevention.



Ideally this will 'back up' information that the cardiac rehab team will have given all those referred to them. It is very well written, easy to access on line and to follow for those who have PC access. The website is

<https://healthyhearts.org.uk>.

Few presentations have given us so much to go home and think about. We are grateful to Dr Gupta and Christine for giving up their time for us.



Modern day socialising

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; from 27th Jan to 2nd March inclusive Monday sessions
will be;**

08:30-09:30 & 09:45-10:45

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

Friday 13:00 -- 14:00

The cost is £3.00 per person per session.



Note closure dates in December and January.

St John's

***There will be no exercise classes on Wednesday 11th December
due to unavailability of venue.***

Last sessions in 2019 Friday 20th December.

First sessions in 2020 Friday 3rd January.

Energise

Last sessions in 2019 Monday 16th December.

First sessions in 2020 Friday 3rd January.

Improve your fitness continued.....

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: The last session of 2019 will be 20th December.
The first session of 2020 will be 3rd January.**

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	Mark Carter	(mark-carter1@live.co.uk)
Vice Chairman	Des Mahon	07748 824761
Secretary	Peter Leishman	(peterleishman57@aol.com)
Treasurer	Jenny Cookson	01347 833260

Committee:

Fund Raising Officer	Nick Longster	(nkmhj@aol.com)
Membership Secretary	Jenny Cookson	01347 833260
Entertainment Officer	Jackie McKeivitt	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 McKeivitt	01904 651693
Newsletter Editor & distribution.	Jeff Lane	01904 414476 (jtl1950@hotmail.com)

Trustees:

Tony Fletcher	01904 490582
Anne Weir	01904 794973
Des Mahon	07798 824761
Peter Leishman	(peterleishman57@aol.com)
Jenny Cookson	01347 833260

Senior Cardiac Rehab Nurse

Christine Rallison	01904 725821
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2019 year quiz answers; 1) Dark side of the moon (Chinese spacecraft). 2) Blue Fin tuna fish. 3) Driving licence. 4) Olivia Coleman. 5) Honda. 6) Mount Everest. 7) Won the Grand National. 8) The Notre Dame fire. 9) Doris Day. 10) Bottom of the Mariana Trench in the Pacific (7miles down). 11) Donald Trump. 12) Hong Kong. 13) Moon Landings. 14) Donald Trump. 15) Jet powered hover board across the channel. 16) Collapse of Toddbrook reservoir dam. 17) Paul McCartney. 18) Gin. 19) Ran fastest ever marathon. 20) First man to walk in space. 21) Speaker of the house of commons. 22) Lewis Hamilton. 23) Became the first female MP. 24) Drones flying around.

'Some expressions'

Where there is a will I want to be in it.

Since light travels faster than sound, some people appear bright until you hear them speak.

If I agreed with you we would both be wrong.

War does not determine who is right-only who is left.

Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in the fruit bowl.

They begin the evening news with 'Good Evening' then proceed to tell you why it isn't.

To steal ideas from someone is plagiarism. To steal from many is research.

When filling in an application, where it says, 'In case of emergency", notify..... Put DOCTOR.

I didn't say it was your fault, I said I was blaming you.

Women will never be equal to men until they can walk down the street with a bald head and a beer gut and still think they look sexy.

A clear conscience is the sign of a bad memory.

I used to be indecisive. Now I'm not so sure.

Nostalgia isn't what it used to be. Nor is there any future in it.

Change is inevitable, except from a vending machine.

I'm supposed to respect my elders, but it's getting harder and harder for me to find one.

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