

# YCSG TRUST

York Coronary Support Group



Registered Charity No. 1011149



Liverpool Street Station.

Newsletter No. 118  
Spring 2020

# CHAIRMAN'S NOTES



## Dear Members

When I was nominated for the committee, I was apprehensive, I wasn't sure what it entailed or what was required. We have moved things forward by having job descriptions of the various posts within the committee. I want to add to this by inviting members to attend and observe committee meetings. There is limited space where we meet, in the small meeting room at Wigginton Recreation Hall, so there is only room for two or three at most per meeting. But if you have an interest in how the committee works for the charity and its members, or are considering standing for the committee, please contact me either via email or at the classes. The Wednesday classes now have a new trainer, Hannah. This allows Ray to return to his former days of Mondays and Fridays. Having Hannah helps the charity by also providing mutual leave and sickness cover.

The charity has decided to support the Physical Activity and Cardiovascular Health Research Group at York St John University by part funding a research project that will encompass both the Cardiac Rehabilitation Unit at the Teaching Hospital and members of the charity. They will monitor physical activity by an electronic device and use of ultrasound to examine artery health and brain blood flow. The benefit for members who take part, is the feedback they will obtain. The more volunteers the better for the study. I have asked Dr Aine Brislaime of the Research Group to write a piece for the newsletter, with more clarity than me about the study, which should appear in the next issue.

We are coming up to the first fund raising event of the year, the stall at the York Teaching Hospital on the 1st of April. For that stall we have found paperback books and toiletries sell well. So, if you have any old paperbacks that a patient might enjoy or you have any unopened toiletries, or maybe presents given at Christmas that are not to your taste but you are loathe to throw out, we can take them off your hands. If you wish to help out during the day please contact a committee member.

The charity's next St Crux Day is on 26th May. If you don't know St Crux, it is a former church, now church hall, located on Pavement and the Shambles. We host the building and grounds for a day.

**Chairman's notes continued.....** In the grounds we sell 'bric-a-brac' on a number of stalls, we also set out tables and chairs for food and drinks sold inside the hall which in effect is a cafe. So, we will need contributions for 'bric-a-brac' stalls, cake baking and volunteers to work on the day. If you do wish to volunteer, please contact either Jackie or Nick, their details are later in this newsletter. If you find yourself at a loose end on the day, why not come down and have a browse and say hello. If you want to help out, have a word with Nick. All members are welcome.

In relation to fund raising, I am happy to mention the following donations starting with £1500 from the Norman Collinson Charitable Trust. It awards grants to local charities and charitable causes in the York area. Also £700 was a donation following the funeral of well-known member Ken Needham, I would like thank Ken's widow Sharyn and pass on the charity's and my condolences to her and her family and friends. A further £255 was received following the funeral service of another well-known member, Jeff Brown, I know a number of his classmates attended his funeral. I am sure the members would wish to pass on their condolences to his widow Marie, his family and friends. £190 was donated following a raffle held by The York Vintage Dance Group, this is their second donation through the same means, taking the amount they have donated to £340, (the cheque handover is pictured). For this I thank the Director of the group Stephen Mallinson.



In January we saw the International Day of Commemoration in memory of the victims of the Holocaust. It's important to remember that we are coming to the end of that generation who were part of that terrible history. The charity is lucky to have Marc Schatzberger and his wife Rosie as members. Marc was awarded a British Empire Medal in the New Year's Honours list. This was for his work on educating children about the Holocaust. Marc himself is a survivor of the Nazi regime and he escaped Austria via the Kindertransport system. He has kindly written a piece for this newsletter.

**Best Wishes to all. Mark Carter,**  
**Chairman York Coronary Support Group Trust.**

## Editor's notes.



Hello Everyone,

So... I thought I would get on trend by starting every sentence with the word 'so'. Have you noticed this? Also the overuse of the word '*amazing*' to describe almost everything. So.....I hope all had an amazing Christmas and New Year. A good time was had by all at the Burnholme Social night with the live band. We also had Father Christmas paying a visit to one of the gym classes (see back cover). He is so versatile, even seen driving the no 6 bus to Osbaldwick on the same day. As I started these notes I heard the sad news about the passing of Nicholas Parsons, so in his honour I will continue without hesitation, deviation and repetition, but it will take more than just a minute.

The most interesting piece of news recently has been the suggestion that the House of Lords might relocate to York. Although unlikely it would give some recognition to the North and start the long overdue movement of government departments out of the capital.

However I am not in favour of them coming here. On Friday and Saturday nights we have people coming from all parts of the country filling the pubs and wandering around not knowing where they are or what they are doing, incoherent, out of touch with those around them



Future Stag night York?

and dressed in strange outfits. Why have more of the same? That said, I have thought about where they could be sited. *Parliament Street* springs to mind, or *Museum Street* or the *Shambles*. What about *Cromwell Road*? Definitely not *Whip-ma-whop-ma-gate*, that might entice them or bring back embarrassing memories.

Having some form of political power in York isn't new. The King's Manor (Exhibition Square) was once the HQ of the Council of the North. Set up by Richard III who was it's first president in 1484.

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

It was designed to give the crown control over England from the Humber to the Scottish borders. Assemblies were held at various locations until Henry VIII took the building from the last Abbot of St Mary's, it then became the base for the council. It is said the building once had 300 employees working there, including 200 lawyers. It was described as the *'Most important and sinister house in the North of England'*

To follow on from the Chairman's notes: The 'Kindertransport', was an organisation that helped Jewish children escape the horrors of Europe before the war and settle in Britain. Their parents weren't allowed to come unless they had work. Marc's article (see later) gives us all an insight into the events and the experiences of the Jewish people at that time in history.

I first became aware of the plight of these children some years ago when my daughter moved to work in East London. We became familiar with Liverpool Street Station. This is where many of the children first arrived in London after docking in Harwich (Essex). To recognise the station's role a couple of wonderful and very poignant statues of the children were commissioned.

If you are ever in that part of London (Brick Lane, Petticoat Lane) then make an effort to see them up close, you will not be disappointed (see front cover & here).



Hopefully the Folk Hall car park will soon be complete. Was the decision on HS2 delayed waiting for this car park to be done? Anyway Jackie and Anne have lined up some interesting talks for the Monthly meetings this year with raffle prizes to be won with tea, coffee and biscuits available. So record your Monday night TV programmes or get them on catch up, put away the jigsaw, put down the knitting, put the Airfix and Mechano to one side, get off the Xbox, put the violin down, drop the sudoku, leave the Beano for later and have a free night out. Access to the car park is by way of White Rose Ave, if the main entrance isn't accessible. Or park locally.  
Hope you can make it.

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

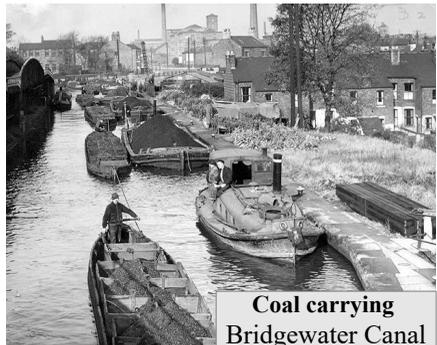
# Monthly Meeting



## Meeting 1<sup>st</sup> July. History of the canals.

Eric Jackson gave a very informative talk on the history of canals. He explained that whilst we think of them as 18<sup>th</sup> century structures it was the Romans who first introduced them to Britain. Their Fossdyke canal links the river Witham in Lincoln with the Trent and is still used today. However it was the industrial revolution and the need to transport coal for steam engines that sparked the growth in the 'navigations' as the canals were called. Prior to this goods required transport by roads which were in a poor state and so transport would be expensive and slow. Three tonnes at 2 mph by pack horses on roads progressed to a 30 tonne load at 3mph on water with one horse.

The Duke of Bridgewater had coal mines in Worsley, near Manchester. His customers were in the central Manchester area to the south east. He financed the building of a canal after seeing the success of the Canal de Midi in France. James Brindley was consulted on it's construction and went on to be the famous canal builder. It was built in 1761 and took 2 years to construct. There were no locks as it was a



Coal carrying  
Bridgewater Canal

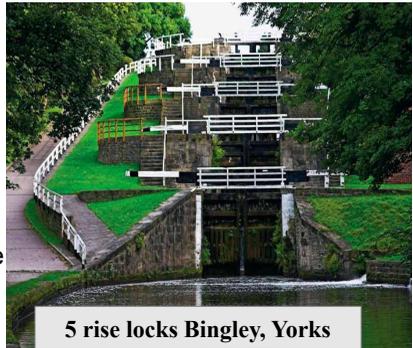
'contour' canal, one that followed terrain rather than using the shortest route. The benefits were immediate. The price of coal by pack horse cost 6-8 shillings per tonne, canal transport reduced that to 2 shillings 6 pence. The whole venture cost £168,000, but paid for itself in 3 years.

The success led to a period of canal building. Another beneficiary of the canals was Josiah Wedgwood. His pottery business required coal for furnaces and a way of moving fragile pottery out safely. The canals provided the ideal solution. By 1860 there were 4500 miles of canals providing much employment. A variety of skills were required including large numbers of 'Navvies' to dig. Aqueducts, reservoirs, toll houses, locks and warehouses were built. Temporary shanty towns sprung up with family accommodation and communal buildings. Unfortunately accidents and fatalities were a common occurrence.

## Monthly meeting report continued.....

Eventually a system of measuring the capacity of each boat was adopted, this enabled a charge per tonne per mile to be levied. Using locks also cost. Books were kept at the toll houses to record the amounts owing.

Eric explained the significance of the Harecastle tunnel in the Stoke area. Built in 1777, it was 2880 yards long without a towpath. Horses were taken over the top and boats had to be 'legged' along by men laying on their backs and pushing along the tunnel side with their feet. To reduce costs canals was reduced in width to what became the standard 'narrow boat' dimension. Most of the midland canal system today is narrow gauge. This meant that goods had to be transferred between boats or stored waiting for collection. At the peak of the canal age, passenger boats were in operation known as 'fly boats' and even parcel carriers known as 'packet boats.' Of course it wasn't to last. The railways arrive in the mid 19<sup>th</sup> century and provide a quicker and cheaper alternative.



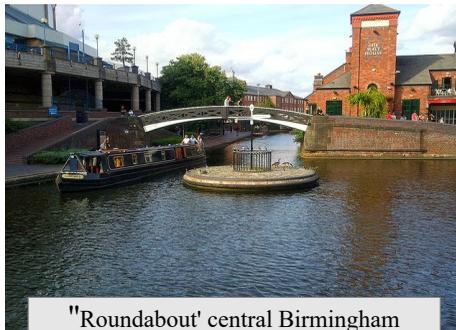
Railway companies bought out canal companies and deliberately neglected them. Prices were cut, jobs were lost. The cost cutting resulted in whole families needing to live on the boats rather than in houses. They experienced very cramped conditions, children usually missed out on schooling and infants were chained to the top of the boat for their safety.

In the late 1940s the Inland Waterways association was formed. During the 1950s and 60s a further decline was experienced due to the advent of better road transport and in 1956 the Clean Air Act began the slow decline in the use of domestic coal, which was an important traffic for waterways.

In 1962 the British waterways board was established. Canals were now separated from railways and placed into 3 categories, commercial, cruising and remainder. The latter included canals not in use and those non navigable due to neglect and dumping. Consequently over time, planning decisions and building works have not taken into account any requirement to keep them navigable. For example roads built across canals with insufficient headroom for boats. Therefore returning them to use would now be expensive and difficult.

## Monthly meeting report continued.....

However the commercial and cruising categories and their routes have largely been kept navigable, to the extent that there are 35,000 craft on the waterways today, mostly leisure, ironically more than in the canal heyday. Lottery funding has helped to restore many areas particularly in towns and cities. The waterways in many such places are now clean, tidy and attractive to people



"Roundabout" central Birmingham

for recreation, particularly for dining and drinking. The canals and waterways have become major attractions in places such as London, Manchester and Birmingham contributing to the local economy.

Now for moving goods around in 2020 you could always use.....

# HOOKS REMOVALS

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**Mobile: 07855257810**  
**Email: john@hooksremovals.co.uk**  
**Website: www.hooksremovals.co.uk**

# Monthly Meeting



## Meeting 5<sup>th</sup> August. My Life as a Nanny in Italy.

In complete contrast in August Maggie Poppa gave a talk on her experience as a Nanny in Italy. She began by explaining some of her childhood memories being born and bred in Leeds, but her story starts with her friend answering an advert in the *Lady* magazine for the role of Nanny. A job for her friend in Genoa followed a successful interview in London. This was an unlikely career path for a young girl from Leeds at this time. Maggie now had a pen pal in Italy. Letters were exchanged until her friend informs her of a vacancy for a Nanny to a family local to her in Genoa. The main job function was to look after a small boy and be able to speak English. Maggie decides to go for it, much to the disappointment of her mother who could not quite understand why she would want to go and leave a steady career in the civil service.



**Maggie at 19 in Genoa**

After three injections in one day she was waved off at Leeds Station by her father and a downhearted mother. The journey to London was in contrast to her previous travel experiences getting to Scarborough. The journey though involved another first, an overnight experience in a french railway sleeping compartment or couchette as they are called. As you share with total strangers, the general rule is that you do not get undressed for sleeping. Whilst Maggie had changed into nightwear, others just removed shoes. The journey continued to Milan Station, where she was met by her friend. Her first taste of Italian food soon followed and so began a lifetime love of their way of cooking. On her arrival in Genoa she was met by a uniformed chauffeur. The 'Senora' was already in the back of the Bentley! Eventually they all arrived at the house at the end of a long winding road. A guided tour of the 26 room house was given in Italian by the Grandmother all dressed in black.

## Monthly meeting report continued.....

The Senora became a difficult woman to please and the 'attentions' of one of the brothers in the family difficult to avoid. The job turned out to be rather tedious especially when the boy was at school. Only two sessions, morning and evening were devoted to teaching him English.

Maggie decided to move on and settled into her next assignment with a less wealthy protestant family with two young girls. This proved to be more hands on, looking after all their needs but still managing to learn to speak and write in Italian. Meanwhile her Mother in Leeds continued to write asking when she would be coming home. Maggie's 20<sup>th</sup> Birthday was spent dancing to a jukebox with American sailors who had docked in Genoa. Paul Anka's 'Diana' was on the play list. After an invitation her mother and father traveled across to see her for a weeks holiday a total contrast for them.

A while after their return Maggie received a letter from her father asking her to return to Yorkshire soon as she may not see her mother again.

A near miraculous recovery was witnessed after Maggie had been back home for a few days. While

back in Leeds she met an Italian man introduced to her by a local hairdresser. After a year they were engaged, but Maggie insisted on meeting his family in Italy before any wedding.

This was arranged and after a late night arrival in Italy, Maggie soon realised there was no indoor toilet, no running water, and no electric. This was rural Italy in 1963. Their language was also unfamiliar, being Albanian in origin. Daily life began at 5am in the fields, lunch with red wine at 9am and all water was taken from a well inside the house. Picnics were often taken in a nearby meadow, which as time and road building progressed required the crossing of a dual carriageway. During her time there people came especially to see the tall blonde haired woman from England. The area is now developed with much rebuilding, electricity, running water and street lights. The marriage sadly ended in divorce but not before producing three children. Now settled back in the UK, Maggie's presentation provided us with an interesting insight into her Italian adventure over 50 years ago.



Family day out

# Dates for the Diary



**Monday 2<sup>nd</sup> March.** Monthly Meeting, Folk Hall 7:30pm.  
**Hearing Dogs;** A talk about how the charity provides practical and vital companionship to enable the deaf to lead independent lives.  
\*\*\*\*\*

**Sunday 15<sup>th</sup> March;** see walks page.  
\*\*\*\*\*

**Wednesday 1<sup>st</sup> April.** Hospital stall at York Hospital. (see next page)  
\*\*\*\*\*

**Monday 6<sup>th</sup> April.** Monthly Meeting, Folk Hall 7:30pm.  
**Poppleton Garden Nursery;** Bob Brooks will talk about Britain's last surviving railway nursery, operated by a non profit making charity.  
\*\*\*\*\*

**Sunday 19<sup>th</sup> April.** see walks page.  
\*\*\*\*\*

**Monday 4<sup>th</sup> May.** Monthly Meeting, Folk Hall 7:30pm.  
**The Irish in York;** Malcolm Walker is a York voluntary and Minster guide. He gives a number of talks about the social history of our city, this talk will cover the Irish contribution.  
\*\*\*\*\*

**Sunday 24<sup>th</sup> May.** see walks page  
\*\*\*\*\*

**Tuesday 26<sup>th</sup> May.** St Crux fundraising day, (see next page)  
\*\*\*\*\*

**Monday 1<sup>st</sup> June** AGM Folk Hall 7:30pm  
The AGM will be followed by a talk entitled;  
**Hatches, Matches and Despatches** given by Barbara Dixon reflecting on her career as a registrar in the South of England with some interesting and amusing tales to tell.  
\*\*\*\*\*

**Monday 3<sup>rd</sup> August.** Tea Dance? We are hoping to organise an evening with a difference including live music and dance instruction. Further details to follow.  
\*\*\*\*\*

**Tuesday 8<sup>th</sup> September** St Crux fundraising, (see next page)

## Dates for the Diary (cont)



### Donating and Volunteering;

#### **Hospital Stall Wednesday 1<sup>st</sup> April;**

This event gives hospital patients and visitors the chance to learn about our charity and/or purchase something from us to help with our funds. If you can donate, we would like paperback books, (no hardbacks thanks) unopened wrapped toiletry items, unwanted gifts and handicrafts.

#### **St Crux (Bottom of Shambles) Tuesday 26<sup>th</sup> May;**

This is one of our most productive fundraising events. If you want to donate we need paperback books (no hardbacks thanks), bric-a-brac, DVDs CDs, jams chutneys and home made cakes. Items can be left at the Exercise classes at St Johns on Monday, Wednesday and Friday of week commencing Monday 18<sup>th</sup> May. Cakes can be dropped off at St Crux on the morning. Please make sure they are in airtight containers and with names attached if you want containers returned.

**For more information** regarding donations or volunteering please contact Nick (see committee page). Ask for Nick or Mark as you arrive on the day. Setting up usually starts at 08;30am, selling at 10am, finishing around 4pm.



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

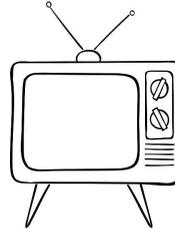
[www.ycsgt.org.uk](http://www.ycsgt.org.uk)

# Quiz Page



Here are clues to TV programmes past and present. Can you name them?

- a) Money under your roof.
- b) Tell your parent about the climate.
- c) Your best 1960s outfit.
- d) Jock's breakfast.
- e) Dangerous nobility.
- f) Bruce's story.
- g) Greet twice.
- h) Monochrome sweets.
- i) Angry ways.
- j) Searching for a good deal.



Imagine going to the theatre and having to guess where your seat is, based on the answer to a clue.

i.e. The Great North Road would be seat A1.

Try some more;

- 1). The second of Hitler's rockets.
- 2). Dr Who's pet.
- 3) Gary Powers crashed one.
- 4). Road around London.
- 5). Annual form from the tax man.
- 6). One hundred and two Romans.
- 7). Health cover for Europe.
- 8). Top motor sport.
- 9). Big aircraft used in Vietnam.
- 10). Sinclair's car.



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

### **Subscriptions:**

The current subscription is £6 for a single member or £8 for couples. This is payable when joining and thereafter on the 1st October each year. If you wish to join, please complete an application form and return to the Membership Secretary. Forms, if not in this publication, are available from the Membership Secretary. Details also on the website.

# 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.**

## **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;**

Susan Adams, Helen Byard, Hazel Elrod, Yvonne Pulvenis, David Price, Anita Woosey, David Patchett, David Firth, Sandra Morley.

## **2020 AGM AGENDA**

Registered charity number 1011149

**ANNUAL GENERAL MEETING** To be held at 7:30pm on Monday 1st June 2020 at The Folk Hall, New Earswick.

- 1). Welcome and apologies
- 2). To approve the minutes of the AGM held on 3<sup>rd</sup> June 2019
- 3). Matters arising
- 4). Chairman's report
- 5). Treasurer's report
- 6). Nominations for the committee for 2020/2021
- 7). Appointment of Auditors.
- 8). A Trustee's role, a presentation.
- 9). Any other business.
- 10). To fix date and time of AGM 2021.

**NB; The minutes of the 2019 AGM will be published in the next newsletter. The meeting will immediately follow the Speaker on the evening.**

# Movement Competency in Older Adults.

## Research project preliminary findings.



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1841

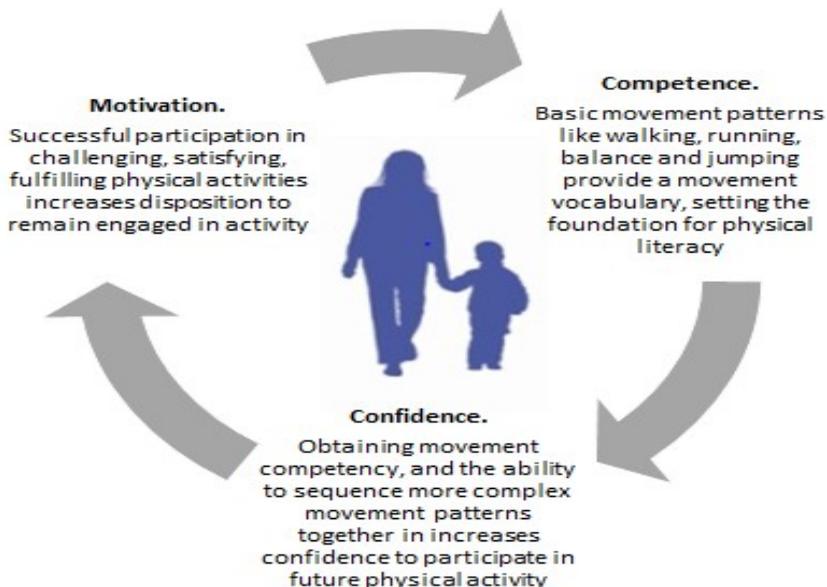
YORK  
ST JOHN  
UNIVERSITY

Over the summer academic staff from York St John University worked alongside YCSGT members to measure and evaluate a novel concept called 'physical literacy' in active older adults. Physical literacy has shown early promise as a strategy to enhance physical activity in the young. However, there is a lack of evidence of physical literacy being applied to older adult populations. This report highlights some of the researcher's preliminary findings as well as discussing some of the initial outcomes impacting your own community-based exercise programmes.

Physical literacy can be described as *"the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life"* (IPLA, 2015). It is based on the premise that movement competence, motivation and confidence underpin an individual's engagement in physical activity and the attainment of health benefits associated with such activity.

Physical literacy (motivation, confidence and movement competence) could be affected in the older adult population by age-related physical decline and long-standing illness e.g. diabetes, cardiovascular disease and osteoarthritis and can be attributed to a reduction in confidence and perceived ability to engage in physical activity (Horton 2010; Stathokostas *et al.*, 2017). Also, older adults might not have developed skills or need to re-learn skills to be motivated to engage in physical activity with confidence (Jones *et al.*, 2018).

## Movement Competency in Older Adults cont.....



Targeted exercise or training programmes in older adults could be used to enhance movement competence, build confidence and motivation to engage in physical activity, which has been reported in younger populations. Based on the findings of the young, it is hypothesised that those with poor physical literacy will be less likely to engage in physical activity and will not attain the associated health benefits. It is proposed that those with poor physical literacy might struggle to preserve their physical function to engage in activities of daily living, maintain their independence and reduce quality of life.

A greater understanding of physical literacy, and its constituents, then becomes as potentially vital, as understanding it better may lead to greater engagement in physical activity, might enhance the individual's health, and physical function to maintain their independence and enhance quality of life.

The table below provides preliminary findings for individual skills, in addition to providing data on frequency of compromised stability and loss of balance resulting in a stumble or fall.

**Table 1. Proportion of older adults demonstrating competency of locomotor skills. (All figures are %)**

Skill Component	Successfully demonstrated skill	Compromised/ unstable posture observed	Loss of balance resulting in stumble or fall
Run		0	0
Arms move in opposition to legs, elbows bending	100		
Brief period where both feet off surface	75		
Narrow foot placement landing on heels or toes (not flat footed)	100		
Non support leg bent about 90 deg so foot is close to buttocks.	50		
Hop		88	88
Non-hopping leg swings forward in pendular fashion to produce force.	100		
Foot on non-hopping leg remains behind hopping leg (does not cross in front of)	38		
Arms flex and swing forward to produce force.	100		
Hops 4 consecutive hops on the preferred foot before stopping.	75		
Jump		50	50
Prior to take off both knees flexed and arms extended behind back.	75		
Arms extend forcefully forward & upward reaching above head.	38		
Both feet come off the floor together and land together.	63		
Both arms forced downward during landing.	13		
	<b>Page 19</b>		Continued.....

Continued....			
Skill Component	Successfully demonstrated skill	Compromised/ unstable posture observed	Loss of balance resulting in stumble or fall
Side stepping		25	13
Body is turned sideways so shoulders remain aligned with the line of the floor	88		
A step sideways with the lead foot followed by a slide with the trailing foot where both feet come off the surface briefly	63		
Four continuous slides to the preferred side.	88		
Four continuous slides to the non-preferred side.	88		

The data suggests that even in the physically active population evaluated, where YCSGT members take part in regular structured activity, there are locomotor skills which individuals did not perform effectively. Of greater concern is the high frequency of reported postural instability or loss of balance resulting in a stumble or fall. During the hopping (38%) and jumping tasks (50%), participants demonstrated a loss of balance resulting in a stumble when performing the tasks.

Nationwide around 1 in 3 adults over 65 who live at home will have at least one fall a year, and about half of those will fall more frequently. With these national figures in mind and in light of these preliminary findings the next phase of the research will be to explore ways in which we can develop balance and stability in older adult populations with the intent of reducing the likelihood of falls.

University staff have been working closely with Ray Schofield to design a range of population appropriate exercises with the intention of improving static and dynamic balance, stability and strength in older adults. Hopefully over the coming months you will start to see some of these exercises in the exercise sessions run for YCSGT members.

## Friends of YCSGT Walks information.

Here are details of our first planned walks for 2020. There may be one or two stops on the way if there are points of interest. On the day, walks can be shortened if need be by alternative routes or return bus journeys. If you are interested in getting involved by planning or leading walks then please contact Jeff Lane. (see committee page).



### **Sunday 15<sup>th</sup> March**

**Title;** On the right course.

**Featuring;** York's first airfield, POWs, League of Nations.

**Time:** 10am. **Meet:** Clifford's Tower steps. YO19RY

**Expected duration:** 90mins to 2 hours. **Est. Distance:** 4-5 miles.

### **Sunday 19<sup>th</sup> April**

**Title;** Up River.

**Featuring:** The Ouse, Rowntree legacy, Slavery.

**Time:** 10am. **Meet:** Library Square, Museum St. YO17DS

**Expected duration:** 90mins to 2 hours. **Est. Distance:** 4-5 miles.

### **Sunday 24<sup>th</sup> May**

**Title;** In search of Queen Victoria

**Featuring:** Plague, Executions, Lost Statues.

**Time:** 10am. **Meet:** Everyman Cinema, Blossom Street. YO241AQ

**Expected duration:** 90mins to 2 hours. **Est. Distance:** 4-5 miles

Alternatively pick up a Walking for Health Leaflet, from a library or the Folk Hall (usually) or go on the internet for mid week local walks [www.walkingforhealth.org](http://www.walkingforhealth.org) or e-mail [walkingforhealth@ramblers.org.uk](mailto:walkingforhealth@ramblers.org.uk). Or telephone 01904 693235.

#### **This is the small print;**

1. If you are in any doubt about your ability to take part in our 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.
7. Bring with you a bus pass or means of paying. Walks might involve a short bus journey or you might wish to shorten your walk.

# Health Notes



## What is atrial fibrillation?

Atrial fibrillation (AF or Afib) is a heart rhythm disorder. It can come and go of its own accord or be persistent.

It is characterised by 3 features:

- The heart beats irregularly
- The heart beats less effectively
- The heart rate can be excessively fast or excessively slow

## What are the symptoms of Atrial fibrillation?

Atrial fibrillation may be completely asymptomatic which means that you may not even know you are in this abnormal rhythm. 25% of people who have AF don't have any symptoms and in such patients, AF is picked up incidentally by someone feeling the patients pulse and finding it to be irregularly irregular.

Common symptoms are:

- Heart palpitations or a subjective sensation of fluttering or excessive speeding up of the heart.
- Breathlessness – both at rest and especially worse on exertion
- Lightheadedness or dizziness and rarely loss of consciousness
- Tiredness and lethargy
- Very occasionally atrial fibrillation can also cause chest discomfort or tightness and this usually gets worse on exertion

Because AF can sometimes come and go off its own accord, the symptoms are only present when the AF is present. As with the AF, the symptoms are usually of sudden onset and sudden offset. The symptoms may be due to simply the loss of atrial kick which reduces the pumping effectiveness of the heart by 15-20% but more often because the heart races excessively during the AF.

## How is atrial fibrillation diagnosed?

AF can be difficult to diagnose partly because it may be silent/symptomatic and also because it can come and go. The first clue is usually the development of symptoms or in asymptomatic patients, the finding of an irregularly irregular pulse. You cannot confidently diagnose AF just by feeling the pulse because sometimes patients may just have occasional extra beats which can make the pulse feel irregular. To make a definitive diagnosis of AF, an electrocardiogram has to be done when the AF is present.

## Health notes continued.....

In patients with paroxysmal AF, prolonged ECG monitoring is required to 'catch' the AF when it is present. The most commonly utilised monitor to 'catch' AF is a 24 hour holter monitor but for this to be useful you have to have the AF during the 24 hour period that you are wearing the monitor over. Unfortunately 24 hr monitors have a low pickup rate of about 8%.

There are now available wearable patches which can continuously record the heartbeat for between 14 days (Bardy patch) or 28 days (Zio patch). These have a much higher pickup rate of almost 50%. Technological advances have now made it possible for smart phone owners to record their own single lead ECGs on their mobile phones. The best known app for this is the Kardia app which is available to buy on Amazon.

For people who have very infrequent episodes of palpitations, the best way to catch the AF is by implanting a monitoring device under the skin. This is called a REVEAL device and is very effective at picking up even very short episodes of AF. A REVEAL device has a battery life of up to 2 years and the information it collects can be downloaded by placing a sensor over the skin.

### What are the different types of atrial fibrillation?

#### **Type 1. Paroxysmal atrial fibrillation**

In some patients, especially the young, AF can come and go off its own accord. These episodes are called 'paroxysms' and can last between a few minutes to up to 7 days. These paroxysms may not cause symptoms but when they do, the symptoms tend to be particularly uncomfortable and poorly tolerated by patients. This is partly because there is a sudden and unpredictable switch from a regular to an irregular rhythm and partly because the patient becomes very fearful because they don't know when the paroxysm will end. Many people will notice or identify certain triggers which make them more likely to develop a paroxysm of AF.

#### **Common triggers that have been described include:**

Psychological stress, Physical effort, Tiredness, Alcohol (esp red wine and liquor), Coffee, Infections, Large meals, Onions, Nuts, Chocolate, Ice cream, Spiced food. Avoidance of triggers can reduce paroxysms of AF.

## Health notes continued.....

### **Type 2. Persistent atrial fibrillation**

If an AF episode lasts longer than a week, it is described as 'persistent'. Usually this means that the heart rhythm is unlikely to go back to normal spontaneously and therefore medications or electrical cardioversion treatment is required to get the heart back into a normal rhythm. Many patients with paroxysmal AF will progress to persistent AF. Patients with significant comorbidities such as diabetes, hypertension and heart failure are a lot more likely to progress to persistent AF.

### **Type 3. Permanent atrial fibrillation**

Permanent AF is defined as AF that is persistent but attempts to restore normal rhythm have either been unsuccessful or deemed unlikely to succeed. Many patients with paroxysmal AFib fear the possibility of their AF becoming persistent because of discomfort of symptoms during their paroxysms. Interestingly however, patients actually tend to feel a little better when they go into persistent and then permanent AF because this becomes their normal rhythm and therefore they are no longer subject to sudden unpredictable changes from one rhythm to the another.

**This article has been taken from the website [www.drSanjayguptacardiologist.com](http://www.drSanjayguptacardiologist.com), by kind permission of Dr Sanjay Gupta. If you have internet access see also Dr Gupta's youtube presentations.**

## **York and District Diabetic Club**

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

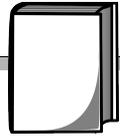
(except for January and August)

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.

## Front cover story.



### The Holocaust Again.

A lot has recently been said and written about the holocaust. Anybody less than about 65 years old would have no concept of exactly what is being commemorated. In 1933 the German people voted the Nazi party, led by Adolf Hitler, into power. This party adopted as one of its main policies a concentrated hatred of the Jews, who were to blame for all that was wrong with Germany and indeed with the world. Jews were sacked from their jobs, Jewish businesses unceremoniously taken over by Nazis or Nazi sympathisers, Jewish shops marked 'Jewish-don't shop here'.

There were even board games, like snakes and ladders, for primary school children who were encouraged to 'catch your own Jew'. Concentration camps were introduced, where you could be incarcerated without trial just because you were a Jew., or you wrote something vaguely critical about some government policy. While captive in a camp you had no recourse to justice or reason. There was nobody on your side to appeal to. You were at the mercy of thugs to whom no rules applied.

Synagogues were destroyed, Jews were willfully humiliated in the streets, normal life was made impossible for Jews. Jewish children were not allowed to mix with their Christian peers and had to be transferred to very few existing schools leading to severe overcrowding. Jews in their thousands wanted to emigrate, queues formed at various foreign embassies for necessary visas, certificates, permissions and it became harder for adult Jews to find countries which would allow them in. At the time Britain was still the major power on earth, but even here there was unemployment and Jewish adults only had a chance of coming here if they could find families who would employ them as domestic servants.

But the British government had sufficient compassion to allow 10,000 unaccompanied children up to 17 years old to come. My parents made the heart breaking decision to put me aged 12, forward as one of these 'Kinder transport' youngsters. I, together with a group of about 80 kids, arrived in England in late May 1939. My parents ultimately succeeded in finding employment in England and had permissions and all necessary papers and train tickets ready to come here on 15<sup>th</sup> September, but England declared war on Germany on 3<sup>rd</sup> September, so my parents were now 'enemy aliens' with no chance of entry to Britain.

## Front cover story continued.....

As war progressed, the Nazi policy became even more severe and turned into the extermination of all Jews, i.e. genocide. This policy took precedence even as they faced military defeat. Most remaining Jews in Germany and Austria, as well as those in most countries invaded by the German army, were herded like cattle to the various concentration camps. There they were killed by starvation or slave labour. Auschwitz-Birkenau advanced the killing a step further. The camp was designed and built as an efficient gassing and incineration factory in which 1,000,000 predominately Jewish people were killed, my parents and other family members included. Altogether 6,000,000 predominantly Jewish people were killed, equivalent to the entire population of all Yorkshire North, South, East and West, plus greater Manchester. It is the liberation of Auschwitz by the Soviet Army on 27<sup>th</sup> January 1945 that has been commemorated in January this year.

There is still a lot of killing going on in the world, still basically for reasons of racial or cultural differences. We really ought to learn...but do we?

Marc Schatzberger



## 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; There will be no classes on;

13<sup>th</sup> April (Bank Holiday)

25<sup>th</sup> May (Bank Holiday)

29<sup>th</sup> June (Open Day)

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

Note: There will be no classes on;

1<sup>st</sup> April (Open Day)

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

Note; There will be no classes on;

10<sup>th</sup> April (Bank Holiday)

8<sup>th</sup> May (Bank Holiday)

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

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

Note; There will be no classes on;

13<sup>th</sup> April (Bank Holiday)

25<sup>th</sup> May (Bank Holiday)

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

Note; There will be no classes on;

10<sup>th</sup> April (Bank Holiday)

8<sup>th</sup> May (Bank Holiday)

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

## Improve your fitness cont.....



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, Stirling Road, Clifton Moor, York  
YO30 4TU**

Friday mornings, 09:30 to 10:30

**Note;** On 21<sup>st</sup> February it will be 14:30 to 15:30.

*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	( <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 McKeivitt	01904 234206
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 ( <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> )
Jenny Cookson	01347 833260

### Senior Cardiac Rehab Nurse

Christine Rallison	01904 725821
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Open Mon-Sat 8am -6pm

Sun & Bank Holidays 10am-4pm.



(Find us between Green Hammerton & Boroughbridge on the B6265)

We stock a range of meats from our own livestock.



Pork pies & sausage rolls are made on site.  
We offer over 20 types of cheese & have fresh fruit &  
vegetables.

Our coffee shop can supply you with tea or coffee &  
cake, snacks, or a full breakfast.

**Also at York Farmers Market on the first Friday in the month.**



**Burnholme Social Night**





**Santa and a helper from the National Elf Service**



**Christmas Jumpers at Roko.**