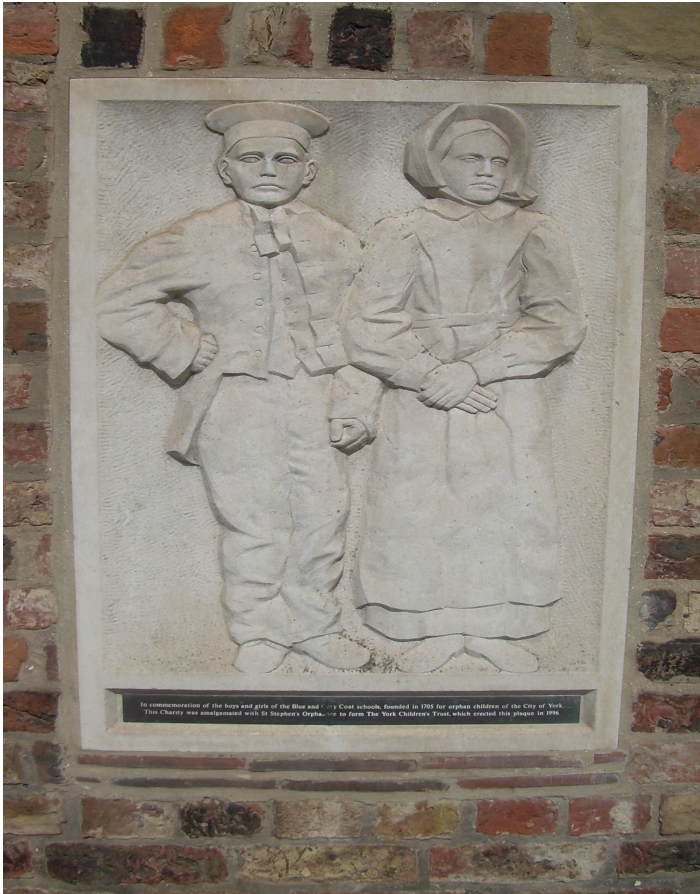


YCSG TRUST

York Coronary Support Group



Registered Charity No. 1011149



In commemoration of the boys and girls of the Blue and Grey Coast school, founded in 1903 for orphan children of the City of York. This charity was amalgamated with St Stephen's Orphanage to form The York Children's Trust which created this plaque in 1996.

Newsletter No. 127
Autumn 2022

Vice Chairman's report.

I would like to give you all a brief overview of the current situation and across the last twelve months. It has been a hard time for all but a satisfying one slowly bringing everything back to some form of normality in so much as we understand what that now is. The pandemic is still with us and we will have to learn to live with the limitations of it.

An old story, but I must plead again for members to offer to serve on the Committee to help keep the Trust alive, we desperately need new blood. We still lack a Chairman, a Secretary, a Publicity Officer and someone to take over the Newsletter. We need people to promote the work of the Trust, spread the word and encourage people to serve.

I pay tribute to the work of all those on the current Committee who have stepped up and those delivering the exercise classes for their hard work in keeping the ship afloat. Numbers at exercise classes are varying and I praise Tony and Ray and his team in getting things back to some form of normal, but we are still lower than pre-Covid. This of course has had a negative affect on finances, I can only add that it is good we have Jenny and her sharp pencil to keep us in line financially. More news will evolve in the coming months on the exercise classes. Swimming classes are going well with an average attendance of about 15, the maximum being 20.

The last St Crux sale was a great success, and another is planned for Thursday 22nd September so give Nick a call if you would like to help or contribute or just come along to support us. Jackie has done superb work in getting top calibre speakers each month. Two which stick in my mind were the medical update,, thanks go to Vicky who twisted Dr Simon Megarry's arm to give an excellent talk despite the gremlins messing up the projector and then Martin Withers on his experiences with the Vulcan raid on the Falklands 40 years ago. Others were equally as good and I urge you to come along and listen to future speakers. Details are in the newsletters which I urge you read.

I must not forget John our font of all knowledge who scribbles away in the background recording all our meetings and with our memories, that's invaluable!

Finally, I encourage everyone to remember the grand get together over Christmas Lunch on 15th Dec this year at the Novotel York.

Des Mahon
Vice Chair, Aug 2022

Editor's ramblings.



Hello Everyone,

The theme of this newsletter is children. I have always liked them; in fact I went to school with them and I am always telling any child who will listen that when I was their age I was as old as them. Very few now listen.

Well, after nearly 3 years of feeling how lucky we have been, my better half and I finally succumbed to Covid. We believe it was picked up on the flight back from Corsica, a holiday we had initially booked in 2019. Before travelling we had frantically tried to get our heads around the travel rules and acquired our Covid passports just in time, only to find that no-one at departures or arrivals looked at them. Books were packed for the more relaxed moments; mine were biographies of Napoleon, who else on Corsica, and Diana Dors. They have lots in common of course. The holiday was enjoyable and the weather excellent; we don't do very hot, so the temperature in Corsica in late May was right for us. However, the holiday will never be forgotten because of a 10 year old local boy called Calixte (named after a pope apparently).

This is the story. **Wednesday**, we take a train trip out to a beach. Without thinking I go into the sea to do a bit of snorkelling with my small wallet in my trunks pocket. I emerge and walk up the beach to a wife who I suspect is now reminded of Sean Connery doing likewise in *Doctor No*. I dare not ask. Moby Dick could get a mention. It becomes clear that my wallet with 150 euros, bus pass, credit card and bank card are all now somewhere in the Mediterranean. Back at the hotel a lengthy phone call to the UK is necessary to cancel the cards.

Thursday, I decide it might be worth a trip back to the beach and to do more snorkelling in the same area on the off chance I might find it on the sea bed. No chance, what a daft, pointless idea. **Friday**. On the same beach young Calixte is snorkelling trying to find a piece of jewellery his mother had lost while bathing. He doesn't find it, but miraculously he does find my wallet. Stephanie, his mother, looks into it to find that a piece of paper with phone numbers on had been soaked and damaged but one number, my wife's mobile, could still be read. My wife then gets a text with my name asking if I am known to her. She eventually admits she does. It is clear that Stephanie has the wallet. We arranged to meet at the station later in the day and we are introduced to Stephanie and Calixte who found the wallet. Remarkably, except photos that were damaged beyond recovery, all was intact including the 150 euros.

Editor's ramblings continued.....

It transpires that Calixte is a budding saxophone player and so we were invited to see him play on the Friday evening at a restaurant overlooking the bay at Calvi. This was undoubtedly the most surreal day that we can remember. It certainly restored our faith in people and youngsters in particular.



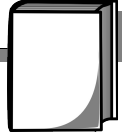
We are all facing increases in the cost of living, fuel and energy. How is it that the price of petrol or diesel can be different at different service stations owned by the same energy giant when they are only a mile or so apart? Why is the cost of the standing charge for our gas and electric meters so high considering there is no maintenance costs? No-one ever comes out and fixes them. Currently we pay £295 each year for the two meters. This is without using any power. Why is the cost of renewable energy increasing? Has sunlight and wind become more costly? I am sure some clever over paid people will answer all these questions. I recently fuelled the car at the pump using a credit card. It stopped supplying at the credit limit of £100 and the tank wasn't quite full. It is all very concerning.

Some good news now followed by some more serious. Ailish Brown has passed her BACPR exams and is now fully qualified to take exercise classes. As some members will be aware, she has been helping at classes for some time now, purely on a voluntary basis. Ailish is not only a good instructor but popular with our members. She also enjoys the classes and we hope she will be around for some time to come.

Please note, the Monday and Friday classes will be at a new location from the 5th September. Wednesdays are unchanged, see later in this issue.

Finally; as Des has already stated in his report, our charity continues to face challenges, not least the need for people to run the operation. Please look at the situations vacant and consider taking on a role. Some children today, in time, will need rehab and guidance on recovery after heart events, hopefully our organisation will be there for them.

Front Cover Story



This issue is dedicated to children, (see Editor's Ramblings). The front cover is an image of what you can see if you walk along Peasholme Green in York. The site was once home to both the Blue Coat school for boys and the Grey Coat school for girls. The building used was the 15th century St Anthony's Hall which is still there. Next to the gateway you will see the stone plaque depicting 2 children.

In 1705 the Blue Coat School for boys opened and was based here for 40 poor and orphaned boys, by 1850 there were 70 pupils. The school had its origins in 17th century London. The boys wore long blue coats, blue because it was the cheapest dye available and as such usually associated with charity.



After 1924 the school shared its premises with the pupils of the Grey Coat School for girls, which had earlier been established in Marygate before moving to Monkgate (now the NHS clinic). They wore grey coats and, as with the boys, were provided with food, clothes and accommodation. The girls received an education that focused on religion and the acquisition of skills like knitting and sewing to prepare them for domestic service. Until 1900 the pupils also undertook spinning to supplement the school's income. In processions to Sunday services, the pupils would march through York in age order. A similar system was adopted when seated for meals in the dining halls.

Pupils at both schools were expected to be of good character and were taught reading, writing and arithmetic. Two boys become Lord Mayors of York. The York schools were funded by the York Corporation and public donations. The selection of the pupils was by way of votes cast by anyone who subscribed to the school's upkeep. After education the boys typically took up a trade or went to sea, the girls into domestic service. By the 1940s however subscriptions had fallen and in 1944 the Blue Coat School was refused classification under the new Education Act. There was bomb damage in WW1 & WW2. The school finally closed 1947.

Minutes of the AGM

York Coronary Support Group Trust
MINUTES of the Annual General Meeting held at 7.30 p.m.
on Monday 4th July 2022
at The Folk Hall, New Earswick, York

Present - Trustees: Des Mahon (in the chair) Jenny Cookson, Tony Fletcher.

Committee members: Jeff Lane, Jackie McKeivitt, John Mitchell, Tim Phillips.

NHS - Nicky Cockerill, Katherine Rennie + four other members.

1. Welcomes and apologies. Des welcomed all present. Apologies had been received from Nick Longster, Vicky Cass, Eileen and Brian Johnson and Eileen Astley.

2. The Minutes of the last AGM held on 10th January 2022 were approved and signed.

3. Matters arising. A question was asked about membership numbers, and details of these were given in Item 5 below.

4. Vice Chairman's report. Des gave a brief overview of the current situation. He stressed the need for more members to offer to serve on the Committee, which still lacked a chairman and a publicity officer; he asked people to help promote the the work of the Trust and encourage people to offer to serve on the Committee. He paid tribute to the work of Jeff Lane who edited the newsletter, which was being very well received. Numbers at exercise classes were slowly improving, but were still lower than pre-Covid, and this had a negative effect on finances. Swimming classes were going well with an average attendance of about 15 - the maximum being 20. The last St Crux sale had been a great success, and another was planned for 22nd September. Finally, he encouraged people to remember the Christmas Lunch on 15th Dec at the Novotel.

In the discussion that followed, Nicky made various suggestions as to promotion of the Trust and classes, including the possibility of a display stall at YTH. She and Katherine also gave an update on the ways in which the rehab service was slowly being reintroduced.

5. Treasurer's report. (to be published in the Newsletter and on the website and copies also available from the Treasurer.)

Currently there were 245 members, but of those, 91 were joint members, so the total was 336. This compared to over 400 before Covid. Numbers at exercise classes had improved, although we had had to close the class at Ergise.

Minutes of AGM continued.....

Alternative venues had been explored, at Burnholme and at the Vangarde Centre, but neither was economically viable. She felt the venue at York St John was excellent, although Nicky warned that if classes were full there could be H & S issues.

The Trust now had a rented storage facility at Monks Cross, so merchandise could be stored there before sales. The St Crux sale had raised nearly £1000.

£3000 was ring fenced for the heart monitors for YTH. Reserves now stood at about £20K, compared to £27K a year ago. However, the Trust would be receiving a significant bequest towards the end of the year which would probably secure costs for five years even if we raised no other money.

Assets e.g. equipment, are written off at 20% p.a and all will be written off by next year. Ted Radford queried the 20% and suggested 6% was more usual, but Jenny replied that our practice was as advised by our auditor.

6. Election of the committee.

(The Constitution requires a minimum of 12 Committee members including the Deed Trustees ex officio and the Hospital Liaison Officer ex officio. The Committee has power to coopt).

The Deed Trustees were Jenny Cookson, Tony Fletcher, Nick Longster and Des Mahon.

The current Hospital Liaison Officer was Vicky Cass.

The meeting re-elected Jeff Lane, Jackie McKeivitt, John Mitchell and Tim Phillips nem con.

7. Appointment of an auditor. Jenny reported that our previous auditor was unable to continue. Thanks were expressed to him for all his work, and it was agreed to send a gift voucher as a 'thank you'. Jenny was unable to recommend an alternative, so all present were asked to consider whether they could make recommendations. It was suggested York CVS might be able to help.

8. Any Other Business.

a) Publicity via hospital notice boards, and via GP surgeries, was discussed.

b) Following a query from Ted Radford, it was agreed the website should include copies of both our original Trust Deed and the current Constitution.

9. The date of the 2023 Annual General Meeting was fixed at 3rd July 2023

Treasurer's Report April 2021/22

This report is written as we are, according to the Health Secretary, learning to live with Covid.

We were able to re-start most of our classes, including swimming, in September 2021. We did, however, have to stop the evening class at Energise as the numbers could not justify the expense. We moved our Monday and Friday afternoon classes to Poppleton Community Centre which has proved to be very popular with many members.

Confidence amongst our members has led to reduced numbers in many classes but the Committee felt it important to maintain as near as possible our pre-Covid schedule. This has led to an increase in the amount of support the Trust has afforded the classes which is reflected in a much reduced balance in our Deposit Account.

The decision was taken to maintain our £3 per class fee but to increase membership fees, for the first time in many years, in order to offset some of the increased support being given to classes. We did manage to have a fund raising event at St Crux in September 2021 which raised £931.28 towards our funds.

It is the Treasurer's recommendation to the Committee that we amend the total budget for this coming year with some adjustment to the sections to that of £6000. Budgets for 2022/2023 have provisionally been set as follows;

Exercise Programmes £ 1500
Administration £ 200
Newsletter/publications £ 1500
Affiliation Fees £ 50
Monthly Meetings £ 600
Exercise Equipment £ 100
YDH Cardiac Rehabilitation £ 1000
Social Events £ 250
Storage £ 800
Total £ 6000

There is still a ring fenced sum of £2,000 as agreed by the Committee in 2019/20 for new mobile Heart Monitors for YDH. This is increased by the £1225.38 in memory of Bernie McKeivitt which he instructed should help provide more of the monitors he used whilst in Coronary Care. We also ring fence £6250 to cover activities - keep fit classes and wages, swimming classes and wages, monthly meeting hall hire and speaker fees.

Treasurer's Report April 2021/22 continued....

This covers the group for a three month period should the unexpected happen and we have no income – a situation which unfortunately we have experience of!

The monies in the bank accounts and in hand at 31st March 2022 amount to £19738.85 compared to a total of £27132.77 at 31st March 2021 – which reflects the level of support given to our trainers and nurses. 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, (or elsewhere), Poppleton Community Centre, the Swimming group at Roko Health Club with necessary training and certification courses for their leaders.

Jenny Cookson,
Treasurer
York Coronary Support Group Trust
June 2022

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

Meeting 4th April, Know your York.

At April's monthly meeting Jeffrey Topham gave us all a slide show of photographs he had taken in the 1970s. Jeffrey has been a York Tour guide with the Association of Voluntary Guides, an open top bus guide and more recently a Minster guide. He is also a member of the Yorkshire Ridings Society. Over time he has amassed an immense knowledge of the city to accompany his slides and his presentation reflected this.



We were taken around York in pictures covering most parts of York's history. This included the remains of St Leonard's Hospital on Museum Street, (pictured) probably once the largest medieval hospital in the North of England, the Roman stone coffins in the Museum gardens, unearthed when the station was built in 1877, and Jeffrey also had slides of the peacocks that at one

time roamed the gardens. His slides also covered St Mary's Abbey ruins, which at one point had been the wealthiest Abbey in the North, before Henry VIII has it destroyed. The church in the 16th century owned a third of the land of England, which was a very tempting prize for the monarch. Jeffrey told us how the ruins had in the past been used as a backdrop for the York mystery plays which starred a young Judi Dench in the 1950s. Included in his collection of slides were images of the hospitium, the large building next to the river in the gardens, once owned and used by celibate monks now available for weddings.

Other areas and topics covered by the presentation included the King's Manor, taken from the Abbey by Henry VIII, a building that has seen a number of uses over time, including a base for the council of the north, once housed the Manor school** and even a school for the blind until the 1950s.



Monthly meeting continued.....

Moving on, the slide show produced images of Bootham Bar built on the remains of the original Roman fortress gateway to the north and the statue of William Etty (pictured) who in the 19th century was among a group of people who successfully campaigned to prevent the council from taking down all the walls and bars and using it to reclaim land. More slides showed 1970s images of the minster from the walls, St Williams College and Monk Bar. This bar has a ledge facing the city from where proclamations (news) were thought to have been read out to the citizens, an early news channel. I am sure we all left the meeting with some knowledge of the city that had to date eluded us.

** The Manor School was once part of the King's Manor complex (pictured). In the early 19th century, its pupils included Ann Lister of Halifax, the subject of the recent *Gentleman Jack* TV series. As a teenager she had an 'intense' relationship with fellow pupil Eliza Raine. Eliza was mixed race Indian and English and was to develop mental health issues when Ann moved out of her life. Eliza spent time in one of two private 'asylums' in Osbaldwick.



These were places where the wealthy could send family members who might be difficult to deal with or an embarrassment to them. Eliza is buried in Osbaldwick church yard. Anne Walker, Ann Lister's later lover also had mental health issues and spent time in Clifton Asylum before moving to the same asylum in Osbaldwick as Eliza.



On her death, Anne was buried in the West Riding. During their relationship, Anne and Ann took the sacrament together at a service in the Holy Trinity church on Goodramgate in 1834, and is seen as the first same sex 'marriage'. A plaque on the wall to the left of the church path denotes this. The scene in the TV series was filmed in exactly the same place.

Collecting Glasses.

No, this is not about going round the pub at closing time.

One of our members, Graham Smith, has set up a glasses (spectacles) collection routine at exercise classes.



Graham has a connection with a lady optician in Acomb who travels to Mali, Africa to carry out eye treatments and provide spectacles for those in need. She takes with her any surplus to requirement spectacles collected locally.

So far YCSGT members have donated;

11 pairs of sunglasses (most prescription)

19 specs cases (some very stylish!)

37 pairs of specs and a few odd lenses.

So, if you have any no longer used or required, bring them along to an exercise class.



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Dates for the Diary



Monday September 5th at 7:30pm:

Monthly meeting at the Folk Hall.
The clerics of St Stephen's church, Acomb.
A presentation by Alan Powell.

Thursday 22nd Sept. St Crux Fundraising day.

Help on the day is always welcome. In the kitchen, on the stalls, setting up in the morning and taking down in the afternoon. Make a note.

Donations for St Crux; If you have any bric a brac, this can be dropped off on the day. We have enough books of all types this time. Also we do not require electrical items or clothing. For more information on donations or helping on the day, contact Nick on 01759 304631 or 0751 1169433

Cakes, Buns, Scones, Quiches and Sausage rolls can be dropped off at St Crux on the morning of the 19th before 10am. Cake types required are Victoria Sponge, Lemon Drizzle, Coffee and Walnut (with nut warning), Brownies, Chocolate or Carrot Cake. Butter and Jam for Scones will be supplied on site. If you want your containers back please label them with your name.

For more information on food supplies, contact Jackie on 07875 129352.

Monday October 3rd at 7:30pm:

Monthly meeting at the Folk Hall.
Medical Evening. Speaker(s) to be advised.

Monday 7th November at 7:30pm:

Monthly meeting at the Folk Hall.
The House Built on Love and Chocolate. (Goddard's).
A presentation by Glennis Whyte

Thursday 15th December.

Christmas Dinner at Novotel. See application form and menu elsewhere in this issue.



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

www.ycsgt.org.uk

Improve your fitness

Exercise sessions for YCSGT members;



The times and venues for classes from Monday 5th September are as follows:

**At the LNER Community Stadium, Leisure Complex,
Kathryn Avenue, Monks Cross, YO32 9AF**

**Monday and Friday
9.15am – 10.15am and 10.30am -11.30am**

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

**Wednesday
9.15am – 10.15am and 10.30am -11.30am**

**At the Poppleton Community Centre, Main Street, Nether
Poppleton, YO26 6JT**

**Monday and Friday
1.30pm – 2.30pm**

The cost is £3 per person per session, which are held under the supervision of qualified instructors and a nurse attends all sessions.

Contactless card payment can now be made.

Please note: New members should contact **Nick on 0175 11169433** for further information and availability before attending first session.

New members should have a referral, either a hard copy or in electronic form from a GP or health professional before first session.

Exercises in Water



Aqua Aerobic and swimming sessions are held at:

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

Friday mornings, 10.15 to 11.15

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.

There may be a limit to class numbers.

For further information contact;

Swimming Organiser: Jenny Cookson on 01347 833260

York and District Diabetic Club

In normal circumstances; 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.

Obituaries

The YCSGT regrets to announce the passing of

David Jones and Jim Begley.

(A celebration of life for Jim has be planned for 3rd September at 3pm at the Clifton Methodist Church).

Our condolences go out to all their families and friends.

Membership

Membership renewals are due in March each year. The committee decided to set the subscription for 2022 at £8 for single members and £12 for couples. We believe this is the first increase for around 10 years. Can anyone remember? As you will appreciate the funds of most charities have been seriously depleted during the last 2 years, with more outgoing than incoming. For ourselves there have been costs such as equipment for contactless payments and increased postage and production of this newsletter.

Implementing this increase will help us to continue to fund relevant projects. We can also hold the £3 per session cost for swimming and gym classes for the foreseeable future. As these sessions are subsidised by membership fees and the hard work of members involved in fund raising, it is more important than ever that anyone attending these classes are fully paid up members to fall in line with, and be fair to, their classmates. Any problems regarding paying of fees should be directed to the Membership Secretary.

**Payments for membership renewals can now be made by way of contactless card payments at monthly meetings or exercise classes.
Or by direct bank transfer or cheque (see renewal form).**

We hope you will continue to support the YCSGT so that we can carry on helping those experiencing cardiac events now and in the future.

New Members are always welcome.



In this issue we welcome new members;

**Margaret O'Donnell
Catherine Gillard**

Christmas Lunch Order Form



The York Coronary Support Group's Christmas lunch this year will be at the Novotel, Fishergate York on the 15th December. See back page for menu.

The cost is £22 per head for members, £25 for non members and includes canapes on arrival and coffee and petit fours to finish.

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:

Address:

Phone Number:

Please return this form with your cheque made payable to

York Coronary Support Group Trust to: Jenny Cookson. 16 Church Close, Tollerton, York, YO61 1QS or you can pay by BACS (bank transfer) if you prefer to a/c YORK CORONARY SUPPORT GROUP TRUST REG CHARITY NO 101114, no. 94153304, sort code 09-01-51 (Santander). Please use your membership number and surname as a reference. All forms and payment to be received by 17th 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 _____ E-mail _____

Phone: _____ Mobile: _____

Subscriptions are £8.00 for individuals, £12.00 for couples and are renewable on 1st March each year.

NB: New members intending to use exercise classes should provide a referral note, hard copy or electronic, from a hospital, GP or qualified Health professional 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, or e-mail jenny_cookson@yahoo.com

OR you can pay by BACS (bank transfer) if you are able. Transfer to; YORK CORONARY SUPPORT GROUP TRUST REG CHARITY No 101114. Account no. 94153304 sort code 09-01-51 (Santander). Existing members, please remember to use your membership number and surname as a reference.

General Data Protection Regulation (2018) Privacy Notice:

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

Post: E:mail: Phone: SMS:

We will never share your information with any third parties.
Any queries please contact Jenny Cookson – details above.

Signature: _____ Date: _____ .

Signature: _____ Date: _____

About the York Coronary Support Group Trust



The information below gives detail of our activities for new members.

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 members' questions. Tea and coffee is available. Meetings start at 7:30pm. Friends and family are welcome.

Meetings are usually held at;

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

Exercises:

The group organises subsidised exercises classes 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 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 and elsewhere.

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. Letters to the editor are also welcome. Past issues can be found on our website;

www.ycsgt.org.uk

Subscriptions:

The subscription is £8 for a single member or £12 for couples. This is payable when joining and thereafter in March 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. Alternatively for direct bank transfer refer to details on the form either in this issue or previous.

Monthly Meeting. The Falklands war

Meeting 9th May. The Falklands War and the Vulcan Bomber.

A detailed and fascinating illustrated presentation was given to a well attended meeting by Martin Withers DFC. Forty years ago, Martin was the pilot of the Vulcan Bomber that dropped bombs on the runway at Port Stanley on the Falkland Islands to prevent Argentine fighter aircraft landing. Had they been able to, the war would have taken a different path with many more potential fatalities among the crews of the task force fleet of 127 ships sent to liberate the islands.

Locally based Argentine fighter aircraft could have also prevented the landing by the British Army and Marines necessary to retake the Islands. In the early stages of the planning of the task force it was recognised that the runway on the islands had to be taken out of action and the best aircraft for that job was the Vulcan.



The Argentine invasion had begun on the 2nd April 1982 sending shock waves throughout the UK and the wider world after what had been a relatively extensive period of world peace. This had been largely due to the cold war and the situation whereby if the Russians launched a nuclear missile, a similar act of retaliation from the west would result. Thus stalemate. This was known as MAD (Mutually Assured Destruction). Martin told us that the Vulcan bomber had been designed to help counter a nuclear threat in the northern hemisphere and so only had a flying range of 4 hours. The target now was 8,000 miles away. Plans were hastily made to reactivate the aircraft mid-air re-fuelling equipment, not used for many years and the captains had to learn to re-fuel in the air. It was soon realised that the use of Ascension Island in the South Atlantic as a starting point for refuelling was to be crucial.

Monthly meeting continued.....

The attack on the Port Stanley runway would be launched from the island using two Vulcan bombers, one lead and one reserve. Martin's crew and aircraft were the reserve. Ascension Island is British territory, but leased to the US and so access was not an issue. The journey down to Ascension by the two Vulcans began on the 29th April in radio silence as any prior knowledge of the intended raid could have jeopardised the operation.

The journey from Ascension Island to the Falklands was nearly 4000 miles across open water and so mid-air re-fuelling was essential. For this complex operation eleven Victor Tanker aircraft would be required to refuel the Vulcans and refuel each other to ensure a safe return for all. Martin's aircraft and crew, although originally planned to be reserve, became the lead aircraft after technical issues with the other Vulcan, which had to return to Ascension Island. Thus, Martin's aircraft became the only one to go on to do the deed. The picture shows the crew with Martin in the centre.



A violent storm on route hampered the re-fuelling operation between two of the Victors with aircraft bouncing around made worse by the need for radio silence. This situation resulted in more fuel being used than expected and left Martin's Vulcan with less fuel than it was thought would be necessary for the raid and safe return. He decided that the mission would continue having come so far south already. The Victors returned to Ascension Island with some re-fuelling to bring others back.

Monthly meeting continued.....

Martin's crew pressed on to the Falklands a journey that could offer no landmarks as checks on the way. The approach had to be low level to avoid radar. The Vulcans had sophisticated radar jamming equipment designed for Soviet systems but no use against what the Argentines had. They were also aware of modern ground based anti-aircraft weapons that would be surrounding the airfield. This would be a problem when it became necessary to fly higher in order to drop bombs.

The islands were reached and the target came into view on the morning of May 1st. Twenty-one 1000lb bombs were released on a diagonal line across the runway. Of the 21, only 16 exploded. One scored a direct hit on the runway putting it out of action for Argentine aircraft. Martin's Vulcan then immediately turned north to meet up with a Victor for the last mid air refuelling exercise off the coast of Brazil. Seeing the Victor in front ready to give fuel was a huge relief to the Vulcan's crew. During the 4000 mile return journey to Ascension Island, Martin took the opportunity to catch up on sleep. In total Martin's Vulcan aircraft was refuelled 7 times 6 of them at night during the operation. It was at the time the longest bombing raid in history. In total the fuel for the entire operation cost £1.5million.

The airstrip was later bombed by Sea Harriers from the Royal Navy Fleet but without much effect. On 14 June 1982 the Argentines surrendered and the Islands were handed back to British control. Martin was awarded the Distinguished Flying Cross. The last flight of a Vulcan was in Oct 2015, Martin was at the controls.

Sadly, the conflict cost the lives of 907 souls.

Argentina suffered a total of 649 losses.

Army 194

Navy 341 (321 on the Belgrano)

Marines 34

Air force 55. (Includes 31 pilots and 14 ground crew).

Others 25 (includes border guards, coast guards and civilian sailors)

UK suffered a total of 255 losses.

Royal Navy 86 (includes 2 Hong Kong laundry men)

Royal Marines 27

Royal fleet auxiliary 10 (includes 4 Hong Kong sailors)

Merchant Navy 6

British Army 123

Royal Air Force 1

Falkland Islanders 3 (women killed by friendly fire)

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Quiz Page



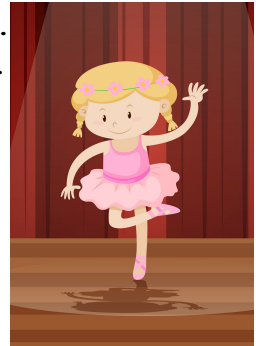
Can you unscramble the anagrams, they are all children toys or games, some are more than one word.

- 1). BREDADYET
- 2). ARBEIB
- 3). TINNCOAMA
- 4). SHOUDSLEOL
- 5). STARTINE
- 6). DEALKERSANDNASSD
- 7). GINPOTNNIPS
- 8). LEOPITTYMYNL
- 9). CANEMOC
- 10). EXTRASICCL



~~~~~  
Can you identify these stars of TV, film or music who started as children.

- a. Born 1945 USA. Starred in 1950s TV 'Circus Boy'. Became member of The Monkees pop group.
- b. Born 1932 England. In films at the age of 12. Also sang in French. Went 'Downtown'.
- c. Born 1948 Scotland. Singer. Real name Marie McDonald McLaughlin Lawrie. Could 'Shout' at the age of 15.
- d. Born 1925 London died 2015. Child actor first film at 15. Then St Trinian's then TV series with Dennis Waterman.
- e. Born 1946 London. Daughter of famous knighted actor. Early films include Tiger Bay and Pollyanna.
- f. Born 1914 England died 1988. On stage at the age of 11. A pupil in Will Hay's school. Starred in a number of Carry On films.
- g. Born 1964 England. First names Bonita Melody Lysette. She screamed at 'Just William', starred in Dr Who and Eastenders.
- h. Born 1928 USA died 2014. In films from the age of 3. She became US ambassador to Czechoslovakia.





## Pam's Story

When I was eight years of age my sister Peggy, who was 12 years older, was working in Terry's Chocolate Factory. Working alongside her was Isobel Dunn, who was also a dance teacher. She suggested that I should take dance lessons, and so my sister arranged lessons for me at the Three Graces Dance School in Clifford Street, opposite what was then York Empire and so my love of dancing began. This school was run by three ladies, none called Grace, but they had worked together on stage and called themselves 'The Three Graces'.

At the age of 12 I was in my first professional show, Alice in Wonderland at the Theatre Royal in York, and every Christmas after that, performing solo song and dance routines.

On my last performance at the Theatre Royal the actress playing the Dame knew John Tiller and got me an audition to join the Tiller Girls, so the next Christmas I was a Tiller Girl in Leeds.

After that I auditioned to form a Trio of Dancers and went on to perform in summer shows and touring. I loved my theatrical life but eventually met a gentleman, married, and settled down. My partner had a heart attack and as a result I have been attending Ray's classes since 2009, until this present day.

In conversation with Vicky, one of our lovely nurses, we discovered that she, as a young girl, had gone to the same ballet classes with the daughter of one of our fellow Three Graces pupils, only to find (I believe) that she chose horse riding over ballet! The photograph was taken during the Woman's Mirror beauty competition.

**Pam Pengally**



## Vicky's Story

I started going to ballet classes around the age of 4 years old and when my family moved to York, I started classes at the Dawn Tudor School of dance on Hull Road. Dawn was the daughter of Clarice Tudor who taught Pam at The Three Graces Dance School and although Pam's teacher Clarice had retired, she would often pop in and make sure her daughter was teaching us all correctly!

Sadly, I do not have any photos of me as a ballet dancer but later on in life I took part in the North Yorkshire Youth Clubs Dance championships in the 70's. I don't know what Dawn Tudor would have thought of the home made Indian costumes we wore for our 2nd place winning entry. We were dancing to the music of Queen's '*Another one bites the dust*'!! That's me 2nd left in the photo below. It was not a surprise to me to find out that Pam was a dancer, as she is always so graceful and poised whilst doing the exercises in class. I often wish I had carried on my ballet lessons but I stopped at around the age of 10 when I fancied taking up horse riding and my parents said I had to choose between the two. I chose the horses.

**Vicky Kendall**



*A rather younger Dave Dixon of Gravel Pit Farm when co organiser of the Village Hall Youth Club at The North Yorkshire Youth Clubs Dance Championships in 1977/8.*

## Monthly Meeting. Guess who's coming to Lunch?

### Meeting 6<sup>th</sup> June. 'Guess who's coming to lunch?'

This was the intriguing title of the talk given at the monthly meeting on June 6<sup>th</sup>. In the end, perhaps the date should have been a clue, as it was the day after the Jubilee celebrations - it was the Queen who was coming. Alison Easton gave us a vivid and delightful talk about the week H.M. lunched at Bishopthorpe Palace when 'Ascot came to York' in 2005. Alison was on the staff at Bishopthorpe Palace at this time and gave us much interesting background. Before the week itself much took place, including a thorough review of security; on one occasion Alison found a security officer 'rifling through her drawers'. Every drain between the Palace and the Knavesmire was checked for bombs and then sealed. The relevant stretch of the Ouse was shut for the week, and the airspace above York closed. A full rehearsal took place and everything was timed to the minute.

Each day H.M. invited sixteen different guests to lunch. Staff were invited to volunteer to work alongside the staff who had come up from London with H.M. Alison volunteered, and found herself involved in taking guests' hats, coats, umbrellas, binoculars, racing cards etc. She noted how they dressed and realised that some of the titled ladies were a good deal more casual about their appearance than others. She was also amused to see that some of the security men wore top hats to 'blend in'. Normal protocol is that if H.M. is wearing a hat, ladies should do so as well, and vice-versa, but Alison noted that some ladies were so proud of their hats they kept them on regardless.

A private room was set aside to provide some private space for H.M. It had an en-suite attached, and Alison was impressed to see the toilet paper had a fleur-de-lys crest on it.

Lunch was served in the Great Hall which was built in 1241. It was the venue of the treason trial of Archbishop Scrope in 1405. Guests sat at the huge 22ft long table and all the menus were in French as her Majesty prefers that. Alison brought some of the original ones for us to see; we struggled with some of the words, as perhaps some of the guests had in 2005.

In reply to a question, Alison said they did not discover what H.M. kept in her handbag - we had to wait until this Jubilee to find that out!

## Situations Vacant.

You will see on the following pages that this charity is in need of people coming forward and filling some important voluntary roles within the organisation. For over 30 years the YCSGT has had the benefit of the talents, skills, time and involvement of a number of people to keep our charity on course to do the good it does. Now more than ever we require more of the same to take us into the future. Could you help? Give it some thought. Come forward.



## Situations Vacant: Chairperson.

Could you give your time and take on a pivotal role in the running of the YCSGT. Could you fill the role of chairperson? Your role would provide leadership and direction for the charity. You would chair committee meetings ensuring decisions are made and acted upon. You would bring impartiality and objectivity to meetings. The chairperson would communicate effectively the purpose of the charity both internally and externally. You would represent the charity at external meetings and events and be aware of current issues that may affect the charity. For further information contact a member of the committee.

## Situations Vacant: Newsletter Editor.

Would you like to play a vital role in keeping our members informed? Could you take on a highly satisfying function within our charity? Have you computer equipment, e-mail address and the necessary, but not extensive, computer skills to be able to receive information and compile the newsletter in the relevant format ready for printing? You would put together any reports of meetings, collate contributions from members and ensure all information regarding exercise classes is up to date in each quarterly issue. You would communicate with the printer and ensure the space in each issue is fully utilised to give the best value for money. Full assistance and training will be given as required. If you would like to know more about the role and to discuss any aspect of it then contact the editor at [jtl1950@hotmail.com](mailto:jtl1950@hotmail.com). Or tel 01904 414476

## **Situations Vacant: Publicity Officer.**

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

Updating external publicity materials in a timely manner to maximise public awareness.

Communicating with the media e.g. local radio, press and TV to publicise specific events.

Publicising the work of the charity at its fundraising events and any other relevant occasions.

Publicising events for the members of the charity in the newsletter, on the website or by personal communication as appropriate.

**Interested?** Contact a member of the committee for further information.

## **Situations Vacant: Group Secretary.**

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

**The principal duties are;**

Booking rooms and venues for fund raising events.

Submitting yearly accounts, supplied by the Treasurer, to the Charity Commission.

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

Renewing yearly Insurance.

Compose any letters required on behalf of the Group.

Attend Committee Meetings every six weeks.

Keep registers to meet fire regulations.

**Interested?** Contact a member of the committee for further information.

**After you have finished reading this issue, do you know anyone who you could pass it on to? Or somewhere you could leave it to be picked up?**

## Meet the locals



### No 11 Francis Mathews

Francis Mathews was born in Holgate York in 1927. His father was a shop steward at the Rowntree's factory. Francis attended St George's RC primary School and then St Michael's Jesuit College in Leeds.

His first work in the theatre was as a stage hand at the Theatre Royal in Leeds at the age of 17. His acting debut came in 1945. This was soon followed by national service in the Royal Navy. His first TV appearance was in 1954. His west end debut came in 1956 and his first film roles were on three of the early Hammer Horrors during which time he 'killed'

Christopher Lee twice.



In his first film role in 1956 he played alongside Ava Gardner in '*Bhowani Junction*'. He would later suggest that there was a close 'relationship' with Miss Gardner. In 1963 he married TV and film actress Angela Browne. From 1969 to 1971 he played the part of Paul Temple on TV. He starred in both of the Morecambe and Wise films and on some of their TV shows.

Needless to say, his credits for film, TV and stage work is extensive. Due to his ability to mimic the voice of Cary Grant, in 1967 he took on the role of providing the voice of Captain

Scarlet in the children's TV series, Francis died in London in 2014.

Answers to Quiz;

1. Teddy Bear
  2. Barbie
  3. Action Man
  4. Dolls House
  5. Train Set
  6. Snakes and Ladders
  7. Spinning Top
  8. My Little Pony
  9. Meccano
  10. Scalextric.
- a. Micky Dolenz. b. Petula Clarke. c. Lulu. d. George Cole. e. Hayley Mills. f. Charles Hawtry. g. Bonnie Langford. h. Shirley Temple.

# 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      | <b>Vacant</b> |              |
| Vice Chairman | Des Mahon     | 07748 824761 |
| Secretary     | <b>Vacant</b> |              |
| Treasurer     | Jenny Cookson | 01347 833260 |

### Committee:

|                                      |                  |                                                                                  |
|--------------------------------------|------------------|----------------------------------------------------------------------------------|
| Fund Raising Officer                 | Nick Longster    | 07511169433<br>( <a href="mailto:nkmhj@aol.com">nkmhj@aol.com</a> )              |
| Membership Secretary                 | Jenny Cookson    | 01347 833260                                                                     |
| Entertainment Officer                | Jackie McKeivitt | 07875 129352                                                                     |
| Publicity Officer                    | <b>Vacant</b>    |                                                                                  |
| Keep Fit Organiser                   | Nick Longster    | 01759 304631                                                                     |
| Swimming                             | Jenny Cookson    | 01347 833260                                                                     |
| Minutes Secretary                    | John Mitchell    | 01904 764237                                                                     |
| Speaker Organiser                    | Jackie McKeivitt | 07875 129352                                                                     |
| Newsletter Editor<br>& distribution. | Jeff Lane        | 01904 414476<br>( <a href="mailto:jtl1950@hotmail.com">jtl1950@hotmail.com</a> ) |

### Trustees:

|               |              |
|---------------|--------------|
| Tony Fletcher | 01904 264877 |
| Des Mahon     | 07748 824761 |
| Jenny Cookson | 01347 833260 |
| Nick Longster | 01759 304631 |

### Ex Officio

|                                  |              |
|----------------------------------|--------------|
| Vicki Cass                       | 01904 725821 |
| Community Cardiology Team Leader |              |

**Please note; Minutes of committee meetings can be seen on the website.**

**2022 Christmas Lunch**  
**Novotel, Fishergate, York, YO10 4FD**  
**Thursday 15th December – 12 noon**

**MENU**

**STARTER**

**Parsnip & celeriac soup (V)**

Garnished with carrot and parsnip crisps



**Traditional prawn cocktail**

Juicy king prawns with avocado served on a bed of baby gem lettuce,  
topped with Marie Rose sauce

**Chicken liver pate**

Served with a mixed fruit chutney and toasted ciabatta

**MAIN COURSE**

**Traditional roast turkey**

A fresh turkey escalope rolled and stuffed with brandy and apricot  
stuffing, served with all the trimmings and finished with a rich  
onion gravy



**Roasted Salmon**

On a bed of wilted spinach served with asparagus and baby potatoes,  
hollandaise sauce and topped with samphire

**Mediterranean inspired Tagine**

Full of the flavours from the Med made with arrabbiata sauce

**DESSERT**

**Traditional Christmas pudding** with lashings of brandy sauce

**Chocolate orange mousse**, with a shot of Baileys and a homemade  
shortbread biscuit



**Selection of Yorkshire cheeses**

Served with crackers and chutney, fruits and nuts