

# YCSG TRUST

York Coronary Support Group



Registered Charity No. 1011149



Newsletter No. 134  
Summer 2024

## Front cover story; The Guildhall

The guildhall in York is first mentioned in 1256 although the present building dates from around 1445. It was built jointly by the corporation and the guild of St Christopher and St George. The first council meeting recorded as being in 1459. Previous council meetings had been held on Ouse Bridge. The hall was used for civil functions, meetings of the guilds and the performance of plays. Today it houses a variety of events and is still in use by York Council. In the picture the hall is the building set back with the large gothic window.

It is said to be the oldest guildhall in England, although London makes a similar claim. Both were badly damaged in world war two. Richard III is known to have attended a play there in 1483 and enjoyed a feast. This may have been arranged to celebrate the investiture of his son as Prince of Wales in York in the same year. The Guildhall was the scene of the trial of Margaret Clitherow in 1586 and the inquiry into Mary Queen of Scots involvement in the murder of her husband Lord Darnley. Mary did not however attend. The hall had no inside toilet until the late 16<sup>th</sup> century. Consequently it was not unusual to look across the river and see city dignitaries answering a call of nature at the back of the building in public view. The council eventually voted to spent 5 shillings to erect a screen.

In 1643, during the civil war, Queen Henrietta Maria landed at Bridlington on the east coast with arms for her husband's (Charles I) cause. She travelled to York with 500 wagons of supplies and spent 3 months in York. The weapons she brought were stored in the guildhall causing the flooring to collapse. The building was also used to count the King's ransom when the Scots were paid £200,000 for handing over Charles I during the civil war, This was the reparations the Scots wanted for helping Parliament. The cash was transported in 200 barrels sent to York under heavy guard. The Scots took 12 days to count it, to make sure it was all there.

In 1850 a grand banquet was held in the hall to promote trade. Prince Albert attended. The building was used for tribunals when conscientious objectors refused to fight in world war one. The hall was largely destroyed in an air raid in 1942 but later rebuilt & reopened by the Queen Mother in 1960. Council meetings are held in the adjoining council chamber, in which can be seen a sign which reads.....

***'No manifestation of feeling on the part of the public will be allowed during council meetings.'***

# Minutes of AGM 3<sup>rd</sup> June 2024

## York Coronary Support Group Trust

**MINUTES** of the **Annual General Meeting**

held on at **7.30 p.m. on Monday 3rd June 2024**

at The Folk Hall, New Earswick, York

Present. Des Mahon, Jenny Cookson, Tony Fletcher (*Trustees*), Nigel Dussoye, JackieMcKevitt, Jeff Lane, John Mitchell, (*Committee members*) together with nine other group members.

1. Des welcomed all present. Noted that Tim Phillips had sent apologies.
2. The Minutes of the last AGM held on Monday 5th June 2023 were approved and signed.
3. Matters arising. None.
4. Vice-Chairman's report. Des paid tribute to those who had run the recent St Crux day - which had been a great success. He also paid tribute to the hard work that Jeff Lane had done in producing the excellent Newsletter over many years, and this was warmly endorsed by the meeting. Jeff will cease to be Editor after the next issue.
5. Treasurer's report. Jenny distributed copies of her report, and a copy will be attached to the original minutes. She said that, thanks to the bequest from Willie Anderson, our finances should be secure for about ten years if the present level of fund-raising was maintained and there was no increased expenditure. As at 31/3/24 there was just over £100K in reserves, and the planned deficit for the current year was £4K. Class numbers were still lower than pre-Covid, so needed ongoing subsidies, although there was some recent improvement. It was hoped that there would soon be a new, evening, class starting, to cater for the increasing number of people who were still at work, and six months funding had been allocated for this.

Fundraising had continued. The two St Crux days had raised over £1800, which was excellent. The Morrison's tin shake had only raised about £300, but some felt it was worth repeating as it gave us good publicity. In response to questions, Jenny said that the 'break-even' figure for classes was about 23 attenders. She also said that the bulk of the reserves were now invested, but due to the very strict Charity Commission regulations, it was only possible to invest in zero-risk investments, and these were always fixed term and fixed interest, and gave low returns. The issue of the level of class fees was discussed briefly.

## Minutes of AGM 3<sup>rd</sup> June continued.....

### 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 current elected members were unanimously re-elected en bloc viz:

Nigel Dussoye, Jeff Lane, Jackie McEvitt, John Mitchell, Tim Phillips, Ray Schofield.

### 7. Appointment of an auditor. It was agreed to appoint Robert Hancock of Hunter Gee Holroyd.

### 8. Any Other Business.

a) Des gave a reminder about the 2024 Christmas lunch.

b) Des also announced that it was hoped that the speaker at the Medical Evening in October would be Dr Hayes, who was a specialist on pace-makers.

9. It was decided that the 2025 Annual General Meeting would take place at 7.30 p.m. on Monday 2nd June 2025.

10. The meeting concluded at 8.10 p.m.

## Treasurer's report.

2023/24

In July 2023 we received the second part of the Willie Anderson bequest £42,666.66. This bequest not only saved the Trust from closure but ensures our future for the next ten years.

Although we have yet to achieve pre-Covid levels of attendance at all classes, numbers are steadily increasing. We continue to run exercise classes at York Stadium, Poppleton Community Centre and York St John and our aqua aerobics classes at Roko. The Committee have agreed to investigate an evening class, particularly aimed at newer members who are still working, details to follow.

The small increase in fees has ensured that, whilst most of the exercise classes do not cover all costs, we are not supporting classes to the level we were during 2022/23. The increase to £5, which is successfully in operation at Roko, will be re-considered later this year for all classes.

We held two events at St Crux during 2023 which raised £1801.73 towards our funds. The organising and running of these events still falls on a small group of members – anybody who is able to help with baking and on the day is always welcomed with open arms.

## **Treasurer's report continued.....**

There is no longer an opportunity of fund raising/publicity at York District Hospital though we did take part in the World Heart Day event organised by the Heart Failure team. We also held two tin shakes at Morrisons just before Christmas – the first since Covid. They raised £291.12 – and were an excellent opportunity to publicise our services to a wider audience.

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 £12,000. Budgets for 2024/2025 have provisionally been set as follows;

**Exercise Programmes Support £ 7000**  
**Administration £ 200**  
**Newsletter/publications £ 1700**  
**Exercise Equipment £ 250**  
**YDH Cardiac Rehabilitation £ 1500**  
**Social Events £ 250**  
**Storage £ 1100**  
**Total £12,000.**

We have also to ring fence £12,500 to cover activities - keep fit classes and wages, swimming classes and wages, monthly meeting hall hire and speaker fees. This covers the group for a three month period should the unexpected happen and we have no income – a situation which we all remember very well.

The monies in the bank accounts and in hand at 31st March 2024 amount to £102,076.29 compared to a total of £76,761.22 at 31st March 2023 – which if you remove the total Willie Anderson bequest of £112,497.96 indicates the level of support given to our exercise classes in the financial year.

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 Stadium, Poppleton Community Centre, York St John and the aqua aerobics at Roko Health Club with necessary training and certification courses for their leaders.

*Jenny Cookson*

Treasurer, York Coronary Support Group Trust June 2024

## Editor's ramblings.



Hello Everyone,

I have recently had my account blocked by a well known global supplier who I will call 'rain forest'. Why was I blocked? Because 5 years ago I was given one of their devices as a gift and had to reluctantly set up an account with them ready for when I wanted to purchase something, which I haven't wanted to. I recently had to change the device for a similar second hand replacement and so I needed to input the original account details to be able to activate it. I was then blocked because I had not purchased their 'brand new' device and never ordered anything from them. I tend to go to shops. Then the modern day phenomenon of the automatic e mail reply kicks in to cover all customer cancellations.....*Greetings from \*\*\*\*\*! First, I would like to thank you for your ongoing support and continual purchasing throughout the years. Your purchase history is outstanding and I would personally like to keep your patronage. You are certainly the type of customer that we would like to retain.* Sign of the times in our internet world I suppose.

We had a winter break in Morecambe recently staying at the 1930s art deco Midland Hotel which has, in the past, been used to film period dramas set between the wars. Morecambe is typical of seaside towns having their heyday in Victorian times as the railway reached them. Now a little worse for wear. One of the sites to see is the statue of Eric Morecambe who was born there. I decided to have my photo taken in suitable pose. I think I was the very first person ever to think of doing this. My wife thinks that maybe someone else has done it before. As it was



February the weather was cold and overcast, so needed someone to bring us sunshine.

Well this is my last issue as editor. I hope that there has been some interest for you in articles and reports over the last 7 years. If not, keep it to yourself. At the time of going to press no-one has come forward to take on the editors role. In this event the newsletter in its current form will cease to be. So if you or someone you know would like to have a go, then please come forward, all possible assistance and advice will be provided.

# Monthly Meeting 4<sup>th</sup> March

## Stethoscope secrets; A presentation by Carol Tetlow.

A well attended gathering on the 4<sup>th</sup> March enjoyed an insightful, interesting, humorous and at times surprising look into the life of a GP in central Harrogate. Carol, now into her ninth year of retirement, seemlessly and without visual aids, recalled many tales from her thirty year career.



Although she had initially wanted to be a bowel surgeon, the path taken led to being a GP after years of training on a variety of subjects. Carol told us how her retirement was interrupted by the Covid pandemic when, as with many other retirees from the medical world, she was called upon to administer the jabs. During this period she witnessed some of the best cameraderie and team spirit amongst staff. Her early years were spent alongside an experienced, time served GP, whose guidance and advice was invaluable at the time. But, Carol, as a junior partner, would get the call outs on bank holidays.

Carol explained how hospital doctors work as part of a team, whereas GPs work independently. They have their own consulting room, but long gone are the days when consulting rooms had pictures, ornaments, plants and magazines due to the potential for spread of something. This is just one aspect of how times have changed in the medical world, now largely unrecognisable from previous times.



In the days before the internet patients would arrive with little or no knowledge of their complaint and typically spend five minutes with the GP. However, post internet, they would 'know' much more about their condition, sometimes armed with notes, and thus consultations could last much longer.

In 1995 changes to the way doctors were rostered for call outs resulted in the decline of the tradition home visits by your GP. More of us now are expected to attend somewhere unless it is an emergency. This can at times be difficult for those with less mobility, with small children or without transport. The reduction of home visits means a reduction in opportunities for someone outside of the family to witness the conditions in which people are living, especially when children are concerned.

## Monthly meeting continued.....

Carol's numerous anecdotes ranged from being mistaken for the home help even after treating a patient to attending a fatal air crash in driving rain when acting as a police surgeon. Work with the police involved taking blood samples from drunk drivers and inspecting prisoners to gather evidence.

Her latter days in Harrogate were spent helping to develop trainee doctors from around the world. One eager trainee volunteered to go to a Harrogate hotel to examine an unwell guest. It was soon clear that 41 guests had Norovirus, 42 including the trainee.

Carol rounded off with tales of difficult patients and some with strange requests, including the man who wanted to have his blood pressure taken and so get the all clear to take up dancing. The evening closed after one or two questions for Carol and some generalisation about the GP system today.

Note; Fees for Carol's talks go to Breast Cancer UK. In 2019 she raised £2,300, in 2022 it was £2,000. She has had novels published, five being based around a fictional GP practice in the Yorkshire Dales. Others include her latest '*Game Set and Match*' available from Waterstones, W H Smith and Amazon. If you are searching, look for author Carol Margaret Tetlow and for more information visit [www.carolmtetlow.co.uk](http://www.carolmtetlow.co.uk) if you have the facilities to do so.

## Fundraising

The image shows the tempting display of food put together by the team on 21<sup>st</sup> May at St Crux on our fundraising day. An impressive total of £1141.65 was raised by the outdoor sales and indoor cafe. Well done to all involved.



# Monthly Meeting 8<sup>th</sup> April

## Made in York, the lives and careers of John Barry OBE and Dame Judi Dench.

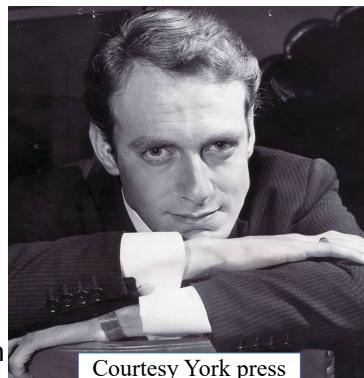
### A presentation by John Clithero.

Some of us will remember John's last presentation to our group and so we were expecting a humorous, informative and entertaining evening with plenty of detail. We were not disappointed. John began by reminding us of his past life on cruise ships and radio work and how many York born people have become nationally and internationally famous.

The subjects of the evenings presentation, one a musician and composer, the other a world famous actress, were both York born and both fit into the international category.

John's first subject was John Barry. Born John Barry Prendagast in Holgate in 1933, he would later drop the Prendagast. He was the youngest of four children. His Mother Doris was a classical pianist and no doubt passed some musical talent on to her son. John attended St Peter's School and as such came into contact with Francis Jackson, the organist at York Minster who would become another influence on his early musical talent resulting in the young John composing at the age of 15. His Irish born father owned a number of cinemas including Clifton (still standing) and the Rialto, Fishergate (not standing). The latter played host to a number of artists and bands in the 1960s, including the Beatles four times and they weren't even top billing in the early performances.

In the 1950s John formed a band he called the John Barry Seven. They would regularly appear on TVs shows in the 1950s and 1960s, including *Six Five Special* and *Oh Boy*. He would go on to write the scores for a number of films including eleven James Bond themes. At one stage he tried his hand at stage musicals, but without much success.



Courtesy York press



Courtesy York press

## Monthly meeting continued.....

He became a tax exile and moved to Oyster Bay New York. John became the only Briton to win 5 Oscars, all for his film scores. In 2001 he received an honorary degree from the University of York and in 2002 was made a freeman of the city of York. See also 'Meet the Locals' on John Barry's life and career, on page 18 of the Summer 2023 edition of the newsletter.

The next subject covered in John's presentation to us was Dame Judi Dench or Dame Judith Olivia Dench CH DBE FRSA to give her her full title. Judi was born in York in 1934 the youngest of three children. She had two elder brothers. Judi's father, English born Reginald, a veteran of the Great War, had studied in Dublin where he met Judi's mother, Dublin born, Eleanora.

They moved to Manchester where Reginald worked as a GP. Another move would take the family to the Clifton area of York where Reginald was established again as a GP. He became the resident doctor at the Theatre Royal where he was involved in amateur dramatics. With Judi's mother involved in the wardrobe department, it was therefore inevitable that the young Judi would get involved in the theatre. Judi attended the Mount School in York, a Quaker school for girls, where she boarded week days. Her Quaker faith has stayed with her throughout her life.



Courtesy York press

She was given parts in the York mystery plays between 1951 and 1957. Her last performance as the Virgin Mary. Her talent was soon recognised and she applied for, and won, a scholarship to the London Central School, then at the Royal Albert Hall. Vanessa Redgrave was a classmate. Judi was spotted by someone from the Old Vic in London which resulted in her first professional role in Liverpool as Ophelia in Hamlet, which was well received. Other Shakespearian roles followed, some being performed on the company's tour of Canada and the United States. It seems natural that she would, at some point, join the Royal Shakespeare Company at Stratford on Avon, which she did. Her first performance there was in 1962.

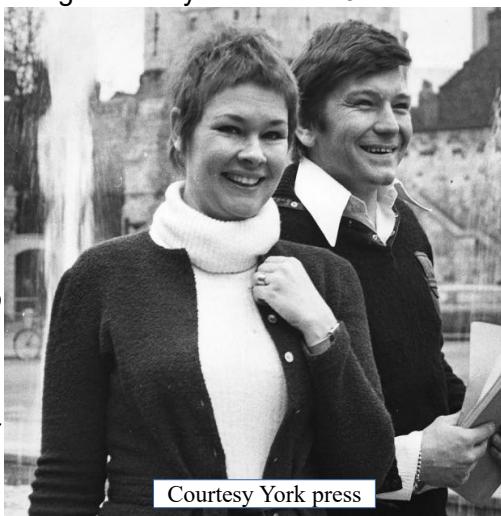
Her career would move into television with an early part as a young troublemaker in *Z Cars* and in the theatre she played Sally Bowles in *Carabet* on the stage in 1968 receiving excellent reviews. However, she missed out on the leading role in *Cats* the musical due to injury.

## Monthly meeting continued.....

The role went to Elaine Page. A number of TV appearances followed including situation comedies *A Fine Romance* and *As Time Goes By*. Judi even managed to get a part in the Radio soap opera *The Archers* to mark its 10,000<sup>th</sup> episode. Film roles were offered and accepted including the bond film *Goldeneye* in 1995 which was to be her first of seven appearances as 'M' in the series. In 1997 she appeared as Queen Victoria in *Mrs Brown* alongside Billy Connolly. In 1998 she had an eight minute part as Queen Elizabeth I in the film *Shakespeare in Love*, for which she won an Oscar for best supporting actress. Her other films in this period were *Chocolat* and *Tea with Mussolini*.

Judi married fellow actor Michael Williams in 1972, pictured here in Exhibition Square. Their only child daughter Flinty arrived in 1972. Michael sadly died in 2001 but Judi continued to work on a number of productions and films including the *Shipping News*, *Iris*, *Mrs Henderson Presents*, *Notes on a Scandal*, *Philomena*, *Ladies in Lavender* and in 2021, *Belfast*.

The Bond films continued and included; *Die Another day*, *Casino Royale*, *Quantum of Solace* and *Skyfall* in 2012 in which she was killed off at the age of 78. Clint Eastwood rang her and asked her to play J Edgar Hoover's mother in his 2011 film *J Edgar*. A year later Judi had a part in the film *The Best Exotic Marigold Hotel*.



Courtesy York press

She received an OBE in 1970 and was created a Dame in 1988.

As a long time follower of Everton Football Club, she is involved with their charity work. In fact she has been Patron of over 180 charities, mostly relating to the underprivileged, the theatre, wildlife and medical including York Against Cancer.

John's presentation gave us all a fascinating insight into the lives and careers of two internationally known children of York. Two pages of text here only scratches the surface of their extensive achievements in the world of entertainment. We have no statues of either of them, but we have blue plaques and a riverside walk to remind us of them for years to come.

## Membership renewals.

Membership renewals were due in March. The subscription is **£10 for single membership and £15 for couples**. As all exercise and swim sessions continue to be 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.

**A warm welcome to new members;**



Christine Morrison, Jonny Lovell, Kath and Phil Burton, Michael Burchall, Colin Robinson, Adrian Lucas, Ann Mills, Mike Gultneiks, Jacqueline Sanderson, Martyn Webster, Glynis Hanson, Lisa Duffil, Sally Coultas, Margaret Botterill, Iain and Jane Sharkey,

**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?**

# Dates for the Diary



Monthly meetings are held at the Folk Hall, New Earswick.

(No meetings in July or August)

**Monday 2<sup>nd</sup> September at 7:30pm. Monthly meeting;**

Alastair Fitter; Giving a talk on Yorkshire's biodiversity. The hotspots and history of Askham Bog.

**Thursday 5<sup>th</sup> September. St Crux fundraising.**

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 do not require electrical items, hard back books 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 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 7<sup>th</sup> October at 7:30pm Monthly Meeting;**

Medical Evening; Dr Hayes, a specialist on pacemakers will attend. It is hoped that rehab and heart failure nurses will also be in attendance.

**Monday 4<sup>th</sup> November at 7:30pm; Monthly meeting;**

Sarah Hopps will be giving a talk on her experiences over the years as a Tour Guide with coach companies.

**Thursday 12<sup>th</sup> December. Christmas Lunch, (see later).**

**Monday 2<sup>nd</sup> June 2025.** Annual General Meeting. 19:30pm Folk Hall, New Earswick.

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

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





## Christmas Lunch 2024

**Novotel, Fishergate, York, YO10 4FD**

**Thursday 12th December – 12 noon**

## **MENU**

### **STARTER**

Roasted celeriac and thyme soup, served with bread rolls and chive butter (V) (\*GF)

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Chicken terrine with leek and apricot, served with melba toast and a side of piccalilli and crispy kale salad (\*GF)

~~~~~

Bloody Mary seafood platter, a seafood mash up with prawn marie rose with a hint of bloody mary, served with combos of lettuce

### **MAINS**

Roast Turkey ballotine stuffed with sage and onion, served with all the trimmings (\*GF)

~~~~~

Parmesan crusted Salmon, panko coated langoustines served with wilted spinach, pont neuf potatoes and a gourmet tartare sauce

~~~~~

Wild Mushroom Risotto with cauliflower fritters and roasted figs (V) (\*GF)

### **DESSERTS**

Yorkshire artisan cheese selection served with chutney, crackers, celery and grapes (\*GF)

~~~~~

Traditional Christmas pudding, Crème anglaise and rum soaked cherries

~~~~~

The Novotel Trio; Chocolate cake with chocolate coated strawberries, Orange Liqueur shot, Dark chocolate mousse Vegan Lemon Cheesecake – (V)

~~~~~

**£27.00 per member (£30.00 non-members) including canapes and tea/coffee and petit fours**

(V=vegan, GF= gluten free)

## Christmas Lunch Order Form 12<sup>th</sup> December

The cost is £27 per head for members, £30 for non-members. 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).

Please specify any allergies/dietary requirements.

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 1011149, 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.**

## Collecting Glasses.

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

## Recycling Devices, Phones etc.

The IT ReUse project is supported by a group of organisations in York. They accept donations of IT equipment from the general public and local businesses, and then through a network of community workers they distribute to individuals who aren't able to access essential services and risk getting left behind by the digital divide. They do not charge anything for their services.

They are in need of the following devices:

Desktop & laptop computers manufactured after 1st January 2009. They will use industry-standard software to destroy all of your data, and can supply certificates of data destruction on request.

Plus smartphones & tablets manufactured after 1st January 2012. please sign out of your Apple ID or Google account before donating! If your device is locked to your account, nobody but you can use it.

Please make sure that the device is charged when you bring it in. You can donate them at the following locations;

**Community Furniture Store, James Street, York, YO10 3DW**

Monday to Friday 9am-4:30pm, Saturday 9am-3:30pm.

**Or The Belfry, De Grey Rooms, St Leonard's Place Y017HB.**

Monday to Thursday 9am-5pm.

For more information you can also visit <https://itreuse.org.uk>.

# Quiz Page



Can you fill in gaps. They are all songs with modes of transport (or movement) in their titles.

|                             |                         |      |
|-----------------------------|-------------------------|------|
| 1. On The Good ....(4)      | Lollipop,               | 1934 |
| 2. The .....                | (7) Song                | 1944 |
| 3. The Banana ....(4)       | song                    | 1956 |
| 4. Three Wheels On My ..... | (5)                     | 1961 |
| 5. ....(5)                  | Cross The Mersey        | 1964 |
| 6. ....(6)                  | And ....(5) And ....(6) | 1965 |
| 7. Magic ... (3)            |                         | 1968 |
| 8. Leaving On a ... (3)     | ....(5)                 | 1969 |
| 9. Big Yellow ....(4)       |                         | 1970 |
| 10. Crazy .....             | (6)                     | 1972 |



Can you solve the anagrams. They are all other forms of transport past and present to ride in or on. They are different from the answers above.

- a. POLICETHER
- b. DRAINHASCE
- c. RATSORUE
- d. DUALAN
- e. MEDDLETESAPAR
- f. SHABMOANC
- g. TREVORCHAF
- h. BANCARACH
- i. CLETRICY
- j. BRAKEDOATS



# Improve your fitness

Exercise sessions for YCSGT members;



**The times and venues for classes are as follows:**

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

**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  
9.45am – 10.45am  
(note; Nurses are not planned to attend Wednesday sessions).**

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

**Monday and Friday  
1.30pm – 2.30pm**

**(N. B. Classes do not usually operate on Bank Holidays)**

The cost is £4 per person per session, which are held under the supervision of qualified instructors and a nurse attends all sessions except Wednesdays.

**Contactless card payment can now be made.**

Please note: New members should contact **Nick on 0751 1169 433** 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 £5.00 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: Jackie McKevitt on 07875 129352**

## HOOKS REMOVALS

... We go a long way to please...

- Quality Removals, Deliveries, Storage and House Clearances.
- Full Packing Service or Boxes Supplied. Free Estimates.
- A Family run business offering a personal service second to none.
- Local and Long Distance Removals
- Single Items

'Oakwell'  
40 The Village, Wiggington,  
York. YO32 2PJ



Phone: 01904 762609  
Mobile: 07855257810  
Email:  
[john@hooksremovals.co.uk](mailto:john@hooksremovals.co.uk)  
Website:  
[www.hooksremovals.co.uk](http://www.hooksremovals.co.uk)

## Jemma Rigby. Riverbend Flowers.

The meeting on the 13<sup>th</sup> May was a demonstration given by Jemma Rigby of Riverbend Flowers, a floristry business located between Riccall and Kelfield. Whilst putting together her display she told us about her passion for flowers and how as a 13 year old she was taken by her Grandmother to the WI where she acquired a booklet on flowers which sparked her interest in the subject. This led in later life to supplying flowers for her own wedding.

Multi-tasked Jemma continued talking whilst putting together her display. The vase used held a block of oasis. For those who are not aware, this is a bio-degradable product that holds water and has the ability to provide a firm base to push flower stems in and keep them in position. Shaped chicken wire is an alternative.

The display slowly took shape starting with foliage (greenery) and included carnations, alliums, roses, and delphiniums. The style of display has to take into account whether it will be viewed from all sides or just placed in a corner for example.



After a number of years as a side line, Jemma decided to go totally into floristry during the pandemic and has not looked back. While she grows some of her own flowers, those grown in the UK are not always suitable or robust enough for weddings and events when they need to be fresh longer. Also, time spent growing eats into time for floristry.

Jemma's supplies generally come from a large wholesaler in Leeds. Typically deliveries are dropped off at 05:30am and soon placed in air conditioned storage.. The business supplies Christmas wreaths, wedding displays, bouquets and funeral wreaths, all this combined with taxi work for her children. As in other aspects of life, fashions change especially for wedding arrangements. The current wedding trend is for white roses, green bouquets and seed heads. Last year it was cappuccino roses from Equador. Jemma gave the audience plenty of advice on the subject she is clearly well versed on.

## Monthly meeting continued.....

Flowers should be cut ideally during the night or early morning as the water content in the stems will be highest. They are best when kept cool and dark and away from sunlight, old traditional churches being the ideal environment. Certainly not near radiators.

They need fresh cold clean water in warm weather, emphasis being on the clean. Bleach and sugar in the water in the correct quantities can help give flowers a longer life. Displays can survive weeks in the right conditions. For displays, the leaves should be taken off roses as they will deteriorate and rot quickly. A leading and well known supplier of good quality roses being David Austin.

Jemma's contact details are;

Phone; 07910 318932

Website; [www.riverbendflowers.co.uk](http://www.riverbendflowers.co.uk).

## Driving and Health

Here are six health conditions that drivers must declare to the **Driver and Vehicle Licensing Agency**. Failure to declare could lead to a £1000 fine.

**Diabetes.** If you have diabetes that is treated by insulin, and the insulin treatments last more than three months, you must inform the DVLA. This also applies to gestational diabetes, or if you are at risk of low blood sugar, known as hypoglycaemia. If your diabetes is not managed by tablets or non-insulin injections, you may need to inform the DVLA. Speak to your doctor or nurse to find out more.

**Vertigo.** While most people associate vertigo with being at height, this is specifically known as 'height vertigo'. Regular vertigo sufferers can get attacks anywhere, making it feel like the world around them is spinning. If you suffer from sudden, disabling, or recurrent vertigo, report it.

**Déjà vu.** This is something mostly written off as an odd feeling that you've been somewhere before, but it can be much more serious.

The DVLA must be informed if you suffer from seizures or epilepsy that cause déjà vu. Speak to your doctor if you're not sure.

**Labyrinthitis.** Labyrinthitis has nothing to do with mazes, it's actually an inner ear condition that causes dizziness, nausea and loss of hearing. The DVLA classifies this as similar to vertigo in terms of how it may affect your driving. Since all of these things could affect your ability to drive, you must inform the DVLA if you have labyrinthitis.

## **Driving and health continued.....**

**Sleep apnoea.** Obstructive sleep apnoea is a condition that causes the throat to relax and narrow during sleep, which can cause difficulty breathing. It's one of a number of sleeping disorders that the DVLA must be told about, including narcolepsy and cataplexy.

Obviously, any kind of sleepiness is directly detrimental to driving and you should not drive if you are feeling drowsy. However, if you have any sleep condition (or are taking medication) that causes excessive sleepiness for at least three months, you need to inform the DVLA.

### **Heart palpitations**

This condition results in the sufferer becoming more aware of their heartbeat, which may feel like it's pounding or fluttering, or perhaps beating irregularly. While the NHS says they are usually not a sign of something serious, the DVLA requires you to declare if you regularly suffer from them. Some other heart conditions need to be declared, while others (like heart murmur) don't. Again, talk to your doctor about how your driving could be affected and whether you need to inform the DVLA.

## **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 then come forward.

## **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: 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: 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.

# York Coronary Support

Registered Charity No: 1011149

Patron: Professor Sir Roger Boyle CBE

President: Dr M Pye FRCP

## Who's Who

### Officers:

|                   |               |              |
|-------------------|---------------|--------------|
| Chairperson       | <b>Vacant</b> |              |
| Vice Chairperson  | Des Mahon     | 07748 824761 |
| Secretary         | <b>Vacant</b> |              |
| Treasurer         | Jenny Cookson | 01347 833260 |
| <b>Committee:</b> |               |              |

|                         |                  |                                |
|-------------------------|------------------|--------------------------------|
| Fund Raising Officer    | Nick Longster    | 07511169433<br>(nkmjh@aol.com) |
| 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                | Jackie McKeivitt | 07875 129352                   |
| Minutes Secretary       | John Mitchell    | 01904 764237                   |
| Speaker Organiser       | Jackie McKeivitt | 07875 129352                   |
| Newsletter distribution | Jeff Lane        | 01904 414476                   |
| Committee Member        | Tim Phillips     | 07904 121243                   |
| Committee Member        | Nigel Dussoye    |                                |
| Committee Member        | Ray Schofield    | 07703 199207                   |

|                   |                                   |              |
|-------------------|-----------------------------------|--------------|
| <b>Trustees:</b>  | Tony Fletcher                     | 01904 264877 |
|                   | Des Mahon                         | 07748 824761 |
|                   | Jenny Cookson                     | 01347 833260 |
|                   | Nick Longster                     | 01759 304631 |
| <b>Ex Officio</b> | Vicki Cass                        | 01904 725821 |
|                   | Community Cardiology Team Leader. |              |

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

### Answers to quiz.

1. Ship (Shirley Temple)
2. Trolley (Judy Garland)
3. Boat (Harry Belafonte)
4. Wagon (Dick Van Dyke)
5. Ferry (Gerry and the Pacemakers)
6. Trains, Boats, Planes (Burt Bacharach)
7. Bus (The Who)
8. Taxi (Joni Mitchell)
9. Horses (The Osmonds)

a. HELICOPTER b. SEDAN CHAIR c. EUROSTAR d. LANDAU  
e. PADDLE STEAMER f. HANSOM CAB g. HOVERCRAFT h. CHARABANC  
i. TRICYCLE j. SKATEBOARD

## Meet the locals

### No 18. Dustin Gee



Dustin Gee was a comedian and impressionist born in York in 1942. His real name was Gerald Harrison. At the high of his fame he had a double act with Les Dennis. He left school to attend art college which led to him working with stained glass, notably in York Minster at one point. He moved into comedy after time as a member of local rock groups including Gerry B and the Rockafellers. His talent resulted in TV appearances on '*Who do you do*' and '*Russ Abbot's Mad House*' where he met Les Dennis. In 1984 they were the act that followed Tommy Cooper when he had his fatal heart attack. The pair were performing as attempts were being made to revive Tommy backstage.



Dustin and Les were given their own TV programme, '*The Laughter Show*' which continued for three series. In May 1985 Dustin fell ill while on stage in Blackpool with a minor heart attack. He returned to the show after six days in hospital and stayed until the show ended in September even though he had been advised to take a six month rest. He also continued with his TV commitments.

On 1<sup>st</sup> January 1986 whilst playing an ugly sister in Cinderella at Southport he suffered a heart attack and collapsed in the dressing room. After attempts to revive him, he was taken to hospital where he died the next day. His funeral was held St Oswald's Church in Fulford. Among the 300 in attendance were Les Dennis, Sherrie Hewson, Dana and the Krankies. Flowers were sent by Bob Monkhouse, Danny le Rue, Cannon and Ball, Les Dawson, Larry Grayson, Ernie Wise, Russ Abbot, Des O'Connor, Tom O'Connor, Little and Large and Jimmy Tarbuck.

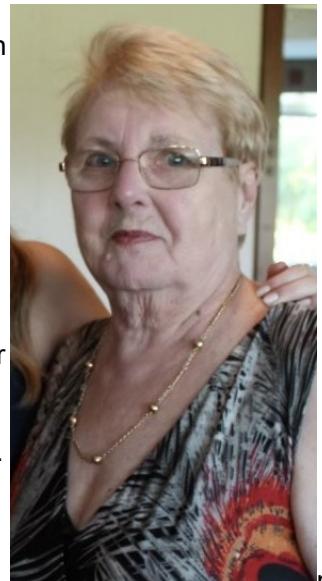
## Obituaries

**The YCSGT regrets to announce the recent passing of:  
Anne Weir and Don Collins.**

One of our longest serving members, **Anne Weir**, passed away on 29th April. Anne had been a member of the YCSGT Committee for over twenty years – arranging speakers for our monthly meetings and being the organiser for our Aqua Aerobics Group from the early days at Waterworld and latterly at Roko.

In the early days of the Trust Anne and husband Philip ran the Trust shop – selling sweatshirts, t-shirts and hats.

Anne was always ready and willing to help at our fundraising events – St Crux, York Hospital and organising many tin shakes at Morrisons. Anne also arranged the raffle at our monthly meetings. Anne will be greatly missed by her many friends, husband Philip, children Fiona and Alex and granddaughters Lexie and Kristin. Donations in aid of YCSGT at Anne's funeral totalled £305.00 which the Trust greatly appreciates.



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**Don Collins** was a well known and respected member and a regular at gym sessions. The sum of £724 was raised at Don's funeral and in line with the wishes of his family the amount will go towards the provision of new exercise equipment.

**Our condolences go out to their families and friends.**

## ACKNOWLEDGEMENTS

We would like to thank the family and friends of Eileen Milling for their kind donation, which was in excess of £200, following her funeral in November of last year. Eileen was a former member of the trust who passed away on the 8<sup>th</sup> November 2023.

We have also received a bequest of £2000 in memory of Margaret Sutherland.

**For these and all such donations we are extremely grateful.**

# YCSGT New Membership/Renewal Form

YCSGT Membership/Renewal Form

I/we wish to apply/renew for Single/Joint Membership (delete as necessary)

**PLEASE COMPLETE IN BLOCK CAPITALS**

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Post Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

E:mail: \_\_\_\_\_

Subscriptions are £10.00 for individuals, £15.00 for couples and are renewable on 1st March each year.

NB: New Members intending to use exercise classes should provide a referral note 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,

Email [jenny\\_cookson@yahoo.com](mailto:jenny_cookson@yahoo.com)

**OR you can pay by BACS (bank transfer) – a/c number 94153304, sort code 09-01-51 (Santander), a/c name YORK CORONARY SUPPORT GROUP TRUST REG CHARITY NO 1011149. Please use your surname and membership number as 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:  Text:

We will never share your information with any third parties.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



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. 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 Newsletter is sent free to members. Recent past issues can be found on our website;

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

## **Subscriptions:**

The subscription is £10 for a single member or £15 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. For methods of payment refer to details on the application form.