

YCSG TRUST

York Coronary Support Group



Newsletter No. 137
Summer/Autumn 2025

Registered Charity No 1011149

Minutes of the Annual General Meeting.

**MINUTES of the Annual General Meeting of the
York Coronary Support Group Trust.
held on at 7.30 p.m. on Monday 2nd June 2025
at The Folk Hall, New Earswick, York**

Present. Jenny Cookson, Nick Longster, Nigel Dussoye (Trustees), Jeff Lane (Acting Chair) Jackie McEvitt, John Mellor, John Mitchell, Tim Phillips, Ray Schofield.(Committee members) together with seven other group members.

1. Welcome and Apologies. Jeff welcomed all present. He explained he had been Acting Chairman since the tragic death of Des Mahon, to whom he paid a warm tribute.

Apologies had been received from Tony Fletcher, Tim Cheung and Colin Robinson.

2. The Minutes of the last AGM held on Monday 3rd June 2024 were approved and signed.

3. Matters arising. None

4. Acting Chair's report. This report is appended to these minutes – see below.

5. Treasurer's report. This report is appended to these minutes – see below.

The issue of class sizes, and at what level they cease to need a subsidy, was raised from the floor. Jenny explained that the break-even figure had been 23, but with rising costs it was now nearer 26 or 27. In response to a suggestion from the floor that membership fees might be raised, Jenny informed the meeting that membership had recovered well and were now only about 40/50 less than the pre-Covid figure.

Minutes of AGM 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.)

On a proposal from the Chair, the following members were elected to serve on the Committee for 2025/26. viz:-

Tim Cheung, John Mellor, Jackie McKeitt, John Mitchell, Tim Phillips, Colin Robinson, Ray Schofield.

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

8. Any Other Business.

a) Jeff drew attention to the fact that that the Medical Evening, in October, would be on a Tuesday – the 7th October. The speaker would be Dr Greg Mellor consultant at the Royal Papworth Hospital and his speciality is pacemakers etc.

b) Tim Phillips proposed a vote of thanks to Jeff for all he had done for the Trust, especially standing in as Acting Chairman over the past few months. This was warmly endorsed by the meeting.

9. It was agreed that the 2025 Annual General Meeting would take place at 7.30 p.m. on Monday 1st June 2026.

10. The meeting concluded at 7.55 p.m.

Chairman's report to the Annual General Meeting 2nd June 2025.

Hello everybody. Welcome and thank you for taking the time out to attend this AGM 2025. No doubt you will be wondering what I am doing sat here. Actually, so am I. I'm Jeff Lane and I have been editor of the newsletter for 7 years, although I have now stepped down from that role. To explain my presence here I will have to remind you that we lost one of our all-time devoted members when Des Mahon passed away last year. He was our Vice Chairman, chairing committee meetings and spending much of his time in the background on the business side of the charity and would have

been sat here today. I was asked to temporarily fill that gap at committee meetings and agreed. So here I am tonight.

My report as acting chairman starts with a tribute to Des, our past vice-chairman for a number of years. Des's commitment, time and effort given to our charity will be difficult to match. His passing left a big gap in our organisation. His earlier treks around the world raising money for the British Heart Foundation were very impressive and a big part of his life. More recently, as our vice chairman, he had been involved in all aspects of the organisation, helping to steer the ship after the Covid years. We also saw the passing of Anne Weir, a long standing member and committee member for over 20 years. Anne was involved in many aspects of the Trust, in particular fund raising, including tin shakes & St Crux, and was involved in the organisation of the swimming group. Des, Anne and other members we have lost this last 12 months will all be sadly missed.

The last year has seen an addition to what we offer people after heart events, that being a new exercise class on Monday evenings. This was set up by Ailish, one of our instructors, who wanted to bring back evening sessions for those still at work earning a living in the daytime. She has been very well supported by Kath, the cardiac nurse, giving up her time to help out. Kath has been supportive of our charity for many years and will be known to many of us.

Since the last AGM we have experienced two successful days raising funds at St Crux. A thank you should go out to all those who give up their days to help out on the stalls and in the cafe. Please come along on the 4th September to either help or, if not, have tea and cake. The weather on that day will be perfect I know.

A big thank you should also be given to the Hook family, without whose experience, time and transport we would surely find fund-raising days far more challenging.

On behalf of all the members I would like to take this opportunity to thank a few people for their invaluable involvement over the past year. Thanks go out to our instructors, Ray, Ailish, and Clair and also to Nicky for filling in for Ailish after her ski-ing accident. Thanks also go to our nurses, Nancy, and Vicki and of course Kath again. This group of people between them keep our organisation going for the purpose it was set up for. In March we had to cancel one or two classes due to Ailish's unfortunate mishap but, as is typical of the team, they quickly organised a restart and stepped in to cover the classes.

The other group of individuals we rely on are those who are involved on a voluntary basis giving up their time to keep the wheels turning and the engine running. Jackie is our monthly meeting organiser, finding people to give us interesting talks and presentations covering a wide variety of topics from Guy Fawkes to Theatrical costumes. Getting a close up look at Berwick Kaler's pantomime dame costume will not be forgotten. (Oh no it won't!).

Then there's John who takes the minutes at gatherings and is the font of all knowledge relating to the protocol of meetings and AGMs. He has been invaluable proof reading the newsletter before publication. If you are not sure he will tell you exactly where to stick your apostrophe! Then we have Jenny, the treasurer, who will be speaking shortly. Her workload is the heaviest of all, her involvement is crucial to the running and future of the trust. We should all be confident that the finances are in good hands now and for the foreseeable future.

So a big thank you to all of those who keep the ship afloat. But if the ship is to stay afloat we need a constant supply of people to come aboard and take on important roles. So if you, or anyone you know, would like to get involved and help out, please get in touch.

Jeff Lane, AGM Acting Chairman 2nd June 2025

Treasurer's report to the Annual General Meeting 2nd June 2025.

Lots of good news this year – thanks mainly to the Willie Anderson bequest we are able to look forward to a few more years supporting cardiac patients and their families.

We have started to run a new class on Monday evenings in conjunction with the YDH REACH team – this is aimed at those who have recently graduated from the hospital rehab classes and are looking to return to work. This class is proving to be very successful and although the numbers are small this fills a gap in our services.

We also received some bequests from members which totalled £8332.55, this included the final tranche of the Willie Anderson bequest of £4473.04.

We moved our storage location during the year as Sure Store offered us a larger unit at the charity rate of £32 per month – this will save us over £500 a year.

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 2025/2026 have provisionally been set as follows

Exercise Programmes Support £ 8,500

Administration £ 200

Newsletter/publications £ 1,700

Exercise Equipment £ 2,500

YDH Cardiac Rehabilitation £ 2,500

Social Events £ 250

Storage £ 425

Total £13,575

We have also to ring fence £10,000 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 2025 amount to £100,857.84 compared to a total of £102,076.29 at 31st March 2024 – which if you remove the total Willie Anderson bequest of £116.971.00 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, and expand, the Keep Fit classes at York Stadium, Poppleton Community Centre, York St John and the aqua aerobics at Everlast Health Club with necessary training and certification courses for their leaders.

Jenny Cookson

Treasurer

York Coronary Support Group Trust

June 2025

Dates for the Diary



Monthly meetings, talks and presentations are held at the Folk Hall, New Earswick and start at 7:30pm.

2nd February – Sue Woodcock – “From Copper to Shepherd”

Sue writes a dairy for the Yorkshire Post on a Saturday and is officially one of England's top 20 eccentrics, from a book by Henry Hemmings called 'In Search of the English Eccentric'. This may have had something to do with living above Grassington in a house with no facilities we all take for granted.

2nd March – Rumina Onac GP - “Sustainable Healthcare”

Dr Onac will talk about the progress made in sustainable changes at her practice.

13th April – Claire & Tom from East Yorkshire Bat Group

Talking about the life of bats in the community”

11th May – Janet Dean Knight – “The Peacemaker”

Janet will be taking about the research involved in writing her novel “The Peacemaker”

14th May – St Crux – to be confirmed

1st June – AGM

3rd September – St Crux- to be confirmed

Membership renewals.

Membership renewals are due in March each year. 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.

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

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: _____

New Members are always welcome.



A warm welcome to new members; **UPDATE**

Margaret Silcock, Graham and Sue Hogarth, Mike Cundle, Dorne Dunning, Andrew Bailey, Nigel Cocks, John Devos, James Murray, Lyn Ogden, Andrew Page, Christopher Hall, Henry Tierney, Michelle Forrest, Maureen Gavin, Recha Ryan Maureen Torres, David and Margaret Cusker, Barry Claxton Sue Kirkpatrick, Graham Kennedy, Jacqueline Bradshaw

Situations Vacant.

Our charity needs people to fill voluntary roles. If you think you could help then contact a member of the Committee. Please give it some thought.

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..

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.

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

9.15am – 10.15am 10.30am -11.30am and 6pm-7pm

Friday

9.15am – 10.15am 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 may not operate on Bank Holidays)

The cost is £4 per person per session (£5 for the Monday evening session). Classes are held under the supervision of qualified instructors and a nurse attends all sessions except Wednesdays.

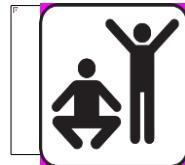
Contactless card payment can now be made.

Please note: New members should contact **Nick on 0751 1169 433** for further information and availability before attending first session.

Exercises in Water

Aqua Aerobic and swimming sessions are held at:

**New Earswick Swimming Pool,
Hawthorn Terrace
New Earswick
YO32 4AQ**



Friday mornings, 09:15 to 10:15

The cost is £5.00 per person per session payable by card or cash.

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

Do you provide regular support to a friend, family member, or neighbour?

If you're helping someone with their daily life, our **FREE Breath, Body, Mind** sessions are here for you.

“A wonderful holistic experience that let me reflect on my self care and transform the way I deal with stressful and unsettling situations.”



Benefits of Breath, Body, Mind

- Reduces stress, anxiety and overwhelm
- Helps you relax and sleep better
- Boosts energy and resilience
- Improves sleep and overall wellbeing

Ran by Partners in Dementia and funded by the National Lottery Community Fund



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



Phone: 01904 762609
Mobile: 07855257810
Email:
john@hooksremovals.co.uk
Website:
www.hooksremovals.co.uk

Obituaries

The YCSGT regrets to announce the recent passing of:

Peter Leishman, Alastair Dunn,

Brian Marshall,

Ron Norris and John Bibby

Our condolences go out to their families and friends.

York Coronary Support Group Trust

Registered Charity No: 1011149

Patron: Professor Sir Roger Boyle CBE

President: Dr M Pye FRCP

Who's Who

Officers:

Chairperson	John Mellor	
Vice Chairperson	Vacant	
Secretary	Vacant	
Treasurer	Jenny Cookson	01347 833260

Committee:

Fund Raising Officer	Vacant	
Membership Secretary	Jenny Cookson	01347 833260
Entertainment Officer	Jackie McKeitt	07875 129352
Publicity Officer	Vacant	
Keep Fit Organiser	Nick Longster	01759 304631
Swimming	Jackie McKeitt	07875 129352
Minutes Secretary	John Mitchell	01904 764237
Speaker Organiser	Jackie McKeitt	07875 129352
Newsletter Editor	Tim Cheung	
Newsletter distribution	Vacant	
Committee Member	Tim Phillips	07904 121243
Committee Member	Colin Robinson	01904 783281 07717 941260

Committee Member	Ray Schofield	07703 199207
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Trustees:	Tony Fletcher	01904 264877
	Jenny Cookson	01347 833260
	Nick Longster	01759 304631
	Nigel Dussoye	

Ex Officio	Vicki Cass	01904 725821
Community Cardiology Team Leader.		

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

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?

About the York Coronary Support



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

Meetings, talks and presentations:

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. If you are under medical supervision, ideally a referral note, hard copy or other, from hospital, GP or qualified nurse should be produced 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

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

www.ycsgt.org.uk



Chairman YCSG Trust



John RD Mellor MBE
QCVSA

Good morning, and as the Rolling Stones sang, "please allow me to introduce myself" as the new Chairman of the YCSG Trust.

My name is John, also known as "JRDM" or "J" by my family.

I first became aware of the YCSG Trust following my heart event in July 2024. Ever since then I have been impressed by the dedication and drive of the members, especially those who have taken on responsibilities within the Committee. My goals and desires are to consolidate those talents to enable us to drive the Trust forward. At the same time, I wish to offer a well structured and forward-thinking re-habilitation programme for all our members, alongside the wonderful work offered by the NHS, in particular those directly involved with our Trust.

You are probably wondering "Who is JRDM"?

My background is firmly set within Aviation. I served 34 years in the Royal Air Force as man and boy, starting as a Radar operator before re-mustering to become air-crew, flying as a Chinook Helicopter Crewman and Instructor. I successfully completed 39 operational tours around the world

Following my RAF career, I continued flying as a civilian for Boeing defence UK, developing and testing new marks of aircraft and equipment.

I finally retired 4 years ago.

I am a very proud grandfather of six (so far) grandchildren. Other interests are, Football, Cricket, Speedway, Live Music, Photography and Travel.

I look forward to meeting you all over the next few weeks, hopefully at the Christmas lunch on December 11th.

Best wishes to everyone.