

# YCSG TRUST

York Coronary Support Group



Registered Charity No. 1011149



Newsletter No. 114  
Spring 2019



30<sup>th</sup>  
anniversary

Novotel December



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# CHAIRMAN'S NEWS



## Dear Members

I would like to start by saying that the Christmas Luncheon/30<sup>th</sup> Anniversary celebrations went very well at Novotel. Many thanks to Joan for putting on such a good presentation of members' stories and photos, and to her team for helping to make the occasion go so smoothly. We were delighted that our Patron, Professor Sir Roger Boyle CBE and our President Dr Maurice Pye were able to make it to the luncheon. (Both pictured front cover).

Unfortunately Dr Pye was extremely busy at the hospital and could not stay for the meal itself, but commented on the effort that had gone into this. However we did manage to juggle things around so that he could give us his presentation prior to lunch. Ninety-nine bookings were taken. It would have been over 100 but some people left it too late to book. Professor Sir Roger Boyle gave a glowing commendation and thoroughly enjoyed his afternoon with us. After Sir Roger had given his after dinner talk, a presentation of flowers was made to two of the founding ladies, Christine Newey and Jane Pearce. Owing to positive feedback from our members, the Novotel has been rebooked for the 12th December for this year's Christmas lunch.

I am very pleased to say that the Walking Group is now going ahead, thanks to Jeff and Des. These are planned for Sundays, and dates can be found further on in this newsletter. The Art Group has also made a start (see page 9). Please contact Tony Fletcher for further information. Dates for both of these will also be published on the website. Please go to [www.ycsqt.org.uk](http://www.ycsqt.org.uk). The quarterly magazine will also appear from now on on the website in addition to the paper copy.

This year we will be having a Grand Easter Raffle, with a lunch prior to the draw. The first prize is the usage of a Jaguar XE, (for the weekend) kindly donated by Inchcape Jaguar at Clifton Moor, to be collected at 4 pm on a Friday and returned at 9 am on the following Monday. The winner needs a current driving license with no more than 3 points, and must be 25 years old or more. Inchcape will require 14 days' notice so that the car can be there ready to go. This is the best raffle prize that the charity has ever had. Other companies who have donated prizes include Thomas Cook, Bettys and the Cosy Club plus others. A full prize list can be seen later in this newsletter and will be available on the website when tickets go on sale.

## **Chairman's news continued.....**

I hope that as many people as possible will buy tickets. Anybody wishing to sell tickets, please contact Joan. All proceeds will go into the charity's funds to make it possible to carry on subsidising activities for members.

We had our first collection week during week commencing 4th February where members could bring their unwanted books, bric-a-brac, toiletries and Christmas presents. Many thanks to all those people who contributed to this. Joan and I now have a bit of a stockpile that can be sold at the next charity hospital stall and St Crux fundraising events. The dates for these are:

Charity Hospital Stall: Tuesday 26th March and Monday 25th November.  
St Crux: Thursday 30th May and Tuesday 3rd September

The committee have agreed to purchase a new mobile heart monitor for the coronary care unit at York Hospital to use for patients who have been placed on other wards due to lack of beds on the coronary care unit. Roko aquarobics continues to be very well supported. The attendance at some of the exercise classes has now reached a stage where the committee has decided to introduce a new class. This will commence on March 13th at York St John Sports Centre for a trial period, during which the committee will monitor the uptake. (please see 'Improve your fitness' page).

As some of you know, the facilities for the exercise class at the Railway Institute have raised some issues. In addition to this, although we originally thought that the facilities for exercise at York St John Sports Centre were ideal, this is only the case in the summer. The committee are now actively looking for new premises to hold these classes. I am pleased to say that we are in negotiations to try and bring this about. If the negotiations are successful, these premises will provide arguably the best facilities, and certainly the newest in York. I will keep you informed as things develop.

Hope you are all looking forward to a good summer.

**Edward**



# Editorial

Hello Everyone,



Happy New Year. Since the last issue we have had the social event at the Burnholme Social Club and the annual dinner at the Novotel. Both well attended and both no doubt enjoyed by all. Thanks to Brian and his Alehouse Rockers who gave their usual professional performance. Thank you to all those people who were involved in the organisation. Well done! Now start planning for next year.

After the group social events, I hope you all enjoyed the mid winter retail festival, formerly known as Christmas. It seems Santa's sleigh has been replaced by a parcels van, usually white, and his workshop is now an Amazon warehouse. However we are all sucked into it for the sake of the children. It is getting increasingly difficult to buy presents for people who, generally, can just buy what they want when they want it. There were one or two popular choices in our family. Our grandson was given a replica of the moon with accurate features that serves as a night light, he thinks the world of it. What would he have thought if it had been a globe?

Our food mountain wasn't as bad as last year. I avoid food waste at all costs almost to paranoia level and always have done. However we have had serious discussions about what to do with the excess of home made cranberry sauce, Christmas cake and mince pies.

I don't do new year resolutions, because I can't keep them. That said, I am going to make more effort this year to reduce my use of plastic. I don't have drinks with straws, nor do I walk around with a disposable coffee cup purchased from a tax dodging global cafe chain. We recycle and compost as much as possible. I am therefore limited. My plan is to reintroduce bars of soap and reduce the use of scrubs and shampoos in plastic containers, try to purchase sauces in glass containers rather than plastic and buy fresh food loose, where possible, rather than wrapped in packaging. So now you can all relax, the planet will be safe.

## Editorial continued.....

On the same subject, why are cucumbers shrink wrapped? I need to know. The other questions that mankind needs answers for are:

1).How big is the universe? 2). What is the meaning of life? And 3). Why has it taken so long to remove the buddleia plant from the brickwork of the Magistrates Court in Clifford St?

My gripe about technology this time deals with car locks that unlock by way of a signal from the key fob rather than the key itself. This has led to cars being stolen by thieves equipped with easily purchased devices, (from the internet not the High St!), that can transfer the signal from keys inside the house to the car, thus unlocking it. This wasn't a problem in the past although I do recall, on frosty mornings, sucking the key until it was warm enough to thaw out the lock to open the door. At least I still had a car!

This newsletter has some belated monthly meeting reports. This is due to trying to organise the space available in each issue to give us best value for money. We also have some great articles from members, including Graham's story which mentions surgeon Mr Mubarak Chaudhry, (pictured) someone who I, Graham, and thousands of others, have cause to be very grateful for.



My last meeting with Mr Chaudhry in 2015 went like this.....

He said, '*What do you do?*'

I said, '*Retired*'.

He said, '*That must be very nice.*'

I said, '*But nothing like as satisfying as what you do every day.*'

He said, '*Yes, it's a good job.*'

I said, '*Thank you very much for all you've done*'

He said, '*You're welcome. Goodbye*'

Jeff Lane [jtl1950@hotmail.com](mailto:jtl1950@hotmail.com)

27 Murton Way, Osbaldwick, York YO195UW

## FUNDRAISING AND PUBLICITY NEWS

As the Chairman has already noted, our 30th Anniversary celebrations of the existence of the charity were a great success. Dr Pye gave a very interesting presentation at the luncheon on cardiology over the years. This is available on our website for anyone who would like to read it at [www.ycsqt.org.uk](http://www.ycsqt.org.uk). Our celebrations also got a mention in the York Evening Press.

I was inspired by so many of the photographs that members submitted for the display at the event, so thank you again for these. They showed lots of happy times shared by the previous YCSGT Walking Group and the caravanners, and the many social occasions enjoyed by members.

As you know we are rekindling some of these walking and art groups, and aiming to increase together. I would also like to thank the 12 co their stories for our celebratory banners, which we can now use at future events/fundraising. A special thank you goes to Carina, who designed the art work for the banners, saving the charity a fee for an external designer.



© Cam Stock Photo and 1987

Members will be aware of the importance of fund-raising to the charity. Almost all of our activities are subsidised, including the Christmas functions, exercise classes and monthly Speaker Meetings. This year, we will be having a Grand Easter Raffle, to be drawn on Wednesday 17th April at the newly renovated Toby Carvery (Hopgrove), Malton Road, York. The carvery price starts at £6.99. You can read more about the Toby Carvery at [www.tobycarvery.co.uk](http://www.tobycarvery.co.uk). A function room has been set aside for us, and lunch will be at 1.30 pm with the draw taking place after this.

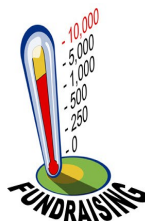
I hope that members will support the charity either by buying raffle tickets or selling to family and friends. Please contact me on 01347-848166 if you would like to sell tickets. As you will be aware from the Chairman's News, we have a fantastic 1st Prize of a Jaguar XE for the weekend (terms and conditions apply), and several other prizes.



## **FUNDRAISING AND PUBLICITY NEWS continued.....**

Places at the Toby Carvery are limited, so please contact me on 01347-848166 if you would like to book a place. Payment will be made by individuals on the day.

Just before Christmas, I submitted an application to Waitrose "Community Matters" for our charity. Each time they shop at Waitrose, customers indicate their favourite one of 3 chosen charities each month. £1,000 is shared between the 3 at the end of the month. YCSGT received a cheque for £565, more than both the other charities put together, from this venture.



If anyone has any good ideas for future fund-raising please let me know.

## **CALLING ALL BAKERS!**

I am planning to have another Cake Stall at our St Crux Fund-raising event on 30th May. At the last event, members provided a variety of lovely home baked cakes which were all sold on the day. I am appealing again for bakers and will be calling at the exercise classes around Easter to take names of those willing to bake! If you would like to let me know before then, please feel free to do so. Thank you in anticipation.



## **THE COAT.**



At the Novotel Lunch someone mistakenly took a dark grey Eastex coat with light grey collar and toggle buttons. They left a similar coat with black buttons. If you were at the dinner and recognise the description, did you take the wrong one?

Norma on 01904 448593 would like to hear from you as she was quite attached to those toggles.

**Joan**



# GRAND EASTER PRIZE DRAW

to take place at the TOBY CARVERY, Hopgrove, Malton Road,  
York YO32 9TE

**On Wednesday 17th April 2019**

Carvery at 1.30 pm and prize  
draw to take place after the meal

Carvery price from £6.99

## PRIZES

donated by local businesses

1st prize is the use of a Jaguar XE for the weekend (terms and  
conditions apply)

Runner up prizes have been donated by Thomas Cook, The Cosy Club,  
Betty's, Lawton Henry Hairdressing, Roko Health Club, Brown's nursery,  
Energi trampoline park

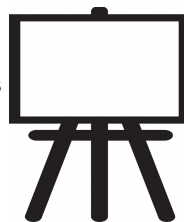
Places at the Toby Carvery are limited, so if members would like to  
attend, or to sell raffle tickets, please contact

Joan Kennedy on 01347-848166



## Art Group

As mentioned in the last newsletter, we have started a  
new activity for members of YCSGT. For those of you who  
would like to share an interest in drawing/painting, classes  
are held every Thursday afternoon from 2.00pm - 4.00pm  
at the Wigginton Recreation Hall and will cost £4.00 per  
session. The first class was on the 21<sup>st</sup> February.



The classes will be overseen by Trish Fletcher who is a  
textile and mixed media artist and Francine Cross who is a fine arts artist.  
It is open to any member whether you have experience as an artist or  
would just like to have a go. (see also the back cover).

Anyone who is interested in taking part please email Trish @  
[p.r.fletcher13@gmail.com](mailto:p.r.fletcher13@gmail.com), or [francine@francine-cross.co.uk](http://francine@francine-cross.co.uk) or ring  
01904 490582

## New Members are always welcome.

Subscriptions are £6.00 for individuals, £8.00 for couples and are renewable on 1<sup>st</sup> October each year. This will entitle you to this quarterly newsletter, monthly talks and presentations and access to exercise and swimming sessions.



**NB: New members intending to use exercise or swim classes should provide a referral note from a hospital, GP or qualified Nurse at their first session.** For further information Contact; **Jenny Cookson, 16 Church Close, Tollerton, York, YO61 1QS, any queries please call 01347 833260, or email [jenny\\_cookson@yahoo.com](mailto:jenny_cookson@yahoo.com)**

### A warm welcome to our recent new members;

Eleanor and Martin Dreyer, Richard Shaw, Michael May, Jean Lawn, Christine Baxter, Colin Cooper, Steve Flanagan, Christine and Michael James, Jennifer and Francis Wilde, Helen Byard, Jacqui Askham and Eamon Ferry

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## What's your story?

New and established members alike will have their own stories to tell of how and why they became involved in the group.

The editor invites any member new and not so new to send in their personal accounts of their journey and what the YCSGT means to them.

Pictured here is the display at the Novotel Lunch put together by Joan of personal stories from members present at the foundation of our organisation 30 years ago and also from more recent members.



## **Ron's journey. A member's account.**



I sit and relax, my favourite occupation these days, and reflect back on my life. I consider it, by and large, to have been happy, helped by many people I have met and whose company I have enjoyed. Not that there has not been sadness and setbacks. I was born in Bradford on Sunday 5<sup>th</sup> February 1928, can't remember the exact time. The child that is born on the sabbath day is 'bonny and blithe and good', how apt!. Mother was 9<sup>th</sup> of 10 siblings and Father was 5<sup>th</sup> of 5. I am an only child and they had been married for 9 years before I arrived on the scene. Surely it was well worth the wait.

My father left home in 1931 when I was 3 years old. It caused problems, Mum had to get a job for a start and I had to be farmed out. My mother's eldest sister was then in her mid fifties, had me all day. What fills me with great emotion and gladness was how all the relatives, friends and neighbours rallied round to help. One neighbour in particular helped when I had childhood illnesses and when I was a little older encouraged me to play the piano on their piano as we hadn't one. I still play the piano a little rather in the Eric Morecambe style. 'All the right notes, but not necessarily in the right order'. The mid 1930' saw the Ramblers Association flourish and I was taken along on their walks which started my love for walking and camping which has lasted until old age caught up with me.

I attended St Stephen's Church of England School and after passing the 11+, Carlton High School for Boys. On leaving school at 16 in 1944 I joined the LMS railway in September of that year. I had started in the parcels and booking office at Bradford Forster Square then to the Leeds District Office. At the age of 18 in 1946, King George VI insisted that I join the Royal Navy as I was seemingly urgently required as a Telegraphist at Kranji WT station in Singapore. My railway career, after the Navy, continued and finally moved me to York headquarters where I met my wife Colleen. We were founder members of the Railway Yacht Club and enjoyed many happy times sailing on the Ouse, the Broads and the Thames. After various changes of management, I retired in September 1984.

## **Ron's Story continued..... ..**

We have four children and five grandchildren, whose company we frequently enjoy. Shortly after retirement I needed an operation for a bowel problem. I had angina for several years and in 1989 it became a serious problem. Dr Boyle considered that the only way to save my life was a bypass operation which I had at Castle Hill in 1989. This was where I met Bernie McKevitt who was two days in front of me. We formed a firm friendship, sullied a bit by him being accepted for the hospital exercise classes, when I was considered too fit for them.



Ron, Colleen and friend

Colleen and I joined the York Coronary Support Group later that year. We have both enjoyed meeting people in the group and helping where we could. I keep saying that I don't know whether only pleasant and happy people join the group or is it the group that makes them that way. Whichever, it has helped us make our lives happier over the last 30 years and for this we are deeply grateful to everyone past and present. I was overjoyed with happiness with the group when asked to be Honorary Vice President. New people have now come along and we are happy to see them continuing to promote the rehabilitation of those suffering from heart problems.

**Ron Cornish, Honorary Vice President 2019**

# Dates for the Diary

**Monday 4<sup>th</sup> March.** Monthly meeting, Folk Hall 07:30pm.  
*Helsinki to Hong Kong by Train.* Brian Percival.

**Sunday 10<sup>th</sup> March,** (see walk page)

**Tuesday 26<sup>th</sup> March,** Hospital stall. This gives patients and visitors to the hospital the chance to learn about our charity. We require paperback books, toiletry items unwanted gifts and handicrafts. See below for contact details.

**Monday 1<sup>st</sup> April,** Monthly meeting, Folk Hall 07:30pm.  
*Conservation over the centuries.* Trevor Julian.

**Sunday 14<sup>th</sup> April** (see walk page)

**Wednesday 17<sup>th</sup> April, Toby Inn Carvery Lunch. 1:30pm.**  
Hopgrove, Malton Road, York YO32 9TE

**Monday 13<sup>th</sup> May,** Monthly meeting. Folk Hall 07:30pm.  
(note; second Monday due to bank holiday). Plus *Ladies in Pigs*.

**Sunday 12<sup>th</sup> May** (see walk page)

**Thursday 30<sup>th</sup> May,** St Crux fundraising day. This will be the usual cafe and stalls. We require bric a brac, paperbacks, jams, chutneys and homemade cakes. We require volunteers on the stalls and in the cafe plus people to help setting up at 08;30am and taking down at around 3:30pm. See below for contact details.

**Monday 3<sup>rd</sup> June,** Annual General Meeting, Folk Hall 07;30pm.  
Plus; *Amy Johnson.* Michele Beadle.

**Monday 1<sup>st</sup> July.** Monthly meeting. Folk Hall 07:30pm.  
*History of the Canals.* Eric Jackson.

**Monday 5<sup>th</sup> August.** Monthly meeting. Folk Hall 07:30pm.  
*My Year as a Nanny in Italy.* Maggy Poppa.

**Monday 2<sup>nd</sup> September.** Monthly meeting. Folk Hall 07:30pm.  
*Shandy Hall and Gardens.* Chris Pearson.

**Tuesday 3<sup>rd</sup> September.**  
St Crux fundraising day. (See above).



### **Dates for the Diary continued.....**

**Monday 7<sup>th</sup> October.** Monthly meeting. Folk Hall 07:30pm.  
*Medical Evening.*

**Monday 4<sup>th</sup> November.** Monthly meeting. Folk Hall 07:30pm.  
To Be Advised.

**Monday 25<sup>th</sup> November**  
Hospital Stall (see above)

**Thursday 12<sup>th</sup> December**  
Annual Dinner at Novotel. Further detail in future newsletters.

**Contacts** for donations to hospital or St Crux or volunteering:  
Joan Kennedy, Jackie McKeivitt, Anne Weir, or Jenny Cookson.  
(see committee page for how to get in touch).



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

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

## **YORK CORONARY SUPPORT GROUP TRUST**

Registered charity number 1011149

### **ANNUAL GENERAL MEETING**

To be held on Monday 3<sup>rd</sup> June 2019

At The Folk Hall, New Earswick

### **AGENDA**

- 1). Welcome and apologies
- 2). To approve the minutes of the AGM held on 5<sup>th</sup> June 2018
- 3). Matters arising
- 4). Chairman's report
- 5). Treasurer's report
- 6). Election of the committee for 2019/2020
- 7). Appointment of Auditors
- 8). Any other business
- 9). To fix date and time of AGM 2020.

## Graham's journey. A member's account.

I was born in November 1947. I was given my first name as my mum thought it was 'posh' and would offset my more common surname, Smith! I joined the old York City Police Force in 1966 (PC 102) when Cyril T. G. Carter was Chief Constable and we had about 200 in the force.



Overall I enjoyed my 34 year career as I took on various roles and tried to keep fit throughout. However weird shift rotas, drinking in some rough pubs and a bit of smoking certainly didn't help. Today I still keep fit, enjoy a drink but gave up the dreaded weed in 2003. I came to the YCSG Trust on what seems a well trodden route. In early May 2016 I'd walked 77 miles in 6 days on the North Yorks Inn Way which takes in 31 pubs if doing the full route. I found whilst the flat bits and downhill sections were easy, the hills and inclines proved hard with some stiffening of the forearms being experienced. On return I went to see Dr Ghosh at the York Medical Group with his trusty stethoscope.

'Hmm, I think we need to get you checked out, in fact I'll mark you up to be fast tracked', were his words. Nothing to worry about there then! This is followed up by Dr Pye, plenty of ECG's, an angiogram and various other tests. In April 2017 an Aortic Valve Replacement (AVR) was performed at the skilled hands of Mr Mubarak Chaudhry and his team at Cottingham, Hull. Now I've got a pig's valve in my heart. A man made valve requires the taking of a blood thinning agent for life and avoiding alcohol. Well, I mean.

The anticipated six to seven days confinement didn't quite go to plan as I got sepsis and suffered a bowel complication. Five and a half weeks later, and just over three stone lighter, I went home.

I was poorly, very, very weak, at a low ebb, with no appetite and still on some very powerful antibiotics. With time, patience, lots of love and family tlc I got through it. A positive attitude was also essential. I got the all clear on the same day that I had my 70th Birthday Bash at Pikehills Golf Club (great venue) and now, best of all, I'm not on any drugs...yippee!



## **Graham's story, continued.....**

The list of medical people I had to thank was huge but if you'll pardon the pun it was heartfelt! I sent postcards to one and all from a string of exotic places.

Part of the rehab advice was to pursue a suitable fitness regime. I still walk a fair bit, swim occasionally, garden a lot and in fair weather cycle whenever possible but most importantly, I attend the gym under Ray's vengeful, sorry, watchful eye. It's interesting to hear other people's histories of heart defects, usually totally unexpected, but in the main it's something that's behind us all.

I can't match the lifestyle exploits of the likes of the now departed Big Stan Heaven but I've always seen life through a half-full glass and attending our gym is a big part of that. I recently did an interview to camera about my 'interesting' saga for the NHS 70 year celebrations so maybe Andy Warhol was right - we'll all be famous for fifteen minutes.

Good luck to all, old and new members, keep pumping the iron and stretching to the usual call of "Just two more" .



I am middle row, second on the right.

Graham Smith 2019

# Friends of the YCSGT walking group.

Friends of the YCSGT are a group of people who will be organising walks for members and their guests. You will see from the next page that we have put together our first batch of walks. For the foreseeable future they will be free. The first 3 are generally town walks ideal for 'starter' walks. That is, walks of about one hour in duration, not too difficult and can be cut short part way by anyone who might not want to continue to the end. This will depend on the individual's requirements and ability. We hope to look at some places of interest en route dependent on the area.



We intend to introduce walks of further distance, and more rural. Perhaps 2 hours/6 miles. If you would like to be kept up to date on these then please contact Jeff Lane ([jtl1950@hotmail.com](mailto:jtl1950@hotmail.com)) or Des Mahon. Further contact details on editorial or committee list page.

## **Helping out;**

If you would like to be involved in the 'Friends' group, leading walks, assisting on walks, planning walks or have any practical experience to offer, then please get in touch with Jeff or Des.

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

1. If you are in any doubt about your ability to take part in the walks you should seek advice from a health professional or your GP.
2. Any medication you could potentially need should be taken with you (inc sprays). In warm weather this should include fluids.
3. Clothing and sturdy footwear should be appropriate to the weather and terrain.
4. Taking part is entirely at your own risk.
5. You should tell the walk leader if you have any conditions that he/she should know about.
6. You should tell the walk leader if you feel unwell at any point during the walk.

# Walks information page.

These are the first three 'starter' walks for March, April and May. Although they are healthy exercise walks there will be one or two stops on the way at points of interest. The routes will be mostly paved.



## **Date; Sunday 10<sup>th</sup> March.**

**Title;** Bishophill & Clementhorpe.

**Featuring;** Fallen Women, Royal Fireplaces & Misbehaving Nuns.

**Time:** 10am.

**Meet;** Railway Memorial, top of Station Rise. YO1 6GD.

**Expected duration:** 60 mins.

**Distance** approx 2 miles.

## **Date; Sunday 14<sup>th</sup> April.**

**Title;** The South Bank at War.

**Featuring;** Zeppelins, a Bomber Crash & Digging for Victory.

**Time:** 10am.

**Meet;** Top end of Nunnery Lane car park. YO23 1AA.

**Expected duration:** 60 mins.

**Distance** approx 2 miles.

## **Date; Sunday 12<sup>th</sup> May.**

**Title;** Streets on the East side.

**Featuring;** A Roman river pilot, military railway, & Frankie Howard.

**Time:** 10am.

**Meet;** St Georges Field car park. YO10 4AB.

(Meet next to path going under Skeldergate Bridge).

**Expected duration:** 60 mins.

**Distance** approx 2 miles

Please note; Car parking in the centre can be quite expensive even at weekends. You are advised to use public transport where possible, particularly the Park and Ride services.



## About the York Coronary Support Group Trust

### Meetings:

We meet on the first Monday in each month at 7.30pm (except bank holidays, when we meet on the second Monday). The meetings may be illustrated talks or entertainments and once a year we invite members of York Hospital's Cardiac Unit to tell us about developments in heart surgery and health matters and to answer member's questions. There is a tea break and the evening is rounded off by a raffle. Meetings are held at;

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

They start at 7:30pm and friends and family are welcome.

### Exercises:

The group organises exercises in water or in a gymnasium for members, their friends and relations. A referral note from hospital, GP or qualified nurse will be required at the first session.

### Fund-raising:

We have a team of volunteers to lead our fund-raising efforts but new helpers and new ideas are always welcome. Funds are used to support our exercise groups and we contribute funds towards new equipment, publications and resources for the Cardiac Unit at York Hospital.

### Communications:

The quarterly Newsletter, for which the editor welcomes articles, news items and anything that could be of interest to our readers, is sent free to members. Past issues can be found on our website;

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

### Subscriptions:

The current subscription is £6 for a single membership or £8 for couples. This is payable when joining the group and thereafter on the 1st October each year. If you wish to join, please complete the form in this newsletter, or a copy, and return to the Membership Secretary.

# Health notes.

## Free training.



In conjunction with the British Heart Foundation, the Hull York Medical School at the University of York offer free training sessions on the York Campus for anyone interested. The sessions last about two hours and are usually on Saturdays.

### **The sessions deal with;**

Unconscious persons.  
Signs and symptoms of heart attack  
Recognising cardiac arrest  
Performing CPR  
Dealing with serious bleeding  
Dealing with choking, including children

The courses are run by trained medical students.

For further information visit [www.bhf.org.uk](http://www.bhf.org.uk) and search for Heartstart. To book places locally e-mail [hyvc2@hyms.ac.uk](mailto:hyvc2@hyms.ac.uk).

Sorry there are no phone numbers given out for local contact. However anyone without internet access can contact the editor on 01904 414476 to help arrange a booking.

## **York and District Diabetic Club**

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

(except for January and August)

at Tesco Supermarket, Tadcaster Rd (upper floor).

The subjects at meetings vary between social, medical and general interest.

Tea and biscuits are provided and newcomers will be made most welcome.

# Monthly Meeting Report



## Meeting 3rd September, Changing Face of the City, Heritage & Engineering.

Nick Beilby returned to the newly refurbished Folk Hall, this time to give an illustrated talk on his role as a member of the York Civic Trust. He began by detailing the objectives of the trust. These



being to maintain York as a world heritage city, be involved in planning matters, to educate and, where relevant, to promote the enhancement of the city. They are also involved in local traffic and transport issues and the erection of blue plaques for those locals who are deemed worthy of one. Apparently you need to be

dead 25 years before you are considered. I thought it wise to inform my wife of the rules, thus giving her plenty of time to think about where to put mine.

The trust were responsible for the saving and conversion of the Samuel Tuke's House (pictured above) in Lawrence Street into student rooms rather than the proposed demolition. It had been quite an eyesore for years. They are also responsible for the removal of 'A' boards around the city (you now need a licence for one), and the cleaning up of George Leeman's statue looking towards Leeman Road. They have rebuilt a headstone to a railwayman in Bishophill and a monument above the grave of six children from the Rigg family drowned in the Ouse in 1830. (The family's boat capsized after hitting a sailing vessel). The marble alone took 90 hours of work to restore.



## Continued.....

The finished work was given a service of dedication by the Archbishop, who fortunately was available that day as York City weren't playing.

The trust is responsible for Fairfax House and also the finger post signs that lead visitors to it, always assuming someone with a strange sense of humour hasn't moved them in the wrong direction. Nick gave us some detail on John Snow's memorial on the riverside in North Street little realising that he was addressing a room of experts who had studied the article in the summer 2018 newsletter. That said the fact that the pump used is an original was good to know and that John has a surviving relative.



Future work in the pipe line includes the ice house (see photo) next to the city walls near Monkgate, the portcullis at Monkgate, the tower at Scarcroft School, and the water fountain on Museum



Street. The latter being a certain success with people refilling water bottles which will no doubt become a trend after the recent move towards the use of less disposable plastic.

Their work is reliant on volunteers and their funding comes in part from the city council but also from a city enhancement fund and

bequests from individuals and organisations. The work of the trust has deservedly won awards. Long may their work continue. I am sure an update on Nick's work with the trust will be most welcome in the future.



# Monthly Meeting Report

Meeting 5<sup>th</sup> November. A trip down memory Lane.



Keith Barber came from West Yorkshire to give us an entertaining and nostalgic presentation. I would normally say informative, but the content just reminded most of us of days gone by. It was bonfire night and so Keith was accompanied by firework explosions in the background. Considering he had told us he had a wonderful childhood in Leeds during the blitz, I guess it gave him a warm nostalgic glow.

Children's gas masks got a mention, ideal for sucking sweets in class if they could get them. We were shown images of VE day street parties, a reminder of the community spirit we seem to have lost. How many parked cars would require shifting to have a street party today?



He covered the way we shopped back in the day, generally small amounts more often, with far less choice, we managed without flown in green beans from Egypt, how did we do it?

Keith reminded us of the grocery store chains now consigned to history, among them Craven Dairies which became Associated Dairies, which then became ASDA.

Most of us remember Green Shield Stamps the forerunner to the charges made to retailers by the credit card companies of today.

Of course in the day smoking was the norm, shopkeepers would sell cigarettes in packets of 5 or even singly. The more you smoked the more coupons you got to be exchanged for goods. Then there was the questionable medications given to some of us as children, usually vile tasting and thankfully long gone. Some slides reminded us of the games we played. Skipping and hopscotch for girls and football and cricket for boys. And of course conkers without hard hats.



## Continued.....

Are children any happier today with toys costing £100s? considering their grandparents played with chalk, rope, balls, sticks, string and other simple items. People repaired things and housewives darned socks. There was no recycling as there was much less packaging and what there was would be shoved onto the fire to burn. Cars were scarce. Those who had them needed to use hand signals with the window down. If you were lucky and had the right model you might have trafficators that popped up either side.

Keith reminded us of radio and TV at a time when you had to get up from the chair and turn a knob to switch on or change channel. (There was only two). Anyone producing a remote control in those days would have been accused of witchcraft! You can now tune in to Channel 81, *Talking Pictures* on freeview to relive some of the programmes and films of bygone days. There is also the digital Radio 4 extra. (This might be Radio 7 on some sets). On this channel you will get classic comedies such as the Goon Show, Hancock's Half Hour and the Navy Lark.



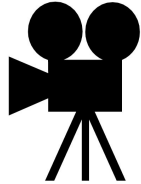
To most people owning a car was an out of reach dream. However you had that slim chance of winning the football pools which would be life changing. Many of us will remember staying quiet while fathers listened to the Saturday afternoon radio (later TV) football results in the hope of a big win and that car. Was there ever the result;  
**East Fife 5, Forfar, so far, 4?.**

# Quiz Page



**The first 10 answers are award winning famous films.**

- 1). Unrest on a chocolate bar.
- 2). It's disappeared, what a blow!
- 3). The first woman is the only subject.
- 4). The best terrestrial entertainment.
- 5). Back in about eleven weeks.
- 6). It's not a tale from the east.
- 7). He can cope in all weathers.
- 8). A potential Bambi killer.
- 9). Strutting your stuff with players from the black country.
- 10). They've stopped bleating.



**The next 10 are people's real names with year of birth, who do we know them as?**

- a). Maksymillian Faktorowicz. 1872
- b). Clementine Hozier. 1885
- c). Archibald Alexander Leach 1904
- d). Anjeze Gonxhe Bojaxhiu. 1910
- e). Antoine Dominique Domino Jnr. 1928
- f). Bernard William Jewry. 1942.
- g). Leslie Dennis Heseltine. 1954.
- h). Shirley Rich. 1960
- i). Marnie Mercedes Darcey Pemberton Crittles. 1969
- j). Samantha Gwendoline Sheffield. 1971



## Last issues Quiz answers.

- 1) Ronald Reagan. 2) Rev Ian Paisley. 3) Paddy Ashdown 4) Edwina Currie. 5) It fell on Lockerbie. 6) Ford Escort. 7) DNA. 8) £1 note. 9) Sandy Lyle. 10) Wimbledon. 11) Dog. 12) Princess Beatrice. 13) Pubs. 14) Roy Kinnear. 15) Seoul, S Korea. 16) Burnt by the Olympic flame. 17) Tennis. 18) Colin Jackson. 19) Arthur Scargill. 20) Red Nose Day. 21) Nelson Mandela. 22) Ordination of female priests. 23) Grand National. 24) Paul Gascoigne. 25) Alistair Brownlee. 26) Kylie Minogue. 27) You rang m'lord. 28) Red Dwarf. 29) John Stonehouse. 30) Mistletoe and Wine.

# Improve your fitness

Exercise sessions for YCSGT members;



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

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

***Note; No sessions 22<sup>nd</sup> April & 6<sup>th</sup> May due to Bank Holidays and none 1<sup>st</sup> July due to University open day.***

**Wednesday** 10:30 -11:30 & 11:45 -12:45 (from 13<sup>th</sup> March)

***Note; There will be no Wednesday session 10<sup>th</sup> April due to University application day.***

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

***Note: There will be no Friday session on 19<sup>th</sup> April due to bank holiday or on 17<sup>th</sup> May due to University exams.***

**At York Railway Institute, Hamilton Drive, Holgate. YO24 4NX**

Wednesday evening session 18:00 – 19:00

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

**Monday and Friday** 13:00 - 14:00

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

Sessions include simple exercises to suit all abilities, with the use of bikes and other apparatus. Sessions end with a period of relaxation, followed by refreshments.

Sessions are held under the supervision of qualified instructors. A nurse attends all sessions, except Wednesday evening.

***Please note: New members should contact Tony (see below) for further information and availability before attending first session.***

***Exercise Organiser: Tony Fletcher 01904 490582***

# Exercises in Water

Aqua Aerobic and swimming sessions  
are held



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

Friday mornings, 09:30 to 10:30  
(*may change during school holidays*)

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

Sessions consist of 30 minutes of simple exercises in water with optional 15 minute sessions of Free'n Easy swimming before and after the exercises. You do not need to be able to swim to join in these classes. Sessions are conducted by a qualified instructor.

For further information contact;

***Swimming Organiser: Anne Weir 01904 794973***

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# 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	Edward Kennedy	01347 848166
Vice Chairman	Des Mahon	07748 824761
Secretary	Christopher Haworth	01904 762336
Treasurer	Jenny Cookson	01347 833260
Fund Raising Officer	Joan Kennedy	01347 848166

### Committee:

Membership Secretary	Jenny Cookson	01347 833260
Entertainment Officer	Bernie McKevitt	01904 651693
Publicity Officer	Joan Kennedy	01347 848166
Keep Fit Organiser	Tony Fletcher	01904 490582
Swimming	Anne Weir	01904 794973
Minutes Secretary	Sheila Whipp	01904 763845
Speaker Organisers	Adrian and Pamela Carpenter	

[thestationmaster@btinternet.com](mailto:thestationmaster@btinternet.com).

Nick Longster

Mark Carter (mark-carter1@live.co.uk)

Peter Leishman

### Co-opted

Newsletter Editor	Jackie McKevitt	
& distribution.	Jeff Lane	01904 414476

### Trustees:

Tony Fletcher	01904 490582
Anne Weir	01904 794973
Des Mahon	07798 824761
Peter Leishman	

### Contacts:

Patient Transport	Rosie Schatzberger	01904 470416
Tin-shake Rotas	Vacant	

### Senior Cardiac Rehab Nurse

Christine Rallison	01904 725821
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# SITUATIONS VACANT

## Group Secretary.



Chris Haworth is retiring, as intended, after 3 years in the role. A replacement is required to fill this vital task. 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 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.

**If this is of interest to you, please contact Chris Haworth or Edward Kennedy. (see contact details on committee page).**

## Minutes Secretary



This is another important role in the organisation of the YCSGT. Have you had secretarial experience? Or are you good at note taking? Have you some computer skills? This is another voluntary position offering the opportunity to play a part in the group for the benefit of all members.

### **The principal duties are;**

To prepare agendas for meetings in consultation with Chair person.

Circulate agendas and other papers in good time for meetings.

To take minutes at all meetings, including Annual General Meeting and send draft minutes to Chair person for approval.

When approved by Chairperson, issue them to relevant persons.

To ensure Chair signs minutes once they have been approved.

To circulate agenda and minutes of the AGM to all members.

Ensure Committee members have carried out agreed actions.

Keep up-to-date records of committee membership.

**If this is of interest to you, please contact Sheila on 01904 763845**



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Email:

[john@hooksremovals.co.uk](mailto:john@hooksremovals.co.uk)

Website:

[www.hooksremovals.co.uk](http://www.hooksremovals.co.uk)



30<sup>th</sup>  
anniversary

**Christine and Freda at Novotel December**



**Novotel December**

Some artwork from members



See page 9

