

YCSG TRUST

York Coronary Support Group



Registered Charity No. 1011149



Newsletter No. 119
Special Spring edition 2020

What should I do to prevent catching and spreading the virus?



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with **disposable tissues**



Throw away used tissues
(then wash hands)



If you don't have a tissue
use your sleeve



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

CHAIRMAN'S NOTES



Dear Members

We should all, by now, be isolating ourselves and practising social distancing. It will be a strange 3 months, but once you accept the situation, the next step is making the best of it. At the charity we have brought forward the publication of the newsletter for a number of reasons. In it you will find local contacts on the following pages. If you are finding yourselves in difficulties, act, this is not the time to be shy or proud!

To keep you active we have produced a DVD with the help of the University of St John. You should find a copy inside. In it Ray Schofield takes you through a full exercise class that you can do at home and it includes seated exercises for the less mobile. In a separate section there are even the balance exercises which have proved popular and effective, though these should only be done if you have someone at home when you attempt them.

Acting as members on the DVD are nurses Vicky and Nancy supported by 'two more for' Ray Lawrence. The video will also be put on the website. I am contacting the hospital to see if it would be suitable for heart event patients being discharged as cardiac rehab at the hospital has been suspended. My thanks to Ray Lawrence, Vicky and Nancy but especially to Ray Schofield for suggesting the video and adapting the exercises for members. You will see that Ray has also written an article for the newsletter.

Although these are uncertain and frightening times, they will end and we will resume our lives. Aine Brislaine will be undertaking research with members when this occurs, so she has written an article for us later in the newsletter to explain more about it.

With the charity's activities suspended, I know that members will be concerned that the charity deals with the trainers and nurses equitably, because without them the charity would not exist. A member of the committee in the next issue will explain what has been done.

Chairman's notes continued.....

Also the Annual General Meeting due in June has been postponed, this means the minutes of the last AGM will not be appearing in this edition, but will be published at a later date, before we reschedule the AGM.

These are difficult times, the charity and its members have always been a social community, we need to keep an eye out for our pals, chums and friends as well as the family. So ring them up, Skype, Facetime or video call using What'sApp, they will be pleased to hear from you.

Stay safe and best wishes to all.

Mark Carter,

Chairman York Coronary Support Group Trust.

Older Citizens Advocacy York (OCAY)

OCAY are now working from home and will be responding to client calls and providing their services over the phone.

Ruth Potter, Charity Manager: 07715099498

Dan Brittan, Lead Advocate: 07715099500

Kayleigh Fox, Charity Support Assistant: 07715099493.

Healthwatch York - free post address

Healthwatch York has a free post address and will write letters to anyone who is isolated and doesn't use the internet but still needs to be connected! Please share this information with anyone you think may benefit from the contact.

The freepost address is: **Healthwatch York, FREEPOST RTEG-BLES-RRYJ**
15 Priory Street YO1 6ET

Supporting the most vulnerable in York

In response to the COVID-19 pandemic, York CVS is working with a team of Social Prescribing Link Workers and General Practitioners (GPs) to provide wellbeing support for the most vulnerable residents in York. We are linking-up with other local voluntary and community organisations across the City to ensure vulnerable individuals receive the help and support they need over the coming months. Initially, we will be working with existing volunteers from the sector who will make telephone calls to check on the welfare of individuals to identify any specific needs that they may have and to provide reassurance that an individual is not alone. Vulnerable residents who need help because of the impact of COVID-19, are asked to contact City of York Council's Community Support Coordinators: Email: covid19help@york.gov.uk

Telephone: 01904 551550

Our website (www.yorkcvs.org.uk) will be updated regularly with the latest news, information and guidance for the sector. Please also refer to the following key websites: [GOV.UK: COVID-19 latest information & advice](#), [NHS Coronavirus Advice](#), & [City of York Council](#)

Volunteering

Residents who would like to volunteer are being asked to sign up with City of York Council (CYC) via the following methods:

Email: volunteering@york.gov.uk

Call: 01904 551550

Visit: www.york.gov.uk/COVIDVolunteering

As the health and safety of York residents is a priority, this structured and safe approach to volunteering is to ensure people get the support they need in a co-ordinated and safe way.

More contacts

North Yorkshire Council Covid Support	01609 780780
Pocklington Covid 19 helpline	01759 740844
Riccall Help and Support	01757 249808
York City Council	01904 553866
Salvation Army	01904 630470
Citizens Advice Bureau	08444 111444
Government advice about symptoms	111
Ryedale District Council Covid Support	01653 600666
Age UK	0800 678 1602
York Neighbours	01904 891627
(Volunteers for help with shopping, jobs etc)	
Stamford Bridge Covid Support Line	01759 632 748

website; Covidmutualaid.org

In Isolation

IF you are a member alone in isolation and

IF you are not in regular phone or other form of contact with family, friends or neighbours and

IF you would like someone to set up a regular phone chat,

.....then you can contact Jeff Lane on 01904 414476

or 0794 652 3516. or e-mail jtl1950@hotmail.com

for further details.

Editor's notes.



Hello Everyone,

Welcome to this hastily put together newsletter. You will have to forgive any errors that slip by. Echoing the Chairman's notes, we are certainly living in strange times. I do not suppose any of us can recall anything like it. Definitely not since World War II, which most of us didn't experience thankfully. I hope you are all doing the right things and acting on all the advice given. I think that if people don't do as the experts say, then those people must know more, in which case they should get down to the capital and advise the nation.

It is often said that these situations bring out the best in the British people. It also brings out the worst. Panic buying springs to mind. There is little likelihood of us running out of food or other essentials, unless we all hoard of course. On a recent trip to London to support our daughter with child care, I had 2 cans of bake beans confiscated at the checkout, we normally buy 4, but was only allowed 2. I think the last time I had anything confiscated it was a catapult.

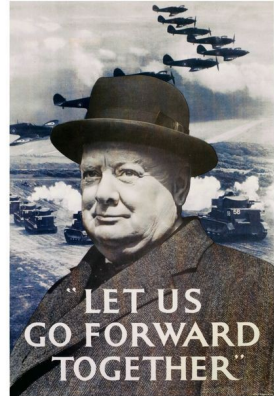
We are getting by so far without panic buying. It is late March and naturally we still have a complete Christmas cake, a Christmas pudding and some almonds that need cracking. I have not heard a single report of U boats destroying toilet roll delivery trucks. We intend to use up all we have in cupboards and then get essentials in small quantities on a regular basis. Even when the situation eases, by having this clear out, we are easing the burden on the supply chain from transport deliveries to the workload of supermarket staff. We will also save money! So, that 2 year old icing sugar can go in the tea and the tin of peaches can be used up before it sees yet another winter.



What to do in isolation is a question for this time. Many of you will have hobbies or can resurrect them. If you have a garden then by September it should be in the best shape it has ever been in and it can be a source of fresh food. Being isolated will be a chance to get into a good paperback or audio book or download something if you can. You could de-clutter ready for our next St Crux fundraising day. You can go on the YCSGT website and do the exercises by following the link or use the enclosed DVD as suggested in the Chairman's report. Don't forget Spotty Dog! If you take advantage of this you can reward yourself with a jigsaw after each session.

Editorial continued..... According to a recent press article, listening to 30 minutes of music a day helps recovering heart patients by cutting pain and anxiety, so try having more music in the background. On previous pages there are some contacts you might need in the coming weeks. If you do not use the internet then there are phone numbers you can use to get advice or you can even post something.

We must all stay upbeat and think of some positives that may come out of this crisis. Already air pollution is reducing in the cities, people are speaking to their neighbours and helping each other. We are having to be more self sufficient as individuals and as a nation. When the dust settles we have to look at our society and how we live and what we depend on. Having a situation where almost everything we buy is reliant on a part coming across the world from China can't be good long term. Jeremy Corbyn, during the Brexit debate, said that the Mini car crossed the channel 5 times before it became a complete vehicle. More pollution. We throw away good clothes because they are so cheap to replace. They are cheap because of the unhealthy and unsafe Asian sweatshops used to produce them by grossly underpaid workers.



We fly food around the world because supermarkets want us to buy strawberries in January. More pollution. We want cheap fresh food, for this we rely on low paid, migrant workers to keep our economy in good shape. This leads to trafficking, exploitation and abuse. There are also far too many jobs reliant on us buying a cup of coffee every time we go further than the garden. Every minute of the day, in York, we send tonnes of usable items to landfill, because they are easy and cheap to replace. We will come out of this crisis, in a better place, having had some time to think about what we all do. Rant over.

There is an image of York Minster on the cover because there is another 'York Minster' you may not have heard of, see later, but importantly, it is a symbol of continuity for York. The Minster has survived 11 visits by the plague, Cholera, Typhus, two fires and two world wars. It will be here when this crisis is over and we will all be able to go and physically touch the stonework and thank all those people in the NHS, the scientists, the laboratory staff, the delivery drivers, supermarket staff, food production staff and the millions more who did something good and didn't fill their cupboards with dried pasta.

Stay positive, stay safe, stay healthy, stay active and take note of what Benjamin Franklin once said;

"Do not squander time for that is the stuff life is made of"

Jeff Lane jtl1950@hotmail.com 27 Murton Way, York YO195UW

Exercising at home with Ray



Just because classes have been suspended, doesn't mean we have to stop exercising. In fact it is even more important now, especially if we are all confined to barracks!

We all know from the messages we are getting that the virus affects the most vulnerable. In the main they are the ones who are the least fit. So let's make sure that we do not fall into this category. You all have some base fitness from the classes you have been attending. Don't lose this!!

To help you keep your feet moving **'Virtual Classes' will be available to view on Youtube every Monday, Wednesday and Friday from 10am**, which we hope everyone uses. We appreciate that it will be in the comfort of your own home but we want you to be disciplined as though you were coming to class.

Video and DVD

Nancy, Vicki, Ray (Mr Lawrence) and myself have produced a video of a class. This is run just as normal, with Warm Up, Circuits and Cool Down. There is also an extra section on the "Balance" exercises we were doing with Alistair, Mike and Karina.

The class can be viewed either on:-

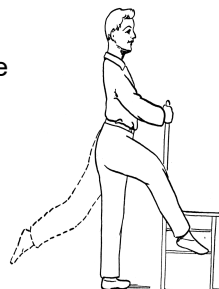
YouTube: Just enter **Exercise Time with Ray** and click the video. **Or on the DVD which is supplied with this newsletter.**

Suggestions

1) Warm up and cool down. Don't forget, however little you do, always warm up first and cool down afterwards. Don't miss these important parts out of your exercise routine.

2) Clothing and footwear. Just because you are at home doesn't mean you cannot dress appropriately. Put on comfortable loose fitting clothing and appropriate footwear. You will find that you work out harder and do more.

3) When to exercise. It is important to develop a routine as we do with the fitness classes. That is why we have suggested the 10am Virtual Classes. Obviously if you prefer a different time, then fine, whatever suits. But in the main we all tend to stick to a programme when we have set days and times.



Exercising at home with Ray cont.....

4) Friends and contacts. Make contact with friends you have at the class and encourage them to work out at the same time as you. Even though you are physically not in the same room, you will be mentally. You can then discuss afterwards how the exercise went

5) Stand up and move. Make sure that throughout the day you get up at least every hour, walk round the room and do a few stretches.

6) Diary. Keep a diary of what exercise you have done each day. Remember however little it is, it's still better than doing nothing. This is also a great motivator to do more next day.



Additional Exercises

We intend introducing different types of exercises on a regular basis. These will be more specific in a much shorter time period. e.g. Hand exercises which last for a few minutes. I am also learning Tai Chi, so will add some of those.

Daily Facebook post

We will be updating our Facebook page with details of exercise tips and details of new available exercise videos. I hope many of you will join me using the 'virtual' exercise classes and it would be great if you could like the **Facebook** page and share the content so others can benefit from the content.



Please let us know what you have been doing and how the exercises are going. Leave some comments on Facebook or YouTube and also let us know if there's anything you would like us to cover in future classes?

www.facebook.com/keepfitwithray/

If anyone has any questions or concerns regarding any of the exercises please contact me at any time on my email or mobile number

Email r.schofield@ntlworld.com or mobile 07703 199207

If anyone has any questions or concerns regarding any of the exercises please contact me at any time on the above email or mobile number.

Don't forget "Keep Your Feet Moving"



Dates for the Diary



All exercise, swimming, monthly meetings and walks are cancelled until further notice.

The AGM scheduled for June 1st will not take place



Don't forget the website for up to date information on events, exercise classes, exercise routines, past newsletters, exercises to be done at home and more.

www.ycsgt.org.uk

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, Wigginton,
York. YO32 2PJ

10% Discount

For
Senior Citizens and
York Coronary Support
Group Members

Phone: 01904 762609

Mobile: 07855257810

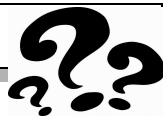
Email:

john@hooksremovals.co.uk

Website:

www.hooksremovals.co.uk

Quiz Page



The Olympic games will not go ahead in 2020, here are some questions to attempt anyway.

- 1). Who broke the world long jump record by nearly 2 feet in 1968?
- 2). Which former UK political party leader competed in the 1964 Tokyo games?
- 3). Which high jumper gave his name to the most common style of high jumping?
- 4). Who was once stationed at Fulford Barracks and won 2 gold medals in Athens in 2004.
- 5). Who is said to have thrown his medal into the Ohio River?
- 6). Which gold medal winning athlete became MP for Falmouth, Cornwall, before going to the house of lords?
- 7). Which famous Soviet gymnast became a US citizen and later lost a celebrity boxing match?
- 8). At which summer games did a unified German team compete after the end of the cold war.
- 9). Which national team wore black arm bands at the opening ceremony of the summer games in 1976.
- 10). Which South African born athlete competed for Britain in 1984 running in bare feet.



Can you recognise the songs from these lyrics?

- a). 'Cause everthin's wrong and nothin' ain't right. (1956)
- b). I'm so young and you're so old. (1957)
- c). Oh please say to me, you'll let me be your man. (1963)
- d). Memories of a love you never meant. (1965)
- e). Once upon a time there was a tavern. (1968)
- f). Well I'm not the worlds most physical guy. (1970)
- g). Smiling from her head to her feet. (1970)
- h). Dancing alone every night while I live right above you. 1971)
- i). I begged you not to go but you said goodbye. (1972)
- j). You come and go, you come and go. (1983)



**About the York Coronary Support Group Trust;
Below is a reminder of our activities which will
return to normal in the not too distant future.**

Meetings: We meet on the first Monday in each month at 7.30pm (except bank holidays, when we meet on the second Monday). The meetings may be illustrated talks or entertainments and once a year we invite members of York Hospital's Cardiac Unit to tell us about developments in heart surgery and health matters and to answer member's questions. There is a tea break and the evening is rounded off by a raffle. They start at 7:30pm and friends and family are welcome. Meetings are held at;

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

Exercises:

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

Fund-raising:

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

Communications:

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

Subscriptions:

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

New Members are always welcome.

Membership entitles you to this quarterly newsletter, monthly talks and presentations access to exercise, walking and swimming sessions.



and

A warm welcome to our recent new members;

Jonathan Shaw,
Sandra Atkinson,
John & Jean Hepworth,
Barbara Blanchard,
Pauline Maler.

Friends of YCSGT Walks information.

Due to the current circumstances, the advertised walks for April 19th and May 24th will not go ahead. Hopefully by the time the next newsletter is published we may have a clearer picture of what the government advice on movement is.



For the future; We need others to be involved for later this year and to ensure we can continue into next year, so if you are interested in getting involved by planning or leading walks then please contact Jeff Lane. (see committee page).

In the meantime if government advice changes and organisations restart their walks, then pick up a Walking for Health Leaflet, from a library or the Folk Hall when they are open or go on the internet; www.walkingforhealth.org or e-mail walkingforhealth@ramblers.org.uk. Or telephone 01904 693235.

Answers to last issues quiz;

Cash in the attic./ It ain't half hot Mum./Top gear./Porridge.
Dukes of Hazard./Forsythe Saga./Hello Hello./Black & White
Minstrels./Crossroads./Bargain Hunt.
V2/K9/U2/M25/P60/C11/E111/F1/B52/C5.

Physical Activity and Cardiovascular Health in Phase IV Rehabilitation

Physical activity is really important for many aspects of our physical and mental health. According to government guidelines, adults should achieve 150-minutes of moderate intensity physical activity or 75-minutes of vigorous physical activity per week to protect our health. Community programmes such as Phase IV cardiac rehabilitation by the British Association of Cardiac Rehabilitation (BACR) charity are an excellent means of contributing to achieving this weekly physical activity target.

This is important because physical activity helps to prevent the reoccurrence of a cardiovascular event. However, it is unclear if cardiac rehabilitation participants remain physically active outside of their weekly exercise classes. To answer this question, the Physical Activity and Cardiovascular Health (PA_tCH) research group at York St John (YSJ) University have recently established a collaboration with the **York Coronary Support Group Trust**. In the coming months the Research Group will undertake a project to investigate habitual physical activity and cardiovascular health in Phase IV cardiac rehabilitation participants.



PA_tCH are extremely grateful to the **YCSGT** for their generous donation of £2,500 to enable the purchase of physical activity monitoring devices known as accelerometers that will be used for this research project. The accelerometers, which have been part funded by YSJ, are the gold standard method of measuring habitual physical activity and can provide valuable information on an individual's daily step count as well as moderate and/or vigorous physical activity intensity performed during a typical week.

The device is worn around the waist like a belt for 7-days from morning until night and is non-intrusive. After 7-days of wearing the device, it is returned to the researchers where the data can be downloaded and analysed. The team can then provide individual feedback to participants on their habitual physical activity levels which can then help guide participants future lifestyle choices.

Continued.....

In conjunction with the measurement of physical activity, the PATCH Research Group will also look to examine participants' cardiovascular health using non-invasive ultrasound to image the main arteries of the body (in the neck and the arm). By doing so, the structure and function of these arteries can be measured; both of which are valuable indicators of cardiovascular health.

This will help the researchers understand if physical activity levels influence measures of cardiovascular health within this population. This information may then be used to promote physical activity to a greater extent for individuals who have experienced a cardiovascular event. The Research Group will be liaising with Mr. Ray Schofield in the coming months to commence this exciting project.

Áine Brislane, BSc, MSc, AFHEA,

PhD Lecturer in Sport and Exercise Physiology,

York St John University



York and District Diabetic Club

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

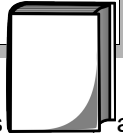
(except for January and August)

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.

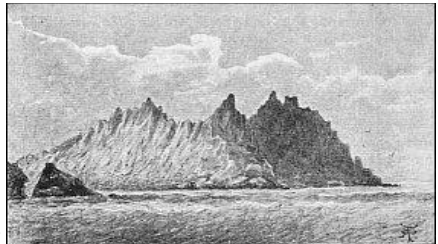
In the current situation, check before attending.

Front cover story.



York Minster needs no introduction. However here is another image of 'York Minster'. He was a native of Tierra del Fuego. When HMS Beagle was off the coast of South America in 1828 on its first voyage, the Captain of the Beagle was Robert Fitzroy. His crew had been surveying some small inlets, when the locals stole one of the ship's boats. Fitzroy took some locals hostage hoping to get his boat back. The outcome resulted in only one hostage, a girl, staying onboard the ship. However Fitzroy thought it a good idea to take a young male on board as an intermediary between the English and the Fuegians.

He was called *Elleparu*, but the crew named him *York Minster* after a rocky promontory named York Minster by Captain James Cook earlier. Did Cook know the Minster well enough to name this piece of rock, or was one of Cook's crew a York Man? Had he been press ganged in York? Anyway, the Fuegian, now with the name 'York Minster' was joined by another two males. All four of them travelled back to England with the Beagle. The others were named by the crew as *Boat Memory*, (died of smallpox shortly after arrival in England), *Fuegia Basket* (the girl) and *Jemmy Button*.



York Minster, Bearing S. 66° E.

On the voyage back to England they were given English clothes in preparation for time in England, which began with schooling at an infant school in Walthamstow, East London. They all became celebrities and were introduced to King William IV. Fitzroy took the surviving three back to their homeland in 1831 on board the HMS Beagle's second voyage. On this journey was a young scientist called Charles Darwin and the rest is history. However the fortunes of the Fuegians on return to their homeland wasn't an altogether a happy one. In more recent times the episode has become more controversial with the terms kidnapping and abduction being often used.

If you can access; for further reading on the subject;

This Thing of Darkness, Harry Thompson

Savage, The Life and Times of Jemmy Button, Nick Hazlewood.

Health Notes



Ectopic Heart Beats & How to Get Rid of Them.

If you're experiencing ectopic heart beats, it can be an unsettling experience, especially if they're occurring on a frequent basis.

One of the reasons they can be so frightening is that they're noticeable, when usually your heart beats at its normal rate without you being able to feel it. While palpitations can feel like a fluttering or irregular heartbeat, ectopics refer to the sensation of a missed or extra beat (which can feel like a thud). While these are often nothing to be concerned about, it's important to seek medical advice if you're worried for any reason, have a heart condition, if they're happening regularly or lasting for a long time.

Even if your ectopics turn out to be nothing to worry about, putting up with the symptoms on a long-term basis can have a huge effect on your life. That's why it's vital to understand your own triggers and ways to reduce palpitations naturally. These tips shouldn't be used in place of any medical advice given by your doctor, but they serve as lifestyle changes you can make to improve your heart's health and normal function. While it's sometimes scary to feel palpitations or ectopic heart beats, triggers can often be related to lifestyle, diet or even emotions. One of the recurring themes seen by heart doctors is that those experiencing ectopic heart beats have a lot of health-related anxiety. The fear that something bad is going to happen to you can actually make symptoms worse. If able to tackle this fear, many will find their ectopic heart beats will disappear or at least improve.

Techniques you can use include breathing exercises, lowering your breaths from about 12 to 15 breaths per minute to about 6 breaths per minute. Slowly breathe in through the nose and out through the mouth, for about 10 seconds in a calm flow (not holding your breath). Try this for at least 5 minutes to see if it helps. Another trigger that's important to consider is the effect of disturbed sleep on ectopic heart beats.

If your sleep is disrupted, it can alter the autonomic systems of the body, increases cortisol and stress hormones, and even have an inflammatory effect. Ectopics can become more magnified, so it's important to find ways to manage your sleep better. One thing you may like to try is taking magnesium supplements, in case your levels are low. This could be caused by factors such as eating a lot of processed food which can decrease your intake. Drinks to avoid consuming a lot of include heavily caffeinated drinks such as coffee and energy drinks, as well as alcohol and carbonated drinks.

Ectopic Heart Beats & How to Get Rid of Them. Cont.....

This may help reduce your ectopic heartbeats. If your doctor has confirmed your ectopic heart beats are nothing serious, exercise can help. While this may seem unnatural in the middle of the night, even some gentle activity to raise your heart rate can help.

High levels of preservatives in your diet can worsen ectopic heart beats, so it's a good idea to take note of what you're consuming. These include e-numbers E621, E627, E631, E220 to 228 and E280 to 283.....Rich or spicy meals may also cause issues with ectopic heart beats, as well as bread and dairy. Try reducing some of these to see which ones could be triggers. If you're experiencing ectopic heart beats, your doctor should also check what medication you're on (if any) as some palpitations can be triggered by certain drugs.

Finding out the Cause.

When you first speak to a doctor about palpitations you're experiencing, they'll usually recommend you undergo an ECG (electrocardiogram). This painless test will monitor your heart rhythm over a period of time, recording all electrical activity. Doctors understand how to interpret the findings, identifying where each beat of your heart is occurring. Therefore, the best way to find out the cause or source of your ectopics is by pressing a button connected to the monitor, recording when your palpitations are happening.

This can help diagnose premature ventricular complexes (PVCs), for example. PVCs occur when the heart's ventricles start a new heart beat before the normal ones from the atria have finished, giving the sensation of an extra beat. Your doctor will then make a plan of action, but if there are no concerns about your health, they may reassure you that there's nothing wrong. While this is good news overall, living with the symptoms isn't pleasant and can be incredibly frustrating. If you need to speak to a doctor who specialises in ectopics and palpitations, as well as other heart conditions, Dr Gupta can help.

This article has been taken from the website www.dr-sanjay-gupta-cardiologist.com, by kind permission of Dr Sanjay Gupta. If you have internet access see also Dr Gupta's youtube presentations.

MEET THE LOCALS.

No 3. Frankie Howard



Frankie was born in 1917 in the City Hospital in York and spent his early years in Hartoft Street, Fulford. His father was in the army and stationed at Imphal Barracks, but the family moved on when Frankie was a child. His first attempt at entertaining was at the age of 4. After a period as a Sunday school teacher he had an unsuccessful audition with RADA. This prompted him to turn towards comedy. He joined the army and entertained troops during World War II taking part in the D Day landings, albeit stuck on a boat. *Titter ye not.*

After the war he became famous nationally on the radio's 'Variety Bandbox.' His early work was accompanied by stage fright, a condition he suffered from to the end. He suffered a nervous breakdown in the 1960's but pulled through to continue his entertainment career, getting small parts, *no don't*, in films including the 'Lady Killers'. A number of TV roles followed including 'Up Pompeii'. His script writers included Galton and Simpson of 'Hancock' and 'Steptoe' fame.

His appearances in the 'Carry on films' upped his profile and it is these films that he is most famous for today. It is said he received £9,000 for 'Carry on up the Jungle'. He did however get parts in 18 other films, 16 TV programmes and 4 radio shows as well as making 4 records. He was considered for the role of Willie Wonka, *no don't laugh, behave yourselves*, but the part went to Gene Wilder. He was awarded an OBE in 1977 for his contribution to entertainment, *oh yes, Francis did missus.*



Frankie was a gay man when homosexuality was illegal and could destroy a career. His secret had to be kept from the public and his own mother. His death in 1992 came on the same weekend as the passing of Benny Hill. Frankie was still with his partner Dennis at the end. They had met in 1955. Frankie is buried in Somerset and has been honoured with a blue plaque in Hartoft Street York, placed there by the York Civic Trust in 2016, the unveiling performed by Mark Addy another York born actor. I hope you enjoyed this article.....*no?.....well please yourselves.*

York Coronary Support Group Trust

Registered Charity No: 1011149

Patron: Professor Sir Roger Boyle CBE

President: Dr M Pye FRCP

Honorary Vice President: Ron Cornish

Who's Who

Officers:

Chairman	Mark Carter	(mark-carter1@live.co.uk)
Vice Chairman	Des Mahon	07748 824761
Secretary	Peter Leishman	(peterleishman57@aol.com)
Treasurer	Jenny Cookson	01347 833260

Committee:

Fund Raising Officer	Nick Longster	(nkmhj@aol.com)
Membership Secretary	Jenny Cookson	01347 833260
Entertainment Officer	Jackie McKeivitt	01904 234206
Publicity Officer	Mark Carter	0771 9900 170
Keep Fit Organiser	Tony Fletcher	01904 490582
Swimming	Anne Weir	01904 794973
Minutes Secretary	John Mitchell	01904 764237
Speaker Organiser	Jackie McKeivitt	01904 651693
Newsletter Editor	Jeff Lane	01904 414476
& distribution.		(jtl1950@hotmail.com)

Trustees:

Tony Fletcher	01904 490582
Anne Weir	01904 794973
Des Mahon	07798 824761
Peter Leishman	(peterleishman57@aol.com)
Jenny Cookson	01347 833260

Senior Cardiac Rehab Nurse

Christine Rallison	01904 725821
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Fitness Instructor

Ray Schofield	07703 199207
	(r.schofield@ntlworld.com)

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month.**

