

# YCSG TRUST

York Coronary Support Group

Registered Charity No. 1011149



'Keep your feet moving'

Newsletter No. 120  
Summer 2020

**STAY ALERT**  
**CONTROL**  
**THE VIRUS**  
**SAVE LIVES**

**Get in touch  
for company  
and a chat!**



Are you looking for company and contact with people?  
Maybe you're feeling lonely or missing out on time you  
would like to spend with family or friends?

If you'd like some regular friendly contact with people,  
we can help. We can get in touch with you with:

- Telephone calls
- Doorstep natters
- Letters
- Online contact – we can help you connect with family and friends through your smartphone, tablet or computer.

Simply call **01904 551550**  
or email **covid19help@york.gov.uk**

We'll ask how you would like to be contacted, and one of our  
carefully-chosen and friendly volunteers will get in touch in the  
way you prefer.

*Please be aware of potential scams.  
Our volunteers will never ask you for  
personal information or money.*



# CHAIRMAN'S NOTES



## Dear Members

We now know shielded members and friends end their home exile in August. That some of those 'at risk' have already returned to work. Pubs, restaurants, hairdressers and other sections of the hospitality industry will have opened by the time you read this. Naturally some people will be frightened, nervous, concerned about the way forward. It will take time to build that confidence we had prior to lock down and also being wary of a second wave or local outbreaks of the virus like in Leicester.

There are reports of gyms and swimming pools opening later in July, possibly August. The charity will be planning a return, but not immediately. We will liaise with Nicky at Cardiac Rehabilitation, with Ray and other relevant parties on the best way forward. It is important that members are confident that it is safe, or as safe as we can make the environment in all of the classes. I expect there will be new measures and procedures. Of course, members will play their part in keeping everybody safe by following whatever guidelines we may have to implement.

In regards to the monthly Monday evening meetings, I understand their importance to members and once we are sure they are safe to resume, they will. We will try and rearrange some of the speakers and events. The Annual General Meeting to report on the previous year and elect a new committee still needs to take place. If you have been reflecting during the lockdown on what to do when the 'new normal' resumes consider committee work for the charity. The classes and the monthly Monday evening meetings may take some months before they can safely return, but they will.

I was reminded that I am the voice of the committee. I spoke in the emergency issue of the importance of looking after Ray, Nancy and Vicky. To this end the committee agreed to continue to pay a percentage of the monies normally paid to them, whilst the classes are suspended. From the volume of replies a lot of members have enjoyed Ray's blog and seeing this contracted world through other members perspectives.

Finally I, probably like a lot of people, are reminded of Churchill's words about the victory by British and Commonwealth forces at El Alamein in 1942. ***"It is perhaps the end of the beginning"*** let's hope so.

Take Care

**Mark Carter,**

**Chairman York Coronary Support Group Trust.**

## **Reminder of Contacts you may need in these times.**

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 (Volunteers for help)	01904 891627
Stamford Bridge Covid Support Line	01759 632 748

website; Covidmutualaid.org

## **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.

**Healthwatch York, FREEPOST RTEG-BLES-RRYJ 15 Priory Street YO1 6ET**

## Editor's notes.



Hello Everyone,

I think I can safely say that we have all just experienced the strangest few months of our lives. At York station a duck has laid eggs and a fox was seen strolling across platforms and tracks unhindered. He/she survived, did they have a timetable? We have had it confirmed (we already knew) that every member of the bin lorry crew and every cleaner, care worker and supermarket check out operator is far more important to us than any celebrity or over paid footballer or managing director. It goes without saying that we owe a huge debt to Doctors, Nurses and everyone in the NHS. I hope that society will remember this.

Who could have predicted that a previously unknown war veteran, Captain (or is it Colonel) Tom Moore, (pictured), would receive 140,000 birthday cards on his 100<sup>th</sup> birthday or that he would raise an incredible amount of money. It is as always good to know that we have our current members of the armed services to step in when we need them. They have been doing a marvelous job with testing thus freeing up hundreds of NHS staff to work elsewhere.



Words have entered our world including 'social distancing', 'zoom meetings' and the word 'furlough' is constantly used, a word not heard since Sgt Bilko plotted to get time away from camp. Who could have predicted that thousands of aircraft would be grounded indefinitely, buses and trains would continue but mostly empty. Also, American oil, at one point, was selling for minus \$37 a barrel and we would be crossing the road to avoid people. The government's scheme to pay people to stay at home is commendable. Something that has acted as safety net for millions, but I suspect there will be abuse.

At home we are slowly adjusting our routine to a less panic mode, having started by checking our temperature daily with a meat thermometer. You have to be careful where you stick it. The sanitizing of door handles, steering wheels and gear stick is reducing, but we are still very conscious of not spreading the virus and so are still taking on board all the advice.

## Editor's notes continued.....

We are limiting our visits to supermarkets and keeping a social distance when out and about. A bit of cycling and walking has helped us to keep some sort of fitness level as well as Ray's DVD of course. The garden has never looked better with more time spent in it than ever before. My limited know how on growing vegetables has borne fruit (well vegetables) and anything that doesn't move has been painted or stained. We have resisted the temptation to queue for 4 hours at Ikea or 2 hours for a MacDonalds takeaway. We can cook and are not desperate for a flat pack cupboard.

The Christmas cake has been finished and our food store is now more in line with what it should be, that is, recently purchased and not too much. We have worked through the angel delight, marrow fat peas and tins of fruit cocktail. I was expecting to find powdered egg and national dried milk at the back. The sewing machine has seen the light of day and face masks have been made.

I have been disappointed with the media. TV and other journalists seem to have suddenly become experts, with hindsight, trying to embarrass the government with probing questions that should be left for later when we can learn from the experience. There has been far too much negative press and TV coverage, rather than focusing on the more positive. Can you imagine the owner of the Pompeii Hardware Shop, in court, being blamed for not having 30,000 shovels in stock? Does the media really believe we cared enough about one person's visit to Barnard Castle that we wanted to hear about it for a fortnight? Why were there probing questions about the lack of use of the 'Nightingale' hospitals. Surely it is good news that, so far, they have not been used much.

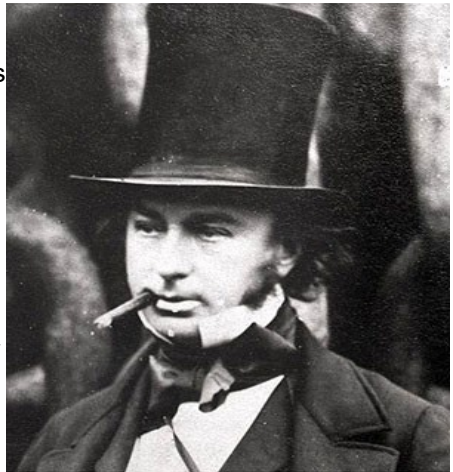
The name given to them was taken of course from the famous Florence. I think one should have been named Mary and one Isambard. Why? Well perhaps it's a fitting time to mention a black nurse called Mary Seacole (pictured) who was also dealing with the wounded in the Crimea. I believe she actually operated nearer to the front line than Florence did.

There is a statue of Mary at St Thomas's Hospital, London which, in the current climate, I hope will be respected by all for many years to come. Then there is one of my personal heroes, Isambard Kingdom Brunel, the great Victorian engineer.



## Editor's notes continued.....

He is well known for his railways and ships but he did get involved in the design and building of kit form hospitals in 1855 for British troops in the Crimean War. He designed them to be transportable in parts, each section able to be carried by two men. In May 1855 the first ship docked with a 200 bed supply followed by another four more ships with sections to complete the 1000 bed hospital. By Christmas 1855, after some red tape delays 1000 beds were in use. They had flush toilets, urinals, bathrooms, hand operated air pumps with underfloor ducting and portable baths for those less mobile. Thankfully due to peace being declared in early 1856, the hospital usage was short lived, however during its short existence the fatality rate among soldiers went from 42% to 3% comparing it with the previous 'hospital' at Scutari.



I have previously talked about the positives to come out of this crisis. One aspect of the attempts to stop the spread of the virus has been the policy of housing the homeless to get them off the streets. Underused hotels have been brought into use to offer shelter. There are early signs of some people taking the opportunity to think about their futures and hopefully, with help, we will see less on the streets and more back into society. Watch this space.

I have never been a fan of social media, facebook, etc, as I have no intention of sending anyone a photograph of my breakfast, nor do I want to receive one. That said, the ability for people to connect with friends and family via this medium, especially Zoom meetings on screen, has been extremely important to many people especially the elderly and those living alone. *Whatsapp* is a recent addition to many lives helping people stay connected with family and friends. Our household has for many years had a *Whatsup* system whereby the offspring only contact us when something is wrong or they want something. At least these days we have the option to block their numbers.

I have been intrigued as to how we can suddenly produce vast quantities of 'things' that are desperately needed in a crisis. The personal protective equipment was an issue due to the volumes required. There was also the sudden need for plastic screens at shops, tape for floors, information signs, cleaning products, extra hospital beds, hospitals, oxygen tanks and medical equipment, particularly testing kits. Where does it all come from so quickly?



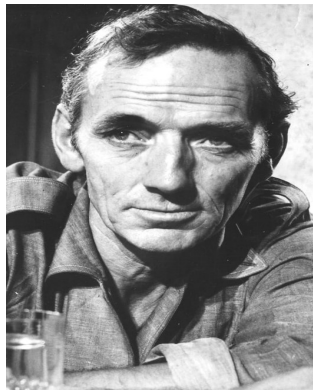
## Editor's notes continued.....

There has been times in our past when urgent demands for products have been met. In early June 1944 there was sudden and urgent need for 100,000 gallons of distemper (white paint). Usual stocks could not meet this demand and so the industry worked around the clock and through the Whitsun holiday, workers having no clue to what was happening. There was also a need for 20,000 paint brushes. Why? Late in the planning for the D Day landings it was decided to secretly give all allied aircraft, at the last minute, white stripes to distinguish them from the enemy.



The front cover image will be familiar with most of us doing the exercises using the DVD that Ray and team put together with limited time at the start of lock down. (Spares are available on request). With that and other technology Ray has brilliantly kept many of us going with fitness routines through the crisis. His efforts with his blog and regular contacts with members during the crisis has been admirable and very well received. He deserves some reward, perhaps a betamax 'Wooden Tops' Video would do, or perhaps a book on seagulls. Our DVD player is rather old and we did have problems initially playing it, even now Ray's DVD sometimes only loads if a 'Scooby Do' DVD has been inserted first and then ejected. Try explaining that!

It has taken me longer than usual to type this. Having to constantly get the hair out of my eyes doesn't help. My wife has offered to do me pigtails, which after some thought, I have declined. It has its benefits, if it rains it is about 20 minutes before the neck gets wet. Sometimes we need to take our minds away from all the issues of this crisis back to a more innocent and simpler world, so I recommend tuning into freeview TV channel 81, *Talking Pictures* and absorb yourself in a British 1950s black and white film for about two hours. When all the police cars were Wolseleys and almost every film had Sam Kydd in it (pictured).





## Editor's notes continued.....

During the lock down I have completed a course and obtained a certificate to add to my swimming width achievement in 1959, (still working on the length). It is an online course which anyone can do. I do recommend it if you have internet facility. Even if you don't treat it as a test, it is very informative, showing you how to deal with emergencies in the home or elsewhere. You don't have to pass to get the knowledge. Good luck.

See; <https://www.virtual-college.co.uk/prepared>

It is expected that the next newsletter could be around November. However that is plan A. Plan B could be a variation depending on circumstances as this crisis evolves. Either way there is likely to be a lack of content in the newsletter as monthly gatherings, exercise and swimming classes are suspended and charity fund raising events cancelled. Therefore if you have any contributions to make of your recent lock down experiences or anything else you feel might be of interest to other members, then please send them in.

**Stay safe and stay fit.**

Jeff Lane    [jtl1950@hotmail.com](mailto:jtl1950@hotmail.com)    27 Murton Way, York YO195UW  
01904 414476

## Dates for the Diary



At the time of going to press we are unable to give any firm dates for any events or meetings. It is expected that the next newsletter will be around November. In the meantime you can check the website to view any information.



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

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

## Exercise time with Ray



### Diary since shutdown

Saturday 14<sup>th</sup> March is a day that I think I will always remember. A decision was taken to suspend classes with immediate effect. Deep down we all knew that day was imminent, but it was still a shock that brought home the seriousness of the situation.

The immediate thoughts were how to inform people, and as the shutdown was likely to last for some time, how do we provide an ongoing exercise programme for everyone. Keeping fit is vital to our well being, especially those of us who the government refers as “In the vulnerable bracket.” Also, as a charity we have a commitment to provide ongoing rehabilitation programmes.

Over the weekend we contacted as many people as possible and decided that the best option was to produce a video of a class behind closed doors. Timescales were tight, and venues limited. York St John had also made the decision to close the university on Wednesday 16<sup>th</sup> March. That gave us just a few days. Fortunately with the help of contacts and friends within YSJ (who had video equipment) we managed to produce the video on that Wednesday. They helped us produce it and then closed. We owe a big debt to them, especially Anna Brassell, the photographer.



Electronic copies were sent out immediately to members whose email addresses we had. The date of the magazine was brought forward and DVD's produced, which were then sent out to members. On Friday 27<sup>th</sup> March “Virtual” classes were then introduced every Monday, Wednesday, Friday and are ongoing. Although it seemed like an eternity then, it was only 12 days.

Since that date additional exercise programmes have been posted on the YCSGT website and also on **Youtube Exercise Time with Ray**. Word somehow got out to the press and I was interviewed on Radio York which brought in a lot of interest from other people who wanted to join in the programme. Some asked for DVD's and some for the Youtube address. To date we have had well over 3,000 hits.

### Social.

The social side of the classes are very important and form a strong link for many of the members. In order to continue this, a weekly blog is emailed out to all members whose addresses we have. There is also a Facebook page **Exercise Time with Ray** and the YCSGT website which are frequently updated. For members with no computers we continue to phone as often as we can, especially to those who live alone. If you are alone and have not had a call then it's probably because we don't have your number.

## **Exercise time with Ray continued.....**

Any of you can ring me or any of the committee members at any time. Don't think you are putting us out. I can natter away for England and would love to hear from you. It would get me away from some of those jobs that Jan keeps lining up for me!

### **Going Forward;**

At times like this it is easy to become despondent, questioning why we bother. This is perfectly natural, and it is recognised that with any loss of freedom we all experience a cycle of emotions such as anger, depression and denial. The sooner we accept that this is quite a normal sequence of events, the sooner we can move forward. We do not know how long things are going to last in their current state. Hopefully not too long, but in the meantime it is important that we continue both exercising and socialising with each other. Virtual classes will continue together with the email blogs and Facebook.



### **Daily Exercise;**

We all know that it makes sense to exercise. That is why we all came to the classes in the first place.

Exercise releases endorphins in our brains that make us feel good, positive and happy. You all know the feeling when you have just completed a class. I see it in every one of you every week.

In times like this we have to be disciplined and try to do some exercise every day. No matter how little it is, you will feel better for having done it.

Almost everyone has a copy of the DVD and/or access to a computer. Use your imagination a little bit with the "Virtual" classes. I get changed and do every class at 10am along with many of you. Just think positively that we are all together when you put the video on. Because we are!

You do not have to do all the same exercise programme every day. You can "Cherry Pick" different parts, or do one of the other programmes that I have put together on Youtube Exercise Time with Ray. Also when you are sitting down watching TV you can do some seated leg exercises.

### **Links;**

Unfortunately a few members have changed their details and not kept us updated. If you have not had a call or email, you are probably one of them. Please either email me your address, or if you don't have a computer, ring or text me. My details are as follows:-

[r.schofield@ntlworld.com](mailto:r.schofield@ntlworld.com) Tel: 07703 199207

If anyone does not have a DVD player or computer, then contact me and I will put a programme together for you and put it in the post.

Best wishes to you all. We will get through this. Just remember to:- **"Keep Your Feet Moving"**

**RAY**



# Monthly Meeting



## September Monthly Meeting, Shandy Hall and Gardens, Chris Pearson.

The September Meeting was well attended considering we had to move from the Folk Hall due to car park work. Chris's presentation gave us all a visual tour of Shandy Hall and particularly the gardens which were evidently her passion. Shandy Hall is close to the village of Coxwold near the 'White Horse' in the Hambleton Hills north of York. It is famous for being the home of Laurence Sterne local clergyman and novelist.



The village still has its 18<sup>th</sup> century church where Laurence preached. In 1767 at the age of 55 he traveled to London where he became an instant celebrity and had his portrait painted by Joshua Reynolds. Shandy Hall is officially a hall originally built in 1430 to a timber framed design but altered and added to in the 18<sup>th</sup> century. It only became known as Shandy Hall after the publication of Sterne's famous novel *'The life and opinions of Tristram Shandy'*. It has an Eliza's room named after a close 'friend' of Laurence. Their relationship continued despite both being married. However Eliza never used the room having moved to India.

In the 1960s the hall was part of a farm, before being turned into a museum dedicated to Sterne's life and legacy. It is all now owned by the Laurence Sterne Trust. There are two acres of gardens around the hall looked after by Chris and a small group of volunteers. They have been laid out over 30 years. There is a barn, holiday cottage and shop which sells juice, a product of a seasonal abundance of apples from the garden. Chemicals and slug pellets are avoided. Growth in the lawn, other than grass, is encouraged to attract insects. This in turn attracts other creatures.

They have visits from bats, swallows, wrens, a stoat, bees squirrels, foxes and blue tits who consume great quantities of caterpillars. Hedgehogs keep the slugs at bay but rabbits are however a problem. Chris told us of the 440 plus varieties of moths, which these days are photographed and documented rather than having dead specimens pinned to boards as we have done in the past. Chris's commitment to the garden involves work all year round. This includes the annual pruning of 130 rose bushes, so if you fancy volunteering when we can all move about, go for it.

# Monthly Meeting



## March Monthly Meeting Hearing dogs for the Deaf

On 2<sup>nd</sup> March an encouraging number of members and friends managed to storm the barricades, (well get through the fencing of the building site) to attend what was a fascinating and revealing presentation given by a team from Hearing Dogs for Deaf People. An event made special by the attendance of Beck, a black 'cockapoo', who barked a welcome. The team comprised Maureen, Grahame and Jan. Maureen set the scene with an introduction during which we all learned about how deafness can creep up on us all. Taking five years to accept that there is a problem is not uncommon. The TV volume needing to go up is one indicator, not hearing what your wife/husband/partner is saying is another, although useful at times. One in six of us in the UK already experiences some hearing difficulties. Those unable to hear are often shouted at which makes lip reading difficult and exhausting if within a group of people. All this can lead to isolation, loneliness and maybe even depression.



This is where Hearing Dogs for Deaf People play their part. The three main breeds used are Labradors, Cocker Spaniels, Miniature Poodles; also Spaniel/poodle crosses „Cockerpoos“. Volunteer puppy trainers give basic dog training before moving on to more specialised training at 8 weeks old. When fully trained, these accredited dogs with their official burgundy-colour jacket can enter premises on the same basis as guide dogs for the blind.

It takes 18 months to train a dog costing £25,000 for each one, plus a further £15,000 for a lifetime of support costs for both the dog and their deaf partner. There are currently about 1000 dogs working with their deaf partners, all funded from donations, bequests and fundraising events including sponsored dog walks (there's no central government funding). There are over 3000 volunteers nationwide, that being 15 to each paid member of staff. There are two training centres where people can be accommodated whilst the matching up and fine tuning for dog and recipient can take place. One centre is at Bielby near Pocklington, the other in Buckinghamshire. Tours (with tea and cake!) take place at Bielby on Thursdays from February to November (pre-book via the website: [www.hearingdogs.org.uk/support/tours/](http://www.hearingdogs.org.uk/support/tours/), or call on 01759 322255)

## **Monthly meeting continued.....**

Children as young as 7 can have a Hearing Dog, giving them independence and confidence, preventing isolation and loneliness. Dogs are matched with people, taking into account any specific needs. The more agile recipients often take up running with their dogs as exercise, resulting in good exercise and fresh air for both. Some people are able to continue in a working life with the help of a Hearing Dog, Maureen used the example of a teacher Graham and his dog Jovi to illustrate this type of partnership. Jovi is a cocker spaniel who helps Graham at work in the classroom and at home. They were finalists in the Friends for Life award at Crufts in March 2020. To read how Jovi helps Graham see [www.hearingdogs.org.uk/blog/potm/hearing-dog-partnership-of-the-month-may-2019/](http://www.hearingdogs.org.uk/blog/potm/hearing-dog-partnership-of-the-month-may-2019/)

Another Grahame, one of the team on the night, had the assistance of Beck, an Ambassador Hearing Dog. They combined to give us an entertaining demonstration of what dogs can do when all training is complete. This included demonstrations of returning when called, walking to heel, responding to hand commands to sit or lie down, responding to alarms, including door bells, cookers and fire alarms. For deaf people a mobile phone is a very handy communication tool, but only if a trained dog is trained to nudge someone to tell them a text message has come in. Technology for the good!

Early toilet training on command is essential for when the fully trained dogs go out into the world playing their supporting roles. A coded word instruction is given or a hand signal to instigate the 'act'. This prevents embarrassing moments in shops or other venues, and keeps the dogs focused on helping their deaf partner. Training walks, once the collar is familiar, are essential in areas where traffic can be experienced. Familiarisation with public transport is another aspect of the training. Getting used to being on stationary buses is the first step before getting used to moving buses. One step at a time leads to one stop at a time which leads to complete journeys. Train journeys can also come into a training programme. Whilst it is tempting, we were advised that petting stroking or fussing a Hearing Dog is not always a good idea and can distract the dog from the job in hand; asking the owner first is the right approach.

Dogs usually retire at about 11 years of age, but often are kept on by their owners to help train a younger, replacement dog or just end their days as family pets. Those of us present at this event will long be impressed with what this charity does and how their dogs perform. Long may they continue.

To support Hearing Dogs for the Deaf you can volunteer, donate, fund raise, support a local event, sponsor a puppy, or leave something in your will. For information; 01844 348100 or visit [www.hearingdogs.org.uk/support/](http://www.hearingdogs.org.uk/support/) Hearing Dogs for Deaf People is now linked with Hearing Link, who can help with any form of deafness: for more information, visit: [www.hearinglink.org](http://www.hearinglink.org).



# Quiz Page



Work out the Bond Film titles;

- 1). EVILOYNOUYEWITCL
- 2). READAFRONSEMIDREVO
- 3). SACLOYINAREO
- 4). WORDESTEMORVENRIO
- 5). YEDLOGEEN
- 6). GREWOLDOSNITHONTUEH
- 7). STEALINGVITHIDLHGY
- 8). KRONERMOA
- 9). STIRMOVERFOLAWISHU
- 10). TILENEKOCLCIL



Clues to Rivers of the British Isles;

- a). Divides Devon and Cornwall.
- b). Brunels road bridge crosses this one.
- c). The Lea and the Fleet flow into it.
- d). The Swale and the Ure become what?
- e). Starts in the Dales and ends near Goole.
- f). According to the song it could be foggy.
- g). You could wear it.
- h). Goes through 6 counties before reaching the Humber.
- i). Links Ilkley and Otley.
- j). Site of 1690 battle.



**Answers for last Newsletter;** 1) Bob Beaman, 2) Menzie Campbell, 3) Dick Fosbury (Fosbury Flop) 4) Kellie Holmes, 5) Muhammad Ali, 6) Sebastian Coe, 7) Olga Korbut, 8) 1992, 9) Isreal (after munich 1972) 10) Zola Budd.

a) Singing the blues, Guy Mitchell, b) Diana, Paul Anka, c) I want to hold your hand, The Beatles, d) Tears, Ken Dodd, e) Those were the days, Mary Hopkin, f) Lola, The Kinks g) All right now, Free h) Knock 3 times, Dawn. i) I hear you knocking, Dave Edmunds j) Karma Chameleon, Culture Club (Boy George).

## About the York Coronary Support Group Trust

The information below gives detail of our normal activities for potential new members. We will return to 'normal' as soon as we are able.

**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](http://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.



## **What is Postural Tachycardia Syndrome (POTS)?**

**Postural tachycardia syndrome is an abnormal response by the autonomic or involuntary nervous system to standing up.**

**To be diagnosed with POTS, an individual must experience BOTH of the following:**

- A group of symptoms in an upright position (usually standing) that are relieved by lying down
- These symptoms should be associated with an abnormally high and persistent increase in heart rate of 30 beats per minute (40 ppm if under 19 years of age) within 10 minutes of standing.

Although symptoms are similar to those experienced by people with abnormally low blood pressure (BP), blood pressure does not usually drop in POTS. POTS can develop in a number of diseases or situations. The reason for this is not properly understood but it is possible that there is a malfunction of the nervous system that controls autonomic functions in the body.

When a healthy person stands up, to avoid blood dropping down to the limbs and abdominal cavity, blood vessels contract immediately and heart rate increases slightly to maintain blood supply to the heart and brain. In POTS, this automatic adjustment to standing does not work correctly resulting in an excessive rise in heart rate, increased epinephrine in the blood and altered blood flow to the brain. POTS is more common in women and between the ages of 13 to 50 years.

## **What are the symptoms of POTS?**

The hallmark of POTS is orthostatic intolerance which means that patients experience symptoms when they adopt an upright posture. Symptoms can be very debilitating and range from mild to severe and varying from day to day.

## **Health notes continued.....**

### **POTS symptoms include:**

Dizziness or near-fainting, Syncope (fainting), Palpitations (an abnormal awareness of heart beat), Headaches (which may be more noticeable on adopting an upright posture) or migraine, Brain fog (difficulty thinking/mental cloudiness), Tiredness, Sense of anxiety, Shakiness, Visual problems Chest pain, Poor sleep (greying, tunnel or glare), Gut problems (nausea, diarrhoea, pain), Sweating, Purplish discolouration of skin due to blood pooling in hands and feet, Bladder problems.

### **What are the triggers for POTS?**

For many patients there are certain triggers that seem to make their symptoms worse. Common triggers include:

Excessive heat, After eating – especially refined, carbohydrates (sugar, white flour etc), Standing up quickly, Dehydration, Time of day (especially rising after waking), Menstrual period, Deconditioning or prolonged bed rest, Alcohol (as it dilates blood vessels), Inappropriately excessive exercise, Temporarily during illness such as viral infections or after operations.

### **What causes POTS?**

There are a number of factors and disorders causing or associated with the condition. In some cases a cause is never identified. POTS can follow a viral illness such as glandular fever, or be linked to pregnancy or a traumatic event. Sometimes teenagers are affected after a rapid growth spurt and most will improve after a few years. Some patients will develop POTS-like symptoms due to a lack of fitness and heart pumping inefficiently after being confined to bed for some time.

### **Can POTS be mistaken for another condition?**

POTS was first recognised by medical journals in 1993. Unfortunately many medical professionals are still unaware of the condition today. Obtaining the right diagnosis can be frustrating and lengthy process. Patients are often misdiagnosed with other conditions such as anxiety and depression, reflex syncope (vasovagal syncope) and chronic fatigue syndrome.

**This article has been taken from the website**

**[www.dr-sanjay-gupta-cardiologist.com](http://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.

## Obituary

The YCSGT regrets to announce the death of Frank Whittaker, following a long battle with cancer and more recently a period at St Leonard's Hospice. Frank and his wife Joyce were members and regulars at the Burton Stone exercise classes. Our condolences go out to Frank's Widow Joyce, his family and friends.

## York and District Diabetic Club

**In normal circumstances;** Meetings are held at 7.30pm on first Wednesday of each month  
(except for January and August)  
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The subjects at meetings vary between social, medical and general interest. Tea and biscuits are provided and

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newcomers will be made most welcome.

# York Coronary Support Group Trust

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Patron: Professor Sir Roger Boyle CBE

President: Dr M Pye FRCP

Honorary Vice President: Ron Cornish

## Who's Who

### Officers:

Chairman	Mark Carter	( <a href="mailto:mark-carter1@live.co.uk">mark-carter1@live.co.uk</a> )
Vice Chairman	Des Mahon	07748 824761
Secretary	Peter Leishman	( <a href="mailto:peterleishman57@aol.com">peterleishman57@aol.com</a> )
Treasurer	Jenny Cookson	01347 833260

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Minutes Secretary	John Mitchell	01904 764237
Speaker Organiser	Jackie McKeivitt	01904 651693
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### Trustees:

Tony Fletcher	01904 490582
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Des Mahon	07798 824761
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Jenny Cookson	01347 833260

### Senior Cardiac Rehab Nurse

Christine Rallison	01904 725821
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## New Members are always welcome.

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





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coffee & cake, snacks, or a full breakfast.

**Also we hope to return to York Farmers Market on the first Friday  
in the month.**

# MEET THE LOCALS.

## ***No 4. Anita Lonsbrough***

Anita Lonsbrough was born in York in 1941. Her father was a Sergeant Major in the Coldstream Guards and based at York. Her mother Maude and the family moved with her father's postings in the army. He was soon posted to India where Anita learned to swim. The family moved back to the UK and lived in Harrogate for a time. On her father's retirement from the army they moved to Huddersfield when Anita was 14 years of age. There she joined two swimming clubs which later merged using two of the towns swimming baths, both later demolished. Her swimming had to fit around her job as a clerk at Huddersfield Town Hall.



She began competitive international swimming in 1958. After winning medals in the 1958 Commonwealth games (two gold) and the European championships (silver and bronze), she was selected for the 1960 Rome Olympics.

At the Rome games Anita won the gold medal in the 200metre breaststroke setting a new world record. There was only one gold medal won for Great Britain's swimmers at those games. The next British female swimming gold medallist at an Olympic games would be Rebecca Adlington in 2008, 48 years later. After her success at the 1960 games she returned to Huddersfield and was given a civic reception and a silver tea service. The high rise tower block named after her has since been demolished.



In 1962 Anita won three gold and one silver medal at the Commonwealth games followed in the same year by a gold, silver and a bronze at the European games. Also in 1962 Anita became the first female winner of the BBC sports personality of the year. (see picture). In 1963 she was awarded the MBE. In 1964 in Tokyo she was chosen as the first British female flag bearer at the opening ceremony, in the same year she gave up her job and in 1965 married Hugh Porter a famous cyclist of

the day. On top of the medal awards she held five world records during her career. After retirement from swimming she worked as a sports commentator and journalist for the Daily Telegraph.

## Obituary

We are sad to have to announce that our friend, old member and imaginative ex editor of the YCSGT Newsletter, Tony Pook, passed away aged 83 on Easter Sunday, survived for only five days by his wife Muriel, who passed away aged 86 on 17<sup>th</sup> April. They had been members since 1997. In addition to Tony's contribution to the committee, he and Muriel both helped with fundraising and regularly attended the monthly meetings and social events, as well as participating for some years in the swimming exercises. Tony was a man of many parts, with a wealth of knowledge about literature and music, harbouring an unassuming and companionable nature.

He was Chairman of the Yorkshire & North East Branch of the Elgar Society from 2012, when he set the branch up, until 2019. For



many years he was chairman of York Recorded Music Society and the Yorkshire Regional Group as well as being part of the national committee of the Federation of Recorded Music Societies. He was closely involved in organising Regional Group music weekends in Scarborough, producing programme notes and leaflets himself. He was in constant demand as a speaker by recorded music societies all over the country. Since boyhood he sang in choirs and after moving to York in 1971 to work with General Accident he first joined a choir in Easingwold and then for many years he sang in York Minster with the York Musical Society, who awarded him lifetime membership in 2015.

He was a committee member of the Dvořák Society with which both he and Muriel enjoyed many happy holidays in the Czech Republic and Slovakia. Tony was a patron, as was Muriel, of the York Guildhall Orchestra. Muriel supported Tony in many of his endeavours and they shared many interests together, both were very active with various groups within York U3A, and in addition Muriel enjoyed walking, bird watching and yoga. Tony and Muriel will be missed by all who knew them. The YCSGT wishes to extend its condolences to Tony and Muriel's family and friends.



**Thank You one and all.**