

YCSG TRUST

York Coronary Support Group



Registered Charity No. 1011149



Ray Schofield BEM

Newsletter No. 121
Autumn/Winter 2020



Homestead Park



CHAIRMAN'S NOTES



Dear Members

During this year especially since the end of lockdown, I think most people believed we were on the road back to normality, including me. Now we have this new normal. Therefore, I shall not predict when the various groups return. All I can say is that it will happen, but only when it's safe to do so. It is not all doom and gloom as we head towards winter. Ray Schofield has been recognised in the Queen's Birthday Honours List with the British Empire Medal for the work he has done since the start of this pandemic. It is well deserved and I am sure all members will wish to congratulate him for his efforts and unasked for honour.

We have a new trainer, Hannah Longster who is working towards completing her British Association for Cardiovascular Prevention and Rehabilitation (BACPR) course, which was funded by the charity. On our return Hannah will be taking over the Wednesday classes. This also gives the charity more flexibility in providing leave and sickness cover as we go forward.

Ray, Hannah and Nicky Cockerill from the hospital have been working on producing a new exercise DVD. Of course, they have been assisted by Vicky, Nancy and Mr Ray Lawrence again, this time joined by Tony Fletcher. As well as a DVD, (hopefully with this newsletter), we plan to have it on our website.

I would also like to take this opportunity to thank Ian Ryder for his sterling effort on his fund-raising bike ride. The sum of money raised is gratefully received. You can read about his effort on page 26. The charity has not been able to carry out its normal fundraising activities and probably will not be able to for some time to come. So, this is very welcome.

Regarding yearly membership fees, we are changing the date we collect them. So the new membership year will be from March 2021 to March 2022. This is to be fair for all current and new members. We have only been able to provide a limited service since March of this year, so renewal in October/November 2020 is cancelled. Those who have recently paid their renewal will not have to pay again in March 2021.

I have spoken before about not being able to hold the AGM. I think it's important that members are informed of what the charity has done. The AGM is preceded by the publication of the minutes of the last AGM. You will find a copy of those in this edition. In the next edition of the newsletter I will publish my annual report and the Treasurer will publish her report. This will help when we are finally able to hold the AGM.

My best wishes to you all and stay safe.

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 ramblings.



Hello Everyone,

Well this wretched virus hasn't gone away yet and is still dominating our lives and another national lockdown. Even though members can't always meet up with others, it is important to keep in touch somehow with friends, neighbours and family if you can. If you can't, (or even if you can), and want some contact then you can use the contacts above or get in touch with Ray. (see page 11).

The times get stranger by the day, no-one seems to check tickets on trains anymore. Face masks are now a common item of litter. Can you remember when you couldn't get any? Fire doors are kept open to avoid contact with handles. Our post office now has a traffic light (a real one) giving you the green light when you can enter. It seems that our economy is heavily dependent on us all going out eating and drinking, especially alcohol. In contrast, in the early 1950s members of my family were car workers and were not allowed to buy the cars they were making as they were urgently required for export to aid recovery after WW2. How times change.

In this edition of the newsletter we have two heroes to tell you about. Details of their inspiring achievements are given later in this issue. So here I will just say, very well done Ian for completing such a tough challenge to help with much needed funds and a very well deserved award for Ray Schofield for all he has done keeping us fit and in touch since March.

I have just celebrated a milestone birthday. I am the same age as Stevie Wonder, a wealthy, American, blind, talented, black, musical genius with whom I have absolutely nothing in common. On the other hand I am also the same age as Andy Pandy who hasn't got a job and can't be bothered to get out of his pyjamas all day.



Saga magazine recently did an article on how people without the internet or smart phones are missing out. In August a woman from Norfolk was prosecuted for speeding and because she struggled to complete the online speed awareness course, she couldn't avoid a £100 fine and three points on her licence. The Saga article claimed that 9 million of us (16%) were unable to access the internet by ourselves, 40% being under 60. Some people have medical conditions that hamper any involvement. It is a modern assumption that we can all easily have access to, and use correctly, the technology. Face to face GP consultations have gone down, since covid, from 80% to 25%. Even during this pandemic the government information is largely on websites, assuming we can all access it, which of course is not the case.

Editor's ramblings continued.....

Before the current crisis we had booked 3 nights at the Travelodge on the promenade at New Brighton on the Wirral. It was closed at lockdown so we had to rebook for September. In that general area you have to get used to everyone sounding like Cilla Black or Paul O'Grady. The location was handy for Liverpool and Chester by road or rail and has romantic views from the windows to the North Sea and the mountains of Wales. Unfortunately we got the east side of the building and had to make do with moonbeams bouncing off the cranes at the Bootle container dock on the other side of the Mersey. Still, watching the Irish ferries and other river traffic was quite interesting. We also had a distant view of Crosby beach and Anthony Gormley's '**one hundred Iron Men**' statues. We did manage to get there on one of our days out. The statues were all socially distanced of course. Forward



planning? We also had a day in Southport where on the end of the pier you can play the old style slot machines after purchasing old one pennies at ten for a pound. It did bring back memories of a misspent youth. I had forgotten how exciting cherries can be, especially the second bunch.

Since taking on the role of editor, I have often wondered what heading I should use. I started using the term 'Editorial', but that sounded as though I knew what I was doing. I therefore changed it to Editor's notes, now I am going for Editor's ramblings, which is more suitable especially this time. You may have your own ideas, Editor's nonsense perhaps? Or drivel maybe? Following on from Peter's talk on Women in the Great War, (see page 12) and considering we are approaching Remembrance Sunday, I am going to start on that topic and end in the Yorkshire Dales via the West Midlands, Sandown Park, Wembley and Manchester. Bear with me, here goes.

My Aunt Olive worked on the Lewis Gun production line in the Great War at the BSA (Birmingham Smalls Arms) factory in Small Heath, Birmingham. You may remember the motor cycles they were more famous for. She went on to marry Charlie who served as an air raid warden in the second world war. The suburb of Small Heath was one of the areas used as a base for a number of violent criminal gangs, one of which was known as the 'Peaky Blinders' due to their habit of having razors in their caps to attack rivals. Although there is not a great deal of evidence of them using this form of violence much, their existence prompted the creation of a TV programme by that name. These Birmingham gangs traveled by rail around the country to extort money from bookmakers at the unpoliced racecourses.

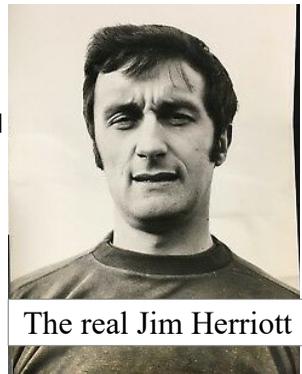
Editor's ramblings continued.....

They charged the bookmakers exorbitant amounts for pieces of chalk, sponges, water and stools to stand on. It was a protection racket in all but name. They were also pickpockets and muggers, typically targeting anyone known to have won something. Sandown racecourse was the first to introduce the enclosure system in 1875 to keep these 'roughs' out of some areas.

The TV show, set later in time, has them being disgruntled Great War veterans and supporters of Birmingham City Football Club. This is highly likely to be factual as the club's stadium is in the Small Heath district. The 'Blues' as they are known locally have always been the poor relations of the city's three football clubs. West Bromwich Albion and especially Aston Villa have always been more successful. Today, Aston Villa's fan base includes Prince William, Tom Hanks and David Cameron. The 'Blues' have Jasper Carrot. Their bad luck started when they first built their St Andrew's stadium. Gypsies had to be moved off the land and naturally a curse was put on the club. The curse turned out to be nonsense of course as, after 137 years of existence, they won something important, the League Cup in 2011 by beating Arsenal at Wembley.

They nearly won something special in 1956 when they were beaten by Manchester City (before they had money) in the FA Cup Final. Much credit for Manchester's win has always been given to two of their players. Firstly their goalkeeper Bert Trautmann. He had been a German paratrooper in World War Two, but became a POW in Lancashire where he was spotted playing. Not only did he receive a death threat before the final, he also broke his neck during it. After much early opposition by Manchester's fans, Bert was eventually accepted, respected and given the freedom of the city of Manchester. The other player of note on the day was a late substitution just before the game who didn't get his name on the already printed programme. He played at centre forward and had a distinctive style of play. His name was Don Revie, not sure what happened to him.

The 'Blues' were not often on TV during the early 1960s, but one of the games shown was a match against Manchester United, in black and white of course. Amongst the viewers was a veterinary surgeon in the Yorkshire Dales called Alf White. He was a budding author but needed inspiration for a different name to publish under. The Birmingham goalkeeper in that game was Jim Herriott. Now you won't be able to watch *All Creatures Great & Small* without thinking about that.



The real Jim Herriott

Stay safe and stay fit.

**Jeff Lane jtl1950@hotmail.com 27 Murton Way, York YO195UW
01904 414476**

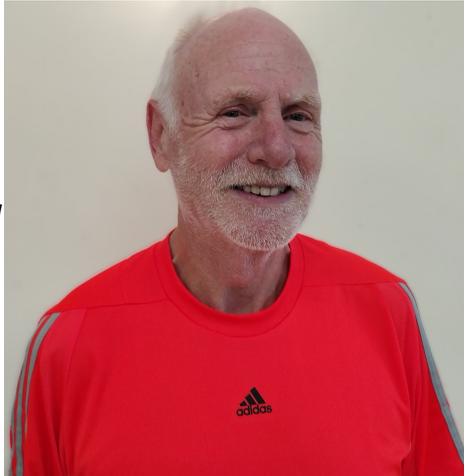
Front cover story.

Many of you will already know that Ray Schofield our young fitness instructor has been awarded a well deserved **British Empire Medal** in the Queen's honours list.

'For services to health and fitness during covid19'

The citation reads;

Ray, a community BACPR instructor, instantly realised the potential impact of the loss of the regular, 5 times weekly cardiac rehabilitation classes to his clients, ranging up to 90 years plus, that could be catastrophic both from a deconditioning perspective but also the negative psychosocial consequences. Instantly, at the end of March, with the technological help of his son-in-law and the financial support of the York Coronary Support Group Trust he improvised with toilet rolls and water bottles as hand weights and produced and distributed 500 exercise circuit based DVD's to reach out to his clients in the community. He also delivers regular, three times weekly (all bank holidays included) Joe Wicks type you-tube sessions, 'Exercise time with Ray'. These are all inclusive, seated and standing exercise options with a commentary to reach out to his regular participants and welcomes new ones. He has a facebook page and blog, and telephones and emails those with out access to keep connected. Rays overwhelming caring nature, energy and enthusiasm shines in this exemplary, above and beyond voluntary work he is continuing to deliver.



Further to the above:

The first DVD was put together at short notice with the help of nurses Vicky and Nancy, member Ray Lawrence and Chairman Mark Carter. It is hoped that a follow up DVD will be enclosed with this newsletter updating the exercise programme to continue to invigorate and motivate.

Ray's YouTube classes from his home can be joined virtually three times per week, Monday, Wednesday and Friday. Particularly useful for those living alone. He also developed a blog (weekly email on Tuesdays) keeping in touch with around 170 people.

Front cover story continued.....

Ray also keeps in touch, by phone, with those without internet or relevant experience to offer support and encouragement.

Stemming from Ray Lawrence's original idea of meeting outdoors after the initial lockdown earlier this year, Ray Schofield has organised and lead each Thursday, outdoor, socially distanced, exercise classes at the Homestead Park, Clifton. (Even in this time of gloom there are two Rays of sunshine). The numbers attending have increased since the initial gathering. The requirement has recently moved to cold weather attire and more 'on the move' walking circuits with stops for exercise.

On behalf of all concerned with the York Coronary Support Group Trust, we would like to say a huge **Thank You** to Ray for all his efforts in 2020 in such trying times. His award is well and truly deserved.

The YCSGT committee.

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

New Members are always welcome.

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



Exercise time with Ray



So here we are, over six months on from lockdown, and still unsure of when things will return to normal, if ever they will. With government advice and regulations changing almost daily, one can be forgiven for questioning and challenging what we are being told. Many people are becoming frustrated, and we constantly see laws and restrictions being flouted. Some of this is through confusion but some is through sheer frustration. One thing is for sure, whatever rules and regulations come into play, in order to stay fit and healthy we must continue exercising on a regular basis.

Daily Exercise

Routine is the key when trying to do anything on a regular basis, and exercise is no different. It is very easy to get out of the habit of doing it, but by the same token it is very easy to start again. We all know that we should be aiming for at least 30 minutes a day, on most days. Remember that is minimum not maximum!



Exercise indoors or outdoors

This is something only you can decide and there is no right or wrong answer. From conversations that I have had I know that many people still have a fear of mixing and of going out, whilst others feel quite confident provided that everyone uses common sense. Also some people have physical limitations that restrict them. Walking and cycling are great exercises and there are lots of benefits both physical and mental of being outdoors and getting some fresh air. For those who still feel uncomfortable at being outside you can still get your exercise fix by working out to the exercise programmes that have been produced.

Virtual Classes

We started doing the "Virtual" classes in March every Monday, Wednesday and Friday 10am - we are still doing them and will continue to do so. Like many of you I still get changed and do every class.

In order to keep up interest we have produced a second video with different exercises and a nice relaxation at the end. We call it the advanced class but really it is the same intensity as the other one. Give it a try and see which you prefer. You can always alternate, but I hope you enjoy it.



Exercise time with Ray continued.....

Social

One of the main reasons that people join any club is because of the social element that comes with it. Deep down we are all social creatures, albeit some more than others. There is something warm and friendly of mixing with like minded people on a regular basis and becoming friends. For that period of time that we are together we can enjoy having something in common with each other.

Most people who become members of the YCSGT tend to stay for years. I have been here 12 years and it has flown by (not fast enough some of you may say). Like the majority of you I have enjoyed every minute, and long may it continue. Unfortunately due to the virus and lockdown many have missed out on this important part of their lives. We are still here and we will get back together as soon as we can.

To many of us the YCSGT is a major part of our lives, both physically and mentally. For some who live alone it can be a life line. Let's keep in touch with one another. Do not underestimate how important a quick phone call, text or email can mean to some people.

Links

In the previous newsletter I mentioned how some members have not kept us informed when changing phone numbers and email addresses. We have had some response but there are still some members who have not given us their updated details. Whilst I appreciate not everyone wants to read the weekly blog that I send out or have me ringing them up, it is a good way of keeping everyone updated on YCSGT activities, and eventually advising when classes will resume.

If you have not had a phone call or email from me, we do not have your proper details. Please either email me with them at; r.schofield@ntlworld.com or ring/text me on my mobile **07703 199207** My best wishes to everyone. We will get through this and be stronger for it. In the meantime just remember to

“Keep Your Feet Moving”

Ray



Monthly Meeting



November 2019

Mummy: What did you do in the Great War?

Peter Braithwaite

The November meeting was once again in the Haxby Sports Club. Peter introduced himself and gave mention of the Ryedale Family History Group of which he is an active member. He made the point that we consider that war memorials, in the main, pay tribute to men, particularly fighting men. The Woman's role in wartime is not so well honoured or documented. Peter's presentation did much to redress the balance. At the outbreak of war in 1914, the British standing army numbered around 100,000. This was small compared to France and Germany, over 4 million each and Russia nearly 6 million. Lord Kitchener began to raise a 'citizens army' recruiting from local areas. Men would serve with their friends and neighbours.



Schools, railways and even the stock exchange had their own battalions. The tragic outcome of this policy was of course to have whole towns decimated by heavy losses of local men at the same time. The loss of 235 Accrington 'pals' killed in one action is one of the most notable examples. The 100,000 army became nearly 9 million by 1918. This inevitably led to shortage of labour leaving gaps in most industries which women were ready to fill.

There was opposition to the advancement of women. Local to Ryedale, Lord Feversham was against women's suffrage giving speeches questioning their physical and mental abilities. He sadly lost his life in the Great War. Women were to be recruited for a variety of tasks that many had thought only men could possibly perform. Shipbuilding, Railway staff, mending potholes, making beer barrels and farm work to name but a few. They began to wear trousers which were more practical for many jobs, thus starting a fashion. Women's football teams sprang up to replace the men's. The Dick Kerr's ladies team from Preston (pictured) played in front of a crowd of 58,000. After the war women were barred from playing on the football clubs pitches and a decline set in that has only recently been reversed.

Monthly meeting report continued.....



Foods supplies were crucial to the war effort and so women were recruited for land work even though some Farmers opposed the move. In total 250,000 women worked on the land by 1917. In 2014 a statue was erected at the National Memorial Arboretum in Staffordshire to honour both the Women's Land Army and the Women's Timber Corps. The latter being employed in the forestry industry. The British Army had a huge need for horses on the front line and so developed a shortage at home. This resulted in the development of early tractors which women would drive.

There was also a 'Forage Corps' made up of women, some going to France to help provide fodder for the multitude of horses near the front. It could be said that the highest profile of all the female roles was of course their gallant work in nursing both physical and mental. Under the title of the Voluntary Aid Detachment (VAD) they worked at home and abroad often in dangerous areas near the front line.

The most famous of these women being Vera Brittain mother of Dame Shirley Williams.



Monthly meeting report continued.....



Peter's own family were involved in war work, notably a munitions factory in Huddersfield, making hand grenades (Mills Bombs). Female munitions workers faced dangers and not just from overhead bombardment by Zeppelins. They were also at risk of explosions. In Leeds at the Barnbow factory (later Vickers) 35 women were killed in an explosion, some from York including Lillian Ellis whose name is on the Leeman Road memorial. The site employed 17,000 of which 93% were female. It was the largest armaments factory in the country. Munitions workers were often called 'canaries' due to the colour of their skin as a result of working so close to the chemicals needed for production. It is said that a few even gave birth to yellow skinned babies.



Monthly meeting report continued.....

The supreme efforts of female workers during the Great War pushed on the move for 'votes for women' and dispelled the myths surrounding their limited capabilities suggested by Lord Feversham and others. However when the men returned they naturally wanted their jobs back and the, not yet so powerful, unions helped their cause. Many women were forced back into domestic service and much of their independence lost, many reverting to relying on a marriage for financial support.

Peter related the story of the only British female to be involved in a fighting role. Flora Sandes a Poppleton born woman who started the war as a nurse but finished the war as a captain in the Serbian Army. (see later).

It has been a long journey but 100 years later we have female racing drivers, music conductors, spacemen, airline pilots, train drivers, football referees, naval officers, stockbrokers, Bishops and plenty of other occupations all becoming more normal by the day. Thanks to Peter for giving his time to help us all appreciate the crucial involvement of women in the Great War. It is sad to think that we needed them again in a similar fashion in 1939. On both occasions they may have had to revert to former lives to allow men back into professions, but in many cases they kept the trousers.



2019 AGM York Coronary Support Group Trust

Minutes of the 30th Annual General Meeting of the York Coronary Support Group Trust held at the Folk Hall, New Earswick on Monday 3rd June 2019.

1. Present, welcome and apologies: Edward Kennedy (Chair), Des Mahon, Chris Haworth, Jenny Cookson, Tony Fletcher, Anne Weir, Joan Kennedy, Adrian Carpenter, Pamela Carpenter, Mark Carter, Jackie McKeivitt, Peter Leishman, Nick Longster together with 13 other Group members. Apologies: Jeff Lane, Sheila Whip, Bernie McKeivitt

Those present were welcomed to the meeting. The Chairman thanked those Committee members who are standing down this year – Edward Kennedy, Chris Howarth, Bernie McKeivitt, Joan Kennedy, Adrian Carpenter, Pamela Carpenter -for all their hard work which has been much appreciated.

2. Previous minutes: Agreed as a true record & signed by the Chairman.

3. Matters arising from previous minutes: The Chairman announced that Alec Weir had been appointed as Auditor. All Job Descriptions had been done and were available to view.

The 30th Anniversary Celebration Lunch had been a great success and much appreciated by all who attended and our Patron Professor Sir Roger Boyle.

4. Chairman's report: The Chairman reported that the Trust had a very busy, good year – Joan Kennedy had prepared a list of achievements which scrolled on the screen. A copy of the Chairman's report was published on page 25 in newsletter 116 Autumn 2019 which is on the website.

5. Treasurer's report: The Treasurer presented her report – This was published on page 27 in newsletter 116 Autumn 2019, which is also on the website.

6. Nominations to the committee: The following were re-elected en bloc on the proposal of Joan Kennedy and seconded by Mark Schatzberger:- Des Mahon, Jenny Cookson, Tony Fletcher, Anne Weir, Jeff Lane, Jackie McKeivitt, Mark Carter, Peter Leishman, Nick Longster.

On the proposal of Jenny Cookson, seconded by Sharyn Needham. John Mitchell.

Minutes of the 2019 AGM continued.....

7. Any other business:

Anne Weir asked for assistance at the Tin Shake to be held at Morrisons on 20th June.

Joan Kennedy read an e:mail received from Sir Roger Boyle following the 30th Anniversary Lunch. Des Mahon confirmed the next Committee Meeting as Wednesday 26th June at 12 noon. All vacant positions will need to be filled at this meeting and all members will be expected to take a position.

Edward Kennedy confirmed that a letter of thanks had been sent to all Committee members who are standing down.

Des Mahon proposed a vote to thanks to Edward and Joan Kennedy for all their hard work over the past year.

Date of next annual general meeting was planned for: Monday 1st June 2020 at 7:30 pm.

Registered charity number 1011149

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Quiz Page 1



You will need a weekend newspaper's sports pages for this set of questions:

Fill in the blanks, all answers are English or Scottish football teams. The numbers represent number of letters in each answer.

The sun shone(8) the day we set sail to seek treasure in a ship with a (4) full of holes. We sailed down the river which(5) to the sea. The (5) was made up of Scotts, Irish and others of the (6) race. We had a cabin boy whose job it was to(5) the boilers. He was illiterate but won our (6) with his (8) efforts to improve his (7). He was sent to(8) by some tearaways who brought their own (7) of weapons on board. The voyage made my(10). She had not had a holiday(6) too long. The sea ... (3) did her a lot of good. We landed(6) in the day on the (8) of the Hawaian island. We tried unsuccessfully to get some milk from a herd of cows. They did not like their (12). At last we came to our destination, the home of the Hawaian monarch the (5-2-3-5). She greeted us with a friendly(5) but was upset and homeless as her(7-6) had been smashed. When we found the treasure we put the(5) the ship and planned to put it in the (7) building society. That night we had(6) cake and(7) buns.



Quiz Page 2

Next see if you can work out the names of Alfred Hitchcock films from the definitions or clues;

1. Wife of Isaac and mother of Jacob. 1940
2. Imagination without proof. 1941
3. Someone who deliberately causes damage. 1942
4. A vessel used for rescue at sea. 1944
5. Fascinated. 1945
6. Well known for some bad deed. 1946
7. Strong cord. 1948
8. Sensation of whirling and loss of balance. 1958
9. A precious stone. 1969
10. Uncontrolled excitement. 1972

Answers for last Newsletter; 1) You only live twice, 2) Diamonds are forever, 3) Casino Royale, 4) Tomorrow never dies, 5) Golden eye, 6) The world is not enough, 7) The living daylights, 8) Moonraker, 9) From Russia with love, 10) Licence to kill.
a) Tamar, b) Avon, c) Thames d) Ouse, e) Aire. f) Tyne. g) Tweed. h) Trent, i) Wharfe. j) Boyne.

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) 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.

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

Subscriptions:

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

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 & distribution.	Jeff Lane	01904 414476 (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

Rallison 01904 725821

Obituaries

The YCSGT regrets to announce the passing of Len Spray, Bruce Hanchard, Sheila Haw and Colleen Cornish.

Colleen was a valued committee member for many years and wife of Ron Cornish our Honorary Vice President.

The YCSGT gratefully received £340 from donations given at Sheila's funeral.

Our condolences go out to all their families and friends.

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**See us at the York Farmers Market on the first Friday in the
month.**

MEET THE LOCALS.

No 5. Flora Sandes



Flora Sandes was born on 22 January 1876 in Nether Poppleton, York, daughter to Samuel Dickson Sandes former rector of Whitchurch, County Cork, and mother Sophia Julia (née Besnard). She became the only British woman in a combat role in the Great War. When Flora



was nine years old, the family moved to Suffolk; and later to Surrey. As a child she was educated by governesses. She enjoyed riding, shooting, and later, smoking and drinking. After some travelling across North America, she learned to drive, owned a french racing car and took a job as a stenographer. In her spare time she trained with the First Aid Nursing Yeomanry, which had been founded in 1907, as an all-women mounted paramilitary organisation There she learned first aid, horsemanship, signalling and drill. She left in 1910 and in 1912 travelled to help the sick and wounded in the first Balkan war in Serbia and Bulgaria. At the outbreak of the First World War in 1914 she volunteered to become a nurse, but was rejected due to a lack of qualifications. She did, however manage to join a St John's Ambulance unit. In August 1914 she left England

for Serbia with a group of 36 women. Flora would later join the Serbian Red Cross and work with ambulances for the Serbian Army. At one point she went riding with a Serbian soldier who, impressed with her equestrian skills, told her she was wasted as a nurse and should enlist as a fighting soldier, something permitted in Serbia.

In 1915 she became desperate to get to the front lines despite the British Consul, telling her to get back to safety. During action in Albania all the other ambulance staff fled or were killed. Flora could no longer make herself useful as a nurse and was enrolled as a private. She quickly advanced to the rank of Corporal. In 1916, during a Serbian attack, Flora was seriously wounded by a grenade in hand to hand combat. She subsequently received the Serbian Military's highest decoration and was promoted to the rank of Sergeant Major. A postage stamp would later be issued in her honour.



Meet the locals continued.....

Later in the same year she published her autobiography, *An English Woman-Sergeant in the Serbian Army*, based on her letters and diaries, raising funds for the Serbian Army. Unable to continue fighting due to her injury, she spent the remainder of the war running a hospital. At the end of the war she was commissioned as an officer, making her the Serbian army's first female officer. She was finally demobilised in October 1922.

In May 1927, Flora married Yuri Yudenitch, a fellow officer. The couple lived for a time in France, but afterwards returned to Serbia by now part of Yugoslavia. Among other jobs, Flora drove Belgrade's first taxi cab. She published a second autobiography and lectured, (in uniform) extensively on her wartime experiences in the UK, Australia, New Zealand, France, Canada and the United States.

When Germany attacked Yugoslavia in 1941, Flora and Yuri were recalled to military service, but were briefly interned by the Gestapo. Yuri died the same year. Flora returned to England and spent the last years of her life in Suffolk. She died in 1956 aged 80, In St Andrew's Church in Marlesford, Suffolk a memorial plaque on the south wall in the choir stalls is dedicated to her.



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MY CYCLE CHALLENGE AUGUST 2020

by Ian Ryder

In July this year my friend John, informed me that he was embarking on a challenge to cycle 250 miles throughout September to raise monies for Diabetes UK. Wanting to get some reasonable exercise I asked if he minded if I joined him, more as company for him and to encourage him. He was happy for me to accompany him so I suggested I would put together some routes as he was still working from home and had limited free time. When I told my wife, Sandra, what I was going to do she was over the moon, I would be out from under her feet.

While I was looking at various routes round the local countryside I must have had a light bulb moment. I can assure you these are very infrequent these days. Why don't I do it for a worthy cause so they could benefit from the challenge. Two charities came to mind, the local MS Society

group as Sandra suffers from this condition and the York Coronary Support Group. After a lot of thought I decided on the latter as I already dedicate some of my time to the MS group by doing voluntary work (can't do it at the moment though because Covid restrictions). One of my granddaughters, Lucy, suggested I set up a Just Giving site online to get sponsorship. Um! What, I'm worse than a dinosaur when it involves IT. Luckily Lucy came to my rescue and set up the site whilst I put together routes round the country lanes.

Our first day we decided to do the York to Barlby route, a dedicated walking/cycling track so no traffic. I met up with John, he's on a racing bike wearing lycra and cycling helmet, I'm on my less exotic bike wearing denim shorts, Tee shirt and baseball cap. We got underway knowing we timed it just right for a pint in Barlby on arrival. Got there, pubs shut. This produced some colourful language from us. We turned round and got back to Bishopthorpe in record time with very dry throats. Straight into the Woodman, first pint didn't touch the sides, took time over the second. Cycled home without a wobble, 31 miles under the belt, great start. On the second trip out we headed off from home, via Clifton Moor, to Askham Bryan, passed a pub without stopping, it was only 10.00am. On to Bilborough over the A64 down to Appleton Roebuck, not yet 11.00am, bad planning.



My cycle challenge continued.....

Arrived in Acaster Malbis, the Ship Inn looked inviting and was open so filled up the tank, then onto Bishopthorpe. Didn't stop as we'd decided to have our final pint in the Doormouse. Hic! This cycling is great.

The next two expeditions were solo efforts. Left home got to Skelton from there up to Browns Nursery, Plainville Lane. From there up to Hubby then Sutton on Forest, onward to Sheriff Hutton then down to Strensall. From there to Haxby then home. Take note not a pub mentioned, my mate is a bad influence. Next I did the York to Barby route again as it's flat, quick and no traffic and another 31 miles under the belt. Two friends joined me on my next trip to urge me on, Peter, my doubles partner from my tennis days and Sarah, another good friend. We met at the Millennium Bridge and set off for Bishopthorpe then onto Acaster Malbis, Appleton Roebuck and Bolton Percy. The old tank was getting low on fuel, at last we reached Wighill and the White Swan, heaven! We all enjoyed a well deserved drink. Refreshed we peddled to Askham Bryan and the Nags Head, nice beer garden. Then homeward bound.

I then did some small routes around the villages that surround York on my own to get the miles in as John had some serious work commitments. Didn't bother me as I was getting the exercise and avoiding pubs. For my last big ride I was accompanied by Sarah who planned the route. I met her at the Millennium Bridge, cycled up to Murton. From there to Elvington, Wheldrake, Crockey Hill, across to Naburn then the final push to the petrol station (sorry I meant PUB) namely the Charles XII, Heslington. It had been quite a warm day so we were parched. Two pints later we were well refreshed and headed off back home.

My grand finale was cycling from home to the Homestead where I was greeted by my wife and daughter who gave me the balloons (see photo) on the Finish Line. We then walked through the park to where Ray and members were exercising and I received a round of applause from everybody. Thanks guys. For my birthday our eldest granddaughter gave me the Tee shirt which I proudly wear. (see photo). From a personal perspective, throughout the challenge I can honestly say the encouragement from family and friends together with the kind donations from numerous people gave me the incentive and willpower to complete the task.

A GREAT BIG THANK YOU TO EVERYONE.

PS. Sandra wants ideas for my next challenge as she was enjoying not having me under her feet all the time.

To Donate and add to a total of £1196 and rising;

Send cheque made out to YCSGT & marked 'Ian's Ride' on the back to our Treasurer; Jenny Cookson, 16 Church Close, Tollerton, York YO61QS

OR; Direct to Bank Santander a/c 94153304 sort code 09-01-51.

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Homestead Park and Wighill.





Making the DVD

