

YCSG TRUST

York Coronary Support Group



Registered Charity No. 1011149



Mystery Plays York

Newsletter No. 122
Spring 2021



Life in 2018 (Mystery plays)



Life in 2021. Our banner at a windy Askham Bar vaccination centre where the journey back starts.

CHAIRMAN'S NOTES



Dear Members

Hopefully most members have had their first dose of the vaccine by now and are counting down to the next dose and a return to a slightly different new normal. I was lucky enough to visit the former park and ride at Askham Bar, what impressed was the organisation, the number of volunteers, NHS staff, Servicemen and women, and I think even a few from the Fire Service. What an effort! I was also pleased to see the Charity's banner still showing proud, on the fence in front of the filling station. (pictured inside cover). There should be a second one, but I didn't see it. The one I viewed has lasted well, since it has been there when the location was used for flu jabs.

In this issue of the newsletter, you will find my report for the postponed Annual General Meeting. It covers the period June 2019 till the end of last year. You will also find the Treasurers Report. Hopefully when we actually hold the AGM we will be able to get through the business a bit quicker. If you have any questions about the report before the AGM please email me and I will do my best to answer. You will also find your membership renewal forms. This year you will be able to pay by bank transfer, sometimes known as BACS. This is so we can do the renewals as safely as possible. Instructions are provided inside the newsletter. If you are unsure or are not connected to the internet or do not do internet banking, a cheque will suffice. I would like to take this opportunity to say thanks for the work Jeff has done in producing and editing the newsletters throughout this pandemic. Especially at the start when I asked him to produce an emergency edition to go out with the first exercise DVD at very short notice, which he did and he included contact details that could come in handy during that first lockdown.

I am sorry to report the loss of several members since the last newsletter. Including Marc Shatzberger BEM, husband of Rosie, who is also a member. Marc who you may remember wrote in the Spring 2020 edition about the Holocaust, himself being a Kindertransport child. Also, long term popular member Bernie McKeivitt, husband of current committee member Jackie. I also have to sadly report the death of Ray Lawrence, a friend and long-term volunteer to the Charity and its members. The Charity extends its condolences to all the families and friends. We now know the Government's Roadmap out of this lockdown. On Monday April 12th the committee will start planning the safest way to resume all classes. Provisionally we hope to start the monthly meetings on Monday 5th of July, there will be a guest speaker and the AGM. All dates, times and locations will be published and supplied to members once decided.

My best wishes to you all and stay safe.

Mark Carter, Chairman York Coronary Support Group Trust.

Some 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 551550
or use e-mail covidhelp@york.gov.uk	

Salvation Army	01904 630470
Citizens Advice Bureau	08444 111444
Government advice about symptoms	111
Ryedale District Council Covid Support	01653 600666
Age UK	01904 634061
York Neighbours (Volunteers for help)	01904 891627
Stamford Bridge Covid Support Line	01759 632 748
website; Covidmutualaid.org	

Older Citizens Advocacy York (OCAY)	07715 099498
York Mind	01904 643364
Foodbank	07871 610894
Anxiety UK	03444 775774
Disabled Living Foundation	0300 999 0004
Mens Health Forum	0207 9227908

Healthwatch York	01904 621133
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Healthwatch York also 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

If you are having difficulty getting to a covid vaccination site you can contact;

York Wheels (There may be a charge)	01904 630080
York CVS	01904 621133
Age UK	01904 634061
York City Council	01904 551550

Wheelchair friendly; Ambulance Wish Foundation	01904 530053
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Editor's ramblings.



Hello Everyone,

As I write, this awful pandemic is still with us and still dominating our lives. I hope by now many of you have had the vaccine, or at least the first dose. Remember; you may still be able to pass it on even if you can't get it yourselves. I received mine in early February and was impressed by the organisation and very heartened to see people, including many volunteers, working together. I was 'jabbed' by an officer from the Army Medical Corps who was assisted by a heavily tattooed 'scouse' army corporal from the Royal Lancers. Their cap badge is a skull and crossbones and their motto is 'Death or Glory'. Has someone got a sense of humour? We should all be very grateful to these military people during this modern day 'arms race'. We will only be back to as we were when we can go to the cinema or theatre and sit next to a stranger without a mask in sight. I do fear that this could be some time away.

Our family has not totally escaped the virus. Our daughter in London was tested positive, but thankfully recovered and returned to teaching only to have to return home on at least two occasions to self isolate because other colleagues became positive. We are naturally still worried about her and other members of the family, a concern I am sure many of you also have.

I find it odd that government briefings are only broadcast on BBC channels, it seems.

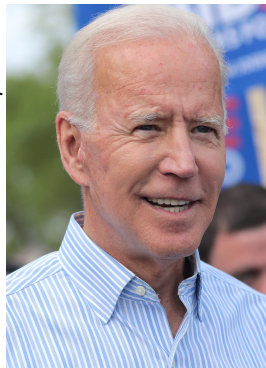
I suspect the bulk of the population would be more likely to be tuned in to one of the 100s of other alternatives and so would not 'get' the seriousness of the situation especially the younger members of the population. In contrast, in the 1960s and 70s party political broadcasts were simultaneously broadcast on all channels, albeit only two or three were available. It was difficult to escape the message Harold Wilson (pictured) or Ted Heath was trying to get across.



Later in this issue you will see how you can boost groups funds by spending. If you purchase from AmazonSmile you can select the YCSGT as a charity to receive donations. Tell you friends and relations. On the subject of funds: Membership renewals are due now after a six month 'furlough'. You are now able to renew your membership by making a bank transfer using the internet as an alternative to cash or cheques. If you do it is important that your membership number and surname is used as a reference to show it has come from you. If you don't know your number, check the front cover of this issue.

Editor's ramblings continued.....

The USA has a new president. Joe Biden (pictured), a 78 year old who will be 82 at the end of his first term, arguably the most powerful man in the world. Whatever his abilities he has certainly had the determination to do what he wanted to do, even at that age. A lesson to all of us who might believe we are too old to reach our goals. I must say I will miss his predecessor's press conferences, the best comedy show in town.



By the time you have finished this article, if you ever do, you will realise that I have had time on my hands during lockdown. During this period my wife and I have been doing some local walking and a bit of cycling when not frosty or windy or wet. We have also used the excellent new DVD put together by Ray and his team, however we have learned that the punching exercises are best not done when we are exercising together in the same room.

Thankfully smoking has reduced massively in recent years. When they designed the Jumbo Jet 747 a number of problems arose concerning turn around time at airports. Double the passengers and double the baggage of other aircraft needed to be unloaded and loaded, refueling took longer. They also had to factor in the emptying of 500 ashtrays. How times have changed.

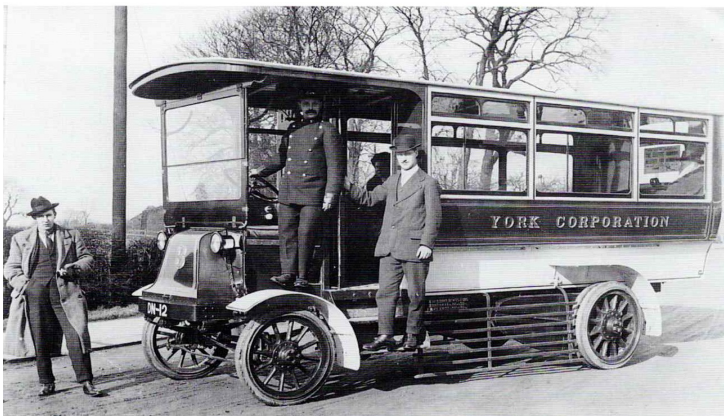
This travel link has inspired my ramblings for this issue of the newsletter. I am a self confessed 'anorak' when it comes to public transport. But I have to say that I am far more interested in some European city's metro system than I am in any steam train. The theme this time is therefore transport, inspired by the recent use of electric buses on some local routes and the planned reopening of Haxby station. Neither is new to York.



The new electric buses are a welcome addition, ensuring a cleaner less polluted city centre.

However the first electric/battery operated buses came to York in 1915 at a cost of £1,172 each (see picture). There were four of them, they had 22 seats and had a 'pay as you enter' fare box. They operated between Heworth and Clifton where buildings erected to house the charging equipment still exist. (Clifton Green and Heworth roundabout, pictured). There was also a 'booster' charging point midway on Pavement. By 1919 they were approaching the end of their useful life and consequently replaced by trolley buses with overhead supply wires. The electric/battery route became Heworth to city centre only.

Editor's ramblings continued.....



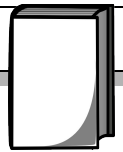
The plan to reopen a station at Haxby is another welcome step forward. Over time, largely as a result of Dr Beecham's cuts in the 1960s, we have lost a number of local railway stations. Below is a chart showing how you could have traveled into York 100 years ago when these stations were open. (I did say I had time on my hands). It is not an exact science as the main station isn't exactly close to the shopping areas and the bus drop off points are scattered about the centre.

To city centre from;	1921 by rail	2021 by bus
Copmanthorpe	8 mins	24 mins
Dunnington	12 mins (Layerthorpe)	15 mins
Earswick	6 mins	13 mins
Haxby	12 mins	23 mins
Naburn	11 mins	16 mins
Osbaldwick	5 mins (Layerthorpe)	15 mins
Riccall	23 mins	30 mins
Stamford Bridge	22 mins	29 mins
Strensall	19 mins	31 mins

Even though we now have a 'road map' and a tunnel ready for the light at the end to appear, it is still important to stay safe and fit. Please take note of all the government guidance, hands, space, face etc. Note there are only two rules to remember. 1). Read all the rules. 2). Obey all the rules.

(Officer Mackay BBC Porridge 1970s).

Front cover story.



As a reminder of what life in York was like and will be again sometime in the near future, the front cover and page one shows images of York's Mystery Plays in 2018 and accompanying entertainment. The front cover depicts the garden of Eden with Adam and Eve, with Eve being tempted by the devil. If only we could have vaccinated just those three. Note that all three performers are female including the devil. Early gender equality?

The Mystery Plays were first recorded in 1376. In medieval times all church services were in Latin, but the plays were in English so that people could understand and get the 'message'. Every York Craft Guild was allocated a play to perform. A craft was also known as a 'mystery' hence the name *Mystery Plays*. They tell the biblical stories from *The Creation of the World* to *The Last Judgment*. Originally there were 53 plays performed on wagons pulled through the streets, stopping at locations to perform before moving on. Each guild had a waggon as a stage which would be stored along with any props in the Toft Green area when not in use.

The route taken was Micklegate, Coney Street, Stonegate and finishing in Pavement.

The day started at 4:30am and the scene of the creation was performed at daybreak at the gateway of the Holy Trinity Priory on Micklegate. This would

be re-enacted up to 12 times along the route before the end of the day. Similarly the other plays would follow on behind.



Each guild had an appropriate biblical story to tell. The shipwrights-Noah's Ark, Bakers-Last Supper, Goldsmiths-Coming of the Magi, etc. If you were important enough you could have the plays performed outside your house. It is believed Richard II attended the plays in 1397. The last performance in medieval times was in 1569. The plays were revived in 1951 as part of the celebrations of the Festival of Britain, a young Judy Dench being one of the performers. Modern day processions are usually performed at a particular location or with a limited number of stops. Hopefully it will not be too long before we can gather on the streets to see such a spectacle again.

Exercise time with Ray



So, the country now has a roadmap for lifting lockdown, and assuming everything goes okay things should be back to normal by June, whatever normal is. Looking back over the last

12 months, who would have thought that we would still be here in limbo.

Although it seems to have gone by fast, I still find it hard to believe what has happened, and I know that many of you feel the same way. The walks by the river have done a full circle as we have gone through the seasons, and I know it won't be long before we are talking about spring and everything being new again. Of course it hasn't all been negative. I think the majority of people have become more friendly, polite and tolerant towards each other.

Certainly people that we meet on our daily walks are more sociable and some have become friends. Also the restrictions and lockdowns have brought about many unsung heroes who have put others before themselves, and helped in so many different ways. The vaccines have also been a great success, and the government with the help of the forces, the NHS and volunteers have done a tremendous job in getting people vaccinated.

Regular Daily Exercise.

None of us should need reminding about the importance of regular exercise. It is on the news and in the press almost every day. Research shows how much quicker we recover from viruses and illness when we are fitter. As a nation unfortunately we are identified as being one of the worst when it comes to diet and exercise. That is not good and we need to address it going forward. Age is not an excuse we can use, as Joe Wickes, The Green Goddess, Mr Motivator and even Captain Tom have all shown there are no age limits or restrictions when it comes to exercising.



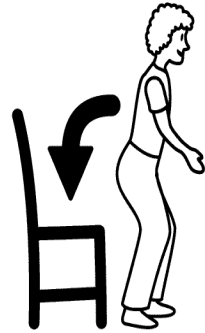
We can all do something even if it is just sitting down raising our arms or legs. Whatever we do is better than nothing I know from telephone conversations and emails that many of you have developed your own fitness programmes that you try to stick to. We all find it difficult at times to motivate ourselves, especially on a cold winter's day, but don't you feel good when you have done it. Remember that feeling by keeping a diary, then when you get down and have negative thoughts you have something to encourage and pick you up again.

There is an old phrase, "tough times never last, but tough people do", so let's keep moving forward and try to do something each day. It doesn't have to be an hour's session at a time. We can do bits at different times during the day, 10 minutes here and 15 minutes there. Let's try to do at least 30 minutes a day, and remember, whatever we do is better than nothing.

Exercise time with Ray continued.....

DVD's and Virtual Classes

During the last 12 months we have produced and distributed two different one hour long exercise DVD's which deliver a full programme similar to what we do at the classes. Although these can never replace a proper class they are designed to provide a safe programme that we can all relate to, and of course the faces we see are familiar. Whether that is good or bad is for only you to decide! These programmes are also on the YouTube Exercise Time with Ray and YCSGT websites, along with many other exercise programmes ranging from 10 minutes to an hour. They can be accessed by going to the websites, then clicking on videos. Any problems just give me a ring.



The "Virtual" classes started last March and we are still doing them every Monday, Wednesday and Friday 10am. I get changed and with my water bottle and weights start on the dot. Normally I chase a few of you up before hand just to make sure I am not by myself. I know I don't need to worry as many of you join me religiously week after week. For those of you who have lapsed please come and join us again. They will never replace proper classes but for the time being they are consistent and regular and a good habit to get into. Just knowing that other people are doing the same exercises at the same time as you is a great motivator. Hopefully before too long we will be able to revert back to proper organised classes again.

Weekly Blog

Whatever your thoughts are on the blog that goes out every Tuesday I am so pleased that we started doing them. It has allowed us to keep contact going on a regular basis with the majority of members, and the feedback that we get is that most people seem to enjoy it. Of course it wouldn't be the same without the support that I have had from Vicki and Nancy. They not only encourage me, but week after week have supported me with their contributions and enthusiasm despite both working full time, never once complaining.

The blogs are our way of trying to keep the social side of the group going. I think we all recognise that one of the main reasons we come to the classes are for the friendships and inter-action we have with our fellow members. These are what keep us going through difficult times year after year, and like all true friendships will be there when classes resume. Whilst we can't be together at this moment in time, hopefully the weekly blog helps in a small way in keeping that link going.

Exercise time with Ray continued.....

Contact

If anyone has changed their email address or telephone number or doesn't currently receive the emails, can you please let me know.

Also if anyone has any concerns about exercising, or needs a bespoke programme that is more suitable for them, then please either ring or email me at:- r.schofield@ntlworld.com

Mobile number 07703 199207 My very best wishes to everyone, my thoughts are with you all. We are getting there and I am sure it won't be too long before classes are running again. In the meantime just remember to:- **"Keep Your Feet Moving" Ray**



Membership renewals.

Membership renewals are due (March) after a six month 'furlough'. On the membership renewal form on page 17 you will see how to renew your membership by making a bank transfer using the group's account number and sort code as detailed on the form.

It is however important that your membership number and surname is used as a reference to show it has come from you. Your membership number is on the front cover of this issue. Please keep it safe for future renewals.

We hope you will continue to support the YCSGT so that we can continue to help those experiencing cardiac events now and in the future.

Dates for the Diary



At the time of going to press we are unable to give any firm dates for any classes, events or meetings. It is expected that the next newsletter will be around June/July, when we hope much good news regarding a restart of activities can be announced. Meantime you can check the website.



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

CHAIRMAN'S ANNUAL REPORT 2019/20

1. This report covers the period from the last AGM held in June 2019 to 31st of December 2020. When it is possible to hold an AGM an addendum may be added to cover that period not within this report.
2. The charity currently has 275 members, and runs nine exercise classes at two locations, currently York St John University Gym and Energise at Acomb. There is one swim group which meet every Friday at Roko Gym. The charity engages three trainers and two nurses. Socially on the first Monday of each month an evening meeting is held. This normally consists of a talk from various speakers then a question-and-answer session followed by a prize draw. This is run by Anne Weir and Jackie McKevitt with assistance from Jenny Cookson. There is a walking group run by Jeff Lane and Des Mahon. The Art group was not sustainable and was closed. The charity also produces a quarterly newsletter, compiled and edited by Jeff. The charity has a website, www.ycsqt.org.uk.
3. The Committee oversees fundraising by the charity to assist in its financing and to support the Cardiac Rehabilitation Unit at the hospital when requested, and other ventures that fall within the charity's remit. The normal fundraising at St Crux and at the stall in the foyer of York Teaching Hospital were only held once at each location with the normal number being six over the period concerned. Without the help of volunteers, plus the donated items, we would not be able to raise those finances.
4. Substantial donations were made by the Norman Collinson Charitable Trust, the epic sponsored bicycle ride by Ian Ryder, two donations from the York Vintage Dance Group and sadly by funeral collections by deceased members' families. The details of all these donations will be discussed in the Treasurer's report.
5. At the last AGM, six members of the Committee including the previous Chairman stood down, this left the Committee numbering nine with the newly elected John Mitchell joining. At the first Committee meeting held after the AGM the various offices were decided. I will not list them here; they are published quarterly in the magazine. In the running of the Charity, it has two levels, the first being the Committee and, taking an overview, the Trustees. Currently the Trustees also sit on the Committee. I felt it was important that the Trustees occasionally meet outside the Committee and that has taken place.

Chairman's Annual Report continued.....

6. The resurfacing of the car-park at the Folk Hall at New Earswick brought the first problem for the new Committee. With no parking available a new location for the monthly Monday Social evening was found at Haxby Sports and Social Club. The new location hosted the ever-popular Medical Evening with guest speaker Dr. Sanjay Gupta, Consultant Cardiologist. In 2020 we returned to the Folk Hall. There we were offered the hall for larger events and the library at reduced cost for regular events. The use of the library was well received being comfortable and producing a cosy atmosphere.
7. The subsidised popular Christmas lunch at the Novotel was held there for the third year. The Christmas Evening 'do' was held at the Burnholme club again, though attendance was down on the previous year. In previous years other social meals had been held during the year, but due to the Coronavirus that has not been possible.
8. The Charity has started a mutually beneficial relationship with the York St John University. As well as providing a venue, many members took part in a study about the development of balance. Following on from that, the University produced a series of exercises to increase and strengthen balance within our age group. These were introduced to the exercise classes; this was undertaken by two students Karina and Mikel. Further to that study, the charity has agreed to partially fund a new study to be carried out by Dr. Aine Brislane, who will carry out tests on volunteer members and from that, those volunteers will be informed if they are carrying out the right amount of exercise to help keep them fit and well.
9. The charity also wanted to look to the future and produce further trainers like Ray Schofield, (if that is possible). Following discussions with the University we agreed to finance two students per year to undertake the British Association for Cardiovascular Prevention and Rehabilitation Specialist Exercise Instructor qualification. Between their regular studies they would split time between Cardio Rehabilitation at the hospital and the exercise classes. We have already seen the positive effect students have had at the classes. The University is still in talks with BACPR over this and the Committee remains hopeful that this will move forward. It should produce a pathway for future careers for the students and be a positive benefit for the charity.

Chairman's Annual Report continued.....

10. The Committee under the previous chairman, Edward Kennedy, had agreed to finance heart telemetry units for the hospital. The finance for that was ring fenced. The hospital is still looking at various tenders and the money will be released when the process is complete. The Committee also received a request to help finance a defibrillator from a cardiac nurse Barbara Gurney to help her community at Mount Pleasant and Westfield located at Acaster Malbis. Due to Coronavirus the British Heart Foundation had temporarily stopped grants for these machines, so the Committee have made a small award to assist in its purchase, to augment the funds they had already raised.
11. The biggest event of the past year has been the Coronavirus. Although a national lockdown was due on 23rd March 2020 and the charity had tried to take mitigating actions, I felt that the only safe course of action was to close all classes from Monday 16th of March. With the aid of Ray Schofield and Jenny Cookson contacting members by telephone over the weekend. On the Monday again with Ray Scofield, Tony Fletcher, Jeff and Ray Lawrence we attended the York St John gym and Energise at Acomb to check on those members who might have been missed and attended those locations.
12. Ray wanted to produce a video so members could continue to exercise during the lockdown period. With the assistance of York St John University, the video was produced on Wednesday 18th March. The Committee agreed to have five hundred DVDs produced, located and hired a duplication firm and Jeff, editor of the magazine, also produced an emergency edition of the newsletter, so each member would receive a copy of both. With the excess copies of DVDs, it was originally envisaged that those who had hoped to attend Cardiac Rehabilitation Unit, which had also been closed could have a copy. The Unit declined the offer, but when classes resume there, they will be given away to interested parties when the Charity attend to do the hospital chats, so they have an insight into what we do and the personalities involved and help persuade them to join.
13. The Committee had with the lockdown to decide the best way to support Ray and the nurses who through no fault of their own had suddenly lost regular income. A further consideration was their retention as it was important that the Charity could be able to resume after the end of lockdown. The trainers at Roko and Energise are paid employees of each establishment. The Committee decided that a percentage of their current wage would be paid. This continued till October, when the nurses stopped having any remuneration and Ray's was further reduced.

Chairman's Annual Report continued.....

14. In November at the behest of Ray and request of various members a second DVD was produced, this was because of the uncertainty over when the resumption of classes would take place. Those taking part included new trainer Hannah Longster, who we had financed to take BACPR qualification and who we hope will take over Wednesday classes. Nicky Cockrill from the Cardiac Rehabilitation Unit and assisting Tony Fletcher, nurses Nancy, Vicky and Ray Lawrence. This time three hundred DVDs were produced and disseminated with the newsletter.
15. For his work during lockdown Ray Schofield was honoured with the award of the British Empire Medal. Throughout this period, he has managed to keep in touch with a lot of the members either by telephone or through his blog. It is a well deserved award and I believe supported by all members of the Charity.
16. Because the Charity had limited ability in carrying out its functions, renewals of membership were postponed until March 2021 when it is hoped a clearer picture of the way forward will be forthcoming.
17. In conclusion, what this Charity does is more than just various exercise classes. The social interaction between members is equally important to their well being. The Charity needs a reserve of one year of funds to cover all eventualities. We also need members to consider how they can help the Charity in whatever capacity. At the end of the pandemic we look to increase the membership and to adapt to any new rules introduced by Government to ensure members safety.
18. I would like to thank all the members of the Committee in what have been very trying and unprecedented circumstances. It might have been easier to just concentrate on oneself and one's families in such moments, but that has not happened. They have continued to support the work of the Charity.

Mark Carter Chairman YCSGT.

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. Alternatively for direct bank transfer refer to details on the form.

YCSGT New Membership/Renewal Form

I/we wish to apply/renew for Single/Joint Membership (delete as necessary)

PLEASE COMPLETE IN BLOCK CAPITALS

Name(s): _____

Address: _____

Post Code: _____

Phone: _____ Mobile: _____

E:mail: _____

Subscriptions are £6.00 for individuals, £8.00 for couples and are renewable on 1st March each year.

NB: New members intending to use future exercise classes should provide a referral note from a hospital, GP or qualified Nurse at their first session.

Please make cheques payable to: York Coronary Support Group Trust and send, with this form, or a copy, to:

Jenny Cookson, 16 Church Close, Tollerton, York, YO61 1QS, any queries please call 01347 833260, or e-mail jenny_cookson@yahoo.com

OR you can pay by BACS (bank transfer) if you are able. Transfer to account no. 94153304 sort code 09-01-51 (Santander). Please remember to use your membership number and surname as a reference.

See front cover for your membership number.

General Data Protection Regulation (2018) Privacy Notice:

Please note that the personal information you supply us will only be used to send you information/newsletters from YCSGT. If you agree to being contacted in this way, please tick the relevant boxes:-

Post: ☐ E:mail: ☐ Phone: ☐ SMS: ☐

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Any queries please contact Jenny Cookson – details above.

Signature: _____ Date: _____ .

Signature: _____ Date: _____

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We stock a range of meats from our own livestock.



Pork pies & sausage rolls are made on site.
We offer over 20 types of cheese & have fresh fruit & vegetables.

Our coffee shop can, (restrictions permitting) supply you with tea or coffee & cake, snacks, or a full breakfast.

You can normally see us at the York Farmers Market on the first Friday in the month.



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Eligible Charitable Organisations

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Treasurer's Report April 2019/2020

The report below was written in June 2020 in anticipation of an AGM that because of Covid never happened.

Since that time we have had very little income – apart from very generous funeral donations and the wonderful bike ride by Ian. Our expenses have included donations to St John's College for a research project and donation to Acaster Malbis towards a defibrillator, the production of 2 exercise dvd's, Newsletters and paying a proportion of wages to our trainers. Our next Annual Report will give further details of these expenses as they fall into the Financial Year of 2020/21.

As I write this report we have just passed 100 days in lockdown – a situation totally unprecedented in modern times – our operations have, through necessity, ceased and we are awaiting the gradual release of the lockdown. We are hopeful of a return to some sort of normality over the next few months but a full resumption of “normal” may be quite a way in the future – in the meantime we are incredibly grateful to Ray Schofield and the nurses for the magnificent video they produced for our members and York District Hospital to ensure that they can at least “keep moving”.

The Trust has had a good year of fundraising with a fantastic £3343.66 being raised. This was mainly through St Crux (£2347.66) and the Grand Easter Draw (£871). Many thanks to all our wonderful volunteers. In addition to this we have received £3233 in unrestricted donations, this included £1500 from the Norman Collinson Trust and £700 from Ken Needham's Funeral collection - a very welcome addition to our funds.

The exercise programmes have fared well this year, mainly due to our relocation to York St John's – whose generosity and quality of facilities has been incredible and much appreciated – the overall cost to the Trust has been only £900!! The swimming programme at Roko has ended the year with only a cost to the Trust of £539 – the number of members attending having increased over previous years.

Earlier this year the Committee agreed to support a research project by Dr Aine Brisling – an unbudgeted £2500 - that the Committee feel is very closely aligned to the stated aims of the Trust.

It is the Trustee's recommendation to the Committee that we reduce the total budget for this coming year with some adjustment to the sections to that of £7100. Budgets for 2020/2021 have provisionally been set as follows;.....

Treasurer's Report April 2019/2020 continued.....

Exercise Programmes £ 1000
Administration £ 200
Newsletter/publications £ 1500
Affiliation Fees £ 50
Monthly Meetings £ 750
Exercise Equipment £ 100
YDH Cardiac Rehabilitation £ 1000
Social Events £ 500
Total £ 5100

There is also a ring fenced sum of £2,000 as agreed by the Committee in 2019/20 for new mobile Heart Monitors for York District Hospital. We also ring fence £7900 to cover all activities - keep fit classes and wages, swimming classes and wages, monthly meeting hall hire and speaker fees. This covers the group for a three month period should the unexpected happen and we have no income. (Which of course has happened and will be reflected in next year's figures!!) The monies in the bank accounts and in hand at 31st March 2020 amount to £34369.78 compared to a total of £34709.32 at 31st March 2019.

Alec Weir has scrutinised the books, accounts and financial statement for this last year and found them to be satisfactory. This is the second time that Alec has acted as our Auditor and my personal thanks go to him for all his help and advice. All the reports will satisfy the requirements of the Charities Commission.

The committee continues to state that one of the main purposes of the Trust is the help in rehabilitation and maintenance of good health in persons with heart related conditions. On these grounds monetary support will continue to maintain the Keep Fit classes at York St John's, GLL (Energise), the Swimming group at Roko Health Club with necessary training and certification courses for their leaders.

Thank you.

Jenny Cookson

Treasurer

York Coronary Support Group Trust

Quiz Page 1



The year 2020 is no doubt one we will have been pleased to see the back of. However other things, non covid, happened.

See what you can remember (answers later in this issue).

- 1). Which of the Queen's grandchildren received a driving ban in January?
- 2). Which soap opera broadcast it's 10,000th episode in February?
- 3). Who resigned as UK Chancellor in February?
- 4). Who is depicted on the reverse of the new £20 note released in February?
- 5). Which veteran Hollywood star passed away at the age of 103 in February?
- 6). Which senior royal turned down promotion to admiral in February?
- 7). In April what first name was given to Boris Johnson's new born son?
- 8). In June, in which city was Edward Colston's statue pulled down?
- 9). What occupation did Alf Douglas of York retire from in July after 62 years?
- 10). Which well known Captain in advertising was replaced by a 24 year old woman in July?
- 11). A House in Malton, next to a church, was up for sale in September with what extra feature?



Quiz continued.....

12). Which cartoon character celebrated his 100th birthday in November?

13). Which of the Queen's estates permitted a drive in cinema in September?

14). In September 'Magawa' was awarded a medal for detecting land mines. What type of animal was he?



15). In November, Rutland was the last English County to get what?

16). On December 21st which two planets aligned in what is known as the 'Great Conjunction'?

17). Which footballer campaigned for free school meals in 2020?

18). Leeds United were promoted to the Premier League after how many years?

19). On which TV show did Nicola Adams and Katya Jones pair up?

20). Which TV puppet show returned to screens after 25 years?

Answers for last newsletter.

Brighton, Hull, Leeds, Crewe, Celtic, Stoke, Hearts, Stirling, Reading, Coventry, Arsenal, Motherwell, Forfar, Ayr, Leyton, Southend, Huddersfield, Queen of the South, Alloa, Crystal Palace, Luton, Halifax, Dundee, Chelsea.

1.Rebecca, 2.Suspicion, 3.Saboteur, 4.Lifeboat, 5.Spellbound, 6.Notorious, 7.Rope, 8.Vertigo, 9.Topaz, 10.Frenzy.

Health Notes



The Ultimate Guide to Roemheld Syndrome

Roemheld Syndrome (RS) is commonly known as the Gastrocardiac Syndrome, thanks to the links it makes between the health of our hearts and stomachs.

Unfortunately, the medical world is still catching up when it comes to knowledge in this area. However, the syndrome is often categorised by heart palpitations felt when the stomach is full or during indigestion. Finding out more about RS can help us to understand the connection between the heart and stomach and why symptoms occur.

The heart and stomach aren't the first organs that you'd think of when considering ones that are closely related. This means that those experiencing symptoms of RS may not understand what's happening to them. In fact, the heart and stomach are actually within close proximity to each other in the body. The stomach is below the diaphragm but is connected to the oesophagus (the body's food tube) which extends up through the body to the throat, passing the heart on the way.

Our nervous system is the other key link between the heart and stomach. In particular, the vagus nerve plays a role in sensory functions felt in both the digestive tract and heart. It also provides motor functions around the body. This includes slowing the heart's resting rate and also stimulating the contractions which move food through our systems.

So what Is the Gastrocardiac Syndrome?

- Dr Ludwig Roemheld was the first to research the Gastrocardiac Syndrome, exploring how the nervous system plays a role in the symptoms experienced.
- You may be suffering from the Gastrocardiac Syndrome when experiencing symptoms relating to both organs. This could be feeling an irregular or rapid heartbeat at the same time as bloating or having acid reflux, for example.
- Other symptoms of the Gastrocardiac Syndrome can include nausea, chest pains and dizziness.
- Unfortunately, the Gastrocardiac Syndrome is a condition which is often misdiagnosed. We've seen patients who have RS but have been previously told the symptoms they feel are down to panic attacks, depression and anxiety.
- There are various triggers for the symptoms of the Gastrocardiac Syndrome.
- Theories include bloating and gas building up in the gastrointestinal system which can be caused by anything from chronic inflammation in the stomach to eating unhealthy foods.

Health notes continued.....

- During the Gastrocardiac Syndrome, a bloated stomach may stimulate some heart muscles while also activating the vagus nerve which slows down the heart rate. This leads to the patient experiencing arrhythmia (irregular heartbeats).
- When the stomach is full, it can add pressure to the diaphragm and subtly move the heart's position, triggering the palpitations seen in the Gastrocardiac Syndrome.
- Compression of the vagus nerve is more common when lying on the right side of your body. Change position to see if this makes a difference to the Gastrocardiac Syndrome.
- A hiatus hernia may also cause issues. After a small section of the stomach is pulled through the diaphragm, it could press on the heart causing pains in the chest and heart palpitations.

Heart Palpitation Causes

Another key area to consider when looking at how your stomach and heart are connected and the symptoms of RS is any medication you're taking. You could be on a regular prescription for a heart condition, for example, and have started to feel side effects in your digestion. Or perhaps you're on stomach medication, but experiencing palpitations. A case we see of this is when patients are on proton pump inhibitors to reduce acid in the stomach. Unfortunately, side effects could also include absorbing fewer nutrients such as Magnesium, and this reduction is linked to ectopic or irregular heart rhythms. If you think this may be a cause of symptoms you're experiencing, speak to your doctor about possible solutions.

Treatments

Those who suffer from Roemheld Syndrome can often feel frustrated at the lack of diagnosis, especially when they are experiencing frightening or uncomfortable symptoms. If you're struggling to cope, don't give up. It's important to find out why you're experiencing the symptoms and if there are any hidden causes.

If you do find out that your symptoms are being caused by RS, one of the best ways to stop them from happening is to start monitoring your triggers. If there are specific foods causing you to bloat or feel heart palpitations, avoid these and start following a diet which reduces the issues.

If you would like to discover more about the Gastrocardiac Syndrome or speak to a doctor about your symptoms you can contact Dr Gupta.

This article has been taken from the website www.drsanjayguptacardiologist.com, by kind permission of Dr Sanjay Gupta. If you have internet access see also Dr Gupta's youtube presentations on other heart related issues.

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 McKevitt	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 McKevitt	01904 651693
Newsletter Editor	Jeff Lane	01904 414476
& distribution.		(jtl1950@hotmail.com)

Trustees:

Tony Fletcher	01904 490582
Anne Weir	01904 794973
Des Mahon	07748 824761
Peter Leishman	(peterleishman57@aol.com)
Jenny Cookson	01347 833260

Senior Cardiac Rehab Nurse

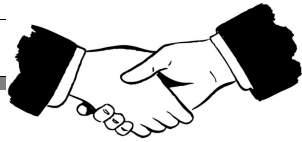
Rallison	01904 725821
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New Members are always welcome.

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



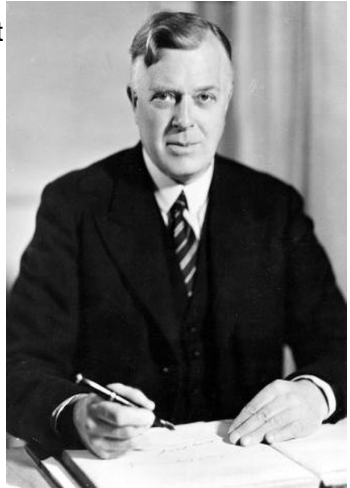
Meet the locals



No 6 Frank Pick.

Frank Pick (1878-1941) was not born in York, but spend his childhood here and attended St Peter's School before working in a local solicitors office. After university he returned to York in 1902 in the employ of the North Eastern Railway (NER). He became PA to the General Manager. When his boss moved to London to be managing director of a struggling London Underground Railway, Frank followed him.

This was 1906, the year the NER's head office was built. (Now the Cedar Court Hotel on Station Rise). In London Frank was given a free hand in attempts to turn the fortunes around with publicity. He became responsible for a series of posters to encourage people to travel to the outer reaches of the system as well as the centre of London. Pictorial images, by various artists, of the destination took over from largely text based adverts.



He commissioned architects and designers for, not only stations, but lampshades, armrests, furniture and seat coverings. He was also involved in the design of stations, signage and the overall brand image.

Frank became Commercial Manager in 1912 and when the company took over London's biggest bus company, he promoted bus and tube travel connections. In 1913 Frank commissioned Edward Johnston, a calligrapher, to design a new type face. With some adjustments in the 1920s the typeface of the underground today is largely what was created then.

Frank was also responsible for the production of the early underground maps showing all the routes and systems together on one map, not done previously. He became MD of the Underground Electric Railways Company of London in 1928. In 1933 he became Vice Chairman of what was to become known as London Transport.

Meet the locals continued.....

In the build up to WW2 he was involved in the planning of the mass evacuation of children to safer parts of the country. Frank left London Transport in 1940 and became Director General of the Ministry of Information. This posting came to an end when he disagreed with Churchill's request to release false propaganda into Germany. After a spell with the Ministry of Transport he retired in 1941. During his career he refused offers of a knighthood and a peerage.



A memorial to Frank was unveiled at Piccadilly Circus in 2016. The results of Frank's foresight and effort in accumulating talented designers and architects to put his ideas into practice can still be seen around London's underground stations today.

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.

Answers to 2020 quiz.

1). Zara Phillips. 2). Coronation St. 3). Savid Javid. 4). JMW Turner. 5). Kirk Douglas. 6). Prince Andrew. 7). Wilfred. 8). Bristol. 9). Ice cream vendor. 10). Captain Bird's Eye. 11). A grave plot next door. 12). Rupert Bear. 13). Sandringham. 14). A rat. 15). A McDonalds restaurant. 16). Jupiter and Saturn. 17). Marcus Rashford. 18). 16 years. 19). Strictly Come Dancing. 20). Spitting Image.

Situations Vacant: Publicity Officer

The purpose of the Publicity Officer is to promote and publicise the work of the charity in order to reach the people who would benefit from membership and/or support the charity, and communicate with existing members.

Responsibilities include:

Updating external publicity materials in a timely manner to maximise public awareness.

Communicating with the media e.g. local radio, press and TV to publicise specific events.

Publicising the work of the charity at its' fundraising events and any other relevant occasions.

Publicising events for the members of the charity in the newsletter, on the website or by personal communication as appropriate.

Interested? Contact Mark on mark-carter1@live.co.uk for further information.

Situations Vacant: Group Secretary.

Have you the skills and commitment to take on an important role within the Group? It is voluntary, but with the satisfaction of being able to play a crucial part in the well being of our members present and future.

The principal duties are;

Booking rooms and venues for fund raising events.

Submitting yearly accounts to the Charity Commission.

Applying for gambling licences and other contact with York City Council.

Renewing yearly Insurance.

Compose any letters required on behalf of the Group.

Attend Committee Meetings every six weeks.

Keep registers to meet fire regulations.

Interested? Contact Mark on mark-carter1@live.co.uk for further information.

Obituaries

The YCSGT regrets to announce the passing of Charles Yorke, Bernie McKevitt, Marc Schatzberger and Ray Lawrence.

Our condolences go out to all their families and friends.

Just before going to press we heard the sad news of the passing of Ray Lawrence, the well known, well respected ever present helper at exercise classes. We hope to publish a proper, fitting, deserving tribute to Ray in the next issue of the newsletter.

Obituaries continued.....

Charles (or Charlie) was born in Dringhouses and stayed in the York area all his life. He is survived by Joyce, his wife since 1999. At the time of their marriage, Joyce was already a member of the YCSGT, and so Charlie joined. Joyce was at the Milk Marketing Board and Charlie at Flowers Transport when they met. Charlie rose to become Traffic Manager and was awarded the British Empire Medal in 1986 for his involvement in transport. To quote a former work colleague: *"Charlie was meticulous, immaculate, a Flowers man through and through and a good guy"* He will be sadly missed by Joyce, his family and all who knew him.



Bernie was a highly valued member of the YCSGT. Alongside his wife Jackie he was an ever present at St Crux and a multitude of other group fundraising events. His involvement with the YCSGT began in 1989 after heart valve surgery at Castle Hill, Hull. His cardiologist in York was Dr Roger Boyle, who with a team headed by Sister Jayne Pearce, had formed a rehabilitation department at York Hospital. Bernie joined the hospital exercise class and later took advantage of what the YCSGT could offer to help him continue with his fitness routine.



At this time monthly meetings were held at the Rowntree canteen and exercise classes at Burton Stone Lane school. Bernie and his wife Jackie were also actively involved in many of the group's social activities. For much of their 30 year involvement, they were both working full time, but this didn't prevent them being active members of the committee. In the past two years Bernie had to step back due to ill health. The committee would like to express their gratitude for all Bernie's involvement in our organisation over three decades. He will, no doubt, be fondly remembered by many.

Obituaries continued.....

Marc was born in 1926 Vienna and given the name Wolfgang after the composer Mozart, but would be known as Marc for most of his life. He traveled to England in 1938 as part of the Kindertransport scheme bringing Jewish children to the UK for their safety. (see issue no 118 page 25). In Vienna he had come to the attention of a young girl called Rosl (Rosie). Sadly Marc's parents lost their lives in Auschwitz in 1944.

After some time in Margate, Marc moved to the North West and settled in Manchester. Here he studied to become a qualified electrical engineer, a career that would later take him around the world. During this period of his life he acquired British Citizenship, reached the finals of the North West Junior Boxing Championships, but more importantly and remarkably he had met Rosie again who had also made it to England and they were married in 1947.

Throughout his life Marc had been musically talented, playing the accordion, giving piano lessons but also had the skills to manufacture violins. Seven of his creations are somewhere in the world. He could also turn his hands to wooden toys and a variety of other projects.



At retirement in 1991, Marc and Rosie moved to York. Here another chapter in his life opened up. They both became active members of the YCSGT and served on the committee, Marc becoming Vice Chairman. In 2020

Marc was awarded the British Empire Medal for services to Holocaust Education Awareness for his public speaking and school visits where he would talk about the Holocaust. In this he had reached a total estimated audience of 10,000 people. Marc was clearly a very talented and much loved father, grandfather and great grandfather. He leaves a legacy that very few will equal.



