

# YCSG TRUST

York Coronary Support Group



Registered Charity No. 1011149



**A new king is proclaimed.**

**Newsletter No. 128**  
**Winter 2022**



The Royal Visit.



## Important message from the Treasurer

Dear Members

In my last Annual Report there was mention of our support to the exercise classes during Covid and the negative effect this had had on our bank account. The Committee feels that we should now update members on our current financial situation.

Our funds have been seriously reduced due to other issues:

- the lack of fund raising opportunities – any ideas would be gratefully received.
- the reduction in the number of both existing and new members – far fewer people have been referred to us from the hospital over the past two years.

Many of you will be aware of recent changes to exercise classes and our intention to increase fees for all classes to £4.00 from 1st January 2023. This is the first increase for several years and will go some way to reducing the shortfall between income and expenditure on classes.

Currently our finances are such that were we not expecting to receive a substantial bequest within the next few months we would be seriously looking at ceasing to operate any classes beyond the end of March 2023.

Jenny Cookson

Treasurer



## Editor's ramblings.



Hello Everyone,

Further to the treasurer's message on page 3. I think it safe to say that with the reasonable increase in fees for gym classes, and expected bequest, we can be confident that 2023 will be the year when our finances become healthier and more stable for the future. The year we can finally drag ourselves out of the impact of Covid.

Anyway, this issue has the running themes of royalty and car parks. Royalty because we now have a king after the death of Elizabeth II. Car parks because they now figure in visits to our gym sessions and because I have had another annoying experience parking my car. See later. Of course there is a link between the two subjects as Richard III's skeleton was found under a car park in Leicester.



You will probably know that York campaigned to have Richard's remains brought to the city as, it is said, he wanted to be here. If we had been successful in acquiring his remains it is probable that they would have been interred in the Minster. However, there are other places where Richard could have been laid to rest, places that would have been familiar to him even today even considering his visits were in the 15<sup>th</sup> century. He would have recognised what remains of St Mary's Abbey, he would have been familiar with the King's Manor, the Guildhall, all of the bars of York. However, the most fitting of all locations would have to be the castle area around Clifford's Tower. This was a royal castle owned by the crown after all. To find a suitable burial place, we wouldn't wish to tamper with the castle mound or the tower in the interests of heritage protection. Therefore, a separate area would have to be chosen. Somewhere in the car park area perhaps. Just a thought.

You will know by now that Charles came to York recently to unveil the statue of the late queen. I wonder if he was concerned about his safety in our city considering he has to ask permission to enter, the statue unveiling is a stone's throw from where Guy Fawkes, who attempted to murder one of Charles' ancestors, was born. Plus he will be aware that every odd numbered King Charles, so far, has been executed. So that's a 50% chance. I guess a few eggs is the least of his concerns. York has had a mixed relationship with royalty over time.



## Editor's ramblings continued.....

It is said that Queen Victoria came through York 18 times during her reign but didn't get over the river to the Minster. Her relationship with the city must partly explain the treatment of her statue.

After a poor public response to fund raising to pay for it, and opposition against it by, among others, Joseph Rowntree, it was eventually made and placed in the Guildhall. It was, after time, deemed to be too big for the location and so was moved to the Art Gallery, although the Minster made an unsuccessful bid for it. In 1954 tastes in art were changing and so the Art Gallery decided they no longer wanted it and after some debate it was decided it could go outdoors without suffering too much weathering. It was then moved to West Bank park where it is today. The nose being damaged by catapult in 1976.



For those of you attending exercise sessions, or intending to, you probably know that at St Johns the 50p parking charge by banking app has been shelved for the time being. Parking at the community stadium is usually free for the time spent at the gym for one session, but the situation is different on match days, so watch out for them.

Often modern technology has be beat, I guess I'm not alone. Add to the mix, car parks and that becomes a recipe for trouble. A recent press report covered the case of someone who got a £100 fine for just queueing at a car wash after being picked up on a camera at the nearby car park. We recently booked and paid for a three day parking slot in Shrewsbury. The idea being to have some car free time. On our return home we received a £100 parking fine. I tell them I have paid; they say prove it. I scratch around to find the invoice and send it to them. They cancel the demand. I ask for refund for my trouble and an explanation of how this can happen. I get no response or refund. I then look closely at the timed photo image they sent me with the initial demand. The photo shows that we arrived five seconds before the booked time, this seems to be the cause of the fine. That's £20 per second excess charge. That's £72,000 per hour by my reckoning. The fact that we left an hour early didn't come into it and of course, no refund for that. I cannot name the organisation in question; all I can say is that they are **N**ot **C**ompetent at issuing **P**enalties.

## Front Cover Story



The front cover shows the royal 21 gun salute in the Museum Gardens on 10<sup>th</sup> September to signal the accession of Charles to the throne. York is one of a number of royal saluting stations and the only one in Northern England. The day before, during heavy rain, there had been a 96 gun salute to signal the death of the Queen, one round for each year of her life. Traditionally one round is fired every ten seconds.

At the same time similar operations were to be witnessed at other gun saluting stations, including; Hyde Park, Tower of London, Belfast, Cardiff, Colchester, Edinburgh, Gibraltar, Devonport, Portsmouth and Larkhill (Salisbury Plain).



The tradition of gun salutes to mark special occasions goes back to the 14<sup>th</sup> century. They are used to mark a number of special occasions, including: Accession (of the monarch) Day, The monarch's birthday, Coronation day, The monarch's official birthday. The Prince of Wales's birthday, Royal births and Royal deaths. Some are only performed in London, such as the state opening of parliament and visits by foreign heads of state. The picture below shows a French Officer officiating. Apparently there had been an exchange of roles with the French armed forces at the time of the Queen's death.

## Robin's Royal story.



This article began when, as a railway enthusiast, I sent an e-mail to a fellow enthusiast called Ray Schofield. As I have two Ray Schofields in my world, of course I sent it to the wrong one. Well, the computer did, naturally. Unwittingly I had sent a picture of me on a rail cycle. So, Ray, the famous one, was wondering why, out of the blue, he had received my e-mail with picture. After the mix up was realised, Ray suggested I write up a piece for the newsletter, so here it is.

As a railway enthusiast, not Trainspotter, I am interested in most matters relating to railways including travel and photography. I also, of course, support the preserved railways, for example the local Derwent Valley Light Railway at Murton & The North Yorkshire Moors Railway at Pickering. I have been a railway enthusiast all my life and I worked on the railway until I retired in 2003. I have visited over fifty countries, they had to have a railway of course. I have been arrested and have had films confiscated behind the Iron Curtain in East Germany & Poland for photographing trains, it could be a dangerous hobby in the 1960's but I was young then!



The picture shows me on a rail cycle, or velocipede, at the Silverleaf Railway near Boston in Lincolnshire. This private railway is in a garden cum paddock. The cycle was hard work and while riding it I could hear Ray shouting 'knees up higher Robin!' There is no escape.

Whilst writing this article, our Queen Elizabeth died. The Queen and Prince Philip did like travelling by train as does our new King Charles III. You will know about the existence of the Royal Train, no doubt. A few times in recent years the train has been hauled specially by a steam locomotive. So, I would like to share a story with you which I would like to believe is true!



## **Robin's story continued.....**

On June 11th 2002 Queen Elizabeth & Prince Philip were visiting locations in North Wales using the Royal Train and the train was to be hauled by a steam locomotive 6233 'Duchess of Sutherland' from Holyhead with the Royal Party joining at Llandudno Junction in the afternoon. A number of us were on a bridge at Llandudno Junction to get a suburb picture in the sunshine. But at departure time there was a cloud blocking the sun. The departure was delayed because the Queen carried on talking to invited guests on the station platform.

The clouds eventually parted and so the train departed a little late in full sunshine. (See picture). I like to believe she thought of us wanting her train and our photographs in sunshine and delayed the departure!



I met the Queen & Prince Philip a year later in a private train viewing ceremony at Kings Cross station, but I was not brave enough to mention the Llandudno Junction incident to her in our conversation.

Thanks to our Queen Elizabeth II for her 70 year reign.

**Robin Patrick**

**PS. Robin's daughter Lucy Hammond ran her fourth London Marathon in October this year raising £2500 for the British Heart Foundation. Well done, Lucy.**



## Poppleton Community Railway Nursery. Bob Brooks. 1<sup>st</sup> August

The talk by Bob was booked 3 years ago. Since then, he has had a heart operation and the world has had Covid. Fortunately for us he was able to deliver a fascinating presentation on the Poppleton Community Railway Nursery. The nursery has been on the present site, next to Poppleton railway station, for 81 years. It has its roots in the 1870s, its original site being on Leeman Road. However, in 1941 it was thought the area of glass would be a visible target for World War Two enemy bombers being too near to engine sheds and so it was moved to Poppleton.

Back in the 1870s its original purpose was to grow flowers and vegetables for railway hotels, refreshment rooms and stations in the north east. However, stations on the east coast main line from Berwick on Tweed to London King's Cross were also supplied. It was also the store for red carpets ready to be supplied to stations used on royal visits. (Margaret Thatcher insisted on blue carpets!) The carpets would accompany flower arrangements sent to where they were required. Products from local suppliers would sometime be necessary to complete the royal requirements.

Locally, it supplied flowers for Poppleton station and the 'YORK' flower bed sign on the track side at Holgate. Gas lighting was used until the 1980s. A narrow gauge railway to move heavy objects was installed in the same decade using second hand track and equipment. Mains electricity was installed, the heating for greenhouses having been previously supplied by coke fired stoves. Sadly in 1996 the railways were privatised and as a result demand declined resulting in the operation not being commercially viable. It finally closed in 2006. The site became derelict and overgrown.



## Monthly meeting continued.....

A number of rail organisations met and discussed the future of the site, although this became a drawn out process. It was a complex procedure to get agreement between interested parties. Finally a group was formed to take the site on, but they had to form a 'limited' company in order for the larger companies to deal with them. Part of the final agreement included the requirement to use the site for the benefit of the community. This led to a strong connection with the NHS which continues today.



The site was finally taken over in March 2009 leasing it off Network Rail for a peppercorn rent. The first task was to sort out a muddle of unmarked keys for the 20 plus buildings. A costly new fence to section the site off from the Harrogate railway line was required and eventually delivered and erected.

Fragments of the red carpets were found but no blue bits. A number of the buildings needed extensive repair and some still do. Today people are brought in and supervised by the NHS. They help to grow plants for the nursery to sell on for funds. The work involved plays a vital role in the rehabilitation of people with physical or mental health issues. One in four people suffer some form of mental health. The structured work on offer at Poppleton nursery is known to build confidence, self esteem and improve social skills. Poppleton railway station has been adopted and flowers and plants are supplied to enhance the rail travellers experience.



## Monthly meeting continued.....

The nursery hasn't any authority for retail sales from the site, due to the location and lack of car parking. However, they are permitted sales on the five open days each year, at Poppleton village green sales and sales off site including at St Crux, all of which bring in income.



In winter, jobs include the making of Christmas wreaths with the NHS providing volunteers. Other activities on site include candle making, woodworking, creative writing and the meeting of a craft group. Help is also supplied by large companies releasing employees for volunteering days as they do at York cemetery. In 2016 there was a celebration of 75 years at Poppleton, when the red carpet came into use once more. Accessible disabled toilets have been built in recent times. During Covid, sales of plants continued on line and were delivered locally, organised by 3 staff during lock downs. The link with the NHS is now in its twelfth year and future referrals from the NHS may be recovering heart patients. Watch this space.

**Poppleton nursery is the last surviving railway nursery in the country. For more information about membership and details of open days see; [www.poppletonrailwaynursery.co.uk](http://www.poppletonrailwaynursery.co.uk) or ring 01904 797623 or 0780 0501 382**

## Collecting Glasses.



No, this is not about going round the pub at closing time.

One of our members, Graham Smith, has set up a glasses (spectacles) collection routine at exercise classes.



Graham has a connection with a lady optician in Acomb who travels to Mali, Africa to carry out eye treatments and provide spectacles for those in need. She takes with her any surplus to requirement spectacles collected locally.

So far YCSGT members have donated;

11 pairs of sunglasses (most prescription)

19 specs cases (some very stylish!)

37 pairs of specs and a few odd lenses.

So, if you have any no longer used or required, bring them along to an exercise class.



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# Dates for the Diary



**Thursday 15<sup>th</sup> December.**

Christmas Dinner at Novotel.

**There will be no monthly meeting in January.**

**Monday 6<sup>th</sup> February at 7:30pm:**

Monthly meeting at the Folk Hall.

A talk on the York Street Angels and their work locally.

**Monday 6<sup>th</sup> March at 7:30pm:**

Monthly meeting at the Folk Hall.

'The Tukes of York'.

A talk on an important York family responsible for advances in education and treatment of mental health.

**Tuesday 6<sup>th</sup> May.**

Fundraising at St Crux.

**Tuesday 5<sup>th</sup> September.**

Fundraising at St Crux.



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

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

**New Members are always welcome.**



**In this issue we welcome new members;**

**Neil Bennett, Brian Finch, Leslie Hall, Jeffrey White.**



# Improve your fitness



Exercise sessions for YCSGT members;

**The times and venues for classes are as follows:**

**At the LNER Community Stadium, Leisure Complex.  
Kathryn Avenue, Monks Cross, YO32 9JS**

**Monday and Friday  
9.15am – 10.15am and 10.30am -11.30am**

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

**Wednesday  
9.45am – 10.45am  
(note; Nurses are not planned to attend Wednesday  
sessions).**

**At the Poppleton Community Centre, Main Street, Nether  
Poppleton, YO26 6JT**

**Monday and Friday  
1.30pm – 2.30pm**

The cost is £3 per person per session, (**£4 after Jan 1<sup>st</sup>**) which are held under the supervision of qualified instructors and a nurse attends all sessions except Wednesdays.

**Contactless card payment can now be made.**

Please note: New members should contact **Nick on 0751 1169 433** for further information and availability before attending first session.

New members should have a referral, either a hard copy or in electronic form from a GP or health professional before first session.

# Exercises in Water



Aqua Aerobic and swimming sessions are held at:

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

**Friday mornings, 10.15 to 11.15**

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

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

There may be a limit to class numbers.

For further information contact;

**Swimming Organiser: Jenny Cookson on 01347 833260**

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## About the York Coronary Support Group Trust

The information below gives detail of our activities for new members.



### 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 members' questions. Tea and coffee is available. Meetings start at 7:30pm. Friends and family are welcome.

Meetings are usually held at;

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

### Exercises:

The group organises subsidised exercises classes 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 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 and elsewhere.

### 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. Letters to the editor are also welcome. Past issues can be found on our website;

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

### Subscriptions:

The subscription is £8 for a single member or £12 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 either in this issue or previous.



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Questions this time relate to Royalty and their connections with the York area. Some clues, (which century) are on page 20 if you need then.

1. Edinburgh gets its name from which King, married and Baptised in York?
2. Which Monarch ordered the walls of York to be built in stone?
3. Which Monarch described York as the cradle of Christendom?
4. Which Monarch's daughter was married at York Minster at the age of 11?
5. Which future monarch attended the opening of the Memorial gardens off Leeman Road?
6. Which monarch had a mistress who performed at the Theatre Royal in York?
7. Which monarch ordered the building of 2 castles in York?
8. Which Monarch was married in York Minster?
9. Which Monarch stayed at the King's Manor on their way south for their coronation?
10. Which monarch said that 'The history of York is the history of England'?
11. Which Monarch's son was invested as Prince of Wales in the former Archbishop's Chapel in Deans Park? (a plaque can be seen).
12. Which Monarch stopped at Fulford on route to York and insisted local dignitaries come to him and offer an apology?
13. Which Monarch's 10 year old daughter married in York Minster.
14. Which Monarch's daughter passed through the arch in exhibition Square on route to Scotland for their marriage?
15. Which Monarch was nearly murdered by someone from York?
16. Which monarch attended the laying of the foundation stone for the first St Mary's Abbey church?



**Monthly meeting 5th September.**

**The Clerics of St Stephens Church Acomb. Alan Powell.**



Alan, a member of the Acomb local history group, bravely soldiered on to give his audience a spirited talk on the clerics of St Stephen's Church Acomb (pictured) after the equipment failed to show his prepared slide show. Alan continued using his notes without the planned visual aids.



It was clear that Alan's journey and interest began in 1936 when he was himself baptised in St Stephen's church by Edwin Twidle the incumbent at the time. Acomb was not to be part of York until a year later in 1937. Although leaving Acomb for Huntington in 1963, his interest in his birthplace continued. We were told that Acomb has some form of recorded history going back to 1163. Alan's detailed research took him back to 1754 and up to 1974. It soon became clear that the incumbents, over time, had a number of different titles. Deacons figured mostly, they being subordinate to the local vicar and traditionally responsible for the collection and distribution of alms to the poor. There was also mention of the role of chaplains who were more usually attached to an establishment such as a prison, a regiment or even a ship.

## Monthly meeting continued.....

One of the clerics of St Stephen's moved on to be the chaplain to the Countess of Carlisle. Then there was the occasional curate whose role was to assist the vicar. The extensive list of characters who Alan had researched came from all parts of the country to serve in Acomb and thereafter, in most cases, moved on to positions in York, Yorkshire and beyond. Some of them had studied at Oxford or Cambridge before moving into the church as a career. Many on Alan's list were committed family men determined to increase the flock. Large families were not uncommon, 13 children in one case. Alan's research shows that in the 18<sup>th</sup> century there were close ties with the parish of Overton on the other side of the River Ouse, with presumably some form of river ferry being required.

Among the more notable people on Alan's list was a William Dade a one time curate of St Stephen's. He was responsible for introducing a different form of parish record. His version would provide extra information such as the names of the father's parents on birth certificates, but unfortunately this wasn't to last. Then there was the wonderfully named Dudley Rocket who would at one time, amongst other duties, preach at York's Castle prison.

The church building of St Stephen's also figured in Alan's presentation. First built in the 12<sup>th</sup> century, there was a major rebuild in the 19<sup>th</sup> century to a design by York born Joseph Hansom. A man whose name is forever associated with the form of transport used by Sherlock Holmes. Also, in the 19<sup>th</sup> century the reverend Isaac Spencer officiated at St Stephen's, he was a friend of William Etty the York born artist. (Note the statue in Exhibition Square). William was known to have sketched landscapes at Isaac's abode 'The Plantations' described as a house in the village of Acomb and used them as background to some of his works one of which can be seen in Tate Britain gallery in London. Alan had proved how one church can provide so many stories, personalities and connections.

### Quiz Page Clues

1. 7<sup>th</sup>. 2. 13<sup>th</sup>. 3. 20<sup>th</sup>. 4. 13<sup>th</sup> 5. 20<sup>th</sup>. 6. 19<sup>th</sup>. 7. 11<sup>th</sup>.
8. 14<sup>th</sup>. 9. 17<sup>th</sup>. 10. 20<sup>th</sup>. 11. 15<sup>th</sup>. 12. 16<sup>th</sup>. 13. 13<sup>th</sup>.
14. 16<sup>th</sup>. 15. 17<sup>th</sup>. 16. 11<sup>th</sup>.



**Monthly meeting 3<sup>rd</sup> October. Nicky Cockerill.**

**Senior Cardiac Rehab Physiotherapist York Hospital**

### **The Benefits of Exercise**

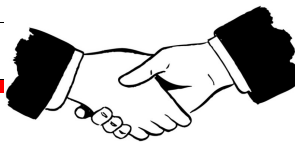
Nicky made an impressive Power Point presentation on the subject of the benefits of exercise addressing the following points:

- The challenges of inactivity vs Activity
- The progression of development
- Food and what we eat
- The changes in people over time
- Changes in the NHS
- Targets
- Activity
- Posture
- Lifestyle
- The fitness piggy bank
- Medication and tablets – side effects
- The cycle of change
- Barriers
- Technology
- Enjoyment and skill
- Multi activity

Interaction with the audience was good throughout and the session eventually ended at 20.46 having overrun slightly.

The presentation was so comprehensive it would be worth considering inviting Nicky back for a Part 2.

**Des Mahon**



### **No 12 Sir Thomas Herbert.**

This issue of the newsletter has a royal theme but there aren't too many local born individuals with strong royal links. However, Thomas Herbert has a strong claim. Thomas was born in Pavement in 1606 and died in the city in 1682. He had the title the 1<sup>st</sup> Baronet Tintern, was described as a traveller, a courtier, diplomat and government official.

He was born into a family of merchants. His great-grandparents owned a house in Pavement. (see picture). They had a son, Thomas, who would become Sheriff and Lord Mayor. Thomas would have a son, Christopher, who was to marry Jane Ackroyd and in 1606 would produce Thomas our subject. All three generations of males were baptised in St Crux across the street. Thomas's early life is sketchy, but he gets mentions in the records of both Oxford and Cambridge universities but no mention of any academic achievement.

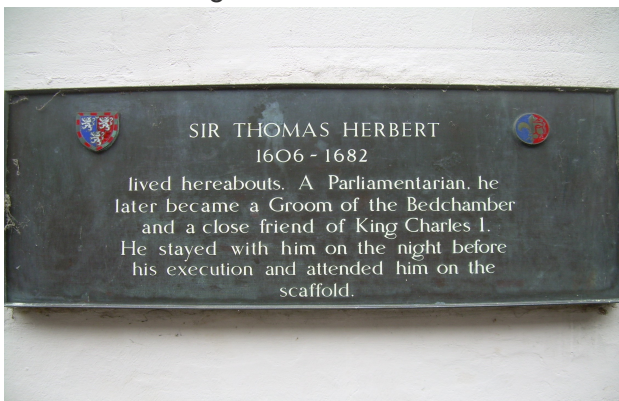
Thomas moved to London and through family connections acquired a position on a diplomatic mission to Persia between 1627 and 1629. This was followed by some travels in Europe after which, on his return to London, he met a gentleman usher to Charles I, Sir Walter Alexander. He was now in royal circles and in 1632 he married Lucy, Sir Walter's daughter. They produced four sons and six daughters.



## Meet the locals continued.....

After Lucy's death in 1671 he married Elizabeth Cutler producing a daughter, another Elizabeth, who didn't survive infancy. Thomas was promised a position at the court of King Charles after he had been introduced to the king. He also wrote books on his travels whilst waiting for his new post to be confirmed. However, when the civil war began in 1642, he had parliamentary sympathies. After various roles in the conflict, he became the attendant to Charles during his imprisonment after the Scots handed the king over to parliament.

They were to stay together until Charles's execution in 1649. By this time Thomas was the only 'Gentleman of the Bedchamber' remaining. They became quite close by all accounts. Thomas spent the king's last night with him in the bed chamber, but could not bear to witness the actual execution. His next task was to take care of the king's decapitated body and arrange the funeral. History tells us that Charles requested an extra shirt so that he would not shiver in the January air and so make it look as though he was afraid.



After some time spent in Ireland with the army of parliament, Thomas returned to London in 1660 and took advantage of the pardon issued to him by the restored Charles II.

The new king made him a baronet to recognise his devotion to his father Charles I. In his later years Thomas was to write more books and also record his memoirs of his time with the king before the execution. In 1665 he moved back to York, buying a house in High Petergate where he lived until his death in 1682. A plaque on High Petergate marks the location. (see picture). He was buried where he was baptised, in St Crux Pavement.

## Situations Vacant.

You will see on the following pages that this charity is in need of people coming forward and filling some important voluntary roles within the organisation. For over 30 years the YCSGT has had the benefit of the talents, skills, time and involvement of a number of people to keep our charity on course to do the good it does. Now more than ever we require more of the same to take us into the future. Could you help? Give it some thought. Come forward.



## Situations Vacant: Chairperson.

Could you give your time and take on a pivotal role in the running of the YCSGT. Could you fill the role of chairperson? Your role would provide leadership and direction for the charity. You would chair committee meetings ensuring decisions are made and acted upon. You would bring impartiality and objectivity to meetings. The chairperson would communicate effectively the purpose of the charity both internally and externally. You would represent the charity at external meetings and events and be aware of current issues that may affect the charity. For further information contact a member of the committee.

## Situations Vacant: Newsletter Editor.

Would you like to play a vital role in keeping our members informed? Could you take on a highly satisfying function within our charity? Have you computer equipment, e-mail address and the necessary, but not extensive, computer skills to be able to receive information and compile the newsletter in the relevant format ready for printing? You would put together any reports of meetings, collate contributions from members and ensure all information regarding exercise classes is up to date in each quarterly issue. You would communicate with the printer and ensure the space in each issue is fully utilised to give the best value for money. Full assistance and training will be given as required. If you would like to know more about the role and to discuss any aspect of it then contact the editor at [jtl1950@hotmail.com](mailto:jtl1950@hotmail.com). Or tel 01904 414476



## **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 a member of the committee 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, supplied by the Treasurer, 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 a member of the committee for further information.

**After you have finished reading this issue, do you know anyone who you could pass it on to? Or somewhere you could leave it to be picked up?**

## **Obituaries**

**The YCSGT regrets to announce the passing of Roy Freer**

**Our condolences go out to his family and friends.**

# 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	<b>Vacant</b>	
Vice Chairman	Des Mahon	07748 824761
Secretary	<b>Vacant</b>	
Treasurer	Jenny Cookson	01347 833260

### Committee:

Fund Raising Officer	Nick Longster	07511169433 ( <a href="mailto:nkmhj@aol.com">nkmhj@aol.com</a> )
Membership Secretary	Jenny Cookson	01347 833260
Entertainment Officer	Jackie McKeivitt	07875 129352
Publicity Officer	<b>Vacant</b>	
Keep Fit Organiser	Nick Longster	01759 304631
Swimming	Jenny Cookson	01347 833260
Minutes Secretary	John Mitchell	01904 764237
Speaker Organiser	Jackie McKeivitt	07875 129352
Newsletter Editor & distribution.	Jeff Lane	01904 414476 ( <a href="mailto:jtl1950@hotmail.com">jtl1950@hotmail.com</a> )

<b>Trustees:</b>	Tony Fletcher	01904 264877
	Des Mahon	07748 824761
	Jenny Cookson	01347 833260
	Nick Longster	01759 304631
	<b>Ex Officio</b>	Vicki Cass
	Community Cardiology Team Leader.	

**Please note; Minutes of committee meetings can be seen on the website.**

Answers to Quiz. 1. King Edwin of Northumbria. 2. Queen Victoria. 3. Henry III 4. Queen Elizabeth II.(In reference to Constantine the Great being declared Emperor in York 306CE). 5. Henry III. (Princess Margaret married King Alexander III of Scotland in 1251. He was 10). 6. George VI, when Duke of York 1925. 7. William IV. (He had 10 children out of marriage to actress Dorothy Jordan. One being ancestor of David Cameron) 8. William I (The Conqueror). 9. Edward III In 1328. 10. James I. 11. George VI. 12. Richard III. 13. Henry VIII. 14. King John. (Princess Joan married Alexander II of Scotland in 1221. He was 23) 15. Henry VII. (Princess Margaret went north to marry James IV of Scotland. She was 14). 16. James I. (Guy Fawkes failed with the gunpowder plot). 17. William II.



**Royal Visit.**





Royal Visit

