

# YCSG TRUST

York Coronary Support Group

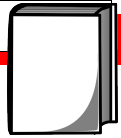


Registered Charity No. 1011149



Newsletter No. 129  
Spring 2023

## Front Cover Story



By the time you read this snowdrops will be fading and the daffodil and tulip will be emerging. Snowdrops were later coming this year than previously, but still a welcome sight of course. It always seems a very short period between the first snowdrops and the last tulips- perhaps it's because it's spring and we are all happy that the worst of the winter has gone and warmer days are coming. Snowdrops are known as the flower of hope and better times ahead, which fits well with the spring period.

The plant originated in Europe and may well have been brought across with the Romans.

Another variation, it is believed, was brought back from the Crimea by returning soldiers in

the 19<sup>th</sup> century after they had seen them grow in their trenches.



Sheltered places such as churchyards are a favourite place to grow and the Victorians would often plant them on graves. The Victorians even had a name, 'Galanthophile' for someone who has a devotion to them. These people today can spend up to £100 on a rare bulb. There is even a snowdrop annual sale held just north of London. Clumps of snowdrops should be divided every three years. They will survive in a north facing and continually damp part of the garden, alternatively they will grow in pots.

Their early flowering means they do not rely on pollination to multiply, but on bulb division. In the past it was considered bad luck to take a flowering snowdrop into the house as it was seen as a portent of death, although it has also been associated with the Christian Candlemas festival. In World War Two American military police stationed in Britain were known as snowdrops because of their green uniforms and white caps. Although snowdrop bulbs are poisonous, in the past the plant has been used as a painkiller. In more recent times a compound taken from the bulb has been used as a treatment for dementia, although not a cure.

## Editor's ramblings.



Hello Everyone,

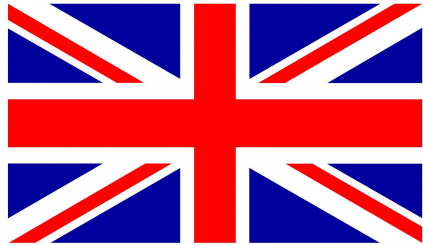
Firstly I hope you liked the different format for the quiz in the last issue, whereby a bogus answer is inserted to make the experience more challenging.....well if you believe that.....

The fact is that late in the process I took out a question due to space and forgot to take out the answer relating to it. I know a number of you spotted it, well done, but if you didn't and want something to get you to sleep at night, go back to it and ignore the answer Queen Victoria and move on to the next answers.

Late in life I found out that the Union Flag can be flown upside down.

Since then I have been obsessive about pointing out the offending flags to anyone who is remotely interested.

Maybe I need treatment for it or should we start a special group going around correcting them? A documentary recently on Margaret Thatcher included a film on her being driven through Paris in a limousine with the Union Flag



upside down on the front wing. Did the French know what they were doing? *Peut-etre*. On the recent visit to York by King Charles, a local company handed out flags with the Union Flag on one side and their advert on the other. Unfortunately it looked to me that some of them at least, if not all, were the wrong way up. You often see athletes wave the flag on their laps of honour. Most of the time upside down. If there is a flagpole involved, this does have a bearing. The image above is correct if the flagpole is on the left, wrong if it is on the right. Grandma sucking eggs springs to mind at this point.

After the usual indulgences of the festive period and the subsequent six or so turkey based meals it was a welcome return to some form of exercise. Whether it be it walking, swimming, home workout or attendance at our exercise classes, any amount is beneficial. Our organised gym sessions on Mondays, Wednesdays and Fridays still give excellent value for money at a time when we are all suffering the effects of inflation. We have been grateful to York St John for allowing us to use their premises Mondays and Fridays for so long. But all things come to an end and we are only left with space there on Wednesdays. This has helped to kept the outgoings down in the past. We are grateful to St John for this.

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

We are always being told what foods to eat for a healthier and prolonged life. Some of us are devoted to healthy diets, some of us aren't and pay no attention to diet at all. I'm in the middle as I do try to be mindful of what I am eating. A study by York University suggests that eating Marmite can reduce anxiety due to its vitamin B6 content. Worth a try?



I want to share three experiences with you that are indicative of the times we live in and were occasions when Marmite could have come in handy. Firstly an online request from a company who wanted the answers to security questions if ever they needed verification of identity in future dealings. One of the questions I chose was 'What was your Mother's middle name?' I type in **EVA** because that's what it was. No good, it has to be eight letters at least. Why didn't my grandparents think of that in 1919?

Secondly we recently paid for a couple of drinks in a York pub. We used cash. The barman had to ask a colleague how to ring up real cash in the till. Thirdly on a trip to Cumbria we boarded a train to Whitehaven but only got as far as Workington, where it stopped due to driver shortage. So we board a bus which takes us into the local bus station within a few minutes where it stops and after a wait of a further 20 minutes we are told that there are no drivers available and we need to get off and get the next one.

According to a survey by *booking.com* York is top of the list of the world's most welcoming destinations. The other nine were; *Polignano a Mare, Italy, Hualien City, Taiwan, San Sebastian, Spain, Dresden, Germany, Klaipeda, Lithuania, Ushuaia, Argentina, Porto De Galinhas, Brazil, Mexico City, Mexico and Gold Coast, Australia*. Having not been to any of the other nine, it would be difficult for me to disagree. On the subject of tourism, I was impressed by the new look Clifford's Tower with its platform, walkways and viewing platform. The views are worth the climb, but you will have to wait until next January if you want to take advantage of the free entry as part of the York residents scheme.

Finally, don't forget helping out at St Crux if you can, see page 8. Don't forget to look at the situations vacant on pages 20 and 21. Could you do something to help? Don't forget to renew your membership in March, see page 11. If you ever feel anxious, don't forget the Marmite.

**Jeff Lane**



## Monthly Meeting

**Monthly meeting 7<sup>th</sup> November  
The House Built on Love and Chocolate.  
A presentation by Glennis Whyte, National Trust volunteer.**



Glennis gave us an in depth and fascinating look at the history of, and the people connected to, a building most of us will have passed by many times. That building being Goddards on Tadcaster Road, once home to the Yorkshire regional HQ of the National Trust and still a base for them. It was originally built for Noel Terry of Terry's chocolate fame in 1932.

However, the story starts in 1767 near Bootham Bar with a shop, Bayldon and Berry's, manufacturing sugar based confectionery. At this time in our history British wealth was largely due to our colonies and what could be imported from them and consumed in the mother country. Sugar played a significant role to the extent that consumption of it was far greater than other European countries.

The shop business took advantage of the imports and produced lozenges, hard boiled sweets and forms of liquorice. Then, in 1813 a Joseph Terry moved into York and after an apprenticeship, established an apothecary business in Walmgate. Joseph would marry into the Bayldon and Berry business when he married Harriet Atkinson. The expertise of both businesses would prove to be a commercial success and become the foundation of the Terry business we know today.

## Monthly meeting continued.....

The business would eventually move from the Bootham Bar area to St Helens Square where they had a shop and a restaurant which would survive for 150 years. The business grew and a chain of shops around the country offered the usual confectionery and also provided outside catering services.

By 1867 the manufacturing side of the business had moved to Clementhorpe next to the river Ouse at one point producing around 400 products but very few were chocolate based. By 1890 they had 300 workers. This was followed by a move to a new factory on Bishopthorpe Road in 1926. It was here that the Chocolate Orange and the All Gold were produced as part of a move into more chocolate based products. By 1937 they had 2,500 employees, men being outnumbered by women by around 3 to 1. They even had a women's football team.

In 1963 the company was bought by Forte the hotel chain, then in 1978 by Colgate Palmolive and in 1982 by United Biscuits. In 1993 it was bought by Kraft who would move production to Eastern Europe. The factory closed in 2005, the site is now residential. Nothing of the Terry brand is now made in the UK.

Now back to the family and the house. Joseph and Harriet produced offspring and eventually became great grand parents of Noel Terry born in 1889. At the age of 16 Noel took a job elsewhere as a bank clerk before joining the firm in 1911. In the Great War he joined the West Yorkshire Regiment, notably he was not a Quaker and therefore not a pacifist. He was injured in 1916 at the Somme.

During the Great War he married Kathleen Leetham after a difficult courtship involving 800 letters between them. Kathleen's father, Henry Leetham the wealthy miller and shareholder in Terry's, had taken exception to his daughter associating with Noel and so much of the courtship was done in secret. After his war service, Noel took on a manager's role in the company which lasted until his retirement in 1970.

His marriage to Kathleen produced offspring starting with Peter born in 1919. He would go on to serve in India in World War Two before spending forty years in the company. Then came Kenneth in 1920. He was awarded a DFC in 1942 and served as a Squadron Leader in the RAF. He was killed in a mysterious event when all crew of an aircraft were lost over Cardigan Bay. Then came Betty in 1925 who would go on to work at Bletchley Park during the war. Richard was born in 1928 and would do national service in India before moving into farming.

## Monthly meeting continued.....

In 1923, Henry Leetham died resulting in a healthy inheritance passing down to Kathleen and his other two daughters. The wealth enabled Noel and Kathleen to build a family home which would become Goddards.



The site was chosen on the Tadcaster Road and local architect Walter Brierley employed. It was constructed in the arts and craft style using handmade bricks, some decorative. There are tudor style chimneys and handmade roof tiles. Most clay products were sourced from the Humber area. Walter Brierly died in 1926 before completion. The final cost amounted to £25,980.

The frontage includes a split gatehouse which once housed the chauffeur on one side and the cars on the other. To the rear the original summer house would later serve as a tea room. From the four acre garden, a clear site of the racecourse grandstand could be seen, although tree growth over time has obscured the view. Noel and Kathleen died in 1980.

Noel had amassed an impressive collection of Georgian furniture, this can still be viewed at Fairfax House, Castlegate, York to where it was moved by the National Trust. The content of Goddards now feature furniture and artefacts from the inter war years to represent how a family would live in those times. Currently they are developing a scented garden and an orchard, both projects are work in progress by the gardeners most of whom are volunteers.

# Dates for the Diary



## 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.

## Monday 3<sup>rd</sup> April at 7:30pm:

Monthly meeting at the Folk Hall.

John Clitherow giving a presentation entitled;

*Treeding the Boards and sailing the seas.*

**No monthly meeting in May.**

**Tuesday 16<sup>th</sup> May.** Fundraising at St Crux.

## Monday 5<sup>th</sup> June at 07:30pm

Annual General Meeting at the Folk Hall.

**Tuesday 5<sup>th</sup> September.** Fundraising at St Crux.

**St Crux fundraising day.** Help on the day is always welcome. In the kitchen, on the stalls, setting up in the morning and taking down in the afternoon. Make a note in your diary.

**Donations for St Crux; If you have any bric a brac, (no electricals or clothes thanks), or books, (not large or hardbacks thanks). For more information on donations or helping on the day, contact Nick on 01759 304631 or 0751 1169433**

**Cakes, Buns, Scones, Quiches and Sausage rolls can be dropped off at St Crux on the morning of the 19th before 10am. Cake types required are Victoria Sponge, Lemon Drizzle, Coffee and Walnut (with nut warning), Brownies, Chocolate or Carrot Cake. Butter and Jam for Scones will be supplied on site. If you want your containers back please label them with your name. For more information on food supplies, contact Jackie on 07875 129352.**



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

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



## **Membership renewals for 2023.**

**Membership renewals are due in March.** The subscription for 2023 is £8 for single members and £12 for couples. As all exercise and swim sessions continue to be subsidised by membership fees and the hard work of members involved in fund raising, it is more important than ever that anyone attending these classes are fully paid up members to fall in line with, and be fair to, their classmates. Any problems regarding paying of fees should be directed to the Membership Secretary.

**Payments for membership renewals can now be made by way of contactless card payments at monthly meetings or exercise classes.  
Or by direct bank transfer or cheque (see renewal form).**

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

## **New Members are always welcome.**



**Jackie Hall  
Isolde and Alan Thompson**

**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?**

## 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.

# YCSGT New Membership/Renewal Form

YCSGT 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 £8.00 for individuals, £12.00 for couples and are renewable on 1st March each year.

NB: New Members intending to use exercise classes should provide a referral note from a hospital, GP or qualified health professional 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, Email [jenny\\_cookson@yahoo.com](mailto:jenny_cookson@yahoo.com)

**OR you can pay by BACS (bank transfer) – a/c number 94153304, sort code 09-01-51 (Santander), a/c name YORK CORONARY SUPPORT GROUP TRUST REG CHARITY NO 1011149. Please use your surname and membership number as reference.**

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:  Text:

We will never share your information with any third parties.

Signature: \_\_\_\_\_ Date \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## 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 £4 per person per session, 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 £4.00 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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**Website: www.hooksremovals.co.uk**

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York. YO32 2PJ



# Walking



## What does walking do for us?

According to the NHS it is one of the easiest ways to get more active, lose weight and become healthier. Walking briskly can help you build stamina, burn excess calories and make your heart and lungs healthier.

If you want to get out and about there are free organised guided walks around York from 30 minute city centre strolls to 90 minute rambles in the local countryside organised by the Ramblers.

**A short 30 minute walk starts at 2pm at the Art Gallery on Wednesdays.**

**A longer 60 minute walk starts at 11am at the Community Library, Hungate, York, YO17AF. On Tuesday mornings.**

Suitable footwear and clothing are essential.

For more information, including other walks on other days;

**Contact;**

**E-mail;**

**[yorkhealthwalks@gmail.com](mailto:yorkhealthwalks@gmail.com)**

**Facebook: [facebook.com/yorkhealthwalks](https://www.facebook.com/yorkhealthwalks).**

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

**Tel; 07983945869**

**Look out for the latest leaflets available from Libraries, Community Centres and Health Centres.**

**or Just turn up at a walk.**





## What do you remember about the year 2022?

- 1). To enter the Platinum jubilee baking competition, what did you need to bake?
- 2). Which tennis star was barred from playing in the Australian open because he refused to get jabbed?
- 3). A heart from which animal was transplanted to a human in the USA?
- 4). What was stolen from the Golden Fleece Pub, Pavement?
- 5). Which TV gardening presenter refuses to eat avocados due to their impact on the environment?
- 6). Which royal read a story on children's TV?
- 7). What item of clothing did Minnie Mouse start wearing?
- 8). What date in February did the Queen reach 70 years on the throne?
- 9). Who or what were Dudley, Eunice and Franklin?
- 10). Who's waxwork image was taken down at Madam Tussauds because of damage by the public in March?
- 11). In March which famous Tower grew 6 metres when an antennae was placed on it?
- 12). In March why was Russian Marina Ovsyannikova fined 30,000 Rubles?
- 13). Which ferry company sacked 800 workers at the same time?
- 14). Who spent £62,000 on a golf buggy?
- 15). Which football team stopped the playing of the Dambusters march prior to each home game?
- 16). Which palace did Wetherspoons think would make a good pub?



Annual quiz continued.....

17). Which radio programme was 75 years old in 2022?

18). Which famous jockey died in May?

19). Which famous golfer returned to top competition after a serious road accident?

20). Which famous tennis star was sent to jail for bankruptcy fraud?

21). Which country banned rainbow coloured toys?

22). Which former French colony asked to be a member of the British Commonwealth?

23). Which bus company serving York didn't operate due to strike action in 2022?

24). How much did Princess Diana's Ford Escort sell for in 2022?

25). Which country rewarded mothers for having ten children or more?

26). Which famous English cricketer became trade envoy to Australia.

27). Which former leader of a political party launched his own brand of gin?

28). What part in the Queen's funeral arrangements did Rod Stewart's wife Penny Lancaster play?

29). Which musical finished on Broadway after 35 years?

30). How many words were banned by the makers of scrabble in competitions?

31). Which South Yorkshire town became a city?

32). What did Stephanie Frappart achieve in Qatar on 31<sup>st</sup> November?

33). What product produced in Malton was joint winner in Aldi's Next Big Thing Competition?

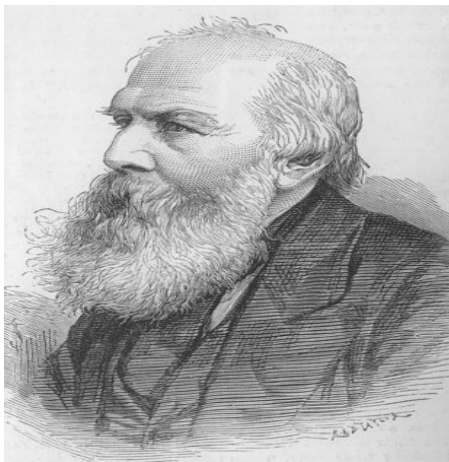
34). In October Swiss railways broke the record for the longest passenger train ever, how many carriages were on that train?





### **No 13 Joseph Hansom.**

Joseph was born in 1803 at 114 Micklegate. The building has served many uses over time including a public house. He was the second eldest of ten children and was baptised at the Bar Convent nearby, following the family's Catholic faith. At least three previous generations of Hansoms were active in the building trade in York. He married Hannah Glover in St Michael le Belfry in 1825 & moved to Halifax to be assistant to a leading architect. In 1827 he applied for the job of Surveyor of works for the city of York, but was turned down. In the same year he befriended Edward Welch and they form a partnership as Architects, Civil Engineers and General Surveyors.



At this point in history there was a population explosion in the larger industrial cities. Demand for municipal buildings was gathering pace which coincided with demands for purpose built Catholic churches following the Catholic Emancipation Act of 1829. Catholics had fled France after the revolution and they also came from Ireland in big numbers. The first project completed by the partnership was St Stephen's church in Acomb (see last newsletter). This was followed by St John the Baptist in Liverpool and a bridge over the river Ure at Middleham, North Yorkshire. The partnership did well and Joseph moved to Liverpool.

In 1831 the pair entered a competition for the design of a new Birmingham town hall. Joseph and Edward's design was chosen from 57 entrants, including one from Charles Barry designer of the Houses of Parliament. The quotation put forward by Hansom & Welch was £16,648. This was £6,000 below all others. A portent of things to come. Joseph soon realised there had been little leeway for profit. The partners had to become guarantors for the whole project. In short, they got themselves into a financial mess, the pair split up and Joseph went bankrupt. Even so the project was eventually completed. The town hall stills stands and is well used for a variety of functions and is an impressive landmark in Birmingham's city centre.

## Meet the locals continued.....

Down on his luck Joseph moved to Hinckley in Leicestershire to become business manager to a wealthy banker. During his time there he buried four of his children in the churchyard of St Peter's Catholic Church. Joseph was to outlive five of his children. During this period he had put forward a design for a memorial to Lord Nelson. Joseph was unsuccessful. Needless to say, the chosen design was the famous column.

Joseph's other legacy is of course the Hansom Cab. The first cab was built in Hinckley in 1835 and Joseph drove it down the London Road as a publicity stunt. The early designs had their problems, the large 7'6" wheels being expensive to



maintain and passenger access was troublesome. However after a number of improvements, the prominent features of the cab were low centre of gravity, (there had been fatalities with other types of cabs tipping up), access through front doors for the passengers and the driver on the top with a good view of the traffic. For the sake of the horse the balance was all important and therefore distribution of weight essential. As there were only two wheels it was lighter and faster and so running costs were reduced. Benjamin Disraeli called them the 'Gondolas of London'. Popularity increased rapidly. By 1899 7,499 Hansom Cabs were in London alone, this being 69% of all cabs in the country. However, by 1927 there were only 12 and the last licence was issued in 1947. Joseph didn't benefit well financially. Although he was promised £10,000 for his design, it is said he only received £300.

The name Hansom stuck and so it became the common term used for a carriage, as common as taxi is today. It is in the Oxford Dictionary as a carriage. There have been a number of pubs named after the cab, including the Hansom Cab in Market Street, York, before it was renamed the Burns Hotel. There are a number of cabs that have survived, one being in the Castle Museum York, others are much in demand for film sets.



## Meet the locals continued.....

Joseph went on to design Lutterworth Town Hall and the union workhouse in Hinckley. He was responsible for the Non Conformist Proprietary School in Leicester which later became a museum and art gallery, including a natural history section which would inspire a young David Attenborough. Between 1845 and 1858 he designed and built six schools, Plymouth Cathedral and 22 churches including St Walburghe's Preston. The steeple stands at 309 feet and is the tallest of any parish church in the country. Fred Dibnah did work on it. More locally he designed the Roman Catholic church of St George in George Street off Walmgate. (pictured).



Joseph was involved in the design of around 200 buildings around the UK, South Africa and Australia. In 1842 he established and edited a weekly journal, 'The Builder' ('A journal for the architect, engineer, operative and artist'). Today it is called 'Building' and is the longest running weekly journal in the UK and still has a regular feature called 'Hansom'. Joseph suffered from arthritis during the last two years of his life. He died in 1882 at his address in Fulham Road London. He left £1,105 (£50,000 today).

Incidentally, Joseph's birthplace in Micklegate is about 400 yards from the North Street birthplace of Dr John Snow (see *YCSGT issue no 111 Summer 2018, Meet the Locals*). Joseph Hansom is buried in the grounds of St Thomas of Canterbury catholic church in Fulham, London which is about one mile from Old Brompton Cemetery where John is laid to rest.

## **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 then 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.

.....  
**Quiz answers:** 1). A Pudding. 2). Novak Djokovic 3) A pig. 4) A skull. 5). Alan Titchmarsh. 6). Kate Middleton. 7). Trouser suit. 8). 6<sup>th</sup>. 9). Storms in February. 10). Vladimir Putin. 11). Eiffel Tower. 12). For interrupting a live Russian TV broadcast with a placard denouncing the war in Ukraine. 13). P&O. 14). The Queen. 15). Lincoln City. 16). Buckingham Palace. 17). Gardener's question time. 18). Lester Piggott. 19). Tiger Woods. 20). Boris Becker. 21). Saudi Arabia. 22). Gabon. 23). Arriva. 24). £650,000. 25). Russia. 26). Ian Botham. 27). Nigel Farage. 28). She was on duty as a special constable. 29). Phantom of the Opera. 30). 400. 31). Doncaster. 32). She became the first female referee in the history of the men's world cup finals. 33). Yorkshire Pudding Beer. 34). 100.

# York Coronary Support Group Trust

Registered Charity No: 1011149

Patron: Professor Sir Roger Boyle CBE

President: Dr M Pye FRCP

## 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 (nkmhj@aol.com)
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> )

### Trustees:

Tony Fletcher	01904 264877
Des Mahon	07748 824761
Jenny Cookson	01347 833260
Nick Longster	01759 304631

### Ex Officio

Vicki Cass	01904 725821
Community Cardiology Team Leader.	

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

## Obituaries

The YCSGT regrets to announce the passing of David Atkins,  
Ron Cornish and Dave Morley

Our condolences go out to their family and friends.

## A Tribute.

### Ron Cornish

Last month we sadly lost Ron Cornish, an old stalwart, Honorary Vice President and long time serving Trustee of the Coronary Support Group. Ron came from Bradford but transferred to York with his job on the Railways.

Ron had a crackingly dry sense of humour which never failed to bring a smile yet he had many issues and events that would make most of us feel quite the opposite.

I got to know Ron most from the Sunday walks and the exercise sessions at Burton Stone Lane. I remember when he suffered a hernia but continued to come to the exercise classes despite everything and even experiencing the occasional ribbing. This was before the days of being politically correct. It was just his stoic way of carrying on regardless.

Ron was one of the Sunday walk regulars alongside Stan Heaven and Geoff Peacock. Ron became famous for his Biscuit Tin. The contents of which he always shared at the end of the walk whilst sat on the back of his ageing Ford Car. Never a serious moment passed especially if the leader got the navigation wrong. There was one occasion when myself and Stan, feeling energetic, decided to try a longer version of a route. Everyone else went off with Geoff in the lead on a shorter route. We got back before them Geoff having got his left and right confused. Ron never let him forget.

Then there were the excellent racecourse annual dinners for the group. Occasions when you always knew Ron was in the room. You could hear him anywhere.

To me Ron was a good Yorkshire character (I can say that being a wimpy southerner). He was full of stories and a pleasure to have known. I don't know about others but I have personally wondered in the past what the meaning of life is all about. I came to the conclusion that if you can touch just one person in your life, if you can make a difference for good then you have achieved much. I can certainly say Ron did that for me.

**Des Mahon**





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

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