

YCSG TRUST

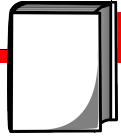
York Coronary Support Group



Registered Charity No. 1011149



Newsletter No. 130
Summer 2023



Exhibition Square York

Exhibition Square is so called because originally the Art Gallery building was built for an exhibition in 1879 at a cost of £25,000. This was on land formerly the grounds of St Mary's abbey and after the clearance of a house and a hotel. The design of the building incorporated carved heads and two tiled panel scenes. The scene on the left of the frontage depicts the death of Leonardo Da Vinci and on the right side you will see Michaelangelo with his statue of Moses. The head carvings on the front of the building depict, from the left John Carr, architect, John Cammidge, musician, John Flaxman, sculptor, and William Etty, the painter. The latter has his own statue in the square. It converted to an art gallery in 1891, after a period of varied uses including wrestling, boxing & cock fighting.

In the Great War the art gallery was used as military HQ where men came to sign up and was also used as a billet for soldiers. Between 1918 & 1940 a World War One tank was displayed in the square, but was taken away for much needed scrap in 1940. In World War Two the square was used to make camouflage nets and had a water storage tank for use in firefighting. It is said that some joker gave William Etty a fishing rod.

The gallery was hit by bombs during in the blitz of 1942 & the hall was largely destroyed. The fountains were installed in 1971 to commemorate the 1900th anniversary of the founding of the City by the Romans. Inside the gallery there is an L. S. Lowry painting of Clifford's Tower and a number of paintings and sketches of the walls & bars completed in the early 19th century, as fear of demolition increased.

A recent 'exhibit' in the square was a rainbow feature made of cans to encourage recycling. (see picture).

In 1999 armed robbers tied up and threatened staff. They got away with £700,000 worth of paintings. They took a watercolour by J M W Turner and 19 other paintings from the walls, cutting some from their frames. Two of the gang were arrested by armed police when they arrived at an arranged meeting with an art dealer.



Editor's ramblings.



Hello Everyone.

I have recently been on a 747 without leaving the ground. I refer of course to the East Yorkshire bus route 747 which goes to Pocklington using a circuitous route taking in a number of villages on route. It provides good views of the Wolds and even serves Full Sutton high security prison. You never know when you might need this service.



The driver was a friendly, obliging lady. It is refreshing to see so many female bus and truck drivers on the roads these days. A sharp contrast to other countries. Women in Saudi Arabia have only recently been allowed to drive, but it's a step in the right direction. Saudi railways are purchasing Spanish built trains, as part of the deal the Spanish took on the job of maintaining and running them providing they could recruit female drivers. There were 32 places to fill. There were 28,000 applicants.

The weekly shopping bill these days always provides a shock or two with inflation as it is. The latest dishwasher tablets cost 14p each. Add 22p electricity each cycle, that makes it £131 a year based on one use each day. I don't mind washing up, I now feel I am getting wealthier every time.. I read recently that there is a floating 'island' of plastic waste in the Pacific. It covers a staggering 690,000 square miles, larger than many countries. I don't suppose it will be dealt with or cleared up in my lifetime, nor will my unending task of picking up bits of plastic mesh from the garden that were composted tea bags 3 or 4 years ago. Thankfully some well known tea producers are now converting to all paper bags, look out for them.

My wife and I booked our flu jabs last year with a leading nation chemist chain and because we booked together they wanted to know what relationship we were to each other. The drop down box gave us the options of partner, child, sibling, friend, work colleague. There was no option for husband or wife. Sign of the times I guess.

Later in this issue you will see that we need your input. So sit down with a cup of tea with a real paper tea bag, then go to page 11 to find out more and don't forget to renew your membership if you haven't already.

Jeff Lane jtl1950@hotmail.com

Page 3

Monthly Meeting

Monthly meeting 6th February. A presentation by Jacqui and Lisa. **York Street Angels.**

Dressed in smart orange uniforms, Jacqui and Lisa from the York Street Angels gave us an eye opening presentation on their work on the streets of York. They are both part of a team of around 15 local volunteers who patrol the streets on Friday and Saturday nights performing a number of varied functions helping anyone who may find themselves in some form of difficulty.



The shifts are usually between 10pm to 2am but vary dependant on the time of year. It changes on race days. You will have guessed by now that their work is largely based on the city's night time economy and the allure of York's pubs and clubs for locals, students and people from far and wide. The Street Angels organisation started in 2010 to keep the streets safe at night helping anyone in a vulnerable or difficult situation.

Their funding is reliant on donations to support the street work but they have also managed to fund 2 defibrillators around the city. It is largely a Christian-led initiative, although anyone can volunteer. They go out in teams of at least 3 and always have at least one male and one female in the team. When on duty they are in touch by 2 way radio to door staff with whom they have a good close working relationship.

Monthly meeting continued.....

They also have contact with CCTV operators and are able to contact the police and rescue boat when the situation dictates. Inevitably excess alcohol is a contributing factor in the help they administer, although mental health and drug issues also play a part. Giving directions to visitors who can't recall which hotel they were staying in, is a regular task, particularly on the evening of race days. Getting people back to hotels or into taxis safely is a regular feature of their work. All the help they give is on a non judgmental and confidential basis. They do witness inappropriate behaviour and report it when necessary, without putting themselves in danger. Physical contact can happen but in most cases it is embraced with friendly intentions.

The Angels receive training including how to communicate with the homeless, on listening skills, training on the ever changing world of drugs and how to keep out of conflict situations. They also get police briefings. When on duty the Angels are well equipped and ready for most eventualities. They have a list of phone numbers for contacts to help the homeless if their need is of an urgent nature.

They carry a rucksack with a variety of items, including a mobile phone charger and spare lead, foil blankets, first aid kit, (although they are not first aiders), lollipops to provide a sugar intake, wet wipes, tissues, rubber gloves, hand gel and a notebook and pen. They also have water bottles, an evidence bag to hand over to police should the need arise, and wrist bands with Street Angel contact details. Especially for the ladies they have flip flops to use in place of high heels (York's cobbled streets and high heels do not mix well) and hair bobbles to tie hair back to keep it out of the way of any vomit. Nice.

York's student population cannot be left out of the story and so Jacqui and Lisa told us that the universities have security staff that can be contacted to help with identification and accommodation locations. In recent years universities have provided night time entertainment on campus for freshers week. This has helped reduce the problems of lost and bewildered new students in the city centre alone because they haven't had time to make new friends or become part of a group. Whatever your views on York's night time economy, it is without doubt that the Street Angels do a remarkable job keeping people safe.

It is clear that they take on a number of tasks and deal with incidents that would have normally cost the police or ambulance services time and effort not to mention the undoubted reduction in numbers of A & E visits. Long may they continue.

Dates for the Diary



Tuesday 16th May. Fundraising at St Crux.

Monday 5th June at 07:30pm

Annual General Meeting at the Folk Hall. See centre pages.

Monday 3rd July at 07:30pm.

Glennis Whyte; Treasurers House and the rise of the Green Family.

Monday 7th August at 07:30pm.

Tom Hook and Alwyn Craven. Forest of Flowers.

Monday 4th September at 07:30pm.

Liz Barlow. An Alpaca Journey.

Tuesday 5th September. Fundraising at St Crux.

Monday 2nd October at 07:30pm. Medical Evening.

Monday 6th November at 07:30pm. John Clithero.

Guy Fawkes. Hero or Villain. York's part in the Gunpowder Plot.

Thursday 14th December. Christmas lunch. Details to follow.

St Crux fundraising days. 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.

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 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



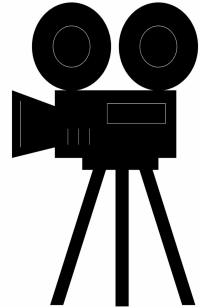
Quiz Page



Can you fill in the gaps in these film titles. They are all food related.

Answers later in this issue.

1. ---- Soup 1933
2. The ----- of Wrath 1940
3. ---- ---- Hill 1959
4. ----- at Tiffanys 1961
5. Father ----- 1964
6. Clockwork ----- 1971
7. Charlie and the ----- Factory 1971
8. Attack of the Killer ----- 1976
9. ----- I Shrunk the Kids 1989
10. James and the Giant ----- 1996
11. ----- World 1997
12. ----- Run 2000



Below are the real names of some famous people, their year of birth and a clue. Who do we know them as?

- A. Sarah Caroline Sinclair. b 1974. Actress with Great Expectations.
- B. Elaine Jill Bickerstaff. b 1948. Don't cry for her.
- C. Maurice Micklewhite. b 1933. Not a lot of people know this.
- D. Angela Trimble. b 1945. Has a heart of glass.
- E. Issur Danielovitch. b 1916. Has Welsh daughter-in-law.
- F. Eldrick Tont Woods. b.1975. Big cat in a forest.
- G. Ruth Elizabeth Davis. b 1908. Played an early Virgin Queen.
- H. Krishna Pandit Bhanji. b 1943. Actor who wore a loincloth.
- I. Gerald Harrison. b 1942. York born comedian/impressionist.
- J. Harry Bourlon Illingsworth. b 1917. Comedian, the answer is in the question.

Membership renewals for 2023.

Membership renewals were 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.



A warm welcome to new members;

David Myles
Brenda Billings
Linda Carey
Barbara Smith
Doreen Lancaster

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

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.

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.

The Hullah Family welcomes you to
Tancred Farm Shop.

Whixley, York YO26 8BA
01423 330764 www.tancredfarmshop.co.uk
Open Mon-Sat 8am -6pm
Sun & Bank Holidays 10am-4pm.



(Find us between Green Hammerton & Boroughbridge on the B6265)

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 supply you with tea or coffee & cake, snacks, or a full breakfast.

The Trust recently received a legacy of £70,000. The Trustees and Committee are considering how much of this sum should be set aside as a reserve. Normally the Charity Commission discourage charities from keeping large reserves, and while it would be wrong to second-guess the Committee, it is likely that a sum of something in the region of £20K will be available to use immediately.

The Committee wish to include members in discussions about how to use this. Therefore, at the AGM in June, this will be discussed fully. Members might wish to think about this beforehand. If you want to have your say on how this should be used then please take out the centre pages of this newsletter and complete the questions. (see page 14 for guidance notes).

Cross out the yes or no answer that **does not apply**.

Then you can;

Post to the membership secretary;

**Jenny Cookson, 16 Church Close, Tollerton,
York, YO61 1QS.**

Do this if you cannot attend the AGM.

OR; Bring the completed form with you to the AGM on the 5th June.

Any joint members who require two copies can request an additional copy by contacting the editor on 01904 414476 or by e-mail; jtl1950@hotmail.com.

The agenda for the AGM is on the back page of this newsletter. If you can attend you may wish to bring this with you.

YCSGT Legacy Questions

Some suggestions for use of the legacy are:-

a) We seek to buy in services which we struggle to cover with volunteers e.g. publicity, secretaryship etc.

Yes/ No

b) We buy new equipment and/or offer to fund new equipment and services for York Hospital Rehab Department.

Yes/No

c) We try to resurrect any previous activities e.g., Art group, Walking Group,

Yes/No

d) We start some new activities... suggestions welcome. Pilates and Yoga have already been suggested.

Yes/No

Suggestions?.....

.....

e) We give to other charities sharing like aims. This of course includes research.

Yes/No

f) We set up a bursary fund to help those wishing to acquire BACPR qualifications (which they need to run exercise sessions).

Yes/No

g) What else? Continue on next page if required.

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Blank for other suggestions/notes.

YCSGT Legacy Questions (notes)

Notes to guide you;

Our charitable purposes, set out in the original Declaration of Trust in 1992, which define what we can do, are:-

" the support of patients with heart related problems coronary patients and their partners (by) ...

a) The administration of any property or estate used or intended for any health education

b) The support by contribution loan gift subscription or otherwise of any charitable institution or work which shall be established or maintained for any of the following purposes:-

i) for the furtherance of health education

ii) the provision of health services

iii) the support and counselling of such persons.

iv) the support of medical research".

Remember AGM at the Folk Hall 07:30pm 5th June.

All welcome.

Thank you for completing this form.

Name(s).

(optional).....

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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Group Members

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Mobile: 07855257810
Email: john@hooksremovals.co.uk
Website: www.hooksremovals.co.uk

'Oakwell'
40 The Village, Wigginton,
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

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

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.



Meet the locals



No 14

John Barry OBE.

John Barry Prendergast was born in York in 1933 the youngest of four children. As a child he lived in a property on the Hull Road (pictured) and at what is now the Pavilion Hotel on the Fulford Road. He would later drop the surname Prendergast.

His father, Irish born Jack Prendergast, owned several local cinemas and as a teenager John was capable of operating the projector at the Rialto on Fishergate (currently a building site). He attended St Peter's School where he had lessons on the piano and the trumpet and where his interest in film music was



© Harry Hammond / Victoria and Albert Museum, London.

born. After a period in the army he would go on to work with the orchestras of Ted Heath and Jack Parnell. Composing the theme tune for **Juke Box Jury** was among his early work. He formed his own band, the John Barry Seven, in 1957. They had early TV appearances, toured the country and acquired a recording contract with EMI.

However, John would move on to arranging and conducting for other artists at Abbey Road studios. He then teamed up with Adam Faith and helped to produce Adam Faith's first hit record. **'What do you want'**. John was asked to produce film music for Adam Faith's first acting debut in the film **'Wild for Kicks** in 1960. After more involvement on British film music scores he was contacted by United Artists Music. This led to his production of the music for the first James Bond film **Dr No in 1962**. John would go on to compose music for other Bond Films and a number of other well known films including; **The L Shaped Room 1962, Seance on a Wet Afternoon 1964, Zulu 1964, Born Free 1966, The Lion in Winter 1968 and Midnight Cowboy 1969.**

Meet the locals continued.....

By this time John had moved out of York to live near the Thames. In 1974 he moved to Majorca, but work offers from the United States prompted a five year stay on the West Coast, where he met his fourth wife Laurie. They would later move to live in Oyster Bay in New York State.

Throughout the 1970s he continued to compose film and TV scores. In the 1980s his work included the score for ***Body Heat 1981*** and ***Out of Africa 1985***. Even after a serious illness he would go on to produce music for a number of films, most famously ***Dances with Wolves 1990*** and even appearing in concert at the Royal Albert Hall.

He is credited with the music scores for 11 Bond films;

Dr No 1962, From Russia with Love 1962, Goldfinger 1964, Thunderball 1965, You only live twice 1967, On Her Majesty's Secret Service 1969, Diamonds are Forever 1971, The Man With The Golden Gun 1974, Moonraker 1979, Octopussy 1983, A View To a Kill 1985, The Living Daylights 1987.

In 2001 John received an honorary degree from the The University of York and in 2002 he was made an honorary freeman of the City Of York.

John's awards were many but notably he received five academy awards plus two nominations, two BAFTA awards plus two nominations and one golden globe award plus nine nominations.

He died on 30th January 2011, at his home in Oyster Bay, New York.



One of John's homes in York on the Hull Road. Note the blue plaque.

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.
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.

Answers to quiz. 1.Duck, 2.Grapes, 3.Pork Chop, 4.Breakfast, 5.Goose, 6.Orange, 7.Chocolate, 8.Tomatoes, 9.Honey, 10.Peach, 11.Spice 12.Chicken.

**A. Actress Olivia Coleman. B. Elaine Page. C. Michael Caine.
D. Debby Harry. E. Kirk Douglas. F Tiger Woods. G. Bette Davis.
H. Ben Kingsley. I. Dustin Gee. J. Harry Worth.**

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	Vacant	
Vice Chairman	Des Mahon	07748 824761
Secretary	Vacant	
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	Vacant	
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 (jtl1950@hotmail.com)

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 Hunter.

Our condolences go out to his family and friends.

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

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: _____

Annual General Meeting

**York Coronary Support Group Trust
Registered charity no 1011149**

Annual General Meeting to be held at;

**The Folk Hall, New Earswick, York, at 19:30hrs on
Monday 5th June 2023.**

AGENDA

Welcomes and apologies.

- 1. To approve the Minutes of the last AGM held on
4th July 2022**
- 2. Matters arising.**
- 3. Chairman's report.**
- 4. Treasurer's report.**
- 5. Election of the committee. (The Constitution requires a
minimum of 12 Committee members including the Deed
Trustees ex officio and the Hospital Liaison Officer ex
officio.)**
- 6. Appointment of an auditor.**
- 7. Any Other Business.**
- 8. To fix date and time of next AGM.**