



YORK MEDICAL SOCIETY

Spring Newsletter 2023

Dear Members

Hope you are all well and enjoyed the short lived bit of emerging sunshine before the winter chill returned!

Just a short note as we head towards Spring. We had a very successful meeting on the 24th February when Dr Jeremy Windsor came up to talk to us about the risks of Triathlons, specifically sudden death. The key message is don't give up the exercise but be sensible! He mentioned that the "finish line" is probably the most dangerous moment in a triathlon but closely followed by start of the swim and crashing whilst cycling. Accompanying him were Captain Iain Brooke-Bennett who heads up the Finish Line Response team nationally for St John Ambulance and Dr Ian Quigley. Ian is a GP from London who was resuscitated by Iain's team whilst doing a half marathon. We were all really impressed by the huge amount of organisation and skill that goes into St John Ambulance and were pleased to present them with our "big cheque" as our nominated national charity for this year. We are hoping that one or more of our members or fellow Medics will be doing a Triathlon or other such event (half marathon, swim etc) this year for which we could sponsor them on behalf of St John Ambulance. For instance, the York Triathlon is later this year. Please ask around your colleagues.

This would give an extra boost to our fundraising efforts which have been magnificent so far. The society has been supporting York Foodbank, donating over £2500 via donations from members and the successful York Residents Festival open days we held at our rooms in January when members baked cakes etc. A further £1624 was raised at a recent coffee morning in Poppleton which York Medical Society members supported by donations and spending on raffles etc after having had a fascinating tour of Nether Poppleton.

Bob Adams led the talk in the medieval Tithe Barn and gave us a potted history of England which was very interesting. The visit was rounded off by a visit to the nearby Moat Fields where we had two Archaeologists guiding us round. Wonderful stuff.

Looking ahead, our next meeting is on the 10th March when one of our members Dr Stephen Wright is presenting the remarkable war time diaries of Dr Tom Kirk, a GP from Barton on the Humber. This will be a really interesting evening and closely followed up by our inaugural visit to the new York Against Cancer Centre at Monks Cross on Friday 17th March at 11am. It is also named the Leveson Centre. Steve himself and Mike Stower will be present on the day to tell us about this fantastic new facility and resource for our city.

Our plan is to meet at 11am at the Leveson Centre which is located in the new building at Monks Cross opposite M and S Food Hall, next to the Sports Complex and Library. After tea or coffee Steve and Mike will tell us all about the centre and the exciting plans for the future.

So, remember to please ask around for any colleague who might be interested in being sponsored in aid of St John Ambulance who do an amazing job.

Thank you so much to everyone who has contributed to our charity efforts so far this year!

Looking forward to seeing as many of you as possible over the next few months.

With best wishes

Mark

**Dr Mark Roman FRCGP
President
York Medical Society**