

Lancashire Family History & Heraldry Society



Chorley Branch Education Group Talk Handout Further Steps

THE CAUSES OF DEATH

There are only 2 certain things in Life: DEATH and TAXES

On Wednesday we had the Budget.....

Tonight we havea talk on Death – i.e. The Causes of Death

AGE OF DEATH:

- In Roman Times – the life expectancy was 22-25y ♀ 28yrs ♂ 32yrs
At the start and had risen to:
The healthiest and longest lived – if they survived
were the members of the Roman Army 42yrs i.e. 33% longer
- In Mid to Late Victorian Times Average age 35y
- 1901 UK ♀ 49y ♂ 45y
- Nowadays
- UK 80yrs+ ♀ 82yrs ♂ 77.9y
- World Average 67y Shortest Zambia 32y8m Longest Japan 81y5m

Average life expectancy changed very little from Roman to Mid Victorian times

Part of the increase was due to the Roman way of counting i.e. when you were born you were in your 1st year – that meant you were 1y old. The concept of 0 i.e. Zero as a number came from the Arabic maths system in the 8th-11th centuries. So you have to take that into consideration. 1 Year in 20y = 5%.

There was Progress in Knowledge and Science between these times – but it had not influenced life expectancy very much.

Life had continued in much the same vein until the Industrial Revolution which saw changes in work patterns and the move from the Countryside to Towns and Cities. But even then life expectancy was similar – just the causes of illnesses and Death were different.

But even then some people lived till a ripe old age – and often this ran in families.

Then came the Various Developments –

- The Broad St Pump – 1854 – John Snow and Cholera - Clean Water
- Antibiotics
- Vaccinations
- Modern Surgery and Anaesthetics
- Health and Safety at Work (and Home)
- Nutrition and Healthy Lifestyle

CAUSES OF DEATH:

- Life Style
- Hereditary
- Infection
- Trauma
- Age

LIFE BEGINS.

Birth – This is the most dangerous journey we will ever make

Stillbirth

Perinatal Mortality – 1st week then 4 weeks –

Under 1y

Under 5y – 20-22per 1000 births in the UK (28 weeks gestation) USA similar
– Africa 300+

For Baby – Congenital, Maternal, Trauma of Delivery, Infection

Tetanus in some African societies – putting Dung on Umbilicus.

These dangers were well recognised and in Hindu Society a Child's 1st Birthday is a very Special celebration – with a big Party for the Family and friends and many gifts for the Child.

For Mother –

- Pregnancy – PET (pre-eclamptic toxemia), Anaemia, Diabetes
- Birthing – especial pre Medical Intervention,
- Post delivery Bleeding and Infection

The dangers of pregnancy and a safe delivery have a well known and documented place in History – eg the Churching of Women or equivalent in most Societies.

It is more dangerous at this stage in life to be Male.

Indeed more boys are conceived and born, but more boys are miscarried and have a high Stillbirth, Perinatal and Infant mortality Rate.

Nowadays we also have aggressive rehydration systems (i.e. powders and Drips) and antibiotics and well as controlled water systems.

- **Chest Infections**
 - a) Pneumonias – the Old Man’s Friend
 - b) TB –beloved of Opera’s and romantic novels. There is/was nothing romantic about TB. It is a slow and insidious Killer. Prince Arthur the son of Henry 7th and elder brother of Henry 8th died from TB – leaving Catherine of Aragon to marry Henry 8th – and that changed the face of British History - the Reformation etc followed. Similar Edward 6th son of Henry 7th died aged 16y – leaving the Throne to Elizabeth 1st – one of our Incredible Monarchs.

Until Louis Pasteur et al the treatment had been Sanatoriums and Cold fresh mountain Air. Vaccination and prolonged Modern Antibiotic regimes worked wonders. But with the emergence of HIV and AIDS, TB has made a deadly come back.

- **Diphtheria** this still occurs - the last case I saw was in someone who had returned from Egypt – and there was a small outbreak in Heywood about 10y ago As well as the throat infection – it can also infect the skin –and this is the most common type seen now. Vaccination to defeat this was a boon.
- **Childhood Illnesses**
 - a) Measles –we gave this to South America and wipe out many native tribes (they gave us Syphilis in return!!)
 - b) Chickenpox
 - c) German Measles –Rubella – Congenital abnormalities
 - d) Smallpox – Edward Jenner and Cow Pox Vaccination in 1844.-this is now an extinct disease – 2 lots still kept.
 - e) Rheumatic Fever – due to Streptococcal infections cause heart valve disease usually to the Mitral Valve and Nephritis (Disease of the Kidneys)
- **Leprosy** Leper Colonies – Bells – unclean
- **Scrofula** TB of Lymph Glands- especially around the neck – also of the skin. In Medieval times “The King’s Touch” was thought to cure it. There were some very brave Kings who did “touch” their subjects to try and heal them. But as it was usually caught from infected milk – Louis Pasteur and Veterinary medicine and Antibiotics made for a much more effective treatment.
- **Osteomyelitis** Infection in the bones – now thought to have been Tutankhamen’s cause of death.

Also there are some modern theories that this was the cause of Henry 8th’s leg ulcer.

- **Plague**
 - a) In 1348 The Black Death decimated Europe – 40%-60% of the Population of Europe died. The Sienna Cathedral is unfinished due to this. It took 150years for the population to recover.

b) In 1665 100,000 people in London alone died. The Brave story of the Villagers of Eyam is well known – When they isolated themselves to stop the spread 259 out of 292 villagers died. One interesting fact about a woman who survived has emerged recently. Her husband and 8 of her 11 children died of the plague. The 1st person in the USA to survive AIDS with no treatment (in the early days of AIDS) was a descendant of this lady. –It is known that some people will survive and they either have special White Blood Cells or a special Immune reactive system.

- **Malaria** Made Africa and the East known as “The White Man’s Grave”. They had little resistance to it, and relied on Prevention – Mosquito nets, covering up at sunset – and Gin and Tonic. There is Quinine in Tonic water – which in proper doses is an anti-malarial – and undoubtedly some of the Colonial Settlers drank copious amounts of G+T!! The indigenous populations did have some protection. Sickle Cell Trait and Sickle cell Anaemia is common in these peoples. The Sickle cell trait confers some resistance to Malaria – Unfortunately the Full blown SC Anaemia usually causes the death of those unfortunate enough to have inherited it.
- **HIV** Aids – a modern Disease.
- **Appendicitis** Before safe surgery in the 20th Centaury this was a killer – Not all appendicitis is caused by infection – but some is. And until recently it was thought to have been the cause of Tutankhamen’s death.

Then along came Edward Jenner and Vaccinations, John Snow and clean water, Florence Nightingale and good nursing techniques, Louis Pasteur and safer milk and Alexander Flemming and Penicillin and other Antibiotics.

And Life did change now Infectious diseases could be prevented and treated

You can see the Life expectancy rising from the mid 19th to the 21st Century.

WORK RELATED e.g.

- **Silicosis** due to Mining
- **Byssinosis** due to Cotton industry
- **Asbestosis** due to Buildings, Cars and Model railways
- **Ca Scrotum** due to soot – disease of Chimney Sweeps
- **Ca Nose and Sinuses** due to working with Wood
- **Farmers Lung** due to an allergy to mites in Hay
- **Pigeon Fanciers Lung** due to a response to pigeon feathers causing FIA

TRAUMA –War and Pestilence

- Casualties of War
- Take no Prisoners – Trojan wars and William the Conqueror.
- Prisoners of war Slaves – sent to mines – life expectancy 2-3y
- Accidents Falls, Horses, RTA's Trains, Planes, Shipwrecks
- Earthquakes
- Tsunami's
- Famines – Scorched earth policy- Romans, over farming – Sahara Dessert, Irish Potato famine, climate changes –lack of rain etc.

Positive outcomes of Wars. The Crimean War, The Boer war, and the 1st WW all took place in quick succession – and there was a lack of recruits in WW1 so conscription was introduced. Many of these conscripts had rickets and showed evidence of malnourishment.

Baby and Child development Clinics were set up in response to these findings – and Cod Liver oil and Orange Juice for Children.

WW2 and rationing made for better nutrition for most and the diagnosis of Coeliac Disease.

LIFESTYLE

- **Tobacco** – Ca Lung - other Chest diseases – Bronchitis, Emphysema, Bronchiectasis. Also a factor in Coronary Heart disease and peripheral vascular disease.
- **Alcohol** – Cirrhosis of the Liver, Ca Liver, also leads to accidents and self neglect.
- **Occupation** – see **Work Related**
- **Overweight and Inactivity and Diet** can lead to many problems and is an addition problem in many diseases.

AGE

- **Coronary Heart Disease** – appears to be a disease of the 20th Century – very little is recorded before then. Why? Did it happen or not? Yes – but often it wasn't recognised or diagnosed. And it wasn't as common as now. Ischaemic Heart Disease is a problem for the older population mainly 40-50+ and until 20th C death occurred in your 20's-30's from other causes – so you died before you got it. Also most of the population was very active and worked physically from an early age. Food choice was limited and meat for many was limited to high days and holidays so probably cholesterol levels were lower. If you visit Museums the clothes appear small – so being overweight was not a major problem. Yes Falstaff and his like did exist – but

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- **Strokes** or Apoplexy – did occur. –Typically portrayed in the past as rich old stout men who were stressed. – These could have been a stroke (CVA) or even a Heart attack (MI).
- **Gout** also was well portrayed and documented – but not as a cause of death.
- **Dropsy** This could be due to heart failure either from Rheumatic Heart Disease or Ischaemic heart Disease. Or Due to Renal failure. Catherine of Aragon and Queen Anne died of Dropsy
- **Diabetes**
 - a) Type 1 (Bright's disease) leads to death in 4 to 6 weeks if not treated with Insulin – and until Banting and Best Isolated Insulin in the 20's this is what happened. The 1st injectable insulin treatment was in 1922 on a 14 year old boy.
 - b) Type 2 was not often recorded as it is a disease of older people, often overweight and sedentary – so until the 20th Century not a common problem.

(Diagnosed by sugar in the urine – had to dip finger in and taste it – also by splashes of sugar on the shoes of males!)

- **Cancer** If you managed to survive Birth, giving birth, infections, war, famine and occupational hazards you might get Cancer. There are many causes of Cancer but it is for many a condition of the aging human. By 100yrs old 100% of men will have Ca Prostate – but it won't be the cause of death – it by this stage is a slowly progressing condition. Similarly 1:8 women will develop Breast Cancer but most will not die from it. Again modern research has made great strides in diagnosing and treating many cancers,

Statistics – Ca and the UK – the results in the UK are not as gloomy as appears in the press. In the UK if you have or have had cancer this fact will appear on your death Certificate even if you die of something else such as an RTA or a Heart Attack. This then gets incorporated in the survival Statistics. Other European Countries do not record Cancer on a death Certificate unless you have died from it. So although we could do better – we are not as bad as it appears.

- **Other diagnoses** often in the past pneumonia was recorded as the cause of death – but it was a final life event and not the underlying cause
- **Old Age** was often seen on death certificates and sometimes still is for the very old and can be appropriate as for some people the clock winds down and they fade away.

NAMES The names of illness and disease change and are modernised – e.g. Scrofula

Take care when interpreting the meaning of Old death diagnoses.

A list of old terminology is in the notes

THE FUTURE

As we are all living longer the causes of death will be those associated with age – such as Heart problems, Strokes, Cancer, disease due to the “Wear and Tear” of living – Diabetes, BP, Multi Organ failure, Accidents and Natural Disasters man made violence – as of the last few weeks. New unknown diseases and infections will come to light as we live longer and avoid the perils of previous generation.

It is important that we live as healthily as possible and enjoy the journey

The best advice still in order to live long and healthily is: - To Choose your parents wisely – and inherit their good Life Genes.

HEALTH TIMES and LONG LIVES

- **ELIZABETHIAN** – Elizabeth 1st had a long and relatively peaceful reign. By not marrying she was politically astute and ensured political stability in England and with her European neighbours. There was common land and strips in the fields and during this time the average person in England were at their healthiest.
- **SCOTTISH HIGHLANDERS** The diet of Fish, oats and porridge made with water together with lots of exercise, fishing and farming, produced the 6ft Braw Brave healthy highlanders – until the highland clearances caused hardship and famine.
- **GEORGIANS** – there is a pocket of long livers in a small area of Georgia who hold the world record for people over 100y – this is probably genetic
- **EAST ANGLIANS** People from this area used to be the longest living in the UK – not necessarily the healthiest. They should have been very unhealthy and succumb at an early age, living in damp fens, with insect born infections, a hard working poor agricultural community revolving around the local pub and the Church.

But – hard work gave them exercise – and Osteo arthritis – for which they boiled up the bark of the local trees – Salix – and this made Salicylic acid – i.e. Aspirin – which they took on a daily basis. Farming gave them plenty of vegetables – but little meat – but fish from the fens and sea – a good diet. The pubs gave regular supply of alcohol – small beer with smuggled wine and spirits. The Churches gave a regular pattern to life and support in times of stress. So they had a low fat high fibre diet with plenty of veg, lots of exercise an Aspirin a day – regular doses of alcohol. and stress relief - Very much in keeping with today’s recommendations to exercise 5 times a week, have your 5 a day veg, low fat diet, An Aspirin a day for the over 50’s and 1-2 units of alcohol a day and de-stress. Maybe they had a good Family History for longevity too.

- **WOMEN** – The wars of the 19th Century and WW1 left a generation of women with few men folk – They became Nurses, Teachers and entered the work place and professions. It is said if you educate a man you Educate a person – If you Educate a woman you Educate a family and a generation. And these women did just that.

It takes 2 Generations of healthy women to produce the healthiest babies. So

by the time of the Baby Boomers Generation - it meant they were the healthiest babes for a long time. This could be one factor in the rising Life expectancy.

Glossary of old medical terms

A	
A ffrighted	Frightened to death. Probably a stress-induced heart attack or stroke
Ague	Any intermittent fever characterised by periods of chills, fevers and sweats. Most commonly identified as malaria.
Apoplex / Apoplexy	Stroke or the paralysis resulting from a stroke
B	
Bad Blood	Syphilis
Bilious fever	A term loosely applied to intestinal fevers and malarial fever.
Black Death	Bubonic plague
Bladder In Throat	Diphtheria
Bloody Flux	Dysentery involving a discharge of blood
Brain fever	Meningitis or typhus
Break Bone Fever	Dengue fever
C	
Camp Diarrhoea	Typhus
Camp fever	Typhus
Canine Madness	Rabies
Canker	A severe, destructive, eroding ulcer of the cheek and lip. It commonly followed one of the eruptive fevers and was often fatal.
Child Bed (Fever)	Infection in the mother following birth of a child, probably due to staphylococcus
Choak	Croup
Cholera Infantum	A common, non-contagious diarrhoea of young children, occurring in summer or autumn. Death frequently occurred in three to five days.
Cholera Morbus	Illness with vomiting, abdominal cramps and elevated temperature. Possibly appendicitis
Cholera	An acute, infectious disease characterised by profuse diarrhoea, vomiting, and cramps. It is spread by faeces-contaminated water and food.
Chorea	Involuntary twitching of the muscles and uncoordinated movements.
Chrisome	A child in the first month of life
Cold Plague	Ague characterised by chills
Colic	Convulsive pain in the abdomen or bowels.
Commotion	Concussion
Congestion	An excessive or abnormal accumulation of blood or other fluid in a body part or blood vessel

Congestive Chills / Fever	Malaria
Consumption	Tuberculosis
Contagious Pyrexia	Dysentery
Corruption	General term for infection
Cow Pox	A non-fatal disease similar to smallpox, affecting cattle and transmissible to humans. Used to produce the first vaccinations.
Cramp Colic	Appendicitis
Croup	Any obstructive condition of the larynx or trachea, characterised by a hoarse, barking cough and difficult breathing. It occurs chiefly in infants and children.
Cut of the Stone	The surgical removal of a bladder stone.

D	
Day Fever	Fever lasting one day
Diphtheria	A serious infectious disease that attacks any mucous membrane, although it normally affects the throat or nose.
Distemper	Disturbed condition of the body or mind; ill health, illness; a mental or physical disorder; a disease or ailment
Dock Fever	Yellow fever
Domestic Illness	Mental breakdown, depression
Dropsy	Abnormal swelling of the body or part of the body due to the build-up of clear watery fluid
Dropsy of the Brain	Encephalitis
Dysentery	A term given to a number of disorders marked by inflammation of the large intestine and attended by frequent stools containing blood and mucus
E	
Eclampsia	Historically used as a general term for convulsions. Today identified with convulsions arising from toxæmia accompanying pregnancy
Eel Thing	Erysipelas
Effluvia	Exhalations or emanations, applied especially to those of noxious character
Emphysema	A chronic, irreversible disease of the lungs, characterised by shortness of breath, hacking cough, cyanosis and a "barrel-shaped" chest

Enteric fever	Typhoid
Epilepsy	A disorder of the nervous system, characterised either by mild, episodic loss of attention or sleepiness or by severe convulsions with loss of consciousness
Ergot	A fungal disease of edible grasses. When ingested, the fungus can infect humans, producing either convulsions or gangrene.
Erysipelas	An acute streptococcal infection of the skin characterised by a spreading, deep-red inflammation.
F	
Fainting Fits	Probably a euphemism for epilepsy
Falling Sickness	Epilepsy
Fistula	An unnatural communication between two different body structures.
Flux	Dysentery
French Pox	Syphilis
Frogg	Croup
Furuncle	Boil
G	
Galloping Consumption	Pulmonary tuberculosis
Gangrene	Massive tissue death due to injury, disease, or failure of blood supply
Gathering General Paralysis of the Insane	A collection of pus Syphilis affecting the brain
Gout	Painful inflammation caused by a build up of uric acid in the tissues.
Great Pox	Syphilis
Green Fever	Anaemia
Green Sickness	Anaemia
Grip, Gripe or Grippe	Influenza
Grocer's Itch	Skin disease caused by mites in sugar or flour
H	
Hectic fever	A daily recurring fever with profound sweating, chills, and flushed appearance, often associated with pulmonary tuberculosis or septic poisoning.
Hives	A skin eruption of wheals that result from an allergic reaction. Severe allergic reaction can cause death from anaphylactic shock.
Horrors	Delirium tremens
Hospital fever	Typhus
Hydropsy	The full name of dropsy
I	
Ichor	Leakage of fluid from a sore or wound.
Impostume	Abscess
Infantile Paralysis	Poliomyelitis (polio)

Intermittent Fever	Illness marked by episodes of fever with return to completely normal temperature; usually malaria.
J	
Jail fever	Typhus
Jawfalln	Literally a fallen jaw also referred to as a locked jaw. Possibly tetanus.
K	
King's evil	Scrofula
Kink	Fit of coughing or choking
L	
Leprosy	A chronic bacterial disease affecting mainly skin and nerves. If untreated, there can be progressive and permanent damage to the skin, nerves, limbs and eyes
Livergrown	Possibly Rickets. John Graunt observed that Bills or Mortality showing many deaths from Rickets showed few or none Livergrown and vice versa.
Lockjaw	Tetanus
Long Sickness	Tuberculosis
Lung Fever	Pneumonia
Lung Sickness	Tuberculosis
M	
Malignant fever	Typhus
Malignant Pustule	Anthrax
Malignant Sore Throat	Diphtheria
Melancholia	Severe depression
Membranous Croup	Diphtheria
Meagrom, Megrim	A severe headache, often limited to one side of the head
Miasma	Poisonous vapours thought to infect the air and cause disease
Milk Fever	Short lived fever which sometimes accompanies lactation, probably a staphylococcus infection
Milk Leg	Thrombosis of veins in the thigh usually seen after childbirth
Morbilli	Measles
Morbus Cordis	Heart disease. A catch-all phrase for death by natural causes when the exact cause was not evident
Mormal	Gangrene
Morphew	Blisters resulting from scurvy
Mortification	Gangrene, necrosis
N	
Necrosis	The death of tissue
O	
Oedema	Fluid retention, dropsy

P	
Palsy	Paralysis or difficulty with muscle control
Paroxysm	Convulsion
Pernicious Anaemia	Anaemia caused by vitamin B12 deficiency
Pertussis	Whooping cough
Phthisis	Tuberculosis
Pink Disease	Disease of teething infants due to mercury poisoning from teething powders
Plague	Any infectious disease with a high mortality rate, although will often mean bubonic plague
Planet-struck	Any sudden severe affliction or paralysis
Pleurisie / Pleurisy	Inflammation of the pleura, the membranous sac lining the chest cavity. Symptoms are chills, fever, dry cough, and pain in the affected side.
Pneumonia	Inflammation of the lungs with congestion or consolidation
Porphyria	Rare metabolic disturbance that may cause mental damage in young children. It produces convulsions and delirium.
Potter's Asthma	Tuberculosis
Pox	Syphilis
Puerperal Exhaustion	Death due to childbirth
Puerperal Fever	Infection after giving birth, probably a staphylococcus infection
Puking Fever	Milk sickness
Purples	This is a rash due to spontaneous bleeding in to the skin. It may be a symptom of some severe illnesses, including bacterial endocarditis and cerebrospinal meningitis.
Putrid fever	Typhus
Putrid sore throat	Ulceration of an acute form, attacking the tonsils
Q	
Quinsy	An acute inflammation of the tonsils, often leading to an abscess
R	
Rag-Picker's Disease	Anthrax
Remitting Fever	Malaria
Rising Of The Lights	Generally considered to be croup. However, the Oxford English Dictionary defines it as hysteria and John Graunt suggests that it may be an inflammation of the liver, similar to livergrown (q.v.)

S	
Scarlet fever or Scarlet Rash	An infectious fever, characterised by a widespread scarlet eruption
Scouring or scowring	Purging of the bowels, probably diarrhoea or dysentery
Screws	Rheumatism
Scrivener's Palsy	Writer's cramp
Scrofula or scrofula fugax	Primary tuberculosis of the lymphatic glands, especially those in the neck. A disease of children and young adults, it represents a direct extension of tuberculosis into the skin from underlying lymph nodes. It evolves into cold abscesses, multiple skin ulcers, and draining sinus tracts.
Scrofula mesenterica	An internal non-pulmonary tuberculosis, resulting in a swollen abdomen, loss of appetite and a pale complexion
Scrofula vulgaris	An itchy rash associated with hospitals. Most probably a streptococcal infection
Scurvy	A disease caused by severe vitamin C deficiency
Ship fever	Typhus
Sloes	Milk sickness
Small Pox	Highly infectious viral disease producing pustules.
Softening of the Brain	Stroke
Sore Throat	Diphtheria or quinsy
Distemper	
Spanish Disease	Syphilis
Spanish Influenza	The variant of influenza that was responsible for the 1918 pandemic
Spotted fever	Meningitis or typhus
St Anthony's Fire	Skin disease caused by toxins from ergot infection. Sometimes used for erysipelas and other diseases producing a reddening of the skin.
St Vitus Dance	Chorea
Strangury	Painful urination. It may occur after labour, but is more often the result of disease in the bladder or urethra.
Stuffing	Croup
Surfet or surfeit	Vomiting from over eating or gluttony
Swamp Sickness	Malaria, typhoid or encephalitis
Sweating Sickness	Infectious and often fatal disease affecting England in the 15th century
T	
Teeth	Death of an infant when teething. Children appear to have been more susceptible to infection during this time, although malnutrition from being fed watered milk has also been suggested as a cause.
Tetanus	An infectious, often-fatal disease characterised by respiratory paralysis and tonic spasms and rigidity of the voluntary muscles, especially those of the neck and lower jaw. The bacterium enters the body through wounds. A disease characterised by whitish spots and ulcers on the membranes of the mouth, tongue, and throat caused by a

Thrush	parasitic fungus. Thrush usually affects sick, weak infants and elderly individuals in poor health
Tissick	Cough
Typhoid	Typhoid fever is contracted when people eat food or drink water that has been infected. It is recognized by the sudden onset of sustained fever, severe headache, nausea and severe loss of appetite. It is sometimes accompanied by hoarse cough and constipation or diarrhoea
Tympany	A swelling or tumour
Typhus	An acute, infectious disease transmitted by lice and fleas
W	
Wolf	A rapidly expanding growth, probably a malignant tumour
Worm Fit	Convulsions associated with teething, worms, elevated temperature or diarrhoea

Glossary extracted from http://www.bignell.uk.com/glossary_of_old_names.htm

**Lancashire Family History & Heraldry Society
Chorley Research Centre at Astley Hall Farmhouse**

Opening times

First & Third Saturdays Noon—4:00pm
Monday, Wednesday & Friday 10:00am—4:00pm

Last appointment 3:00pm

Booking advisable—Tel. 01257 231 600 (When centre is open),
Tel 01257 262 028 (When centre is closed)

or

Book in line at - Chorley Family History Research Centre Website – www.cfhrc.com

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