



TO HELP IMPROVE THE QUALITY OF LIFE FOR ALL NECK BREATHERS

Dear Friends

First of all many thanks for the Christmas Cards and Greetings that you have sent to us. Hopefully by the time you are reading this the terrible weather will all be in the past. I know that it will not have been very pleasant for you but hopefully we will get the barbeque summer we were promised last year.

Bill and I spent a very enjoyable weekend in Halifax in November to celebrate our 45<sup>th</sup> Wedding Anniversary staying at the country club where our reception was held. On the Saturday we went to Carole's house for a very nice lunch and met up with all Carole's family including Marcus the grandson plus 4 dogs. While in Halifax we also attended a service at the newly re-designated Halifax Minster, formerly the Parish Church.

The seed catalogue are arriving so it's time to decide which vegetables and flowers we will be growing this year. I hope the gardeners amongst you will have a good display. Perhaps you could send us some photos showing your efforts to put in the newsletter.

Best Wishes

**Wendy Thompson**

### **Race Night 2009**

Thank you very much indeed to all of you who took part in Race Night 2009. Despite all the doom and gloom about recession once again you dipped deep into your pockets and sent in a magnificent total of just over £4000 to support our main fund-raising event. Many people also sent in donations and with Gift Aid declarations we are able to reclaim even more from the Inland Revenue. There were 346 horses sold and almost 3000 raffle tickets too so we had a busy time "running" the event and then Trustee Wendy Thompson assisted by husband Bill sent out all the prizes. We were able to present some of the prizes at our Christmas lunches.

Many thanks to all.



Race and Raffle Prize Winners at Halifax Lunch

### Christmas & Summer Lunches

Once again we greatly enjoyed meeting with members at various lunches around the country. One of our very generous sponsors again contributed to the costs of these lunches. At the lunch in Halifax for West Yorkshire members we were pleased to welcome the Deputy Mayor of Calderdale Cllr Nader Fekri, Debbie Coates of HSBC and Leslie Morgan representing Sovereign Healthcare to join us.

We are planning Summer Lunches in Blackpool on Saturday 12 June and Bridlington on 11 July and if anyone would like to arrange an event elsewhere in the country we would be pleased to provide financial support. We can also offer grants for groups who wish to arrange outings. Please contact the office at CLT, PO Box 618, Halifax HX3 8WX or e-mail [info@cancerlt.org](mailto:info@cancerlt.org) for a Grant Request form.



Guests at the Blackpool lunch



Guests at the Blackpool lunch



West Yorkshire Christmas meal top table



West Yorkshire Christmas lunch

### Fundraising by Supporters

We are always very grateful for the financial support which we receive from organisations and from members and their families. Sometimes it's a sad occasion such as donations In Memory at a funeral at other times people have been enjoying taking part in a fundraising activity. Over many years the Sisters of Spring Glade from the Halifax branch of the Lady Glades Association have been very active fundraisers for the charity. At the Christmas Lunch for West Yorkshire members they recently presented us with £1306 which had been raised at various events. Our regular fundraiser Baden Cook in Norfolk had also been very busy on our behalf all through 2009. We thank all our supporters without your hard work our support for laryngectomees could not continue.



Edwin Turner presents the cheque from Spring Glade members

## Runners Required for The British 10K London Run 11 July 2010

After our very successful participation in the British 10K London Run in 2009 we are now inviting runners to take part in the 2010 race on our behalf. We have purchased 12 places so far for the race on Sunday 11 July, start time 9.35am. The race commences at Hyde Park Corner with the route travelling along Piccadilly, Pall Mall, along the Embankment towards Tower Bridge back to Westminster Bridge and into Whitehall for the finish. This year we will have Chip Timing and an Official Race Photo for each team member. Runners must be at least 15 years old and be capable of completing the race in under 2 hours.

Individual runners must complete the registration form (available from CLT, PO Box 618, Halifax HX3 8WX or [info@cancerlt.org](mailto:info@cancerlt.org)) which contains our Charity Race Ref No P937 and return the form to CLT. These entries will then be entered on-line via the race website. We can amend the on-line registrations and make substitutions before the date up to Friday 2nd July.



Our Team in 2009 Race

We have had to purchase the Platinum Debentures for our runners but we do not plan to charge people to run for us. What we would hope is that each member of the team will attempt to generate at least £50 sponsorship for the charity. A sponsorship form has been prepared which you might wish to make use of or alternatively you can prepare your own version. We have permission to use the race logo. Please encourage anyone who is eligible (i.e. UK tax payer) to tick the Gift Aid box as this increases the value of their donation at no cost to them. For more information see the CLT website [www.cancerlt.org](http://www.cancerlt.org) or [www.thebritish10klondon.co.uk](http://www.thebritish10klondon.co.uk)

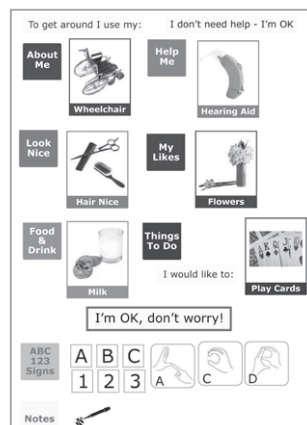
## Speak Your Mind Guide

Members who occasionally struggle to communicate with family or care professionals might be interested to know about the Speak Your Mind guide. The guide was developed originally by Margaret Moran whose father lost his speech through a Stroke.

The Speak Your Mind guide is a unique and versatile visual aid. Its structure encourages the exchange of information, translates thoughts into actions, and not least helps reduce some frustration felt by those whose minds are still active but who are unable to speak or who have other communication difficulties. Each page has words and pictures relevant to everyday life and much more for use by the individual, their family and friends, professionals in Care/Nursing and Residential Homes, Care in the Community Providers, Hospitals and Hospices.

For more information contact SYM Guides Ltd, 2<sup>nd</sup> Floor, The Portergate, Ecclesall Road, Sheffield, S11 8NX Tel 0759 528 0449 email [enquiries@symguides.co.uk](mailto:enquiries@symguides.co.uk)

A DVD is available for presentation purposes or see the video link on the website [www.symguides.co.uk/video.php](http://www.symguides.co.uk/video.php)



### Raffle Prize Winner Race Night 2008

The winner of the first prize in the Race Night 2008 raffle was Sheila Hickey. Sheila and her sister Mary were delighted to win the prize of a Turkey and Tinsel 3 day stay at the Hackett York House Hotel in Blackpool. This is the same hotel where we hold both our Blackpool Summer and Christmas Lunches. The photographs shows Mary and Sheila enjoying their Christmas weekend.



Mary and Sheila enjoy the Blackpool weekend

### New Servox for Phyllis

Phyllis Hall is a member of the Wigan, Leigh and District Laryngectomee Club and when she needed a new Servox the group rallied round with fundraising to assist with the purchase. As trustees we were pleased to top-up the amount raised so she could get her replacement voice. The photos show Malcolm Rothwell presenting the Servox to Phyllis on our behalf.



Malcolm Rothwell presents the Servox to Phyllis

### Shower Capes for Laryngectomees

One of our most recent members who had her operation last December wrote to ask for advice about a suitable shower cape. In her own words:

*"One thing I'm struggling with is those rubbish 'waterproof' shower bibs! Its a nightmare washing my hair – someone needs to invent one with a snug rubber seal round the neck and a flap over the shoulders to stop water going down the back of my neck and then under my chin into the stoma! If you know of anyone who has tips please pass on."*

We are already asking one of the manufacturers whether they can devise such a product. Meanwhile if anyone has any advice for her please send it in to the office and I will pass it on to you all.

### Carers Direct

Carers Direct is a free national service offering information, advice and support for people who care for someone else. Call free on 0808 802 0202 or go to [www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)

web site: [www.cancerlt.org](http://www.cancerlt.org)  
email: [info@cancerlt.org](mailto:info@cancerlt.org)



CANCER  
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TRUST

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