

TO HELP IMPROVE THE QUALITY OF LIFE FOR ALL NECK BREATHERS

**Dear Friends**

Happy New Year to Everyone

I hope you have all managed to survive the dreadful floods and strong winds which we know are not kind to Larys. It must have been terrible being without electricity for days. It's inconvenient enough being without it for an hour or so.

As I am writing this I notice that Bill has got the flower and vegetable seed catalogues out and is deciding which to hopefully grow this year. Riley our 14 month old great grandson was not very happy when he was taken to see Father Christmas and even tried to pull his beard off! Then he opened one of his presents from under the tree so he was lucky to get anything at all.

In December Sarah and I represented the charity at a seminar at Hull Royal Infirmary on the subject of the treatment of laryngectomees who are admitted to hospital for other conditions. If anyone has any experiences of this situation, whether good or bad, please let us know.

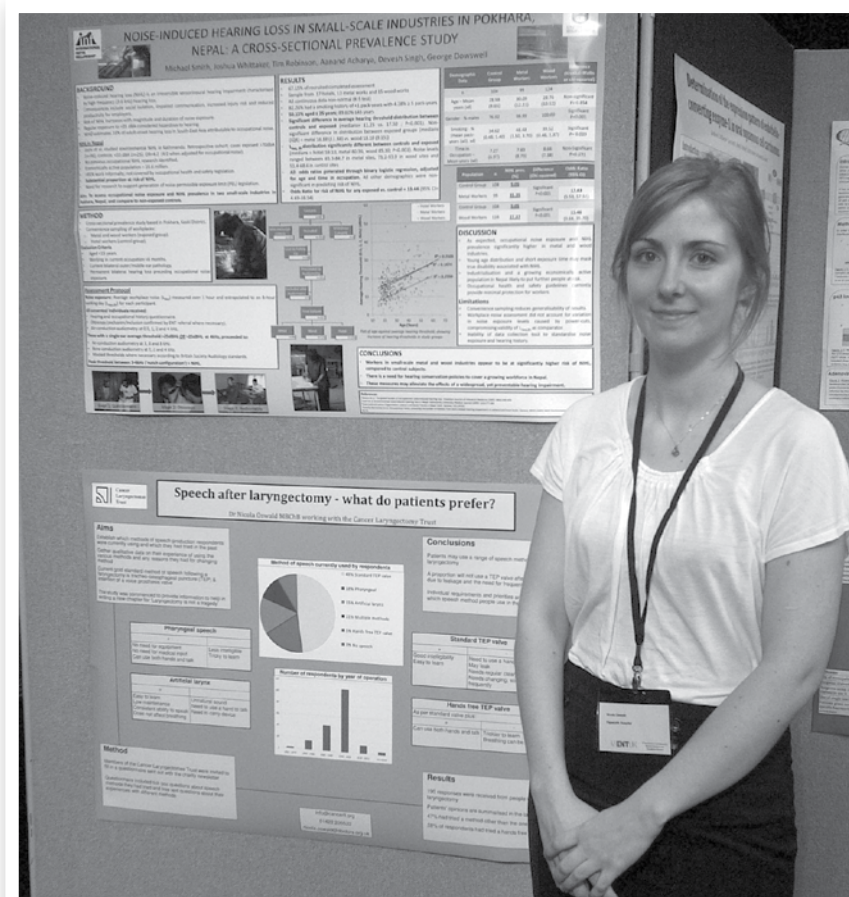
Christmas lunches funded by the charity have been held at Blackpool, Halifax, Rotherham, Tyne & Wear and York. We are now planning summer events and outings. If any group would like to apply for funding for an event please get in touch to request a Grant Form

We are enclosing a Members Survey form with this newsletter and would really appreciate your feedback on the services we provide to members. Of course if you have already returned a form after Race Night there is no need to send another one.

**Best Wishes Wendy Thompson**

**Speech Methods Questionnaire**

In September 2011 we invited you to complete a questionnaire on speech methods used after laryngectomy to assist in the preparation of the new edition of the book Laryngectomy is not a tragedy. We were delighted at the level of response and found the information very valuable. In March 2013 Nicola Oswald was able to present a poster session at an ENT conference in London and she is currently preparing a journal paper on the topic. She has prepared a summary of the responses which is now available on our web site at [www.cancerlt.org](http://www.cancerlt.org) or you can request a paper copy from CLT, PO Box 618, Halifax HX3 8WX.



## Members Survey

We're fast approaching 30 years since Sydney Norgate, himself a laryngectomee, founded the Cancer Laryngectomee Trust (CLT). He and his wife Lucy worked tirelessly with the specific aim of 'promoting and assisting the relief of all people in the UK who have had a laryngectomy'. The charity is still run today with limited resources, by family members and volunteers.

As a charity we must ensure that all of our funds are used in the most appropriate way for members, we'd really like you to take a few moments to answer and return this short Members Survey. The results will be published in a future newsletter and will help us enormously in prioritising all of our efforts going forward.

Some members have already received and returned copies of the survey in which case there is no need to complete another copy. It is clear that some long standing members did not receive what we call a Welcome Pack when they joined in the early days of the charity. All the items listed in Question 1 are available free of charge to any members so if you would like any of these items please get in touch by post or e-mail.

## Windpipers Outing

Secretary Sandra Waddington reports on the Windpipers Summer Outing which was supported by a grant from the charity:

*Seventeen members of the "Windpipers Support Group" ventured on a day to Skipton and the Keighley and Worth Valley Railway to Howarth. When we arrived in Skipton it gave the group the opportunity to view the shops and the excellent market which is held every Saturday. After shopping the group met up for scrumptious lunch of fish and chips in the very famous restaurant Bizzie Lizzies. A treat we all enjoyed and as one member of the group said "You can't beat Yorkshire fish and chips"!! We were taken by coach to Keighley where we all boarded the steam train to Haworth where we were able to visit the home town of the Bronte sisters. At 4.30 we arrived back at the coach for our trip back to Blackpool. It was an enjoyable day had by all with perfect weather.*



## Race Night 2013

Thank you very much indeed to everyone who took part in Race Night either by buying horses, taking part in the raffle or making a donation. It's great to see the horse names you chose and to know that year after year the event is well supported by members and friends. Once all the accounts have been processed we would expect to have raised £2600 to support our work for laryngectomees. The photograph shows the Mayor of Calderdale presenting winners trophies at the Christmas Lunch in Halifax. The results have already been sent out to everyone who took part and are repeated here for all members to see.



### Winners of Absent Owners Races

Race 1	Lowe Robert	Spinning Glenda	Race 16	Johnson K	Jolly June
Race 2	Snell M J	Marjen	Race 17	Amies Richard	Bernard's Steam
Race 3	Leitch Mrs Janet	Sparky	Race 18	Mountain Ray	Le Gagnant
Race 4	Dunston Reg	Peedee	Race 19	Todd K B	Theangisa
Race 5	Lawson Elizabeth	Rebe the 4th	Race 20	Craven Bruce	Our Nellie
Race 6	Day Roy	Wild Colonial Boy	Race 21	Thompson Terry	Be Positive
Race 7	Farr C A	Emma	Race 22	Barker Hazel	James 007
Race 8	Hemingway L	Lorene	Race 23	Littlewood Jackie	Base Plate
Race 9	Hale Keith	Blakeney	Race 24	Atkins Marion	Little Jess
Race 10	Collins David	Last Try	Race 25	Bicker David	Silver Lining
Race 11	Hobbs Bernard	Mary 3	Race 26	Potter Valerie	Clembo
Race 12	Hirst Ken	Apma	Race 27	Leckie Lesley	Leckies Lass
Race 13	Miller H	Jaiko Carter	Race 28	Scott John	Ryans Goal
Race 14	Crane Gerald	Stoma Stallion	Race 29	Walne Mrs M	Brandy
Race 15	Burt Hannah	Gan Canny	Race 30	Ronald Mrs N	Tartan Army

### Winners of Raffle Prizes

First Prize £100

Won by Ticket Number 2992

Prizes of £10

3083	3188	3522	3714	4433
5156	5595	6153	7022	7367
8016	8044	8091	8327	8373
10238	10303	10446	11692	11119



## Addition to the Laryngectomy's Travel Guide 2013

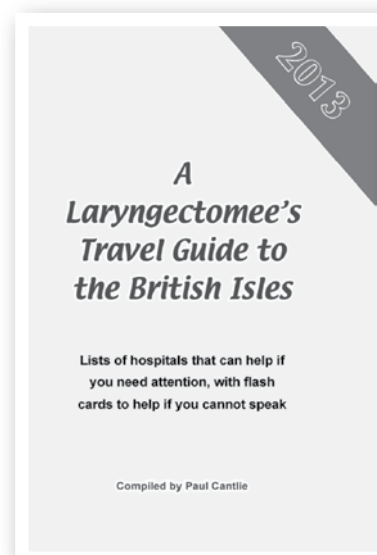
Members who have already requested a copy of the 2013 guide might like to add the contact details for Leicester which have been notified to us recently:

Hospital Royal Infirmary(Balmoral), Infirmary Square, Tel ENT 0116 258 5318,  
Mon 10-noon, Thur 1430-1630

The travel guide has been prepared by Paul Cantlie to assist laryngectomees in need of medical attention when away from home. The guide has been updated and the 2013 version of the Laryngectomy's Travel Guide to the British Isles is available now.

To receive a copy of the 2013 Travel Guide please send a SAE with a 1st or 2nd class stamp on it.

The work involved in keeping this information up-to-date is very challenging and therefore notification of any omissions or updates to the guide would be very welcome also to the email address. [info@cancerlt.org](mailto:info@cancerlt.org)



## Medical Alert Cards

We offer all members a free Emergency Card providing information to the emergency services about how to deal with a neck breather.

As an alternative members with additional medical conditions might like to consider purchasing a purpose made medical alert card which cost £5.95 from Medical Alert Cards who have supplied the following information:

*I am writing to you today to bring your attention to a new patient safety product available on the market. Medical Alert Cards are unique printed plastic cards with patient's basic medical details on them such as name, NHS number, next of kin details, medical conditions and so on.*

*These cards have proved extremely useful in acting in an aid of memory and are extremely useful to medical staff in an emergency.*

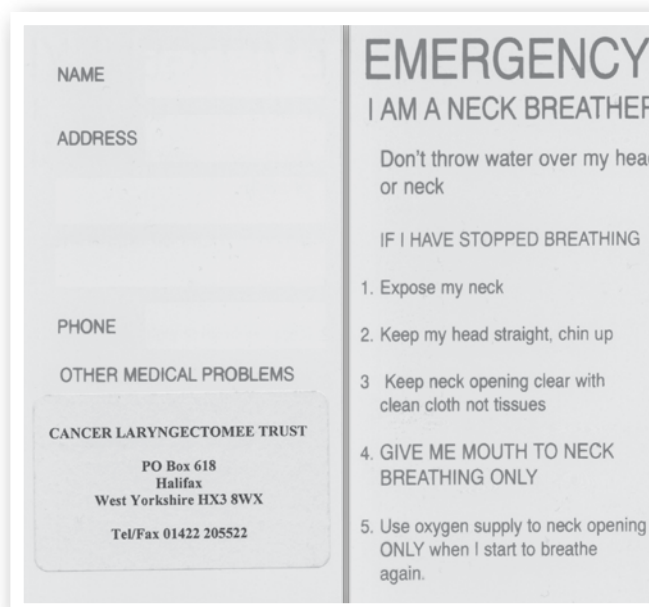
*Please visit our website to see more of our product [www.medical-alert-cards.co.uk](http://www.medical-alert-cards.co.uk) or contact me at Medical Alert Cards, 52 Buckwood Avenue, Dunstable, LU5 4PE*

*We are also able to print most things you can imagine on to our cards such as CNS contact cards, membership cards, emergency chemotherapy advice etc.*

*The cards are made from the same plastic as the average debit card you would get from your bank and are the same size. This makes them to easily fit into a purse or wallet and extremely durable.*

*For further information or posters/leaflets please reply to this e-mail and we will be more than happy to discuss anything further with you.*

Yours faithfully Pete Towers CEO



web site: [www.cancerlt.org](http://www.cancerlt.org)

email: [info@cancerlt.org](mailto:info@cancerlt.org)



CANCER  
LARYNGECTOMEE  
TRUST

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