



TO HELP IMPROVE THE QUALITY OF LIFE FOR ALL NECK BREATHERS

Dear Friends

Thank you for all the Christmas Greetings..

Well what a wet winter we have had, hoping you all managed to escape the floods. Tadcaster's only bridge across the River Wharfe collapsed which left the town divided in two. Tadcaster is very dear to our hearts as our father Sydney was born and brought up there and we have many happy memories of holidays spent there. Long-standing members might recall that for a number of years the charity office was located close to the River Calder in Hebden Bridge. Had we still been located there we would have suffered seriously from the flooding there on Boxing Day.

I attended three of our Christmas Lunches and enjoyed talking to members there. One rather worrying thing that cropped up concerned a member who had broken down and when he contacted his breakdown service they assumed it was a hoax call and that he was drunk. If you experience any such problems please let us know and we will try to follow it up.

Just before Christmas we were delighted to hear that co-author of Laryngectomy is not a tragedy Dr Nicola Oswald had got engaged while on holiday in Iceland. Now we are all looking forward to a family wedding in July 2017.

We are currently working on up-dating the Laryngectomees Travel Guide and hope to have the new edition available later in the year.

Looking forward to meeting members at our Summer Lunches – see details later in the newsletter.

Best Wishes, Wendy Thompson, Trustee

Mother

More than all the gold in the world,

Or pearls from the deepest seas,

These together don't mean as much as you mean to me,

Heaven's Angels up above never take your place,

Even though you're away I can still see your loving face,

Remember, Dear Mother you're always in my thoughts and heart

Thank you Michael for this thoughtful poem we can all relate to



Rome Marathon 2016

Dawn Potts writes about her challenging run:

Last summer my dad Mike Sanderson was diagnosed with cancer of the larynx. He is now a laryngectomee. Until this happened I had never heard the expression laryngectomee. I now find myself explaining in some detail to friends and colleagues what the procedure involves. I also find myself explaining that along with the fears and traumas involved in contracting cancer there is the loss of voice which for my dad I knew was going to be a big issue. He is a highly intelligent man who likes to talk and most of all to make my mum laugh with his observations on people and life. The challenge of learning to speak again is enormous, involving a huge physical effort but my dad at 80 is doing really well.

He is determined to succeed. If he is up for this challenge then I must do my bit too so on the 10 April 2016 I am running the Rome Marathon to raise money for the Cancer Laryngectomee Trust. The support the Charity has provided to my dad has been invaluable. My dad plans to be there to watch me as I start at the Coliseum then take in 26.2 miles of speed site seeing, passing the Spanish Steps, the Trevi Fountain, the Pantheon, the St Peter's and Piazza Venezia ending back at the Coliseum on what a hope will be a dry fine day.



The photo shows Dawn after her successful completion of the London Marathon in 2015.

Anyone wishing to sponsor Dawn for her Rome run can do so at <https://mydonate.bt.com/fundraisers/dawnpotts1>

Preston and Chorley Club Anniversary

Kim Winterton secretary of the club reports on their recent anniversary: *The Preston & Chorley Districts Laryngectomee Association was re-launched at Vine House, Preston, in November 2014 One year on we celebrated our first anniversary with just under thirty people gathering for tea and cakes, again at Vine House and an enjoyable time was had by all who attended. The Group now meets every month on the second Tuesday afternoon with the majority of meetings attracting a speaker usually associated with the medical needs of our members and we are regularly getting 16-17 members to the meetings.*

The group is supported by the Speech and Language Therapists from the Royal Preston Hospital who assist with contacting speakers and getting new members involved.

In addition to the monthly meetings the group also enjoy both a summer and Christmas lunch at a local Pub



Kim can be contacted by email kim.winterton@btinternet.com or phone 01257 453012

Speak Easy's Annual Lunch

Ann Muir arranged a January lunch for the members of the Lanarkshire Speak Easy group with support from the charity. The photos show some of the members enjoying their get-together.



Summer Lunches

Once again we are arranging two Summer Lunches this year.

The lunch in Bridlington will be held on Sunday 3rd of July at the Expanse Hotel. If you would like to attend please contact Wendy Thompson, 10 Meadow Drive, Market Weighton, York, YO43 3QG Tel 01430 871561 email blwnt@outlook.com

The Blackpool lunch at the Imperial Hotel on Sunday 5th June is being arranged by Mrs Sandra Waddington, 76 Rutland Avenue, Poulton-le Fylde, FY6 7SA Tel 01253 899531 email waddington46@btinternet.com

Quit Smoking Campaign

Member Jo has been in touch about the Quit16 campaign which has been running recently on TV:

*I wondered if I could ask for something to be brought to yours members attention?
The current anti smoking campaign shows a laryngectomee with an exposed stoma struggling to speak with the tagline 'it can make you speechless'. It's so distressing for me, as a non smoker I had a chondrosarcoma nothing to do with smoking and I had the same devastating op. I, like everyone I know have the stoma covered at all times and have no desire to have family and friends see what I endure 24/7. It would be like showing bowel cancer survivors with their stomas uncovered, there's no need to be so graphic. A man with a baseplate and filter would have sufficed.*

If any other members would like to make comments about the campaign please get in touch at CLT, PO Box 618, Halifax HX3 8WX or by email to info@cancerlt.org

Windpipers Canal Trip

Secretary Sandra Waddington reports on the group trip supported by the charity:

Because our Fish & Chip Cruise was a success last year the members voted for us to once again cruise down the Lancaster canal which took place on 31 July 2015. It was a lovely evening and we boarded The Kingfisher and cruised to Bilsborrow where the fish and chips and mushy peas were brought onboard. After the delicious supper we set off cruising towards Garstang and the quiz commenced with the category of questions being cartoon characters, general knowledge and TV theme tunes. If you had grandchildren the cartoon characters were relatively easy to answer with a bit of cheating from some of our players!!! One of the question in general knowledge was what does DVD stand for – Dick van Dyke – am pleased to say the answer didn't come from our group but it did create howls of laughter. The TV theme tunes always seems easy until you get them mixed up with other programmes. Once again it was a very enjoyable evening.



web site: www.cancerlt.org

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