

Newsletter March 2019

"To help improve the quality of life for all neck breathers"



Dear Friends,

I hope you all had a good Christmas unfortunately for our family it was rather over-shadowed by health issues for various family members. I myself returned home from hospital on Christmas Eve so lots of re-arranging had to take place. We have all been very well served by our excellent NHS and are now looking forward to improving health in time to enjoy some Spring weather.

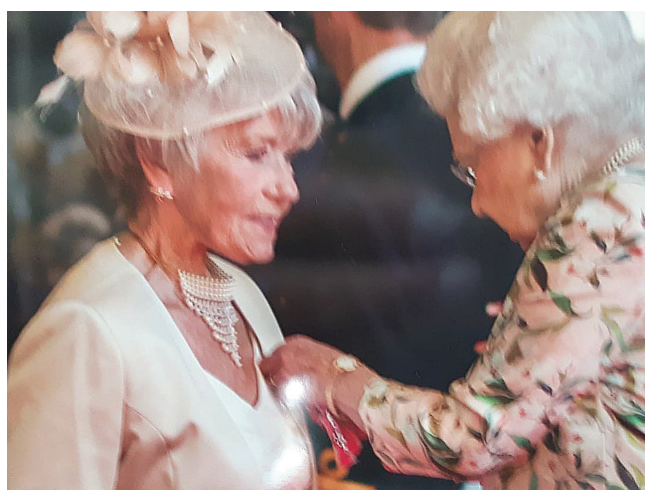
The snowdrops and aconites are already coming into flower and the later bulbs are poking their heads through. The Summer flowers and vegetable seeds have arrived and are waiting to be sown once the weather warms up.

We received some exciting news recently regarding my husband's Grandfather, an artist, and Great-Grandfather, who was a very successful orchid grower and who are buried in St Albans. The grave had fallen into disrepair but has now been repaired by the Local History group and is to be rededicated with a short service at the graveside to which all the family have been invited. Once this date has been fixed the arrangements can be made for the Bridlington Summer Lunch.

I hope you can enjoy some good days out and that the Travel Guide proves useful if needed. We welcome feedback of any experiences using the guide and updates from health professional, please.

Best Wishes, Wendy Thompson, Trustee

Ann Muir awarded MBE



As we shared with you all in our September 2018 issue we were very pleased indeed to congratulate Ann on the award of an MBE. Now we can show you the moment when she received the honour from Her Majesty the Queen in a ceremony on Tuesday 3rd July 2018 at the Palace of Holyroodhouse in Edinburgh.

The MBE is given to those "For outstanding achievement or services to the community, long-term significant impact, and stands out as an example to others."

They said at the ceremony it was for services to those with cancer in Scotland.

Race Night 2018

Once again we have had a very successful Race Night which was well supported by members. We thank all those who took part in raising over £2000 for charity funds. We always enjoy seeing the names you pick for the imaginary horses you own for the event. The winners are shown below for the races and raffle draw.

Race 1	R.Lowe	Spinning Glenda	Race 12	M.Arnold	Run Hard
Race 2	D.Mc'Grail	Joshua James	Race 13	D.Dalal	Shelley
Race 3	V.A.Wilson	Best Of Luck	Race 14	V.Potter	Clembo
Race 4	D.J.Griffiths	Ginger Boyo	Race 15	K.Brook	Rivington Folly
Race 5	D.Robinson	Racing Robbo	Race 16	D.Laing	Oban
Race 6	P.A.Hitch	Potwell Inn	Race 17	B.Hobbs	Muggalin II
Race 7	P.Cousens	Poppy	Race 18	R.Allin	Everything For You
Race 8	B.Ellis	Lakes	Race 19	K.Hoyes	Chatterbox
Race 9	C.Bizios	Tenerife Queen	Race 20	J.Sanderson	Cawston Rose
Race 10	F.Eccleston	Ace	Race 21	S.Koskinas	Flash
Race 11	M.Joy	Shenstone	Race 22	E.Redhead	Eileen Shortly

The Raffle Prize winners were First Prize of £100 ticket number 7034.
Prizes of £25 ticket numbers 6221, 8753, 10746, 6658

A Very Merry Christmas

Thanks to the generosity of one of our supporters we were able to provide a very enjoyable lunch for the larrys local to Swindon on the 18th December. We enjoyed a delicious three course meal with the traditional turkey being a clear favourite. We arranged to meet at a venue that was convenient to everyone which is only a short distance from the hospital. This is just as well since one of the attendees was still formally in hospital having only had his operation a few days ago. It was so encouraging to see him being able to meet larrys who had undergone their operations many years ago and who had adjusted very well indeed.

Well done to everybody for the mutual support shown. It was a very enjoyable meal at a sympathetic venue and we look forward to the next opportunity to meet.

Ros Oswald
Trustee

Keeping a promise to Uncle Len



Vin Donald-Trinh successfully completed the Berlin Marathon 2018 raising £340 plus Gift Aid for the charity. When he was preparing for the race he explained why it was so important to him to complete this challenge:

I once made a promise to my great-uncle Len (Hynds) to run a major marathon, raising money for his charity. My biggest regret is that I never achieved this in his life time, but I will now honour that promise.

Berlin is 1 of the 6 World Majors Marathons. I would like to run all 6 but on completing Berlin, which holds the men's marathon world record, I will have got 2 of the 6. Wish me luck.

Please help me raise as much as we can.

Vin Donald-Trinh

Travel Guide



A Laryngectomee's Travel Guide to the British Isles 5th Edition

Supported and Distributed by the Cancer
Laryngectomee Trust

The Travel Guide provides information for laryngectomees about hospitals throughout the UK and Southern Ireland. The idea behind the guide is to give laryngectomees confidence if they are travelling away from home. If problems arise the Travel Guide can help them to find a local hospital. It also has a list of items it is useful to take when away from home and it has translations into French and German of the phrases which may be needed abroad.

We have had positive feedback about the Guide but also need to receive negative feedback where the Guide is out of date. Updates can be sent to info@cancerlt.org.

The Travel Guide can be downloaded from our website www.cancerlt.org.

To receive a printed copy of the 2017 Travel Guide please send a SAE with a 1st or 2nd class stamp on it, marking the outer envelope Travel Guide. Please ensure the envelope you send measures at least 6" by 8.5" (160mm by 220mm). Send your request to CLT, PO Box 618, Halifax, HX3 8WX

Summer Lunches

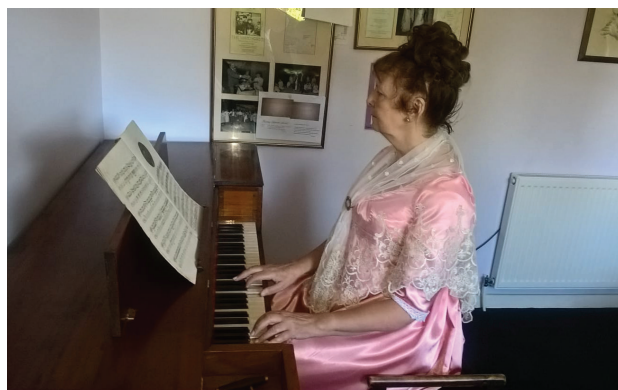
Once again we are arranging Summer Lunches this year

A lunch in Bridlington will be held at the Expanse Hotel at a date yet to be arranged. 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 Expanse Hotel, North Marine Drive, Bridlington YO15 2LS, Tel 01262 675347 www.expanse.co.uk

The Blackpool lunch at the Imperial Hotel on Sunday 9th June is being arranged by Mrs Sandra Waddington, 76 Rutland Avenue, Poulton-le Fylde, FY6 7SA Tel 01253 899531 email waddington46@btinternet.com

Musical Fund Raising Activities by Trustee Ros Oswald



I am a keyboard player and enjoy playing keyboards from past centuries. Therefore, I decided to raise funds for the Charity whilst sharing my love of historic instruments. In July, as part of the Aldbourne Music Festival I opened my music studio so that others could try out my spinet (which is rather like a small harpsichord) and my square piano which was made in 1812. I explained about the different instruments and showed my visitors how to tune them. The open studio proved very popular with the ages of the visitors ranging from 11 to over 80! I asked for donations for the Charity.

In September I organised a music concert to enable people to listen to my Spinet in action, to hear some music written by Jane Austen's music teacher and to join in some Regency dancing. The concert was organised jointly with our local church who provided wonderful Regency themed food for the interval. My husband and I plus a singing friend donned our Regency outfits and played, sang and danced our way through the repertoire. As luck would have it my retired piano teacher was there and enjoying her birthday on the same day so we were able to sing Happy Birthday to her as well.

The dancing proved very entertaining and included dances known as Ruffs and Rees and My Lord Byron's Maggot. We weren't sure how many people would want to join in but 16 people were keen to try and so we were able to have a progressive dance. Some of the moves were so popular they were being repeated at the church service the next day.

All in all, a good time was had for both events and a total of £255 raised.

News About A Cancer Drug Trial

On the 30 November 2018 an interesting report was published in the Lancet about a large drug trial for Pembrolizumab which is an immunotherapy drug. The drug is approved for use for some people with lung cancer, lymphoma and skin cancer but this trial explored the use of the drug for people with advanced head and neck cancer. The trial involved 500 patients in 20 different countries and was led by a team at the Institute of Cancer Research and the Royal Marsden NHS Foundation Trust.

The drug works by taking the brakes off the immunotherapy system's ability to attack cancer cells. The trial results are very promising. 37% of the patients taking the drug were still alive after one year compared with 26.5% of patients receiving the standard treatment. Even more significantly, 36 patients saw their cancer partially or completely disappear. Some were still cancer free three years from first receiving the drug.

Another advantage of the drug is that the side-effects are fewer than the side-effects of the standard treatments. As Professor Kevin Harrington puts it "It is also a much kinder treatment than those currently approved." Professor Harrington is a Consultant at the Royal Marsden and Professor of Biological Cancer Therapies at the Institute of Cancer Research. He would like to see the drug approved for use in clinics so that more people can be helped.

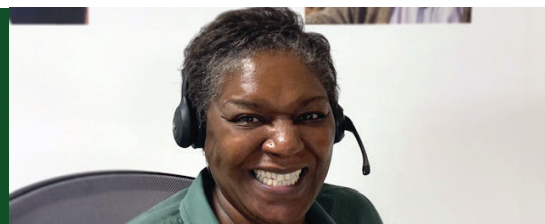
It is so encouraging to see results such as this and to know that cancer treatments are improving all the time.

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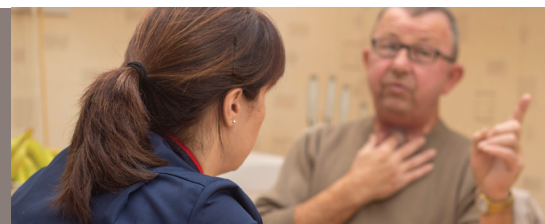


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Cancer Laryngectomy Trust, PO Box 618, Halifax, HX3 8WX
Website: www.cancerlt.org Email: info@cancerlt.org
Phone / Fax: 01422 205522
Charity Registration Number: 326653