

Newsletter

Dear Friends

I hope you have all managed to keep well through the winter months as we now look forward to spring and summer.

Our great-grandson, who started school in September, was very worried when his mother said to him that she was working for Father Christmas at school as an elf. "Will we have to go live at the North Pole while you are working?" he asked.

As the spring bulbs are beginning to appear through the soil we are busy looking at the seed catalogues and also holiday ones too. We are planning to visit Lubeck in Germany where marzipan is made.

Bill and I enjoyed meeting everyone at the York Christmas Lunch and we are busy planning Summer Lunches now too, see further details later in the newsletter. The Bridlington Lunch on 22nd July will be held at the Expanse Hotel. The hotel has agreed to our request for a special rate for overnight stays on that weekend for those attending the lunch and we look forward to meeting you there.

Thank you to everyone who took part in Race Night 2017 which raised almost £1900 for charity funds. I always enjoy reading the horse names you create.

Best Wishes, Wendy Thompson, Trustee

Summer Lunches

Once again we are arranging Summer Lunches this year.

The lunch in Bridlington will be held on Sunday 22nd 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 hotel has agreed a special rate of £39.95 per person per night Bed & Breakfast for any members who would like to stay overnight. Such bookings must be made direct with the hotel indicating that you are attending the Cancer Laryngectomy Trust lunch. 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 10th June is being arranged by Mrs Sandra Waddington, 76 Rutland Avenue, Poulton-le Fylde, FY6 7SA Tel 01253 899531 email waddington46@btinternet.com

Resuscitation Wrist Bands

The National Association of Laryngectomy Clubs has created a wrist band for neck breathers bearing the words NECK BREATHER! RESUSCITATE VIA NECK STOMA. The bands can be obtained free of charge from NALC, Suite 16, Tempo House, 15 Falcon Road, Battersea, London SW11 2PJ. Tel 020 7730 8585 Email info@laryngectomy.org.uk

Sloppy Undress

Members might recall that back in summer 2017 there was quite a stir caused at the removal of ties in Parliament.

One of our members, Michael Welch, wrote to the Daily Telegraph as follows:

As a laryngectomee since 2003 there are four things I miss most: swimming, singing, whistling and wearing a tie.

I deplore the non-wearing of a tie with a suit: a state of sloppy undress.

Michael Welch, York

Several years ago we asked members about the issue of wearing ties and some interesting ideas emerged as this extract from our April 2004 issue indicates:

In the previous issue of the newsletter Ray Mountain raised the topic of what to wear in the way of collar and tie at Black Tie events. At a group meeting the topic was discussed and some men said their solution was to buy a shirt with a larger collar size than previously worn and then a tie will fit on without causing any problems. Bill Tarrant said his solution was to wear a lace or string tie. He first bought one in Spain but has seen them for sale in the UK at shops selling cowboy gear for line dancing enthusiasts. Another contribution came from Victor Smith who said that recently he wore a tie around his bare neck, it covered the stoma and filled up the vee in the shirt. It caused comment from several people so he put it down as a success and plans to repeat in the future.

Ann Muir awarded MBE



Congratulations to Ann on her well-earned award of the MBE in the New Year Honours List following nomination by Macmillan. She will be receiving her award on 3rd July at Holyrood Palace in Edinburgh.

Ann works tirelessly for laryngectomees as is shown by her organising a regular summer outing to Ayr for her group Lanarkshire Speak Easy. The photo shows the group with Ann second from the left on the front row. The Cancer Laryngectomy Trust provides financial support for the event.

Horse Drawn Barge Trip

On Monday the 18th September a group from Swindon enjoyed a horse drawn barge trip on the Kennet and Avon canal from Kintbury in Berkshire setting off at 2.30 pm. We were able to enjoy some refreshments at the Dundas Arms Kintbury beforehand and looked forward to meeting Monty whose job it is to tow the barge. He is a very handsome Welsh Cob x Shire who clearly enjoys his food! Getting into the barge was a bit of a challenge but we were all able to make our way down below and settle in for a very relaxing afternoon. The two hour trip took us along the Kennet to a lock where Monty had the chance to sample the grass as the boat descended. We were able to stretch our legs on the bank or stay in the boat as it went into the lock. The barge was then turned round with Monty's help and went back into the lock to start the trip back home. We were able to enjoy an afternoon cream tea on board as we enjoyed some autumn sunshine. The pace was very leisurely and it was particularly enjoyable to be able to hear the bird song. It was great to be able to get to know each other a little better during the trip and the lack of any engine noise made hearing each other a lot easier. I would thoroughly recommend a horse drawn barge trip if you are looking for a relaxing outing.

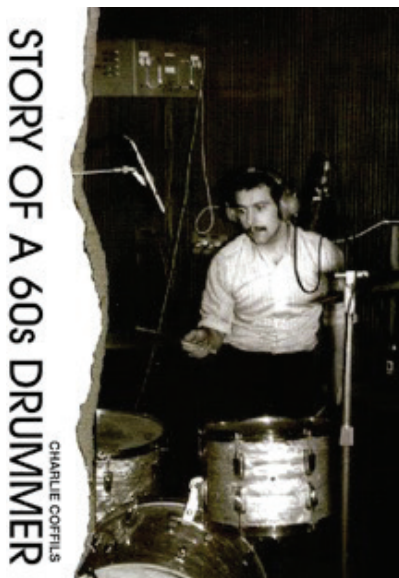


Story Of A 60s Drummer by Charlie Coffils

Member Charlie Coffils has been in touch about his recently released book:

The book is about my life story, the first half is about my early music career, and the 2nd half is about my battle with cancer, ending with me having a Laryngectomy operation to save my life.

The proceeds from the book are being shared between the two cancer charities Second Chancers Head & Neck Cancer Support Group and Shout At Cancer



Extract from the Amazon description of the book:

This is the story of a wee boy from a family in Glasgow, Scotland who grew up to experience the dream of appearing with the legendary Jimmy Page (Led Zeppelin) on Cartoone's debut album on the famous Atlantic Record label, and also touring the USA in support of Led Zeppelin and other great bands.

Never in his wildest dreams would he have believed that he would share the stage with the best drummer in the world, John Bonham, plus Robert Plant, Jimmy Page and John Paul Jones, when Zeppelin were just starting out and trying to break America. That is what most musicians hope to achieve, but most never do.

And then tragedy struck...

Len Hynds Speechless Poet

Len Hynds son also called Len wrote the following Obituary:

Leonard 'Len' Arthur Hynds, aged 87 slipped away from us on 23rd August 2017 at the William Harvey Hospital in Ashford, Kent, United Kingdom. Known to many as the speechless poet, Len had been admitted to hospital a month earlier and had undergone an emergency operation. Until the day he died his indomitable spirit never left him.

Born in March 1930 he was the youngest of 7 children. He grew up in London, through the ravages of the Second World War, and survived the blitz including on three separate occasions when his family home was destroyed by the bombing. Aged 17 he was posted on military service with the Royal Military Police to Egypt; and for 3 years was parted from his true love, Tilly, who he married just days before his posting overseas. Tilly and Len proved to be life long soul mates.

After military service Len choose a career in Policing in London. As a uniform police officer, Len was awarded the Royal Humane Society Award for entering a gas filled building and resuscitating and saving the life of a young woman. Later as a detective with the Met Police's elite Flying Squad he took on some of the most notorious organised crime gangs in the country, including the Great Train Robbers. During his life, Len proved to be a consummate writer and storyteller, drawing upon his experiences from his childhood, his military service in Egypt, and his crime fighting on the streets of London.

At the age of 73 Len was diagnosed with throat cancer and underwent major surgery removing his vocal chords. To be a storyteller without a voice must have been his ultimate challenge. But he never once complained; instead he committed to reinvent himself, enrolling at Canterbury University where he learnt and refined his craft as a master poet; and using the medium of verse he learnt to entertain us all again.

Len had a palpable sense of fun; and using his abundant creativity and fertile imagination he was never happier than when he was entertaining his loved ones and his wide circle of friends. Len was a widower for the last 6 years of his life. The funeral was held at Charing Crematorium in Kent on 20th September 2017. The Royal Military Police Association provided a Guard of Honour and Standard Bearer.

Tributes were paid by his children and grand children. From 'child of the blitz' to policemen, to poet, Len's life has been inspirational. Len's family has received kind words of condolence and tributes from all over the world. He will leave a huge gap in our lives but his words will live on.

Travel Guide 2017

We are pleased to announce that the 5th Edition of A Laryngectomee's Travel Guide to the British Isles is now available. The Travel Guide provides information about Hospitals throughout the UK and Southern Ireland. The idea behind the guide is to give laryngectomees confidence if



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

Supported and Distributed by the Cancer
Laryngectomee Trust

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 German, French and Spanish of the phrases which may be needed abroad. The Guide was the brainchild of Paul Cantlie who produced the first edition. Sadly, Paul has now passed away but we did not want the Guide to come to an end.

The only problem with a guide such as this is that it is constantly in need of updating. The NHS is in a state of change, even to the point of knocking down a hospital and building a new one. Therefore, as trustees we decided that the guide needed a thorough update. This included putting postcodes into all the addresses and extending the list of languages into which the useful phrases are translated. This has proved to be a mammoth task and a very informative one.

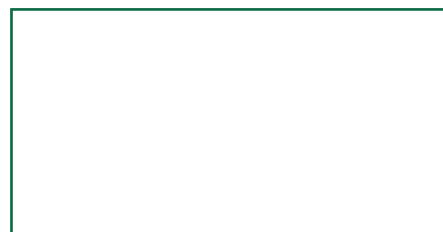
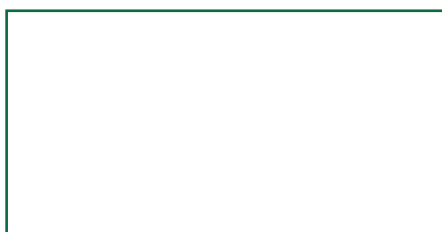
We have decided to publish the updated guide even though we have not been able to make contact with every single hospital but by putting the Guide onto the website we can keep the updating process going on a rolling basis.

We have had positive feedback about the Guide but also need to receive negative feedback where the Guide is out of date. Our hope is that the Guide will continue to help and give confidence as Paul intended.

The Guide is available to download from the charity website www.cancerlt.org. Alternatively 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. Send your request to CLT, PO Box 618, Halifax, HX3 8WX

Christmas and New Year Lunches

A number of lunches were held over the festive period and we are pleased to show an assortment of groups enjoying these events.



Amazon Smile

The Cancer Laryngectomy Trust has registered with the Amazon Smile scheme and we hope that anyone who purchases from Amazon will join in the scheme and select our charity for their support. Please remember that the name of the charity is The Cancer Laryngectomy Trust when you are choosing which charity to support.

The following information comes from the AmazonSmile website:

What is Amazon Smile?

AmazonSmile is a simple and automatic way for you to support a charity of your choice every time you shop, at no cost to you. When you shop at smile.amazon.co.uk, you'll find the exact same low prices, vast selection and convenient shopping experience as amazon.co.uk, with the added bonus that Amazon will donate a portion of the purchase price to your selected charity.

How do I shop at Amazon Smile?

To shop at Amazon Smile simply go to smile.amazon.co.uk from the web browser on your computer or mobile device. You may also want to add a bookmark to smile.amazon.co.uk to make it even easier to return and start your shopping at Amazon Smile.

How do I select a charitable organisation to support when shopping on Amazon Smile?

On your first visit to smile.amazon.co.uk you need to select a charitable organisation to receive donations from eligible purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make at smile.amazon.co.uk will result in a donation.

PROVOX[®] Luna[™]



Atos Medical wins the Red Dot Product Design Award for Provox Luna

**reddot award 2018
winner**

Atos Medical is pleased to win the prestigious Red Dot Product Design 2018 Award for Provox Luna. The Red Dot Award is an international distinction for high quality design and innovation.



Provox Luna is a night-time solution that helps you sleep comfortably, soothe your skin and improve your lung health.

- Soft and smooth for night-time comfort
- Made of hydrogel to soothe and cool the skin
- Superior humidification compared to other HMEs
- Low breathing resistance for easy breathing at night
- Side openings to prevent occlusion while sleeping



If you are interested in trying Provox Luna please email sample@countrywidesupplies.co.uk or call Countrywide Supplies on **0800 783 1659**

As always we will contact your clinician to check the product is suitable for you. Countrywide Supplies is part of the Atos Medical Group.



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