

TO HELP IMPROVE THE QUALITY OF LIFE FOR ALL NECK BREATHERS

## **Race Night 2014**

Once again we invite all members to take part in our virtual Race Night. For those of you who have not participated in Race Night before, this is what happens: We offer ownership of imaginary horses as an absent owner at £5 per horse, you can name it yourself or we will invent a name for you. These are then made up into races of 10 horses and an Absent Owners Race Card is printed. Samuel Beales, a great-grandson of our founder Sydney Norgate, drew the cover design for the race card. His drawing is shown here. On race day we draw out the winners and a prize is sent to the winner of each race. We also have the raffle tickets at 50p each or £2.50 per book of 5. The First Prize for the raffle is a £100 cheque and in addition there will be 20 of prizes of £10 each. Alternatively you may wish to make an optional donation rather than taking part in the races or raffle. We do need all requests for horses and ticket stubs by the 31st October to give us a chance to organise everything.



There is a space on the form for you to request extra books of 5 raffle tickets to sell to others. If you fill this in and send it to me I will be happy to send you the requested number of books. Alternatively you can contact Wendy Thompson on 01430871561 to order more raffle tickets. You are under no obligation to sell all of the tickets you request and part books sold are fine. Please remember to order early, as all ticket stubs have to be back by 31st October. PLEASE NOTE THE FORM AND CHEQUE IS TO BE SENT TO WENDY THOMPSON NOT TO THE CHARITY ADDRESS.

We hope you can participate again this year; a form is enclosed for your reply. I hope you will get some fun out of it and that we can raise a useful sum to continue the work of the charity.

**If you are making a donation and are a taxpayer, please consider signing the declaration on the back of the Race Night form. It would increase your donation at no extra cost to you. I am pleased to tell you that we have been able to reclaim over £70000 from the Inland Revenue under the Gift Aid scheme so far.**

**We MUST stress however, that if, for whatever reason, you are unable to participate or do not feel that you can sell to others, that you are under NO OBLIGATION to do so and need not return the books to us. We fully understand that people's circumstances are different, that they may have moral or religious objections and that some of our members are less mobile than others.**



**Dear Members**

I hope you have all coped with the summer weather the watering can has certainly earned its keep, even so flash floods have been around much to our amazement. We never thought living on a hillside we would be flooded, but how wrong can you be, the water poured down the hillside and through the garden about 3 inches deep. Thankfully it was gone by the next morning. What a wonderful weekend it was when the Grand Depart of the Tour de France came to Yorkshire. As we have been out and about its been good to see some of the yellow painted bikes still on display around the countryside.

Now it is time for Race Night please note the new address to send your forms to as I will be dealing with the organisation this year.

Christmas Lunches have so far been arranged in Halifax on Dec 10<sup>th</sup>, Blackpool on Dec 14<sup>th</sup> and York on Dec 17<sup>th</sup>. Anybody who would like to come would be most welcome, see below for further details. Bill and I will have just returned from Madeira celebrating our Golden Wedding where have the years gone.

**Best Wishes,**

**Wendy Thompson**

**London 10K Race**

On a very hot July day we had five runners representing the charity in the London 10K race. We thank you all for taking part and raising funds for the charity.



**Message from Charles to Margaret**

In the previous edition of the newsletter we included Margaret's Story and in response we received a letter from Charles Farr. With his permission we include his reply in this newsletter as it may be of interest to other members.

*I have just finished reading the May 2014 newsletter and was so moved by 'Margaret's story' that I decided to write in reply.*

*I had my laryngectomy in 2007 when I was 86. Like Margaret I dreaded the prospect of losing my voice but my surgeon, unlike hers, was keen to help by inserting a speaking valve as part of the operation. He*

*was supported by a good team headed by a very supportive head and neck nurse who taught me how to maintain the stoma and remove and refit the valve with a new one. I tried pharyngeal speech, and the servox, to serve as a back-up but my experiences were similar to Margaret's.*

*I have had my problems but with the help of my local hospital ENT staff have kept in good health. I am now in my early 90's so my advice to Margaret would be that if you still want to regain some power of speech, to go shopping and make phone calls etc, then it's not too late to get a valve fitted and do your own maintenance providing your local hospital is willing to support you and supply the valves as necessary.*

*After all, as a 'young' 70 year old, I am sure she will have plenty of opportunities to regain the 'ME' that she says was her voice.*

*Yours sincerely,*

**Charles Farr**



**Swimming Tuition for Laryngectomees**

A team of Head and Neck Specialist Nurses and physiotherapists at the Royal Devon and Exeter NHS Foundation Trust are setting up a free service for laryngectomy and tracheostomy patients who wish to use the Aquather swimming device for neck breathers. This device is similar to a snorkel, but is attached safely to a cuffed tube inserted in to the stoma. Training will be provided in a heated hydrotherapy pool situated within the hospital grounds. All safety aspects have been taken in to consideration and all staff members are trained in emergency evacuation of the unwell patient, intermediate life support and infection control.

The Aquather training device will be funded by a local cancer charity called FORCE. Once trained, you can then decide whether or not you wish to purchase a device for your own personal subsequent use. Should you wish to be considered for this service, please supply your contact details (name, address, telephone no, email, dob, laryngectomy or tracheostomy, training for swimming or hydro-physiotherapy or both) to Zoe Copp, Head and Neck Nurse Specialist, Room E231, Royal Devon and Exeter NHS Foundation Trust, Barrack Rd, Exeter, Devon, EX2 5DW, Tel. 01392 402 215, so that a member of staff can contact you. Alternatively you may email [zoe.copp@nhs.net](mailto:zoe.copp@nhs.net). Any questions you may have can then be discussed further and on an individual basis.

This service is free to all UK patients. (Patients must arrange their own accommodation and travel)



## Christmas Lunches

Lunches will be held this year in Halifax on Wednesday 10<sup>th</sup> December at The Windmill Court Hotel. Invitations will be sent out to local members and anyone else wishing to attend please contact the office.



The lunch in Blackpool will be held at the Savoy Hotel on Sunday December 14<sup>th</sup>. Anyone wishing to attend please contact Mrs Sandra Waddington, 76 Rutland Avenue, Poulton-le Fylde, FY6 7SA Tel 01253 899531

The lunch in York will be held on Wednesday 17<sup>th</sup> of December at the Novotel York. Please contact Wendy Thompson, 10 Meadow Drive, Market Weighton, York, YO43 3QG Tel 01430 871561

If any clubs would like to request financial support for a lunch event or outing we would be pleased to consider your request. Please contact us to ask for a Grant Request form to complete at CLT PO Box 618, Halifax HX3 8WX or e-mail [info@cancerlt.org](mailto:info@cancerlt.org)

## Speak Easy Trip to Ayr

Ann Muir reports that the members of Lanarkshire Speak Easy group enjoyed their annual trip to Ayr on a sunny July day. A group of 23 laryngectomees, carers and supporters travelled by coach, to enjoy the summer weather at the coast although some of them did wander away before the photo was taken. The trip was supported by a grant from the charity. Ann says *I am very grateful for all the help you and CLT have given to members through the years. I appreciate your support very much.*

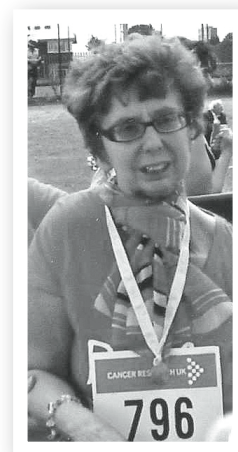


Thank you Ann it's good to hear we have been able to help.

## Val's 5<sup>th</sup> Race for Life

Val Beer has successfully completed her 5<sup>th</sup> Race for Life and, with the help of her daughter Claire, raised over £1000 to add to the £2000 she has raised previously for Cancer Research.

Since having her laryngectomy in 2007 at Broomfield Hospital in Chelmsford, followed by radiotherapy and chemotherapy, Val has struggled to speak and now uses an iPad for communication. With the support of her family and friends she has been able to take part in the race for the fifth time this year. She is also very grateful to the medical staff at Broomfield and Southend.



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



CANCER  
LARYNGECTOMEE  
TRUST

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