

Newsletter September 2022

Dear Friends

We are very pleased to have been able to hold a Summer Lunch in Blackpool and thank Sandra Waddington for her work in arranging and hosting the event. Planning is progressing for Christmas Lunches in Blackpool, Halifax, Swindon and York for further details see later in the newsletter. If any groups would like to arrange a lunch on behalf of their members please get in touch for financial support.

Once again Geoff Read has been bringing us up-to-date with some of his recent activities and future plans. We wish him well for the exciting Veteran's Banger Rally to Gibraltar this month. We hope

you enjoy Ros Oswald's Bird Watch and Top Gun contributions to the newsletter. Current or previous users of a voice prosthesis might be interested to be involved in the research project which Freya Sparks, Speech and Language Therapist working in Head and Neck Cancer, and a PhD student at City, University of London introduces in this edition.

Once again we enclose a Donation Form with the newsletter. We are very grateful to members for donations received in the past and hope you can support our work once again.

Best Wishes
Carole Stainton, Trustee

Shout at Cancer Concert



What's it like to lose your voice box after throat cancer? And how can you give back a voice that has been taken away? Shout at Cancer is a charity dedicated to supporting people to find their voice after laryngectomy, the surgical removal of the voice box.

IOE, UCL's Faculty of Education and Society, and Shout at Cancer present the Laryngectomy Choir, who will give a powerful performance of original pieces that explore the impact and effects of this life changing procedure.

Outspoken Jazz still Growing was created through a series of collaborations with spoken word artist Bruce Sherfield, jazz vocalist Zara McFarlane and the Peter Edwards Trio.

The performance will be followed at 8.45pm by a Q&A moderated by Prof. Evangelos Himonides, with the Laryngectomy Choir participants, Prof. Martin Birchall (UCL Laryngology) and Shout at Cancer founder and director, Dr. Thomas Moors.

In addition the concert will include a new guitar being played. It was made by Evangelos Himonides from some of the wood that was part of the original stage when the theatre was refurbished. The instrument was made for the Shout at Cancer choir because the maker was inspired by the choir members.

DATE: October 26th
VENUE: Bloomsbury Theatre,
15 Gordon Street,
London
TIME: 7.30pm



Contact us:

Website: www.cancerlt.org Email: info@cancerlt.org

Address: CLT, PO Box 618, Halifax, HX3 8WX

Charity Registration No 326653



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Blackpool Summer Lunch

Finally we have been able to hold a Summer Lunch and some of the members attending sent their comments afterwards:



Hello Carole

Firstly I would like to thank everybody at the Laryngectomee Trust and Sandra Waddington for organising another wonderful summer lunch at the Imperial Hotel in Blackpool.

We haven't been able to attend one for so long because of Covid and it was lovely to be able to get together again after so long.

The day did not disappoint and it was as good as it always was. Everyone had a wonderful day, the food and venue were fabulous.

Thanks again,
David



Hi Carole,

The Oldham Quiet Ones attended the lunch. As usual it was an excellent meal which everyone thoroughly enjoyed. It was just a pity that we couldn't manage a nice walk along the promenade. Despite the sun shining the wind was extremely strong. Still, it blew the cobwebs away.

Regards,
Hazel

Christmas Lunches

Blackpool

The Blackpool lunch at the Imperial Hotel on Sunday 4th December is being arranged by:

Sandra Waddington

76 Rutland Avenue, Poulton-le Fylde,
FY6 7SA

Tel: **01253 899531**

Email: **waddington46@yahoo.com**

York

The lunch in York at Novotel, York, YO10 4FD will be held on Friday 9th December and is being arranged by:

Dawn Potts

The Granary, Hull Road, York, YO19 5LE

Tel: **01904 489360**

Mobile: **07947624421**

Email: **dawn.potts@hotmail.co.uk**

Halifax

The lunch in Halifax which is planned for Wednesday 7th December at Windmill Court is being arranged by:

Carole Stainton

CLT, PO Box 618, Halifax, HX3 8WX

Email: **info@cancerlt.org**

Swindon

A lunch for Swindon area members is to be arranged by:

Ros Oswald

17 Kandahar, Aldbourne, Wilts, SN8 2EE

Tel: **01672 540619**

Email: **rospiano@yahoo.com**

Top Gun: Maverick

Top Gun has always been one of my favourite films. When I heard that a sequel was coming out I looked forward to seeing it. However, what I had not realised was that one of the main actors from the original film had had throat cancer. Val Kilmer, who played Iceman in the original film, had radiotherapy, chemotherapy and a permanent tracheostomy after his diagnosis in 2015. He has continued with his acting career and has a part in the sequel, Top Gun: Maverick.



Val Kilmer

I was very pleased to read that he was to appear in the sequel. We went to see the new film in our local cinema. It was excellent and every bit as good as the original. However, my interest was in Val Kilmer and how he would appear. Although he was only on screen for a short time, he had a very important role in the plot. He was the Commander of the Pacific Fleet and had a very moving scene with Tom Cruise who plays Maverick. For most of the scene he was typing the words he wanted to say into a computer so that the words were visible. However, at the end of the scene he was able to use his voice.

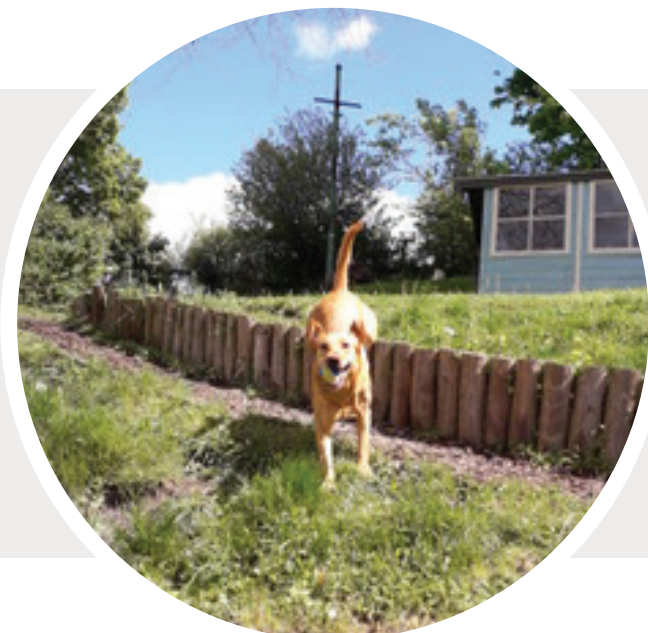
It was so heart warming to see him on screen again despite the problems he has had to deal with. At first he was reluctant to have treatment but his children persuaded him to do so. The treatment, although lengthy, has been successful. He is very positive about his future and describes learning to talk again as learning a new language or dialect. He felt it was similar to the work he has to do as an actor but in a very different set of circumstances.



The other well known actor who had a laryngectomy was Jack Hawkins. He went on to feature in many successful roles after his operation in 1966. The films included Waterloo in 1970 and Jane Eyre in 1970. His voice in the later films was dubbed. For Val Kilmer there are more options because of the way in which computers are able to assist. It will be interesting to see how he makes use of the new possibilities which may well be helpful to many more people in the future.



The Big Garden Bird Watch



I have always enjoyed bird-watching, with sea birds being a particular favourite as they are easier to see! Unfortunately my garden is very steep and so I can't see my bird feeders from my windows. My decision to take part in the Big Garden Bird Watch organised by the Royal Society for the Protection of Birds meant standing at the top of my garden in January while trying to look inconspicuous - not an easy task.

The first annual Bird Watch took place 43 years ago in 1979 and in 2021 over 1 million people took part. For the 2022 Bird Watch I checked out the weather forecast as I needed to spend one hour in the garden over the last weekend in January. Saturday was very blustery but Sunday was much less windy so I dressed up as warmly as possible and climbed the steep slope to the top of the garden.

The feeders needed topping up and, funnily enough, my Labrador Molly suddenly took a keen interest when she realised that birds like to eat suet.

Even the few crumbs she found kept her happy before she had a quick drink out of the pond then disappeared back into the warmth of the lounge.

The blackbird started calling to let all the other birds know I was around and then the great tit alerted his friends to the fact that I had just refilled the feeders.

I took my place behind the shed and waited. As my temperature dropped, the interest in the feeders increased so that by the time I had decided to join Molly, I had seen long-tailed tits, a robin and some blue tits. As I walked back down the garden, a family of rooks who live in the trees opposite our house decided to come and investigate. Last year they had particularly enjoyed our fat balls whilst they were feeding their young. To my delight they landed at the top of the beech tree adding to my total.

I would very much encourage you to join in the Bird Watch next year if you are able to, particularly if you have a bird table or feeder you can see from a warm lounge with a cup of tea to hand.



Geoff's News from Chelsea

Despite some recent health issues Geoff has been very busy out and about with fellow pensioners.

A group of four in-pensioners went on a boat trip, courtesy of the Port of London Authority. They travelled on the Harbourmaster's launch up past Battersea, turned around and headed for Canary Wharf being given a very interesting talk on the way about all the various landmarks, etc. After being entertained to lunch at the museum they caught the tube back to Sloan Square and couldn't resist calling in the Rose & Crown on the way back to the Royal Hospital for a swift half!



On another occasion he visited the Tower of London along with some fellow in-pensioners. This was to attend the Ceremony of the Keys and to have a "look behind the scenes".

Geoff and two friends from Chelsea were keen to travel on the first train on 24th May when on the new Elizabeth line opened. As the first train was at 6.30 it meant a very early start and they had forgotten that Freedom Passes do not come into effect until 9.30. Despite this they were able to ride on the 6.30 out of Paddington station.



Now Geoff is busy planning his next outing a Veteran's Banger Rally in aid of the armed forces charity SSAFA leaving Dover on 13 September to travel to Gibraltar. All participants have to travel in a vehicle costing less than £500 so they drove across the Thames to an auto-centre to buy a used banger to take part. They bought a 2004 Toyota Corolla offered for £450. And were promised they would buy it back afterwards... *although they never said at what cost!*

Take care and stay safe.

With best wishes,

Geoff

Geoffrey N. READ



Geoff and friends before boarding the 1st train on the Elizabeth line.



Geoff in summer working order on the Figure Court with new found friends on a day visit.



Geoff and the Hospitality Manager of the Chelsea Flower Show.

CALLING ALL VOICE PROSTHESIS USERS!



Want to help design a voice therapy method for people who speak with a voice prosthesis?

We are looking for people with laryngectomy who use a voice prosthesis, or have used one in the past, to take part in a focus group at City, University of London.

Why participate?

We would like to hear your experiences of using a voice prosthesis after laryngectomy, and your thoughts on what support should be offered to help people learn to speak with a voice prosthesis. Your views will contribute to the design of a voice therapy method, which may help other voice prosthesis users in future.

What will participants do?

Participants will spend approximately 2.5hrs at City, University of London. You would take part in a small group discussion, supported by two Speech and Language Therapists. If you are not able to travel to City, there may be the option to attend a virtual group using Zoom. You will be compensated with a £25 voucher for your time.



INTERESTED?

SCAN ME



For more information, or if you would like to participate, you can contact the research team by emailing freya.sparks@city.ac.uk or texting / call 07435 921 518

If you do not use email or telephone you can ask your Speech Therapist or another person to get in touch on your behalf

