

# Newsletter September 2025

## Dear Friends

We are pleased to report on very successful summer events in Swindon, Blackpool and Scarborough. A further walk is being arranged for Swindon area members – see details later in newsletter. Plans are also in place for Christmas Lunches. If any groups would like to arrange lunches or outings we would be very pleased to support them. Please contact me on email or at the address below.

We would like to thank Belmont Bowling Club for their continuing support. Thanks also for donations sent In Memory of members who have died.

Trustee Ros Oswald recently represented the charity at the Atos Open Day and reports on this successful event.

We also have details of the laryngectomy ID cards supplied by Life after Lary and information about holiday accommodation in Kent with special rates for laryngectomees.

Once again we enclose a Donation Form within the newsletter. In the past members have been very generous with donations to our appeal. We are very grateful for your support and look forward to receiving donations once again this year either by cheque to our PO Box or using the on-line banking information on the form.

**Best Wishes**  
**Carole Stainton**  
Trustee

## HOT OFF THE PRESS!

Check out our recently launched CLT YouTube channel. Please scan the QR to take a look at our video on laryngectomy speech without a valve.



**DONATION  
FORM**  
See page 11

### Contact us:

Website: [www.cancerlt.org](http://www.cancerlt.org) Email: [info@cancerlt.org](mailto:info@cancerlt.org)  
Address: **CLT, PO Box 618, Halifax, HX3 8WX**  
Charity Registration No: **326653**



This newsletter is  
sponsored by Atos Care

## Coate Water Walk 30 Sep 2025

As the June event was so popular we are planning a September event with a walk and refreshments at Coate Water. We very much hope you will be able to join us.

The event will take place on Tuesday the 30 September from 2pm to 5pm. We will be meeting at the Ice Cream kiosk at Coate Water Country Park which is near the car park at 2pm for a walk round the lake. After that we will go to the Sun Inn Marlborough Road Swindon SN3 6AA for drinks and a snack. If you would prefer to go straight to the Sun Inn please feel free to do so. We will be there from 3.30 onwards.

I would like to invite you to join me, Chris and our Labrador dog Molly. You are welcome to bring a guest with you. If you are able to come please contact me at the address below. Alternatively please email me at [rospiano@yahoo.com](mailto:rospiano@yahoo.com). If you need help with transport please let me know. All of the costs of the drinks/snacks and transport will be met by the Charity.

**Please contact:**

Ros Oswald, 17 Kandahar,  
Aldbourne, Wilts.  
SN8 2EE

Telephone **01672 540619** or  
**07720274916**





## Going to the Races

Trustee Ros Oswald reports:

On the 9 July 2025 Atos organised an Open Day for laryngectomy patients and friends at Epsom Race Course. As our founder's favourite day out was a day at the races, it seemed an ideal place to visit and meet some more people from our laryngectomy community. It was a beautiful sunny day and the Epsom Downs looked very inviting. The event was held in one of the rooms overlooking the course in the Queen Elizabeth II Stand.

We had time to mingle and then a very tasty hot buffet followed by a screening of the Shout at Cancer film Can You Hear My Voice and a performance by the choir. I was interested to meet Dr Thomas Moors who runs the choir and it was very obvious what wonderful work he is doing and how much it is appreciated by the choir members. I was able to ask his advice about starting to develop an initiative based around music in the Swindon area so watch this space!

I was also able to meet people who knew all about our Charity and had very positive comments to make. I know how pleased our founder would have been to know that his book is still helping people even after forty years. I also had with me a copy of our newer publication, The Story of Funny Grandad, designed to help start a conversation about a laryngectomy with a young person. This was welcomed by Charlie and his wife who have grandchildren.

Carl and his son Tom were there on behalf of Life after Lary and gave me and my husband a very warm welcome. Their enthusiasm was infectious and it was very encouraging to see that the arrival of social media has enabled support to be given to laryngectomees who might otherwise feel isolated. When our Charity began the Internet was in its very early stages. As a result the majority of our work has been paper based. We have known for some time that a significant presence on social media is needed and that is the gap that Life after Lary is filling. I will always appreciate the look and feel of a real book in my hand but there is no doubt that internet communications can be fast, effective and offer a helping hand to people treading an unfamiliar path. Now that Life after Lary is taking on this challenge more people will be able to access help when they need it. Its great to be able to work alongside them.

We had a long journey home back to Wiltshire as there were delays on the motorways but this gave us time to reflect on what an inspiring day this had been. It was also a chance to think back to the day at Haydock Park when our founder Sydney was able to lead in a winning horse that he had bred. It was that experience that made him realise there is life after a laryngectomy and working to help other people in his situation was going to be his focus.



## A Walk Round Coate Water in June 2025

Trustee Ros Oswald reports on the walk arranged for Swindon area members:

In 2024 we had a walk around Coate Water in Swindon followed by drinks and sandwiches a summer event. It was very successful and so we decided to repeat it this year. Our hopes were high but the weather can never be guaranteed even in June. It is always risky to hold an outdoor event.

I checked the weather forecast every day for a week before the event and took our Labrador Molly to test out the walk the week before. She was having a great time when suddenly she appeared from around a corner looking distinctly flustered. I went to see what had happened. I was met by a very cross male swan who was clearly defending a nest. Molly decided from then on that it made sense to stay closely by my side.

There were twelve of us (plus Molly) walking around the lake and one more person who joined us at the pub afterwards. As it turned out the weather was very kind with no rain and a reasonable temperature which was not too hot. We took our time but made steady progress. Molly was very keen to try out the water once we had moved away from the swans and ducks who were very numerous. She had a great time cooling down in the water and then enjoyed running from the front to the back of the group to make sure no one was left behind.

We had two people who had only recently had their operations and it was wonderful to see how the more experienced people were able to help solve all sorts of problems and issues and share their own journey since the surgery. Once back at the pub with drinks and sandwiches to enjoy the conversations continued and our speech therapist was able to provide options and possible solutions for a number of different situations. The first drinks were particularly welcome as we were thirsty after our very enjoyable walk. Molly enjoyed some titbits from the sandwiches and had a snooze as we chatted.

I felt sure that our founder Sydney would have been extremely happy to see how good natured and helpful the event was. He was a great believer in people who have had a laryngectomy helping each other as they understand the problems in a unique way.

There was a definite view that a similar event in September would be a very welcome idea so now its in the diary for 30th September.





## Going On Holiday - Planning Ahead

Holidays can be an ideal opportunity to relax, make new friends and visit interesting places. It is quite understandable that having a laryngectomy might make going on holiday seem more of a challenge and some people may feel it is simply impossible. However, with the right medical advice and planning, enjoyable holidays are not only feasible but an important part of your life.

In preparation for writing this article I spoke to Ralph who had his laryngectomy in 2005 and since then has travelled on holiday to a wide range of countries including Thailand, India, Spain and France. He was able to provide some invaluable help and hopefully his experiences will encourage others.

The starting point has to be checking with your medical team to make sure there are no unusual circumstances that make travel away from home a poor choice. Assuming this is not the case then the next step is to think through where you would like to travel and for how long. Spending three months in Spain needs more planning than a week in France but is still feasible.

You might prefer to travel in the UK to start with and travelling with someone else who knows your circumstances is a good idea. We have produced a Travel Guide which can be downloaded from our website which provides details of hospitals within the UK with ENT departments. It also has a list of useful items to take with you and translations of common phrases you may need if you are travelling abroad. Imperial College and Atos produce helpful leaflets about travelling abroad after a laryngectomy.

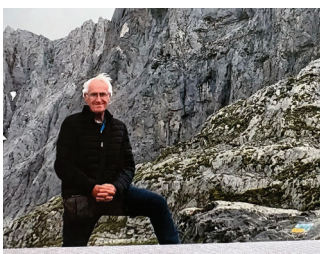
Scan the QR code to download guide:



Although emergencies are unlikely to happen it is sensible to have a back up plan if help is needed. It is important to make sure you take with you all the items you use plus extras in case you are delayed in returning or in case items go astray. If you are travelling by air it is particularly important to keep sufficient items in your hand luggage. It is possible for items in the hold to be delayed which could present a problem. Ralph stressed the importance of having extras of your essential health items. By doing this he has avoided any problems even during lengthy stays abroad. If you are taking more than one checked bag with you, it is important to put a set of the supplies you will need in each bag so that if one goes astray you will still have the second one.

There are so many ways to communicate that having a pen and paper with you may be as valuable as having an iPad giving you access to Google translate. However, both have their uses. It is important to find health insurance that will cover any unexpected problems. There are a number of companies that are willing to cover your situation including AllClear and StaySure. There is a comparison website for travel insurance at **[www.medicaltravelcompared.co.uk](http://www.medicaltravelcompared.co.uk)**. Ralph had not had problems obtaining insurance but also had not had to make a claim. Since Brexit the UK Global Health Insurance Card (GHIC) has replaced the old European Health Insurance Card (EHIC) and so applying for a new card is worthwhile. However, it is no replacement for Travel Insurance which will cover more possibilities.

For many people, a holiday is a welcome break and an opportunity to meet other people and see interesting sights. With the right preparation you can continue to enjoy relaxing breaks. Certainly I gained the distinct impression that Ralph had thoroughly enjoyed his travels and would be planning more in the future.



# Summer Lunch at Blackpool

The Lunches in Blackpool are arranged by Sandra and Jean who are both widows of laryngectomees, Duncan and Eddie, who were both good friends. Sandra says she likes to carry on doing the luncheons in memory of Duncan. He was a people's person an inspiration where ever he went offering support, tips and visiting Larrys in hospital. Members still appreciate the support and advice Duncan gave them.

Our luncheons are a lovely afternoon which Jean and I look forward to we regard everyone as friends we have such fun people are so generous with raffle prizes.

The Hotel Sheraton are so accommodating definitely a very good venue, Alison and staff are lovely people and all the groups love the lunches.





# Scarborough Summer Lunch

Dawn arranged the Scarborough lunch at The Crescent Hotel which was attended by 15 members and guests. She reports:

We had a really lovely lunch at The Crescent on Friday. The sun shone for us and everyone seemed so happy to be there. It really was quite joyful. The meal was, as ever, excellent and the service exceptional.





# Christmas Lunches

## Blackpool

The Blackpool lunch at the Hotel Sheraton on Sunday 7th December is being arranged by Mrs Sandra Waddington, 76 Rutland Avenue, Poulton-le Fylde, FY6 7SA  
Tel **01253 899531**  
Email **waddington46@yahoo.com**

## York

The lunch in York at Fulford Golf Club, Heslington Lane, York, YO10 5DY will be held on Thursday 18th 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 Thursday 4th December at Lightcliffe Golf Course, Knowle Top Road, Lightcliffe, Halifax HX3 8SW is being arranged by Carole Stainton contact at CLT, PO Box 618, Halifax, HX3 8WX  
Email [info@cancerlt.org](mailto:info@cancerlt.org)

### Swindon

Ros Oswald is planning to arrange a lunch for Swindon area members. For further details contact Ros at 17 Kandahar, Aldbourne, Wilts SN8 2EE  
Tel: **01672 540619**  
Email [rospiano@yahoo.com](mailto:rospiano@yahoo.com)



## Life after Lary News - Seaside Accommodation

Life after Lary have struck a deal with a holiday park on the Kent south coast at New Romney. There are 4 beautiful accommodation types to choose from.

**X2 Lodges king-size bedrooms both sleep 6**

**X1 Caravan sleeps 8**

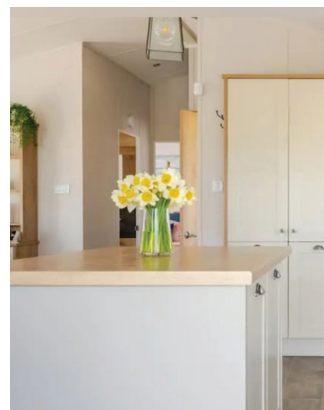
**X1 Caravan sleeps 6**

If you book and quote Life after Lary you will receive a **10%** discount on any holiday. Weekends or weeks. The park is across the road from a golden sandy quiet beach and accommodation is dog friendly. There is a fishing lake and club house with entertainment and an indoor swimming pool on site.

A perfect relaxing break, ideal as a get away to rest after treatments.

Contact Samantha Gilby at [samgilby@hotmail.co.uk](mailto:samgilby@hotmail.co.uk) or phone **07949 382819** and don't forget to quote Life after Lary when booking.

**10%  
OFF**



## Life after Lary ID cards

ID cards for laryngectomees have been created by Life after Lary and can be obtained from Jon Organ by contacting:

Life after [lary@gmail.com](mailto:lary@gmail.com)  
Registered Office  
Life after Lary  
90 Brabazon Av  
SM6 9ET





# Cancer Laryngectomy Trust

PO Box 618, Halifax, HX3 8WX

[www.cancerlt.org](http://www.cancerlt.org)

Charity registration number: 326653

**DONATION  
FORM**

Please accept the following donation to the Cancer Laryngectomy Trust.

## Amount enclosed £

Please enter your name and address here.

Name: .....

Address: .....

Postcode: .....

Telephone: .....

Please make cheques payable to **Cancer Laryngectomy Trust (or CLT)** and return the form to the address above.

Alternatively online donations can be made directly to the following account:

Account name: **Cancer Laryngectomy Trust**

Sort Code: **40 23 05**

Account Number: **11120417**

Please email [info@cancerlt.org](mailto:info@cancerlt.org) to confirm your donation and Gift Aid if appropriate.

## Important tax changes

Dear Supporter,

As a result of the Budget 2000 Gift Aid was altered to make it possible for us to increase the value of your donation by making a claim to the Inland Revenue for some of the tax you have already paid. It will not cost you any extra money at all but the charity will be able to benefit. If you are a UK taxpayer and if you are willing to complete the Gift Aid Declaration then we can claim from the Inland Revenue an extra 20p for every pound which you donated. If you pay tax at the higher rate then you can claim further tax relief in your Self Assessment tax return. As with all the information which we store the conditions of the Data Protection Act will apply.

## Gift aid declaration

Please treat my donation to the Cancer Laryngectomy Trust, and any further donations until further notice, as Gift Aid. I confirm that I pay an amount of income tax or capital gains tax at least equal to the amount that the Cancer Laryngectomy Trust will reclaim on my donations in the tax year.

Full name .....

Address: .....

Postcode: .....

Signature: .....



# Welcome to Atos Care

**The only integrated care and distribution service for people with a laryngectomy and tracheostomy in the UK.**

Atos Care is a comprehensive support service, dedicated to making life easier for people living with a neck stoma. We provide a range of services to patients and the clinicians who care for them, including delivery of prescription products and a rich network of care and support services to help them adjust to life after a laryngectomy or tracheostomy.



## The Atos Circle of Care

**Best Start:** Get off to the best start in life after a laryngectomy.

- Enhanced support for your first six months from our Welcome Team of CQC Registered Nurses
- A welcome pack and a welcome call
- Practical tools and equipment to make life easier, including a complimentary care bag containing a range of helpful items
- Regular liaison with clinicians for joined up care



**Connection hub:** Stay connected to those who know and understand.

- A dedicated Customer Care Representative
- Personalised service - you choose how and when you hear from us
- CQC Registered Nurses to support you in your daily routines, in close partnership and communication with clinicians
- Educational events in the community for people with similar experiences
- Atos MyLife app to provide inspiration and information on living well after a laryngectomy

**Care delivered:** Bringing the right products and care your way.

- Easy and convenient ordering
- Optional convenient monthly reminders
- Electronic Prescription Service
- Rapid, reliable delivery
- Discreet packaging
- Convenience orders by subscription

Freephone: 0800 783 1659  
Text: 0753 7417 928  
Email: [info@atos-care.co.uk](mailto:info@atos-care.co.uk)  
Web: [www.atos-care.co.uk](http://www.atos-care.co.uk)

