

TO HELP IMPROVE THE QUALITY OF LIFE FOR ALL NECK BREATHERS

### **Race Night 2009 – Overnight Stay in York**

We are very grateful to the General Manager of the York Marriott Hotel who has donated the first prize for our raffle as part of Race Night 2009. The prize consists of an overnight Bed & Breakfast stay with use of the hotel Leisure Club at this beautiful hotel which overlooks the Knavesmire at York. Our founder, Sydney Norgate, spent many happy hours on the Knavesmire at York Races as this was his favourite hobby. In addition to this splendid first prize there will be 30 of prizes of £10 each.



Mayor presents trophies for Race Night 08

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. We draw out the winners and a prize is sent to the winner of each race. We also have the raffle tickets at 20p each or £1 per book of 5. 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 23rd 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. 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 to the office by 23rd October.

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 trust.

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 £4000 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.



York Marriott Hotel

### **Message from Trustee Wendy Thompson**

Dear Friends

As I am writing this message we are having yet another rain shower, what a wet summer we are having. Here's hoping that autumn is better. At least Bill and I had some good weather when we visited our sister Janet in Greece in May. It has come around to Race Night and Raffle time again. I am very excited that the First Prize for the raffle is a one night stay in York, the city where I was born and have lived since getting married in 1964. The York Marriott Hotel and Leisure Club overlooks the race course. As children our family holidays were always taken in August so that our father, Sydney Norgate, could attend the races there while we enjoyed the Yorkshire coast.

We enjoyed meeting old friends again at the Bridlington Summer Lunch and were pleased to welcome some new members there too. It's now time to be organising Christmas lunches and if any group wishes to apply for financial support for a local lunch we would be pleased to assist.

Please support Race Night and best of luck with your horses and raffle tickets.

Wendy Thompson

### **Travel Guide Works**

We were delighted to receive an e-mail from member Jim Brown which said "Hello The Travel Guide works! Well it did for me. My wife, Phyl, and I were touring Scotland in our campervan when my valve started leaking badly. I rang Ninewells Hospital in Dundee on the number in the book. We checked in at A & E and went up to the ENT Clinic where Beryl and Maggs put me at ease and did a good valve change. Thanks for the book, things like that make life so much easier for us."

He did also point out that the ward notes should read ENT Clinic 4 via A&E. We are very grateful for any other feedback from members about the book.

Copies of the 2008 edition are still available. The online version of the guide can be downloaded from our Web Site [www.cancerlt.org](http://www.cancerlt.org). If you would like a printed copy please send a stamped self addressed envelope at least 7.5" by 5.5" (18.5cm X 13cm) bearing a 1<sup>st</sup> or 2<sup>nd</sup> class stamp to CLT, PO Box 618, Halifax HX3 8WX marking your outer envelope Travel Guide.



Jim and Phyl Brown

### **Wendy Peskett's Fundraising for CLT**

In memory of her father, who was one of our members for a number of years, Wendy has been fund-raising by arranging a number of events at the college where she works. She has raised the magnificent sum of £2718 for the Cancer Laryngectomy Trust and we thank her for this excellent effort. Wendy reports as follows:

"I have just left a meeting of the Dragon Club at St George's Hospital where I presented Phillipa Moll a cheque for £2718 for the Cancer Laryngectomy Trust. It was a real eye-opener; the meeting was lively, fun and informative and was attended by hospital staff, laryngectomees and their family. It offered loads of practical advice to the laryngectomees and also gave them a chance to share ideas and problems with the group. The Dragon Club is also a registered charity looking for funds and I have offered to be involved and give my support in any fund-raising they do in the future."





## Report on the London10K race by Ros Oswald

The 12<sup>th</sup> July was a very special day for the Cancer Laryngectomy Trust as twelve brave volunteers ran through the streets of London to raise money for the Charity and enjoy the sights as they went.



Len and Tilly with family and nurses



Running team



Brother and sister, Vicky and Danny



Team members with Tilly

We were blessed with good weather (sunny but not too hot) and the race start at 9.30 meant that the heat of the day was not at its strongest. There were 27,000 people taking part and a lot of supporters and helpers to cheer them on. The race route of 10 kilometres took in some impressive sights, including Trafalgar Square, Big Ben and the Houses of Parliament. The roads were closed to traffic which gave wonderful photo opportunities. The Mall without any traffic in it was a chance too good to be missed and our runners seemed particularly photogenic.

Our runners came from Kent (organised by Len Hynds) and Colchester. Len was accompanied by his wife, Tilly, who did sterling work by displaying our sign on her knee in her wheelchair and we also had Dave (a fellow laryngectomee) and Len's daughter Pat to keep us in order. Len had organised ten runners in all including family members and his doctor and nurses from the William Harvey Hospital in Ashford where he has been a patient. I was so impressed that they were willing to give their time in their off duty moments to supporting the Charity. They are serious runners who were quick to discuss race times afterwards when I would have been more than content with finishing the same day as I started!

Also in Len's group were Jimmy and Mark who were able to meet when we met at the minibus after the race. We saw Jimmy running through Trafalgar Square with a very serious look on his face. There was no way he was going to let many people overtake him.

From Colchester came Vicky and her brother Danny running in memory of their mother Rosalie Miles. They were supported by Danny's wife who had a fantastic vantage point on the bridge over the Embankment. We enjoyed seeing the pictures she had taken of Vicky and Danny as they ran underneath. Their enthusiasm was clear for everyone to see.

My husband Chris and I had travelled from Wiltshire to represent the Charity and support the runners. Our daughter Elly, who lives in Clapham, lent us her bed for the night and joined us to watch the race. Both she and Chris felt that joining in the race next year was worth thinking about as it was inspiring to see the runners as they put their hearts and souls into supporting their particular Charity. Throughout the race there was music played over loudspeakers of the distinctly British variety - Land of Hope and Glory was one I recognised. As we watched so many people willing to support so many different charities I felt that there was plenty of hope for the future and I hope the runners felt the glory they clearly deserved for all their efforts.

The trustees wish to thank Len, Tilly and Dave for all their splendid work in organising the runners and sponsors and of course the magnificent runners. We still don't have the final figure but it seems that well over £2000 has been raised.

Roll on London 10K in 2010.



### Patient Power

We are pleased to report that following members support of the Downing Street petition the Provox Micron which should help to guard against Swine Flu, has been approved for prescription. From the 1<sup>st</sup> August 2009 the Provox Micron HME will be available on prescription. Provox Micron is a heat and moisture exchanger (HME) with an additional electrostatic filter layer, helping to protect the wearer from airborne particles including dust, pollen, bacteria and viruses.



Provox Micron HME

The air that we breathe is full of micro-organisms that can affect us. Unlike other HMEs the Provox Micron has an electrostatic filter. Tests in America have shown that this special filter layer traps over 99% of all airborne particles including dust, pollen, bacteria and viruses, effectively purifying the air that you breathe before it enters the stoma. This could prove very useful, especially during the pollen/flu seasons e.g. when in public areas, shopping, travelling on public transport, attending clinical appointments etc.

If you would like further information please speak to one of your clinical advisors. You can also call Platon Medical on **(01323) 431930** or visit their website **[www.platonmedical.co.uk](http://www.platonmedical.co.uk)** where you will find a new laryngectomy section with pictures and animations that help to show exactly how the Provox Micron works.

### Prescription Delivery Service

We have received details of a new prescription delivery service for laryngectomees:

Contact S P Curtis, RCare, Surgical Supplies, 226 Longmore Road, Solihull B90 3ES  
Tel 0121 733 8852, Text 07800 637 185, Fax 0121 733 7447 Email [enquiries@rcare.co.uk](mailto:enquiries@rcare.co.uk)

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



Cancer Laryngectomy Trust  
National Association of Neck Breathers  
PO Box 618  
HALIFAX HX3 8WX  
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