



TO HELP IMPROVE THE QUALITY OF LIFE FOR ALL NECK BREATHERS

### **Race Night 2011 - Mini Break in Bridlington**

We are very grateful to the Manager of the Expanse Hotel who has donated the first prize for our raffle as part of Race Night 2011. The prize consists of a two nights Bed & Breakfast stay at The Expanse Hotel, Bridlington. In addition to this splendid first prize there will be 30 of prizes of £10 each.

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. Last year 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 20p each or £1 per book of 5 with cash prizes. 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 21st 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 21st 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 £6000 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 Friends**

Well we had a very enjoyable cruise to Norway but then we were poorly when we got back! At the end of May we had a very emotional family gathering for the Memorial Service in Wiltshire for our sister Janet who died last November in Greece. It was lovely to have all the family gathered together and we are determined to have a joyful occasion for our next reunion.

We have had a busy time with lunches and meetings and its lovely to meet you all and put people in touch with one another. Today I have been at a laryngectomee seminar in Leeds with discussion on speech methods. On this subject you will find with your Newsletter a short questionnaire on speech methods (more details later). We would really appreciate your feedback on this subject so hopefully you can send it back with your Race Night entry. Yes it's that time of year again folks! Also at Leeds it was interesting to see the colourful stoma covers now available.

I have heard on the grapevine that there is to be a Christmas Lunch at York in addition to the regular events in Blackpool, Rotherham and Halifax. Please get in touch if you have not previously attended any of our lunches and would like to do so or if your group would like some financial support for a lunch or outing.

Hoping you will have many more warm and sunny days to come. I am pleased to say our hedgehog is back again this year, it's a tin of cat food with the groceries each week.

Best Wishes

**Wendy Thompson**

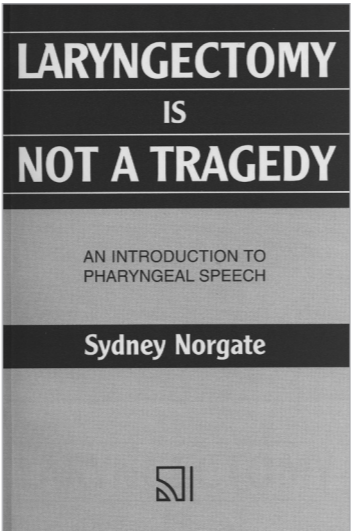
**Laryngectomy is not a Tragedy**

You will see that there is a questionnaire enclosed with the Newsletter this time. It is enclosed for a very important reason. The book Laryngectomy is not a Tragedy (written by our father and founder of the Charity) is a key part of the Charity. It has helped many people facing the prospect of a laryngectomy. As the Trustees, we have been conscious for some time that medical techniques change over the years. We have talked about how to make sure that the book keeps up to date and helps as many people as possible.

We have decided that it is the right time to add a new chapter to the book to add in information about the new techniques that are available. The best way in which to do this is to find out about how the new techniques work for you so that the book will remain as real and accurate as possible.

The new chapter will be written by Nikki Oswald who is a grand-daughter of Sydney Norgate. She qualified this year as a Doctor having studied at Birmingham University. She has a particular interest in ENT surgery. Her work will be supervised by Mr Paul Pracey who is an ENT Consultant at Good Hope Hospital and Queen Elizabeth Hospital in Birmingham.

We do hope that you will let us have your feedback so that we can keep up the good work.



**In Memory of Patricia Saville**

In memory of their mother Chris and Neil Saville decided to run in the Manchester 10K this spring which was held on her birthday. Their sponsors helped them to raise over £1000 for our charity and we were pleased to welcome them to the Blackpool Summer Lunch to present their cheque to Joan Rothwell.

**Well done both of you.**



**A Message of Hope from Val Beer**

With her permission I would like to share with you an extract from a letter we received from member Val Beer:

*I feel I would like to write this letter to explain how elated I feel as I have just completed the 5K Race for Life for the second time against all the odds. After surgery in 2007 followed by radio and chemotherapy and further complications with pneumonia I am so grateful to all the medical staff who have been magnificent to me. All this left me wondering what I could do to help all the people undergoing similar treatments. Friends told me about the Race for Life and with the help of family and friends I managed to complete the course and have raised a considerable amount of money.*

*My message is that with determination problems can be overcome and we can make a difference.*

**Val Beer**



**Press Don't Panic Button – Speaks When You Can't**

Following brain surgery Sam Docherty developed epilepsy. There was nothing available to reduce seizure anxiety so he developed an audio device which could be worn visibly to alert anyone if he was in difficulty.

The Press Don't Panic button device allows medical information to be recorded and stored by the wearer in any language, which can then be played back repeatedly when required. The play back can be initiated by the wearer or by those offering assistance.

The Press Don't Panic Button device is designed primarily for sufferers of conditions which make it likely that they will require assistance in public places from members of the general public without medical training as such it could prove very useful for a laryngectomee.

For further information on the device which costs £29.99 contact PDP Audio Alerts Ltd, 6 Burnside, Eddleston, Peebles EH45 8RH Telephone: 01721 730 311 Mobile: 07710 012 114 Website: [www.pressdontpanic.com](http://www.pressdontpanic.com) Email: [info@pressdontpanic.com](mailto:info@pressdontpanic.com)



**Platon Medical announce TheraBite® - now on prescription**

Platon Medical - who supply PROVOX to the UK - have recently announced that a device for treating Trismus (limited mouth opening) is now available on prescription.

Many people in the UK that have had radiotherapy and/or surgery for head and neck cancer go on to suffer from this condition - that can be both painful and difficult to manage. Not being able to open your mouth fully and comfortably can affect a person's ability to chew and swallow their food. It can also affect speech.

The TheraBite device carefully exercises the jaw to help increase mouth opening and comfort. If you want to know more please discuss this with one of your medical advisors or for more information contact Platon Medical directly on 01323 431930 email: [info@platonmedical.co.uk](mailto:info@platonmedical.co.uk) website: [www.platonmedical.co.uk](http://www.platonmedical.co.uk)



### Tribute to Tilly

Regular readers will be saddened to hear that Tilly the wife of laryngectomee Len Hynds, the Speechless Poet, died in July. We have all enjoyed Len's poems in the past and he has kindly agreed to let me share with you his moving tribute to her.



### Footprints by Len A.Hynds

*Together we walked, along the shore,  
our footprints side by side.  
Damp depressions, numbered four,  
aged quickly with the tide.*

*Throughout our days, it had been just so,  
holding hands as we went through life.  
By my side in highs and lows,  
my ever loving wife.*

*The children came and then they went,  
each one with love and pride,  
but relentless waves, at us were spent,  
our signs gone with the tide.*

*And now I walk on quite alone,  
single footprints in the sand.  
Sadly thinking I'm on my own,  
but still you hold my hand.*

*When I gaze at your lovely face,  
and chapel bells quietly chime,  
the wind softly whispers in the air,  
telling me you are fine.*

*So in this very last resting place,  
tomorrow and even now,  
you may not really be there,  
but you talk to me somehow.*

*Sleep peacefully my love.....Len.*

### London 10K

Once again we had an excellent team of runners pounding the streets of the capital in the London 10K in July. Many thanks to you all. We are all looking forward to the race in Olympic Year - make a note of the date Sunday 15<sup>th</sup> July 2012.



### An Apology

We would like to apologise to members for the poor quality of the meal and service provided at our Summer Lunch in Blackpool this year. Malcolm and Joan Rothwell have been arranging this event for over 20 years at Hacketts York House Hotel and in the past we have been very well served there. At the time of going to press there has been no reply from the hotel to my letter of complaint.

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



**CANCER  
LARYNGECTOMEE  
TRUST**

**Cancer Laryngectomee Trust**  
**National Association of Neck Breathers**  
PO Box 618  
HALIFAX HX3 8WX  
Telephone/Fax 01422 205522

TO HELP IMPROVE THE QUALITY OF LIFE FOR ALL NECK BREATHERS