



TO HELP IMPROVE THE QUALITY OF LIFE FOR ALL NECK BREATHERS

Race Night 2012

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 an over-night stay with dinner, bed and breakfast at the Savoy Hotel in Blackpool. In addition to this splendid first prize there will be 30 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 to the office by 31st 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 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 £6500 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,

What weather we are having, hopefully the jet stream has now decided to move and we will get some summer at last. The poor plants don't know what to do, lots of growth buds but the flowers are very slow to appear. We did manage to get a dry day for the Bridlington Lunch but as you will see later it was wet in London for the runners in the 10K race. Thank you to them all for their efforts and fund-raising. Next year we must plan the lunch for a different day so we can attend both events. It was good to meet some new members at the lunch and to hear they hope to attend many future lunches. We have enjoyed our break in York, it really was an experience sleeping in a former railway carriage. As we were having breakfast the newly constructed steam engine Tornado came past the window. We travelled through Heartbeat Country on an open-topped bus on a sunny day and the views were wonderful. To finish our break we enjoyed a tourist trip around York again on an open-topped bus learning new facts about York despite having lived near the city for so long. Now that the Olympics are over its time for Race Night again, how the years go by. We have increased the price of the raffle tickets but we are only sending 1 book to you. If you would like any more please contact me on 01430871561 and I will be pleased to send some to you.

Best Wishes, Wendy Thompson

Preston Laryngectomy Conference

Louise Stevens invited Trustee Wendy Thompson and Sarah Sutton to represent the charity at the Preston conference for laryngectomees. Louise reports on this very successful event:

Royal Preston's Speech and Language Therapy Department recently hosted a very successful Cancer Network Laryngectomy Conference. Over 100 laryngectomees and carers travelled from Barrow-in-Furness, Lancaster, Preston, Chorley, Blackpool and Blackburn to the Marriott Hotel on 11th May 2012. A morning of talks followed by a buffet lunch and opportunity to browse a variety of stalls were organised by Louise Stevens, Macmillan Speech and Language Therapist. She explained that people who have had their larynx or voice box removed, usually through cancer, often feel very isolated and were keen to have the opportunity to meet together for information sharing and support.

Speakers at the Conference were both professionals and patients; Ms S Penney, ENT Registrar at Royal Preston Hospital talked about swallowing after laryngectomy. Tom Foot, Doreen Griffiths and Bert Culling (Vice President of the National Association of Laryngectomy Clubs) discussed swimming after laryngectomy. For people who are now "neck breathers"- meaning they have to breathe through a stoma in their neck after surgery-this can be very difficult and requires the use of a swimming aid. Tom Foot, a laryngectomy patient was able to give his personal experiences of swimming with the Aqua-Ther swimming aid. Prior to his laryngectomy, Tom had previously been a keen diver, and using the aid has enabled him to return to swimming. Finally, Linda Evans, from Royal Liverpool Hospital talked about the 'Neck Breathers Project' which utilised Royal Preston Hospital as a pilot site to raise awareness of neck breathers through education and training.

Feedback from the day was excellent with requests to make this an annual event. We are indebted to the attendees, speakers, organisers, representatives and Rosemere for funding, making this a successful and worthwhile patient support day.



London 10K

Trustee Ros Oswald and husband Chris provided the charity support to our runners in The British 10K London Run. Ros reports on the day's event:

On the 8th July ten intrepid runners ran their hearts out for the Charity. The weather was not kind with rain at the start but this did nothing to dampen the spirits. The enthusiasm was very clear to see. We had runners from all over the country including Liam from Sutton in Ashfield, Tom from Marlborough, Louise from Birchington, Doug from Rowsley and Elly, Lilian, Elaine, Emma, Miroslava and Paul from London.

The race organisation was not quite as smooth as in previous years and so I went to the Trafalgar Hotel the day before to collect the race packs. In the past these have been sent to the Charity in good time for distribution to the runners. The Trafalgar Hotel was very busy but after three trips we managed to get all the packs. At 8.15 on the Sunday morning we were in Trafalgar Square waiting for our runners. When they arrived they had to change their T shirts as they had been sent the wrong ones, put on their timing devices, pin on their numbers and get organized - all in the rain! We had a good supply of safety pins and everyone managed with help from their friends. As they set off to the start we made our way to the bottom of Trafalgar Square to watch the start on the large screen and to cheer our runners as they went through. Cheer them we did and we also enjoyed watching some "character" runners including Superman, a man dressed as a tap, and one very brave man running only in his underpants!

The elite runners who set off first seemed to have finished before some of the 25,000 runners had had chance to start and our runners put in very creditable performances. It was a real joy to see them and to share their stories afterwards as we gathered for a welcome drink and de-brief. As the trustees we are so very grateful for the people who are prepared to give up their time to enable us to continue providing the support that is so desperately needed. All too soon we wished them a safe journey home. Let's hope that next year the weather is a little kinder!

Ros Oswald, Trustee



Resuscitation Wrist Bands

The National Association of Laryngectomee Clubs has created a wrist band for neck breathers bearing the words NECK BREATHER! RESUSCITATE VIA NECK STOMA. The bands can be obtained free of charge from NALC, Lower Ground Floor, 152 Buckingham Palace Road, London SW1W 9TR. Tel 020 7730 8585



Thank you Kath & Dennis

Kath and Dennis Johnson have for many years arranged Christmas Lunches on behalf of the charity for members in the Rotherham area. We are very grateful to them for their support. Members of the local support group presented them with flowers at a recent meeting to show appreciation for all the work they have done for laryngectomees in the Rotherham area for over twenty years since they helped to found the local support group.

Thank you both.



Message from Len

We have all lost someone who we love and I am sure will wish to share Len's thoughts as we think of them. Today is the 17th of July 2012, and on this day in 1921 my wife Tilly was born, so today if she had lived she would have been 91. She was taken just a year ago, and life is dreadfully quiet without her and I miss her so. She would have expected a poem from me, normally written in a card, so I will send a poem to god knowing he will pass a message on.

Tilly's Birthday Poem

Every single night, as I'm laying in my bed,
This simple little prayer, keeps running through my head.
God bless all my family, where-ever they might be.
Keep them warm and safe from harm, for they're so close to me.
And god there is just one more thing, I wish that you might do.
I hope you don't mind me asking, but it's to pass a message to
My dearest wife Matilda, just Tilly to a friend,
Who left for you to shield her, as my love I wish to send.
You see, today's her birthday, but I cannot tell her so.
She will know I'm sad this day, and missing her, she'll know.
You will know her by her laughter, with smiles just all around,
Spreading love and peace ere after, a true angel I'll be bound.



web site: www.cancerlt.org

email: 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