

TO HELP IMPROVE THE QUALITY OF LIFE FOR ALL NECK BREATHERS

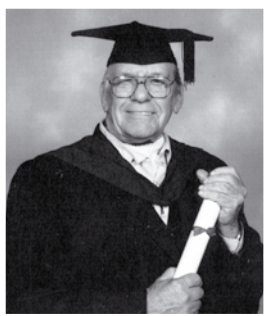
Dear Friends

A big Thank You to everyone who took part in Race Night 2007. Once again your support was fantastic and we raised a total of £2566 for our funds. Some of the successful owners are shown receiving their trophies at recent Christmas Lunches held in Halifax and Blackpool. We have had a number of members inspiring very ambitious fund-raising activities from a parachute jump to sponsored runs. We thank everyone who has taken part and sponsored these marvelous activities.

We have received many Christmas and New Year greetings and we thank you all for those and wish all our members all the very best for 2008.

Best wishes from all the Trustees.

Race Night Winners



Len Hynds - Ashford's Speechless Poet

Congratulations to our member Len Hynds on his graduation with a degree in Creative Writing from the University of Kent. Len was greeted with a well-earned round of applause when the degree congregation heard him speaking to the Vice-Chancellor in Canterbury Cathedral. We have featured some of Len's very moving poetry in previous newsletters and are delighted that he has offered a booklet of his work "The Ramblings of an Enfeebled Mind" for sale to members. Copies are available directly from: Mr L Hynds, 42 Turner Close, Newtown, Ashford, Kent, TN24 0PQ for £7.50 including Post & Package. All the profit will be donated to CLT.

Len on Graduation Day

Swimming for Laryngectomees

Oldham Quiet Ones Laryngectomee Group is holding swimming sessions at Oldham Sports Centre on the last Sunday of every month. Any laryngectomee who is trained for swimming is welcome to join these sessions. For more details contact Christine Newton the group secretary on 0161 683 5617.



Members of Oldham Swimming Group

Our Run for Michael (by Helen Trueman)

My brother Michael was diagnosed with cancer of the larynx in July 2006. This was a major shock for all of the family, particularly because Michael was only 36 years old.

In August 2006 he had surgery to remove his voice box and lymph nodes. I did not know much about this type of cancer, so I decided to do some research on the internet. I found the website of the Cancer Laryngectomy Trust and printed off some information on the charity for Michael. He has now become a member and enjoys receiving the newsletters.

Since Michael's operation my sister Mandy and I had been talking about doing The Hydro Active Women's Challenge 5k fun run in Hyde Park, London in September 2007 for a cancer charity, so as soon as we came across the Cancer Laryngectomy Trust we knew who we wanted to run for.

Mandy and I started going out for a jog in the evenings leading up to the race, we had done the 5k run the year before and knew that we could do it, but we really wanted to beat our time of 45 minutes. So we went out jogging together and alone whenever we could. I must admit I was a bit worried as running really is not my thing, however we were doing it for Michael and to raise money for a very worthwhile charity and that's all that mattered.

On the day of the race Mandy and I arrived at Hyde Park, we were really excited and quite emotional. There were thousands of women and the atmosphere was great. We were proud to wear our NANB (National Association of Neck Breathers) t-shirts. We went to the start line and we were raring to go. Finally the race started and off we went.

We jogged at a steady pace and we really enjoyed ourselves, we were so determined to do well. We passed the 1k mark quite quickly and we felt great, all the time we were looking out for Michael who was coming to support us with his daughter Tara, but it wasn't until we reached the 4k point that we saw them in the crowd, Michael was also wearing his NANB t-shirt. Mandy and I were overcome with emotion and as we looked at each other our eyes were filling up with tears, but we smiled and held hands tightly and ran like our lives depended on it, only 1k to go. The last kilometre was the hardest as the course goes up hill. We just kept on going; the finish line was in sight. As we crossed the line we felt elated. We had done it and in 35 minutes, 10 minutes faster than last year. Michael was really proud of us, it was a lovely feeling. We had a wonderful day; we raised money and hopefully awareness for a charity that helps people just like our brother.

As for Michael, he is just over a year post op and is doing great. Life is very different for him and some days are harder than others, but he has learned to adapt and we are very proud of him. He is our HERO!



Mandy and Helen at the start



With Michael and daughter Tara after the race

Home Delivery for Laryngectomees

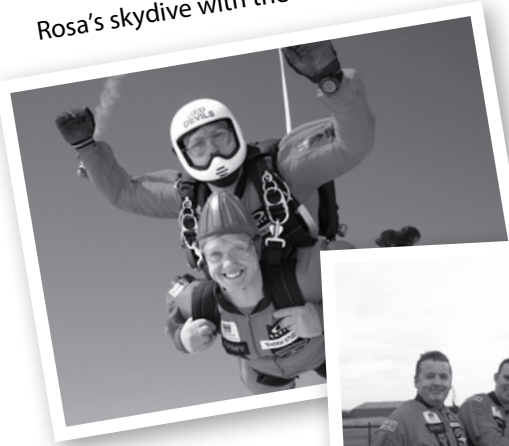
Many laryngectomees enjoy the benefit of home delivery for prescription items. For those of you who have not yet taken advantage of this service here are the details of two companies of whom our members speak very highly:

Wilkinson Healthcare, Unit 9, Glaisdale Business Centre, Glaisdale Park, Bilborough, Nottingham NG8 4GA
Tel 0800 626524 email wilkorders@aah.co.uk

Countrywide Supplies Ltd, Freepost Mid 24658, 32 Meadow Road, Netherfield, Nottingham, NG4 2ZX
Tel 0800 7831659 email orders@countrywidesupplies.co.uk

Sky Dive for Dad (by Rosa Taylor)

Rosa's skydive with the red devils



Presentation to Carole Stainton by Rosa and her parents



*Rosa and her father Peter with the team from
The Red Arrows*

My name is Rosa Taylor. I am a 26 year old head chef and live in Burton on Trent. I had always wanted to take part in a skydive at some point in my life. This was my opportunity. After much consideration, I booked to take part in a charity skydive with the Red Devils on 28th August at Langer Airfield in Nottingham. There was no hesitation as to which charity I wanted to raise the money for: the Cancer Laryngectomy Trust. The Charity is close to my heart after my dad underwent a Total Laryngectomy due to throat cancer. I wanted to raise the money for this charity to help other people just like my dad.

My dad, Peter, had been diagnosed with cancer in 1999, and he had many sessions of radiotherapy for 15 days. Dad, who is now 57 and a keen gardener, went through many checkups and biopsies over the next 4 years.

Unfortunately, in the fifth year (June 2004) my dad collapsed at work due to lack of oxygen. The cancer had returned, so the doctors decided that a Total Laryngectomy was the best solution to ensure that all the cancer was removed.

After 11 days in hospital he returned home and after a further 12 weeks recovery he went back to work. He had lots of support from all his family and friends and I think as long as you have this you can get through the toughest of times.

The day of the tandem skydive had come round so quickly. I remember waking up and having butterflies in my tummy and was so excited with the adrenaline. I knew at this point there was no turning back and I had to do it for myself, my sponsors and especially for the Cancer Laryngectomy Trust.

10.15am came and it was time to put the jumpsuit on. Shortly afterwards we were given the all-clear to make our way to the plane. We flew up to 13,000ft, above the clouds; the sky was just so clear and so blue, it was unbelievable. We plunged out of the aeroplane at 120 miles an hour. After 1 minute of free falling I enjoyed the canopy ride, where I flew and spun the parachute myself under the guidance of my instructor. The views from up above were breathtaking. When we landed, I was running on the adrenaline rush all day.

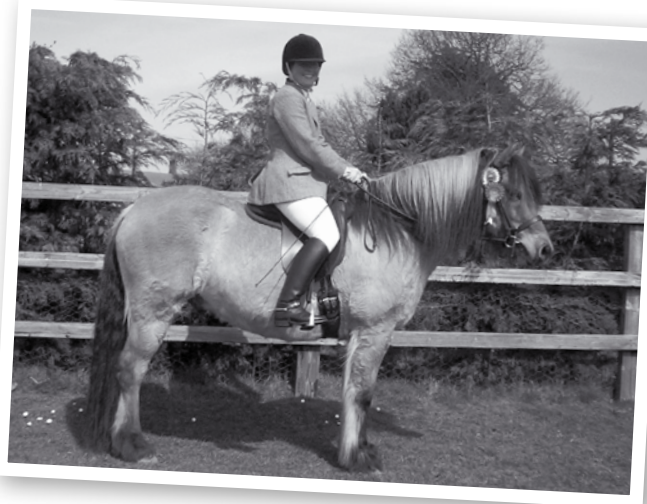
Knowing I had taken part in something I had always wanted to achieve in life and raising £742.50 for the Cancer Laryngectomy Trust was all worthwhile.

I would like to say a huge thank you to the Red Devils Parachute Regiment Freefall Team, especially Jay Webster, Danny Wood, Marcus Orme and Dom Hines. Also to Langer Airfield, all my family, friends, Bretby Conference Centre, anybody else who sponsored me and my huge thank you goes to the bravest man I know, who I love dearly, my Dad.

Video Dressage Results

We are very grateful to Judy Harwood for arranging the Video Dressage Competition for us and to Debbie Poynter who had the challenging task of judging the entries. Thanks also go to Cavaletti Clothing for sponsorship support. The winners were Novice Claire Kingsley on Tosh, Preliminary Lucy Butler on Meister and Walk/Trot Ros Oswald on Toby.

Full results are available on our web site www.cancerlt.org



Claire Kingsley on Tosh

Laryngectomy Support and Information Day

This event was arranged by Val Cotter in her role as organiser of the York support group. It was attended by 60 delegates from across the Yorkshire region including laryngectomees and their partners, and health professionals. Presentations were given by Bert Cullen from NALC, Countrywide Supplies, and our Trustee Wendy Thompson spoke about the work of the trust. Swimming for Larys was described by Tony Benn, and Andreas Nicolaides spoke about recent advances in the treatment of laryngeal cancer, in particular the use of laser treatment. Benefit assistance was described by Ros Dyson; speech therapist Pat Henshaw and dietician Barbara Machin spoke about their work as part of the health professionals team. The day closed with an open forum on the future of support groups which concluded that they play a very important role in the recovery process for laryngectomees. The excellent lunch was financed by NALC.

Christmas Lunches



web site: www.cancerlt.org
email: info@cancerlt.org



**CANCER
LARYNGECTOMEE
TRUST**

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