



TO HELP IMPROVE THE QUALITY OF LIFE FOR ALL NECK BREATHERS

Message from Trustee Wendy Thompson

First of all on behalf of all the Trustees a very big Thank You to all who sent Christmas Greetings. We hope you all had a very enjoyable Christmas and New Year.

The weather just now is being very punishing which I know is not good for Larys. If you have not heard about it previously you might like to be aware of the financial assistance for home insulation featured later in this newsletter.

Our hedgehog has, we hope, now decided to hibernate having been around for food until nearly Christmas.

I think that some plants in the garden will have suffered from the cold weather. We are looking forward to spending

presents of gardening vouchers on plants for the new bed that we are in the process of creating.

I was sorry to miss out on the trip to the Eden Project as I was in hospital, but I heard all about it from my husband. Our winter holiday has also had to be cancelled but I have got the go ahead for a trip to Greece in spring to visit our sister and family.

Here's hoping for a good spring and summer.

Best Wishes,

Wendy

Christmas Lunches

We have enjoyed meeting members at a number of lunches held during December. We were honoured by the presence of the Mayor and Mayoress of Calderdale at the lunch in Halifax for members from West Yorkshire. The mayor presented Race Winners Trophies to three lucky winning owners. Once again Race Night 2009 has proved to be a very successful fundraising event with an excellent profit of almost £3000. Many thanks to everyone who took part.



Talking Products

Paul Cantlie, who compiled the booklet "A Laryngectomee's Travel Guide to the British Isles" which we offer free of charge to any laryngectomee who sends in an SAE envelope, has more news. He read in one of last year's newsletters that the Yorkshire Ambulance Service would pre-register laryngectomees so that they had to do no more than get through to them for their details to be displayed. So he approached his local ambulance service to see if they would do the same.

As national ambulance trusts acquire new Computerised Ambulance Despatch (CAD) systems, so it becomes possible for laryngectomees to register with them as 'speech impaired'. When someone on the register gets through via a 999 call their details come up on screen so it is not necessary to give one's full name and address at a time when this may be difficult, if not impossible. At present this can only be extended to those on a BT landline.

When the Hampshire branch of the South Central Ambulance Service NHS Trust (and later with the Isle of Wight NHS Ambulance Trust) agreed to adopt the same system, it occurred to Paul that, like many larys living on their own, he might be able to dial 999 but if his prosthesis had fallen out or seized up it would be difficult to ask for the ambulance service. With the help of a police community officer he was able to locate Talking Products Ltd, a Southampton company that designs and markets small solid state devices that have a 20 second capacity to deliver a pre-recorded message. The one illustrated is known as 'Talking Labels' because it was originally conceived of as aid to the blind on medication. They cost only a few pounds and even come with batteries already loaded and, while they may never need to be used, they can give an invaluable sense of security.

**Talking Products Ltd are at 210 Mauretania Road, Nursling Industrial Estate, Southampton SO16 0YS
Tel 02380 730731**



Runners Required for The British 10K London Run, 12 July 2009

We have purchased 12 places in the run for the years 2009 to 2012. The race in 2009 will be held on Sunday 12 July, start time 9.35am. The race commences at Hyde Park Corner with the route travelling along Piccadilly, Pall Mall, along the Embankment towards Tower Bridge back to Westminster Bridge and into Whitehall for the finish.

Runners must be at least 15 years old and be capable of completing the race in under 2 hours.

Individual runners must complete the registration form (available from CLT, PO Box 618, Halifax HX3 8WX or info@cancerlt.org), which contains our Charity Race Ref No P937 and return the form to CLT. These entries will then be entered on-line via the race website. We can amend the on-line registrations and make substitutions before the date up to Friday 3rd July.

We have had to purchase the Platinum Debentures for our runners but we do not plan to charge people to run for us. What we would hope is that each member of the team will attempt to generate at least £50 sponsorship for the charity. A sponsorship form has been prepared which you might wish to make use of or alternatively you can prepare your own version. We have permission to use the race logo. Please encourage anyone who is eligible (i.e. UK tax payer) to tick the Gift Aid box as this increases the value of their donation at no cost to them.

For more information see the CLT website www.cancerlt.org, or www.thebritish10klondon.co.uk

Trolley donation

The Cancer Laryngectomee Trust has donated funds for a specialist storage trolley for Ward 8c at Calderdale Royal Hospital. The trolley will be used to store equipment and supplies, which can be transported to the patients who have undergone a laryngectomy operation and throat surgery and will replace a central storage cupboard.

Macmillan Head and Neck Specialist Nurse Michelle Beaumont, left, said:

"The trolley will make it much easier for staff to deliver an efficient and professional service for our patients. We are very grateful."

Carole Stainton, one of the trustees, said: "We offer grants to our members and to care providers for specific equipment and we are particularly pleased to be able to support the Trust."



Amazing Grace

We were delighted when one of our founder members Mrs Grace Cole of Brighthouse won the CLAN newsletter competition to have a Torc made especially for her. Grace had said she would like to win the prize to wear on her 90th birthday. Over the years Grace has done some splendid fund-raising for our charity. We have a lovely photo of her in 1988 presenting a cheque to us after one such event. The Torc was presented to Grace at the NALC annual lunch in Blackpool.



Grace wearing her Torc

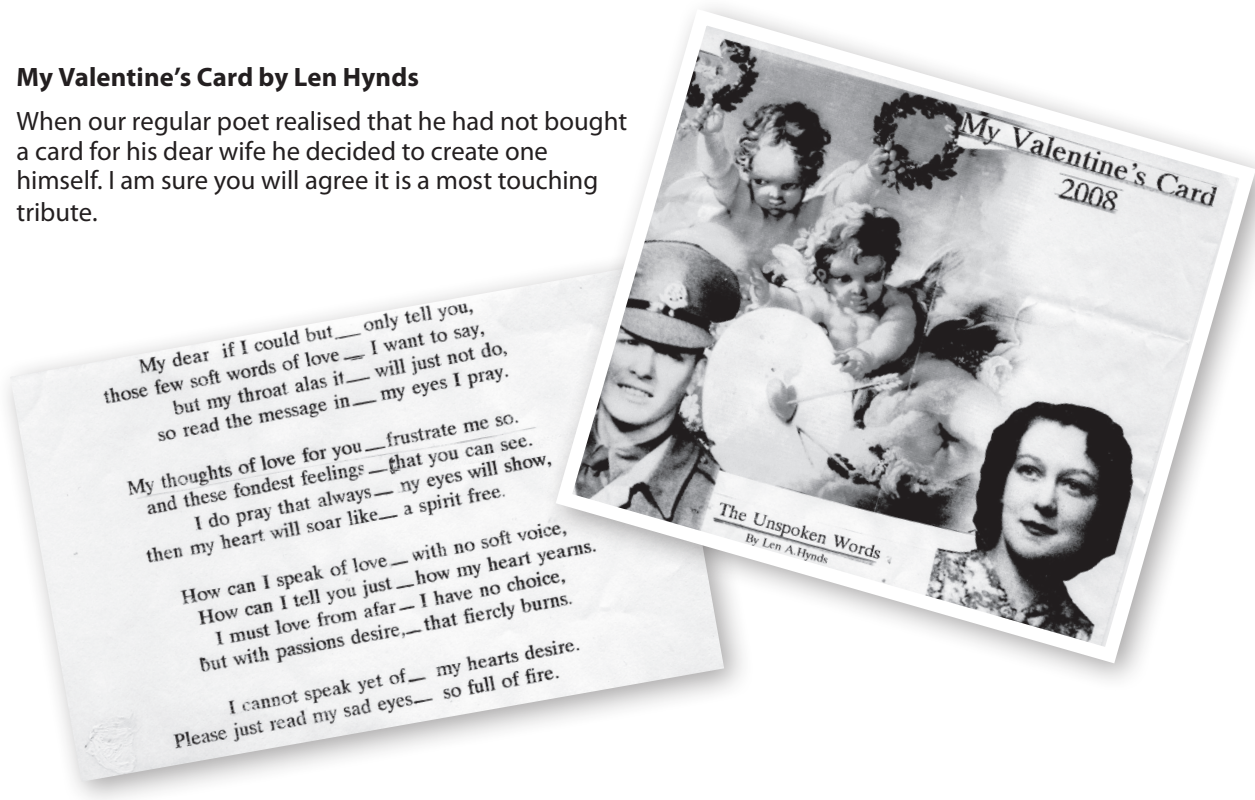


Free Prescriptions for Cancer Sufferers

We have received information from the NHS Business Services Authority about the arrangements being made to ensure that all cancer patients get exemption from prescription charges with effect from 1 April 2009. There will be a new version of the medical exemption application form (FP92A) marked 1 Jan 2009 version. The new forms should be available from GP surgeries from February 2009.

My Valentine's Card by Len Hynds

When our regular poet realised that he had not bought a card for his dear wife he decided to create one himself. I am sure you will agree it is a most touching tribute.



My dear if I could but ___ only tell you,
those few soft words of love ___ I want to say,
but my throat alas it ___ will just not do,
so read the message in ___ my eyes I pray.

My thoughts of love for you ___ frustrate me so,
and these fondest feelings ___ that you can see,
I do pray that always ___ my eyes will show,
then my heart will soar like ___ a spirit free.

How can I speak of love ___ with no soft voice,
How can I tell you just ___ how my heart yearns,
I must love from afar ___ I have no choice,
but with passions desire, ___ that fiercely burns.

I cannot speak yet of ___ my hearts desire.
Please just read my sad eyes ___ so full of fire.

Wind up torches

Just a little reminder that, as suggested to us by member Bernard Beetles, you can purchase the wind up torches from the RAC and Amazon website.

www.racshop.co.uk and amazon.co.uk



Home Insulation Grants

We're all being hit with rising energy prices and there's no sign that it is going to get any easier. While it's not possible to control global energy prices, it is possible for everyone to take steps to become more energy efficient, which will help keep your bills down. A Government initiative to reduce the UK's energy consumption means that all homeowners/occupiers and private tenants, regardless of income, can benefit from grants of up to 100% towards the cost of installation. So, if you want to avoid another costly winter, take action and claim your home insulation grant now. Don't wait until the weather turns cold again before you think about applying, you could be too late.

For further info phone 0800 612 2162 or visit www.homeinsulationgrants.com

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



**CANCER
LARYNGECTOMEE
TRUST**

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