

TO HELP IMPROVE THE QUALITY OF LIFE FOR ALL NECK BREATHERS

Dear Friends

Happy New Year to everyone and many thanks to all of you who sent Christmas Greetings. We really appreciate your kind thoughts. Thank you also to everyone who took part in Race Night 2006. With your excellent support we managed to raise over £3000 for the work of the trust. We sent out the results from Race Night just before Christmas but I am very sorry to say that in our haste to get them out I am afraid that some of the envelopes were posted without a stamp. We apologise most sincerely to those of you who had to pay the Royal Mail handling fee to receive the letter. In case anyone did not get the results they are printed again later in the newsletter. We were able to present some of the winning owners with their trophies at the Christmas Lunch for West Yorkshire members held here in Halifax.

Kind Regards

Carole Stainton on behalf of all the Trustees



*Mayor of Calderdale presenting Race Trophies  
(more photos on page 4)*

### **Donations and Fund-Raising**

In addition to your generous support for Race Night we have been pleased to receive a number of donations recently. Sue and Mick Ward very kindly requested donations to the Trust in lieu of presents when celebrating their Ruby Wedding. We have received a legacy and a number of donations In Memory when members have died and we are most grateful to the families for their kind thoughts. Regular fund-raisers have been busy too with a number of collecting boxes bringing in most welcome funds.

### **Travel Insurance for Laryngectomees**

Cancerbackup recently carried out a survey which showed that 40% of people with cancer had to contact up to 10 companies to try to obtain travel insurance and over half of those surveyed went on holiday without any cover for their cancer. Clearly this issue is of concern to anyone going abroad on holiday.

For holidays in the EU, UK residents are entitled to be treated on the same basis as a person in that country. You need to obtain a European Health Insurance Card (EHIC) which replaces the previous form E111. An application form can be obtained from the Post Office, phone 0845 606 2030 or contact [www.ehic.org.uk](http://www.ehic.org.uk).

Cancerbackup publish a booklet *Travel and Cancer* and have a fact sheet on travel insurance. Contact by telephoning 0808 800 1234 or [www.cancerbackup.org.uk](http://www.cancerbackup.org.uk).

Freedom Travel Insurance based in Cambridge is one company which offers travel insurance to people living with medical conditions. A medical screening would be required and subject to that full travel insurance may be provided to a laryngectomee and the other members of their party. As an illustration a 55 year old laryngectomee of less than 5 years standing, with no spread of the disease at the time of diagnosis and not requiring strong painkillers who plans a two week holiday in Spain might expect to pay an extra £25 on top of the standard premium.

For further details telephone 0870 774 3760 or contact [www.freedominsure.co.uk](http://www.freedominsure.co.uk).

If any members have experiences, good or bad, of issues around travelling abroad as a laryngectomee please share them with us.

## Summer Lunches

*Ann Smith reports on the 2006 Bridlington Summer Lunch.*

On Sunday July 16 2006 over 120 laryngectomees and families set off excitedly for Bridlington on what proved to be a glorious day. We sat down for a three course meal at the Expanse Hotel overlooking the sea. This was a new venue for the annual summer lunch and proved to be a great success with many compliments being received for the delicious and varied food which was served. Many of those who attended expressed a desire to visit the hotel again. Following the meal a raffle was held which raised over £300 for the Cancer Laryngectomee Trust. On behalf of those present, I would like to express grateful thanks to the Trust for funding the meal which enabled the largest gathering of laryngectomees from the Trust to date.

As the event was so successful we have decided to hold two lunches at The Expanse Hotel in Bridlington in 2007. The first of these will be on Sunday 20 May and the second on Sunday 15 July. Members will be able to choose which one they would like to attend but we need to balance the numbers so each event is not too crowded.

Members from the North West have for many years enjoyed Summer and Christmas lunches arranged by Malcolm and Joan Rothwell at the Hackett York House Hotel, Blackpool. Once again an event is planned for Saturday 16th of June.

If you would like to attend the Blackpool event please contact Malcolm Rothwell, 23 Dorset Road, Atherton, Manchester, M46 9PP Tel 01942 892403. For the Bridlington lunches contact Mrs Ann Smith, 47 Bonser Gardens, Sutton-in Ashfield, Notts, NG17 1DT Tel 01623 432588 If you have not attended previously we can assure you will be very welcome.



## Blackpool Christmas Lunch





## The Crabby Old Woman

From his web browsing Bernard Beetles sends us this thought provoking poem. It made me cry as I thought of our mother, not that she was ever the least bit crabby even in her frail old age.

When an old lady died in the geriatric ward of a small hospital it was believed that she had nothing left of any value. Later, when the nurses were going through her meagre possessions, they found this poem. Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital.

### THE CRABBY OLD WOMAN

What do you see nurses? What do you see? What are you thinking, When you're looking at me?  
A crabby old woman, not very wise, uncertain of habit, and with faraway eyes.  
Who dribbles her food and makes no reply, when you say in a loud voice, 'I do wish you'd try'  
Who seems not to notice the things that you do, and forever is losing a stocking or shoe.  
Who resisting or not, let's you do as you will, with bathing and feeding, the long day to fill.  
Is that what you're thinking? Is that what you see? Then open your eyes nurse, you're looking at me.

I'll tell you who I am, as I sit here so still, As I do at your bidding, As I eat at your will.  
I'm a small child of ten, with a father and mother. Brothers and sisters, who love one another.  
A young girl of sixteen with wings on her feet, dreaming that soon a lover she'll meet  
A bride soon at twenty, my heart gives a leap, remembering the vows, that I promised to keep.

At twenty five now, I have young of my own. Who need me to guide, and a secure happy home.  
A woman of thirty, my young now grown fast, Bound to each other, with ties that should last  
At forty my young sons have grown and are gone. But my man's beside me to see I don't mourn  
At fifty once more, babies play round my knee. Again we know children, my loved one and me.  
Dark days are upon me, my husband is dead. I look at the future and shudder with dread.  
For my young are all rearing young of their own. And I think of the years and the love that I've known.

I'm now an old woman and nature is cruel. 'tis jest to make old age look like a fool  
The body it crumbles, grace and vigour depart. There is now a stone, where I once had a heart.  
But inside this old carcase, a young girl still dwells, and now and again, my battered heart swells.

I remember the joys, I remember the pain, and I'm loving and living life over again.  
I think of the years, all too few, gone too fast, and accept the stark fact that nothing can last

So open your eyes people, open and see, not a crabby old woman, look closer — SEE ME!!

## Halifax Christmas Lunch



# Race Night 2006

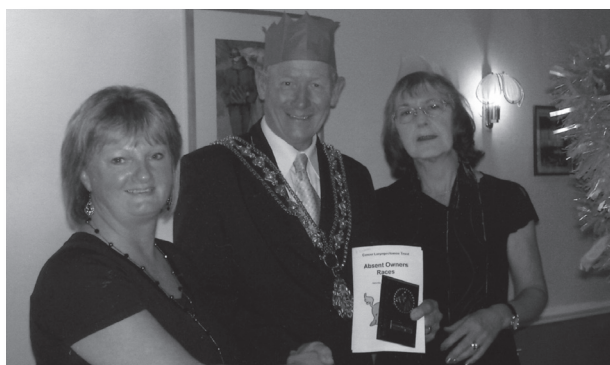
## Winners of Absent Owners Races

Race 1 Nelson Peter T Peter Piper	Race 13 Pitty Thomas A Pitster I
Race 2 Smith Kim Mr Brin	Race 14 Lowry J T Skilline
Race 3 Kent-Smith Mr Willing Winner	Race 15 Pesckett Wendy A Marys Rest
Race 4 Tarrant W J Diddle Diddle D	Race 16 Clark Penny Wishing Well
Race 5 Herbert John B Molly Jane	Race 17 Harkin Marie Pea Pod
Race 6 Ellis W E S E B	Race 18 Collins Ernest Dodgy Mush
Race 7 Brayshaw Sheila Hill Top	Race 19 McCluskey Mrs V Ruby Rose
Race 8 Why S Georginaanne	Race 20 Townley Roy Clickitee Click
Race 9 Paterson Karen Rivington Folly	Race 21 Starey P M Chatterbox Lary
Race 10 Nafferty Frank Sharons Royale	Race 22 Hipwell Gordon F Mateja Kezman
Race 11 Fox John Tracy F	Race 23 The Happy Larrys Dogs Dinner
Race 12 Owen Roland W Ardowan Flyer	Race 24 Hulett A E Windy Wieler

## Winners of Raffle Prizes

Ticket number 009128 wins the first prize Mini Break at the Sawrey Hotel.

022252	024398	017111
024941	015335	017702
021304	007519	015016
018817	019762	005913
007733	013108	021518
015303	024253	017826
002562	020599	001036
012622	002907	021808
007769	003369	015441
021329	010029	002863
014778	009507	000707
010848	000357	017644
011559	012488	019354
017563	019438	024773
000610	014974	021104
006085	015294	014668
008543	017766	



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



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