



TO HELP IMPROVE THE QUALITY OF LIFE FOR ALL NECK BREATHERS

Dear Friends

Hope you all survived the long cold Winter and are now enjoying the late Spring flowers. We have had a busy month looking after family pets. First our elder daughter and partner went to Prague so we had their black Labrador, Bramble, to stay for 5 days. She settled in well enjoying regular walks with Bill and thanked us with a lovely card and bottle of wine. Then a week later it was our younger daughter's turn going on a football exchange trip to France with husband and children. So now Bill had to make a 20 mile round trip to carry out grandson's paper round and to feed cats and rabbits. Do you wonder why we don't have any pets only seeds and plants to care for!

Now Hurrah its our turn to go away, 3 days in Harlow before a week in Turkey. More about that trip next time. Hope you manage some trips away and as you will see later there is a 2010 edition of the Travel Guide available to assist you.

Looking forward to seeing some of you at the Bridlington lunch.

Best Wishes

Wendy Thompson

Michael's Abseil

Michael Summerson wrote to tell us about the abseil which he carried out at Peckforton Castle in Tarporley on the 24th of April. As Michael explained "I successfully carried out the abseil of 65 feet at Peckforton Castle in Tarporley. I did it to show that because you have cancer life does not to end here. The event was for the Hope House appeal charity, I got £120 in donations for the event."

Well done Michael



Trustees Annual Report.

Trustee Rosalind Oswald prepared the following account of the year's activities for the 25th Annual Report.

2009 was a difficult year for the country as a whole. It is too early to tell whether the recession is behind us yet. So far as the Charity is concerned 2009 was a year of "business as usual". Grants were made, persons affected by throat cancer (whether personally or as carers and family) were supported and the fund raising continued. It was very encouraging to see that the support for the Charity did not diminish despite the real problems facing many people.

Particularly encouraging was the effort, enthusiasm and joy that was clearly evident in the supporters who took part in a 10K run for the Charity in London in July. It was a large event which was very well organised. The streets were closed for the event which changed the atmosphere of the city completely.

Many different charities were represented there and I felt a real sense of pride that we were one of them. I often wonder what our founder Sydney would think of the activities that people get involved in to raise money for the Charities. He was not one of life's most active people on a sporting level but would have given his whole hearted support to those who are.

I was really touched that so many doctors and nurses were willing to run. They give their time and extremely hard work to cancer sufferers day after day yet they were also willing to give their free time and energy to run!

There was a great deal of energy spent at the end looking at timings for the run and seeing whether each runner was satisfied with their individual time. The event was a real team effort as well for the people who organised the runners and their transport. Len Hynds and his wife Tilly could not have been more supportive or helpful.

There is no doubt that cancer is a very serious disease but it does seem to bring out new strengths and abilities in those who are touched by it. I will always remember the day Sydney told me about his diagnosis, the emotions ran very deep, but the fact that I am writing this report over 25 years later shows that he turned some very sad news into something very positive. It is our responsibility as Trustees to continue the work he set for us to make sure that help is available for as many people as possible who need our services.

I would like to thank everyone who has been prepared to support the Charity in any way during the year. As the Charity receives little support from Government agencies we are always very appreciative of donations, grants or legacies which enable the Charity to continue its work. Race Night is an essential part of the fund raising work and in 2009 a total of £2,122 was raised. Thank you for your support. As always the Trustees remain committed to continuing the work of the Charity and helping Larrys and their families in whatever way is most appropriate.

The Trustees would like to thank Keith Roper of Lambert Roper and Horsfield Limited, Debbie Coates and the staff at HSBC, Nurse Michelle Beaumont, Nurse Carol Wise, John Bramall and Sovereign Healthcare.

Activities during the year

- 1) On 14 February Carole Stainton attended the Annual Meeting of the Halifax branch of the Buffaloes Association to speak about the Cancer Laryngectomy Trust and to receive a cheque for £2,025 from the organisation. Later in the year further donations were received from the National Buffaloes Association and from the Halifax Lady Glades.
- 2) On 20 March Carole Stainton visited the Wakefield support group, Yorkshire Warblers, run by Helen Chadwick to speak about the work of The Cancer Laryngectomy Trust.
- 3) Summer lunches were held at Hacketts York House Hotel in Blackpool arranged by Malcolm Rothwell and at The Expanse Hotel in Bridlington arranged by Ann Smith and Wendy Thompson.
- 4) Donations and fund raising by members and their families: Wendy Peskett and Colleagues raised £2,768; Nottingham Lions donated £100; Baden Cook and Sheila Turner continued their fundraising efforts also.
- 5) The Laryngectomy's Travel Guide to the British Isles, prepared by member Paul Cantlie, is being published and distributed by The Cancer Laryngectomy Trust. We have received messages from members to say how useful the guide has proved to be when in need of assistance while on holiday.
- 6) Whenever possible Carole Stainton attends the meetings of Speak for th'Sen, the Kirklees and Calderdale head & neck cancer support group. On 16 October a joint meeting was held in Blackburn for Speak for th'Sen, Wakefield and Blackburn Larry groups and with health professionals and representative of manufacturers also attending.
- 7) Christmas lunches were financed by The Cancer Laryngectomy Trust in Halifax, Blackpool, Rotherham and Chesterfield. The Deputy Mayor of Calderdale presented trophies to some of the winning owners from the recent race night.
- 8) There were two substantial fund-raising events in 2009. We had twelve runners in The British 10K London Run whose sponsors contributed £3,160. Race Night 2009 was once again very well supported with income of £4,103 gross and costs of £1,981.
- 9) This year we have recruited 87 new members. All new members received a Welcome Pack containing rehabilitation items as requested.
- 10) Three full newsletters and a brief Race Night results document have been sent to all members and to the health professionals on the mailing list.
- 11) Fifteen grant requests totalling £3,818 have been approved this year.

Runners Required for The British 10K London Run 11 July 2010

After our very successful participation in the British 10K London Run in 2009 we are now inviting runners to take part in the 2010 race on our behalf. We still have a few places left for the race on Sunday 11 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. This year we will have Chip Timing and an Official Race Photo for each team member.

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 2nd 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



Shower Capes for Laryngectomees

Thank you to everyone who replied to the request about shower capes for laryngectomees in the last newsletter. A number of suggestions have been passed on to the member who enquired:

- 1) Mac Showering Aid available from JLJ Healthcare Ltd, Number 1, 61 Whitehall Road, Halesowen, West Midlands B63 3JS Tel: 0121 602 3943 sales@jljhealthcare.co.uk
- 2) Provox Shower Aid available from Platon Medical, PO Box 2568, Eastbourne, BN21 3HZ, Tel 01323 431930, info@platonmedical.co.uk
- 3) Shower Shield available from Kapitex Healthcare Limited. 1 Sandbeck Way, Wetherby, West Yorkshire, LS22 7GH, Tel 01937 580 211, www.kapitex.com
- 4) Blom-Singer Shower Guard available from Forth Medical Limited, Forth House, 42 Kingfisher Court, Hambridge Road, Newbury, RG14 5SJ, Tel 01635 550100, service@forthmedical.ltd.uk
- 5) Stoma Shield which one members gets directly from America from www.medmartstomashield.com

Jo thanks everyone for their information and is now using a Provox Shower Aid.

25 Years and Still Going Strong

As Trustees we are extremely proud of the fact that 2010 sees us celebrating 25 years since the founding of the Cancer Laryngectomy Trust by our late father Sydney Norgate. He worked so hard in those early days, with the constant support of our mother Lucy, to provide support to laryngectomees and their families. We know how pleased they would both be to see the continuing progress of their work. The Deputy Mayor of Calderdale recently met and congratulated us on our 25th Anniversary.

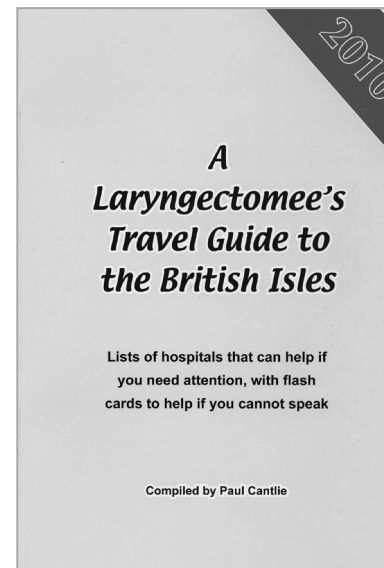


New Edition A Laryngectomee's Travel Guide to the British Isles 2010

Paul Cantlie has up-dated his very useful Travel Guide with a number of additions and amendments. We know from members that it has proved to be a useful document to take with you on trips away from home.

The booklet provides locations and lists of all hospitals believed to handle emergencies of the type that laryngectomees may suffer. Small maps show the spread of towns with suitable hospitals. There is an Emergency notice for the reception staff or A&E and the next page gives a list of the usual conditions to help a voiceless laryngectomee indicate what the problem is. The rest of the section lists the different hospitals, their addresses and main details.

The on-line version of the guide can be down-loaded from our Web Site www.cancerlt.org. If you would like a printed copy please send a stamped self addressed envelope at least 7.5" by 5.5" (18.5cm X 13cm) bearing a 1st or 2nd class stamp to CLT, PO Box 618, Halifax HX3 8WX marking your outer envelope Travel Guide.



Charity Fundraiser Joanne

Laryngectomee Joanne Shipley and her sister Rachel and friend Angie have arranged three fundraising events in Goole since Jo was diagnosed with cancer back in 2006. Their recent Ladies Charity Night raised a total of £1820 of which they have very kindly donated £300 to the Cancer Laryngectomee Trust. Thank you very much ladies.



Summer Lunches

Lunches are to be held in Blackpool on Saturday 12 June at Hacketts York House Hotel and at the Expanse Hotel, Bridlington on Sunday 11 July. We would like to invite members to attend with a spouse, carer or friend too. If you would like to attend the Blackpool event please contact Malcolm Rothwell, 23 Dorset Road, Atherton, Manchester, M46 9PP Tel 01942 892403. The Bridlington Event is being organised by Ann Smith, 47 Bonser Gardens, Sutton-in-Ashfield, Notts, NG17 1DT Tel: 01623 432588

If anyone would like to arrange an event elsewhere in the country we would be pleased to provide financial support. We can also offer grants for groups who wish to arrange outings. Please contact the office at CLT, PO Box 618, Halifax HX3 8WX or e-mail info@cancerlt.org for a Grant Request Form.

web site: www.cancerlt.org

email: info@cancerlt.org



Cancer Laryngectomee Trust
National Association of Neck Breathers
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