



# CANCER LARYNGECTOMEE TRUST

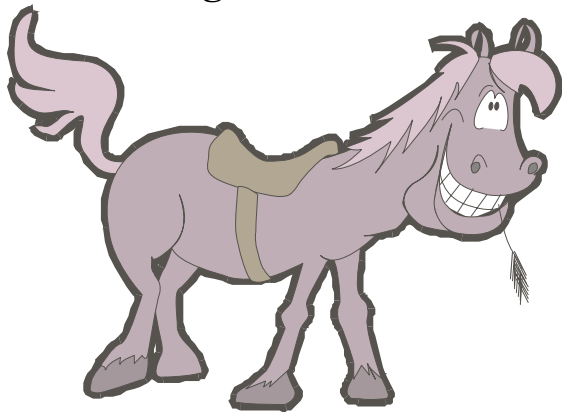
## NEWSLETTER SEPTEMBER 2003

TO HELP IMPROVE THE QUALITY OF LIFE FOR ALL NECK BREATHERS

Dear Friends,

We hope you have been able to enjoy some of the good weather this summer. The highlight of our summer has been a family gathering on the island of Crete to celebrate the wedding of Sydney and Lucy's elder grandson and his Greek American wife. It was a very lively event attended by relatives from Greece, the UK and the US and by colleagues from the communications and travel industries. Those of you who remember Lucy's letters will recall how much she enjoyed her trips to Greece and how proud she was of her grandsons. We felt she was there with us in spirit as we celebrated the wedding and congratulated his younger brother who recently gained 1<sup>st</sup> Class Honours in his Computing degree course at Teeside Uni. Carole has recently been relaxing in Wales and on the Cumbrian Fells and is now ready to get to work on dealing with your applications for Race Night. So please keep her busy.

### Race Night 1st Nov 2003



We are, as I am sure you know, totally dependant on contributions for our income and have to compete with other good causes and well-advertised events for a limited pool of people's generosity. Being a small organisation we cannot support advertising budgets or employ fundraisers and rely greatly on the efforts of our

members, their friends and helpers to underwrite the efforts of the charity. If we are to offer the best possible free service to all laryngectomees we do need to increase our fund raising efforts and absorb continually increasing costs.

For those of you who have not participated 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. We draw out the winners and a prize is sent to the winner of each race. We also have raffle tickets at 20p each or £1 per book of 5, with various prizes. 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 27<sup>th</sup> 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. 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 27<sup>th</sup> October.

We hope you can participate again this year, a form is attached for your reply. I hope you will get some fun out of it and

**Cancer Laryngectomy Trust**  
**National Association of NeckBreathers**  
**PO Box 618**  
**HALIFAX HX3 8WX**  
**Telephone/Fax 01422 205522**  
**Charity registration number: 326653**

that we can raise a useful sum to continue the work of the trust.

**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 £450 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.**

### **Summer Lunches**

We are very grateful to Malcolm Rothwell who organised the lunch in Blackpool for members from the North West and to Ann Keefe for her arrangements in Bridlington. Both events were well attended and enjoyed by all present including new members who had learned about the Trust while on holiday in Malta.



Organiser Malcolm at the Blackpool Lunch

### **Bristol Cancer Help Centre**

We have been notified of the new National Helpline 0845 123 2310 and website [www.bristolcancerhelp.org](http://www.bristolcancerhelp.org)

### **Trustees Report for the Year ending January 2003**

During 2002 the major focus for the Charity has been to re-structure the work in view of the departure of Bill Moloney. Bill had given plenty of notice of his leaving and so it was possible for the work to carry on without disruption to the members. It has been a great asset to the Charity to have the continuity provided by Bill. His leaving gives the Trustees the opportunity to look again at the work done by the Charity to assess how best to continue it. There are likely to be changes which take into account the difficulties in raising revenue at a time when interest rates are very low and when there are so many calls on the resources of individuals and grant making bodies. However, the work of the Charity will continue.



Wigan Members at the Blackpool Lunch

The year has been over shadowed by the illness of Lucy Norgate the widow of Sydney Norgate the Charity's founder. Lucy has played a vital role within the Charity and many members have maintained personal contact with her. In late 2001 it was necessary for her to leave Halifax and move to live with the Trustee Wendy Thompson. Throughout 2002 her health has been a cause for concern but she has remained positive and able to enjoy the company of her children, grandchildren and great grandchildren as well as continuing to take a keen interest in the Charity.

From the financial point of view 2002 showed a further reduction in our recurring income which has meant that it has been more important than ever to keep control

over expenditure. As the Charity receives no support from Government agencies we are always very appreciative of donations, grants or legacies which enable the Charity to continue its work.



Guests enjoying the Blackpool Lunch

In addition when the opportunity arises to receive money which is given by an outside organisation there are opportunities to meet with Larrys throughout the country and introduce the work of the Charity to others. As a trustee this is an aspect of the work which I find very interesting and in July I was invited to a presentation at the Masonic Hall in Bristol. The Cancer Laryngectomy Trust had been chosen by Anchor Lodge to receive a cheque for £1,000 and it was a privilege to attend on behalf of the Charity to receive this. Many different charities were represented from Riding for the Disabled to the Bristol branch of the National Autistic Society. Joe Hole and Louise Bass who have both had laryngectomies were there to join in the presentation and after the presentation we were able to have an enjoyable chat with the Master of the Anchor Lodge who was interested to learn more about the Charity and its work.

Race Night is an essential part of the fund raising work and in 2002 a total of £2984 was raised. I took the opportunity to invite my work colleagues to enjoy the delights of race horse ownership and the enthusiasm which was demonstrated livened up our working day considerably. Thank you to everyone who has supported this event. We do appreciate that not everyone is able to do so and there is no pressure to take part on any member.

So we reach the end of 2002 with yet more changes around us. I live in hope that there will be a year when the work of the Charity can continue without disruption. However, perhaps it is the nature of working with real people with real problems that there will always be difficulties to cope with. It is a measure of our strength of character whether we press on or give up. Our founder Sydney Norgate was never one to give up when faced with challenges and the Trustees fully intend to ensure that his work lives on.

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 Phil Briggs and the staff at HSBC, Firth Parish and staff particularly John Allan, Sister Helen Chadwick, Sovereign Healthcare, Mr Bastard, Mrs Janet Rushworth and our former Office Manager Bill Moloney

### **Letter from Dennis Atkins**

*Firstly may I introduce myself, I was diagnosed with cancer of the larynx in June 2000 and consequently underwent a total laryngectomy at Doncaster Royal Infirmary in the same month. Following the operation and recuperation I was informed by my current employers, that in their view I would no longer be able to continue in my employment.*

*Following my unfortunate termination of employment I obviously felt disillusioned at the prospect of having to cease work altogether. Not for long though, with the help of the voice therapist at Doncaster Royal Infirmary and using a voice prosthesis I recovered my speech. This enabled me in April 2001 to take up employment with a multi agency group addressing the issues of domestic violence in the Doncaster area. I had been associated with this group since 1993 in a voluntary capacity and I am now employed as their co-ordinator. I regularly give training presentations and presentations to other groups. Recently I was asked to give a*

*presentation to some 120 people at an event hosted by the North Lincolnshire Domestic Violence Forum. This was my first event of this kind where I have had occasion to use a microphone since my operation. So I went into this presentation with some trepidation as to how my voice would sound to others in the audience. All went well and I received some positive feedback with an invite to attend future events. I have recently acquired a hands free HME, which I am hopeful, will offer me greater assistance in the use of my voice in my daily work, particularly in answering the phone and writing messages at the same time.*

*Since taking up employment as co-ordinator I have been invited onto a number of groups and committees. I have also been appointed as Patient Representative on the Clinical Management Team (Special Surgery) at Doncaster Royal Infirmary. The Consultant Surgeon responsible for my operation, on hearing the news of my appointment said, "Who would have thought that the patients voice on the team would be a person with no voice" He said this to me in the nicest possible way while giving me his personal thanks for the work I was doing on the Management Team. This work has led me to being involved on two sub-groups within the National Health Service undertaking a Clinical Review of Service Provision to patients within the Doncaster area.*

*Finally may I draw your attention to another aspect of my personality and ability, which I wasn't aware of prior to my illness and subsequent change of life that came with it? During 2002 I was approached by a member of a local charity (Aurora Centre, Doncaster) that offered alternative therapy and make-over sessions to cancer patients. She was*

*seeking potential male models to take part in a fashion show to raise money for this worthwhile cause. Having not done anything like this before or even contemplated doing so I reluctantly agreed, much to the dismay of my wife and embarrassment of my three daughters, contemplating seeing their dad cavorting on stage. A period of rehearsal supervised by a professional choreographer was undertaken by 4 male (including myself) and 20 female aspiring artistes which, cumulated in two live shows being presented in front of some 1200 people and being introduced by the TV presenter, Caroline Hodgson of Yorkshire Television. We raised a considerable amount of money and thoroughly enjoyed ourselves. All those taking part were cancer patients, some of whom were still undergoing treatment at the time. We are contemplating doing a repeat performance this year if any of your readers would like to see the show I can arrange for tickets to be made available (at a price of course) nearer the time (possibly November).*

*In conclusion may I say that my life since my operation though different to what I envisaged is full and rewarding and to those who have recently become a laryngectomee may I say 'there is still life to be had, being a Larry'*

*Dennis Atkins*

## **Messages of Sympathy**

We are all very grateful for the messages of sympathy and donations to the Trust received following Lucy's death. Many thanks for your kind thoughts. .

Best Wishes

Wendy Thompson



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National Association of Neck Breathers

PO Box 618, HALIFAX, HX3 8WX

*Telephone/Fax 01422 205522*

Charity registration number 326653

## RACE NIGHT APPEAL 2003

Please enter me  Horses at £5 each      £

I wish to purchase the Raffle Tickets and enclose £2      £   
and the completed stubs

Optional Donation      £   
P.T.O. For important gift aid declaration.

Total      £

**Draw will be held on Saturday 1st November 2003**

Names for Horses


Please send me  additional books of 5 raffle tickets to sell to others. I will sell as many of these as possible and return the counterfoils to the above address together with the money raised before 27<sup>th</sup> October 2003.

Please enter your name and address here.

Name:	
<input type="text"/>	
<input type="text"/>	
Town:	Post code:
County:	Tel. No.

Please make cheques payable to **Cancer Laryngectomee Trust** and return the form to Office Manager at the above address as soon as possible.

**P.T.O. For important gift aid declaration**

**Important tax changes.**

Dear Supporter,

As a result of the Budget 2000 Gift Aid was altered to make it possible for us to increase the value of your donation by making a claim to the Inland Revenue for some of the tax you have already paid. It will not cost you any extra money at all but the charity will be able to benefit. If you are a UK taxpayer and if you are willing to complete the Gift Aid Declaration then we can claim from the Inland Revenue an extra 28p for every pound which you donated. If you pay tax at the higher rate then you can claim further tax relief in your Self Assessment tax return. As with all the information which we store the conditions of the Data Protection Act will apply.



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**GIFT AID DECLARATION.**

Please treat my donation to the Cancer Laryngectomy Trust, and any further donations until further notice, as Gift Aid. I confirm that I pay an amount of income tax or capital gains tax at least equal to the amount that the Cancer Laryngectomy Trust will reclaim on my donations in the tax year.

Signature .....

Full Name .....

Date .....