



TO HELP IMPROVE THE QUALITY OF LIFE FOR ALL NECK BREATHERS

### **Race Night 2013**

Once again we invite all members to take part in our virtual Race Night. For those of you who have not participated in Race Night 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. Samuel Beales, a great-grandson of our founder Sydney Norgate, drew the cover design for the race card. His drawing is shown here. On race day we draw out the winners and a prize is sent to the winner of each race. We also have the raffle tickets at 50p each or £2.50 per book of 5. The First Prize for the raffle is a £100 cheque and in addition there will be 20 of prizes of £10 each. 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 31st 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. Alternatively you can contact Wendy Thompson on 01430871561 to order more raffle tickets. 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 31st October.

We hope you can participate again this year; a form is enclosed for your reply. I hope you will get some fun out of it and that we can raise a useful sum to continue the work of the charity.

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 £7000 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.

### **Dear Friends**

Thank goodness the weather has now become a little cooler, we are never satisfied but for many people, myself included, it causes health problems.

At the beginning of July I represented the charity at the York Laryngectomy Morning and enjoyed meeting laryngectomees and carers in addition to company reps. That event followed shortly after our Bridlington Summer Lunch which was enjoyed by everyone. The good news is that the 2nd edition of the book Laryngectomy is not a tragedy has now been published and you will find further details later in the newsletter.

I was very excited that Prince George was born on 22nd of July which is my birthday. You will see later in the newsletter that our friend Len Hynds has been busy with his poetry again in honour of the young prince. Riley our great-grandson has decided not to bother crawling but to go straight to walking. When he came to visit recently with his grand parents he didn't want to play with the toys bought for him but was much happier with my peg basket, a watering can and a saucepan, so much for expensive toys.

Once again we are inviting you to take part in our virtual Race Night which many members regularly support but there is no obligation to take part. Looking even further ahead we are also arranging Christmas Lunches in Blackpool, Halifax, Rotherham and York. If any groups would like to arrange a lunch we will be pleased to receive a grant request to support the event.

Enjoy the good weather,

Best Wishes

Wendy Thompson

### **The 2013 LONDON 10K**

On the 14th July the London 10K took place. It is an amazing event and is the largest non televised 10K in the UK. The runners pass a number of famous landmarks including the Houses of Parliament, Nelson's Column and Big Ben.

Well, the weather was certainly kinder than last year (when it was drizzling) but temperatures of up to 30C were quite a challenge! Two of our runners had to drop out at the last minute because of health issues but that still left four who were prepared to brave the heat. The route was the same as for last year and, thankfully, the organisation was better which meant that the race packs arrived in good time.

This time the Olympian Sally Gunnell was part of the team for the official start which was much appreciated by the runners. Nearly 25,000 people took part. To give you some idea of what that means, it took almost an hour for all the runners to run past the place we had chosen as our viewing point. It is difficult to spot individuals amongst so many people which is where the Charity logos become all important. Some of the Charities do take this to extremes. Despite the heat we saw people running in full animal suits including a wolf, an elephant, a tiger and a monkey! One man was even dressed as a post box and I have to say I have no idea which charity he was representing.

As we were watching we noticed at least four runners dropping out of the race to use the toilet facilities at a cafe on the run and then joining back in again! Although there was a large notice saying that the loos were for the use of patrons only, the waitress was very sympathetic to the runners concerned.

We were absolutely thrilled that our runners were able to complete the course and so very grateful to them for their efforts. The runners this year were Tom from Marlborough, Husband and wife Dan and Jacqui from London and Matt also from London. We will be recruiting six runners for 2014. If you are interested please contact [info@cancerlt.org](mailto:info@cancerlt.org).



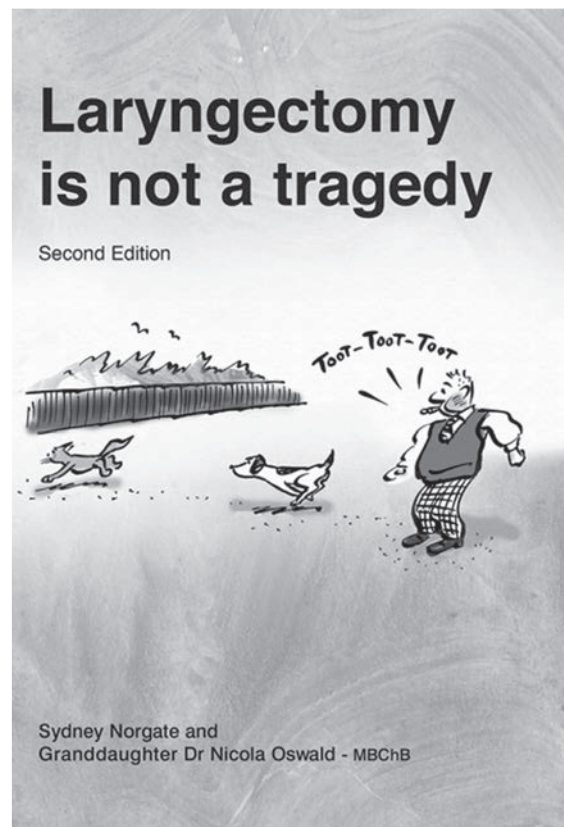
## Laryngectomy is not a tragedy 2nd Edition

The Trustees are pleased to announce that the Second Edition of Laryngectomy is not a tragedy is now available. As you may recall two extra chapters have been added to the book which was originally written by Sydney Norgate following his operation in 1979. He used oesophageal speech and this is therefore the main focus of the original book.

Sydney was a very devoted family man and would have been delighted to know that one of his granddaughters Nicola Oswald, a recently qualified doctor, has written the extra material which forms Chapter 11 of the new edition. Her chapter is entitled A guide to other speech methods following laryngectomy. This chapter has been based on the very useful responses which we received from members when we sent out the Speech Methods Questionnaire last year. It also includes sections on Lifestyle and Thoughts for the Future

The other new chapter has been written by Trustee Ros Oswald and it describes the history and current activities of the Cancer Laryngectomee Trust.

We provide our publications free of charge to laryngectomees and health professionals but we would appreciate some help with the ever increasing postal costs. If you would like a copy of Laryngectomy is not a tragedy please send a C5 self addressed envelope with a 1st class and a 2nd class stamp on it. Health professionals who require multiple copies of the book are requested to e-mail [info@cancerlt.org](mailto:info@cancerlt.org) with their requirements.



## Laryngectomee's Travel Guide to the British Isles

The travel guide has been prepared by Paul Cantlie to assist laryngectomees in need of medical attention when away from home. The guide has been updated and the 2013 version of the Laryngectomee's Travel Guide to the British Isles is available now.

To receive a copy of the 2013 Travel Guide please send a SAE with a 1st or 2nd class stamp on it.

The work involved in keeping this information up-to-date is very challenging and therefore notification of any omissions or updates to the guide would be very welcome also to the email address. [info@cancerlt.org](mailto:info@cancerlt.org)



## Whistling Roy

Roy Cook from Pontefract has devised his own warning device using a cheap plastic whistle. By removing the centre from his Provox HME filter cassette and then securing the whistle with a fixative such as 'Instant Nails' all it takes is a deep breath and the whistle will sound.

Thank you to Roy for this simple idea.

## THE ROYAL BABE by Len A.Hynds

A large sigh of relief today when Princess Catherine gave birth to a son. Several months ago, reading that she would dearly love a son, I wrote a poem for her, and thinking it good enough posted it off to Buckingham Palace. I got a lovely letter back from her saying she loved the poem. So the news today has saved me from Tower Hill and the chopping block

Welcome my young prince, to the human race,  
your sweet innocence plain to see.  
Lifes long journey, starts at this gentle pace,  
as you begin your own family tree.

Each day you will see, and slowly learn,  
to recognise those around you.  
See their warmth and love, as each in turn,  
with their eyes, show their feelings true.

Every step of the way, they will guard you,  
as the precious babe that you are.  
Every step of the way, they will guide you,  
those near and those afar.

And so young prince, you will slowly grow,  
learning so many wondrous things.  
Of astronauts and eskimos,  
of cabbages and kings.

But babe you will always remember,  
your mother and fathers love.  
Something you will always cherish,  
and why sent from god above.



web site: [www.cancerlt.org](http://www.cancerlt.org)

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