



TO HELP IMPROVE THE QUALITY OF LIFE FOR ALL NECK BREATHERS

Dear Friends

Happy New Year everybody.

Where did the last 12 months go? Well it was quite an eventful year for our family we had two Graduations, an 18th Birthday and our Golden wedding. We also welcomed Carole's Granddaughter Lucy into the family. Great-Grandson Riley was very happy to meet her recently.

Thank you to everyone who took part in Race Night 2014. Once again we had an excellent response from members and friends with 151 horses taking part in the virtual races. The income from the event was just over £3750 leading to a magnificent total of £2850 going into charity funds to support our work. Thank You.

Now is the time to start thinking about holidays we have got two booked and another in the pipeline with the family. If you feel able to book a trip away please do so not forgetting your Larry Travel Guide in your luggage. Please let us know about your experiences when using the Travel Guide.

Why does kitchen equipment break down just before a holiday when there are extra pots to wash. I notice that the bulbs are beginning to appear in the garden and soon it will be spring seed-sowing time again.

Best Wishes

Wendy Thompson

Trustee

Travel Guide Author Paul Cantlie



We are sure that members will share our sadness at the news of the death of Paul Cantlie in October last year. Paul who lived in Southampton had his laryngectomy in 2001. He created A Laryngectomee's Travel Guide to the British Isles when he realised the need for such a publication after suffering an accident in his car while 100 miles from home. We have been pleased to work with Paul in the challenging task of attempting to keep the information up-to-date. We are hoping to continue publishing the guide In Memory of Paul.

The current edition for 2013 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.

Any amendments to the guide can be sent to info@cancerlt.org.

Grants to Members and for Club Trips

During 2014 a number of support groups have applied for grants to support outings for members of the group. The Swallow Laryngectomee Club visited the National Gardens of Wales, Border Lost Chord Club had a very interesting visit to the Royal Yacht Britannia at Edinburgh, Blackpool Area Club had their canal cruise as mentioned elsewhere in the newsletter and Lanarkshire Speak Easy visited Ayr.

There have also been a number of grants made to individual members in financial hardship which are always treated in total confidence.

If any individual or group wishes to apply for a grant please write to the office or e-mail info@cancerlt.org to request a Grant Form.

Windpipers Canal Cruise

The Windpipers club based in the Blackpool area applied to the trustees for a grant in support of their canal cruise. The following is an extract from Secretary Sandra Waddington's report on the success of the trip:

On the 26th July 2014 fifteen of the Windpipers went on a Fish n Chip Canal Cruise on the Lancaster Canal. We all met at Barton Grange Garden Centre, Broughton where the barges are moored and boarded The Kingfisher. It was a beautiful evening as we sailed along the canal passing several boats all waving and tooting their horns which added to the atmosphere. Everyone enjoyed a fantastic evening and I feel sure it will be on the agenda for our social evenings next year.



Cancer 52

Throat cancer is classified as one of the rarer cancers. The most common cancers are those of the breast, lung, prostate and bowel. Cancer 52 is an organisation set up to give a voice to the sufferers of the less common cancers. The name was chosen because, at the time Cancer 52 was set up, the rarer cancers accounted for 52% of all deaths from cancer. However, the rarer cancers were severely under-funded and under represented in the areas of policy, research and services. Cancer 52 works to redress the balance and is made up of an alliance of 80 organisations including Cancer Laryngectomee Trust. We receive information from Cancer 52 on a regular basis and we are planning to include in our Newsletters details of what is happening.

In December Cancer 52 organised a Parliamentary reception hosted by John Baron MP who is the Chair of the All Party Parliamentary Group on Cancer. The purpose of the reception was to raise the profile of the rarer cancers (including throat cancer). MPs were able to collect information about the rarer cancers in their constituencies.

In October Cancer 52 submitted a response to the NHS Consultation Paper on Proposals for a sustainable Cancer Drugs Fund. Its key requests included a transparent system that was clinically driven and not financially driven.

More information can be found on the Cancer 52 website at www.cancer52.org.uk.

Time to get your running shoes on

Each year the Charity has places for runners in the London 10k Charity race and this year is no exception. Do you know anyone who would be interested in running 10K for the Charity? Over the years, we have had support from many runners including friends and family of larrys, doctors, nurses, speech therapists and work colleagues. The race is in July so the weather has varied from sunny to warm and wet. However, the enthusiasm does not reduce no matter what the weather conditions are. This year the race is on Sunday the 12th July starting at 9.35 am. Runners must be at least 15 and capable of completing the 10k in less than two hours (so that counts me out!). Each runner will have chip timing and will receive a medal and certificate. They will also be able to download an official race photo.

The event is in the centre of London and the streets are closed to traffic making it a wonderful experience for all the spectators. The route takes in Trafalgar Square, the Embankment and the Houses of Parliament. Many different charities are represented both large and small and there are many different costumes to look at.

So, if you know anyone who might be interested please encourage them to contact us by letter, email or telephone. We would be delighted to hear from them.

We thought it would be interesting to hear from one of our keenest runners in the London 10K. Tom is a Solicitor with Thrings LLP and works in their Swindon office. He has run a number of times in the London 10K and only missed out in 2014 because he was very busy getting married to his beautiful wife Caroline.

We asked him some questions about the race and here are his answers

1. What made you decide to run the 10k for the Cancer Laryngectomy Trust?

CLT provides guidance and practical assistance for people at a time when they're feeling at their most vulnerable. I know one of the trustees of the charity so I've heard first hand about the great support the charity offers. I'm not a particularly keen runner but try to stay fit where I can. Where better to stretch my legs than Central London?!

2. Have you run for any other Charities?

I've not taken part in any other runs but I did complete the Yorkshire Three Peaks Challenge for Sarcoma UK in September. It was a gruelling 13 hour hike but I was part of a great team and we had a really fun time.

3. What is your favourite part of the London 10k

It has to be running past Big Ben. I love being next to such an iconic landmark with thousands of other runners, it makes me feel like I'm part of a huge event. Big Ben is at the 9km point so it's also nice to know that I'm not far from a big, fat celebratory cheese burger courtesy of my lovely wife.

4. What is the funniest costume you have seen? *An elephant*

5. What advice would you give to anyone considering running for CLT in the London 10K

Dive straight in and don't give it a second thought. You'll love it. The positive energy of the crowd will drag you around the circuit, even if you have stumpy little legs like me!

6. How do you prepare for the race in the weeks before

I make more of an effort to eat well and go swimming when I can. I know I should train more to get a better time but it's more about the fun of taking part for me.

7. How do you prepare for the race the day before

I try to get a nice early night but it's not always possible. In 2013 I stayed the night before the run with a friend in London and got 'dragged' out boozing!!

And now for some less taxing questions

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|---------------------------|-------------------|
| 1. Football or rugby? | <i>Football</i> |
| 2. Corrie or Eastenders? | <i>Eastenders</i> |
| 3. Chips or roast? | <i>Chips</i> |
| 4. Strictly or X factor ? | <i>X Factor</i> |

A big thank you to Tom for all his support and he will be running again in 2015.



Offer of Help with Pharyngeal Speech

We have received the following message from member George Sedgwick who lives in Lancashire:

Having read the article by Margaret Joy in the May 2014 Newsletter I have extreme empathy with her on the attempts to speak Pharyngeal . However I have mastered the art and would welcome the opportunity to help her in her quest, for my part listening to someone speaking Pharyngeal only reinforced my own determination. I did return to work as a lecturer in my local college and constant use helped me perfect the art.

Please could you forward this to Margaret should she then wish to contact me I am contactable either by email george.sedgwick@sky.com or telephone 01254 813224. This offer is not exclusive to Margaret and I am more than willing to help any Lary on the road to the freedom Pharyngeal speech has given me.

Another member who successfully uses pharyngeal speech is Kim Winterton who is the Secretary of the Preston & Chorley support group. The group have produced a number of video clips in which members of the group talk about their experience of coping with cancer. If you have access to the internet you can hear Kim's story in the My Story section at www.headneckcancerpreston.weebly.com

Severn Healthcare Press Release

InHealth Technologies have been supporting & adapting to the needs of the laryngectomy community with their pioneering & market leading range of Blom-Singer Voice Protheses and Heat & Moisture Exchange (HME) systems for the past 35 years.

InHealth Technologies are now delighted to announce the appointment of Severn Healthcare Technologies Limited as the sole independent distributor in the UK & Republic of Ireland. Severn Healthcare is a new company with experienced healthcare personnel under the leadership of George Strang, who has over two decades of experience & expertise in the distribution of the Blom-Singer Surgical Voice Restoration products & accessories, HME & Tracheostoma care & ENT products.

The Severn Healthcare team is proud to include two qualified Speech & Language Therapists, specialists in the assessment & rehabilitation of people with a Head & Neck Cancer diagnosis, one of whom Denise Bradshaw is pictured here. We offer advice, support & training as needed for clinicians & the laryngectomy community. We hope to see you at one of your forthcoming laryngectomy club meetings; please contact us at:

Severn Healthcare Technologies Limited 38 Kingfisher Court,
Hambridge Road, Newbury, Berkshire,



Top: George Strang & the Severn Team
Bottom: InHealth Clinical Specialist
Speech & Language Therapist
Denise Bradshaw

web site: www.cancerlt.org

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