

Newsletter March 2024

Dear Friends

Happy New Year. We have been very pleased to welcome members to Christmas Lunches in Blackpool, Swindon, York and Halifax and as you will see from the reports and photos they were very enjoyable events for all those who attended.

We are now planning Summer Lunches in Blackpool and Scarborough and as Ros mentions in her Trustees Report we welcome grant requests in support of outings from support groups.

Knowing how everyone is struggling financially in the current situation we were very grateful to everyone who responded to our appeal for donations in the September 2023 newsletter. A total of £775, plus Gift Aid where appropriate, was raised. Thank you.

We hope you will enjoy reading Jayne Yeates's account of her first year as a laryngectomee. Thank you for sharing this with us Jayne. See also Jayne's invitation to join a social group Laryngectomees Aloud.

Best wishes to you all
Carole Stainton, Trustee

Summer Lunches 2024

Summer lunches are being planned to be held in Blackpool and Scarborough.

The Blackpool lunch, arranged by Sandra Waddington, will be held on Sunday 9th June 2024 at Hotel Sheraton, Blackpool. Sandra Waddington, 76 Rutland Avenue, Poulton-le Fylde, FY6 7SA Tel 01253 899531 email waddington46@yahoo.com

The Scarborough lunch will be held at The Crescent Hotel, Scarborough on Friday 28th June 2024. The event is being arranged by Dawn Potts, The Granary, Hull Road, York, YO19 5LE, Tel: 01904 489360, Mobile: 07947624421, email dawn.potts@hotmail.co.uk



Contact us:

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Address: **CLT, PO Box 618, Halifax, HX3 8WX**

Charity Registration No 326653



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Christmas Lunch in Blackpool

Once again Sandra Waddington kindly agreed to arrange a lunch for members in the North West at The Imperial Hotel in Blackpool. The lunch was attended by groups from Blackpool, Burnley, Oldham, Preston and Wigan.



David from Oldham provided photos from the lunch and reports:



Hi Carole,

I just wanted to let you know about yet another lovely lunch we had at the Imperial Hotel Blackpool.

Sandra and Jean do a marvellous job organising everything and making sure we all have a fantastic day, as the photos show, we all had a lovely time.

Thanks once again Carole and everyone at Cancer Laryngectomee Trust for making these events happen and hope you all have a lovely time in Halifax next week as well.

Kind regards,
David





Christmas Lunch in York

Dawn Potts kindly arranged a lunch on behalf of the charity for York area members at Fulford Golf Club.

She reports:



Hi Carole,

A very lovely Christmas meal at Fulford Golf Club, York, with 19 attending including a new member from Harrogate and some members who had not been able to attend last year. With excellent food and super staff serving a good time was had by all.

Best wishes,
Dawn



Christmas Lunch in Halifax

When Sydney founded the charity in 1985 one of the ways he felt it helpful to support fellow larrys was to arrange social functions for members and partners to relax and enjoy each others company and exchange tips and help for new members. So in December 1985 the first such event was a Christmas Lunch held at what is now called Windmill Court at Ogden, Halifax. Every year since then, with the exception of during the Covid pandemic, we have held a Christmas Lunch there and once again this year we welcomed members old and new to the event.

Recent new member Jayne reports on her first lunch with us:



Hi Carole,

I'd like to extend my Deep Gratitude to Carole for a memorable Christmas Lunch held at the Windmill Court back in Dec.

Just a couple of pictures showing our unsung heroes , A big thank you to you all for the endless work you put into ensuring that we are kept informed of past, current and forth coming events . I'm sure we all feel it was a great success on the day with enjoyable company, pleasant surroundings and a delicious meal.

Thank you for facilitating a Grand Day.

Regards, Jayne

Christmas Lunch in Swindon

Trustee Ros Oswald reports on the Swindon Area Lunch:

By supporting applications for grants from individual groups the Charity is able to support laryngectomees in getting together and sharing their experiences. This can be invaluable especially for those who have had surgery in the recent past. It is very encouraging to see how tips are shared. There is so much to learn that only a fellow laryngectomee will truly be able to appreciate.

Experiences which seem unique and unsettling for a new laryngectomee may be familiar to a laryngectomee who had the operation some time in the past.

Sharing the experiences reduces their capacity to unsettle and normalises those things which a laryngectomee will experience. The trustees encourage applications from groups for any outings which may be planned.

Hi Carole,

This year's Christmas Lunch in Swindon was held on the 5 December at the Sun Inn, Coate. The meal was very much enjoyed by all. Lucy, a representative from Atos was invited to join us. This worked well as she was able to share information about new products which was very interesting and helpful. The venue is convenient to everyone as it is only a short distance from the hospital. Friendships were renewed and plans are in place for a meeting in the summer as a result. It was a very enjoyable meal at a sympathetic venue who were able to provide a quiet area which made communication much easier.

Regards,
Ros Oswald, Trustee

Nutrition for Cancer Patients

Love One Today have notified us about a comprehensive nutrition guide they have developed designed specifically for cancer patients.

Information provided by Love One Today:

This resource aims to provide practical and compassionate support, addressing the unique nutritional challenges faced during their treatment.

Key Features of Our Nutrition Guide:

- Health-Focused Nutrition Tips: Essential advice on how to maintain a balanced diet tailored

to the needs of cancer patients.

- Easy-to-Follow Recipes: Specially crafted recipes that cater to the specific nutritional issues and dietary requirements common among cancer patients.

- Expert Guidance: The guide includes insights from nutritionists and healthcare professionals experienced in cancer care.

- Additional Supportive Resources: A curated list of external sources and materials for further information and support.

Website link: <https://loveonetoday.com/nutrition/nutrition-for-cancer-patients-a-comprehensive-resource-guide/>

Oldham Quiet Ones Steam Railway Trip

David reports on the trip taken by Oldham Quiet Ones on the Embsay and Bolton Abbey Steam Railway in late August last year part funded by a grant from CLT:

Oldham Quiet Ones group trip out on the Embsay to Bolton Abbey steam railway also included a fish and chip supper on the train.

We had booked for a party of 30 but unfortunately due to illness a couple had to drop out. But everyone had a fantastic evening and even the sunshine made an appearance! We were looked after perfectly and the fish and chips brought in hot and fresh from a fish restaurant in Skipton were delicious. We would definitely recommend the trip to others.





Trustees Report-Year end January 2024

When my father wrote the book Laryngectomy is not a Tragedy there were a limited number of ways to communicate. Making a phone call, writing a letter and speaking to someone were the normal methods.

Nowadays, the picture has changed completely. Emails, texts, Zoom, Instagram, Youtube and Facebook are just a few of the new methods that are available. No doubt there will be even more by January 2025. As a Charity we need to decide which methods are the most helpful for our members.

Our newsletters are sent out by letter and email. We have a website. Our publications are available in hard copy and online. So far we have not ventured onto Facebook or Youtube although there are resources available on both of those platforms.

It is interesting to think about what my father would have done if social media had been available to him. I have no doubt he would have been the first to embrace the new technologies as he was always an innovator. I suspect he would have enjoyed making Youtube videos and extending the availability of the books as far as possible. Perhaps this is a new challenge which we need to embrace.

However, despite all the innovations brought about as a result of the Internet and artificial intelligence, face to face contact remains invaluable particularly at difficult times.

By supporting applications for grants from individual groups the Charity is able to support laryngectomees in getting together and sharing their experiences. This can be invaluable especially for those who have had surgery in the recent past. It is very encouraging to see how tips are shared. There is so much to learn that only a fellow laryngectomee will truly be able to appreciate.

Experiences which seem unique and unsettling for a new laryngectomee may be familiar to a laryngectomee who had the operation some time in the past. Sharing the experiences reduces their capacity to unsettle and normalises those things which a laryngectomee will experience. The trustees encourage applications from groups for any outings which may be planned.

We do hope that 2024 will be a peaceful and healthy year for you and your family.

Ros Oswald, Trustee

Hello to one and all

Message from Jayne:

Here I am again almost a year down the line and just recently passing my Years Anniversary of having my life changing event Whilst putting pen to paper I feel a need to recapitulate on my years events in that a life's changing event can be a difficult path to navigate and we are not always readily prepared to discuss some of the issues openly for fear that they sound silly or leave ourselves open to criticism. However I'm going to give it a go and hopefully it will strike a chord with a few that have already experienced such like but also to any newbies out there to our exclusive "little club" that these things do occur and your not alone in experiencing them .

I'm sure you will agree it is not all plain sailing and not for the lack of our Medical teams on the whole who do a marvellous job, for which I'm grateful to mine (in the main) who have been with me every step of the way. But as for the mental wellbeing which is the part for me that has and still is taking some mastering "which is why I'm expressing these thoughts now" Not for sympathy " that would never do We are after all fighters by the very nature of the Beast we battle daily, But to assure those just embarking on Their journey that it's OK to feel like the world is all of a sudden against you, with situations you are forced to face alone on a daily basis. Not for the lack of support from loved ones or friends

who do Their best in trying to understand what you are going through.

It's some of the smallest things that have had the greatest impact and come as a bit of a shock! (For you ladies out there) The unlady like frequent expelling of air from more than one orifice "I'll leave it to your imagination " ! Short of carrying a supply of corks and for fear of shooting any unsuspecting bystander we try to attend to it discretely followed closely by the onset of Niagara Falls from the nostrils bought about by either the saliva glands over a tasty dinner or effects of a minor cold but not having the ability to sniff up the embarrassing tidal wave we are faced with an endless stream of tissues to circumnavigate with one hand whilst juggling the silverware in the other.

Moving away from these two small but significant occurrences one of my surprising shocks was a visit to my GPs (which took several phone calls by my authorised spokesperson to get an urgent appointment) I attended the clinic to see my GP and Designated Pain Manager, incidentally the first time I had had contact with him since my surgery some 8 months earlier not even a phone call prior to check on my well being or adjustment to the changes. His purpose was the on set of a serious chest infection and under instruction of the hospital team I put upon my hat and coat and off I trundled.

The biggest shock awaiting me after explaining the problem you can imagine my dismay when told to spit into a receptacle for him to send to the lab. I think the stunned silence and somewhat vacant look on my face said it all and after some embarrassment on his part had to explain he knew nothing of or the understanding of the anatomy of the changes of a Trachea & Oesophagus and in his almost 40 years of practice had never encountered one.

After gaining composure with a flourish I removed my tube for him to take a closer look and drew him a crude diagram of the changes to which he finally showed some interest in the complexities of the changes. (Surprised he'd not done his home work prior to my appointment) Eventually I left the surgery with prescription in hand and in the knowledge that of the almost 20k patients covered by the surgery I was the only Laryngectomee. Also in the knowledge

that within the local communities that some education is in need.

Finally as I'm sure by now I've exhausted you the biggest hurdle I've learnt to tolerate and overcome Unknown to me not only did I lose my voice but my hearing ceased to work and I became invisible at the drop of a hat when people suddenly realised I could not speak , all too often the minute of realisation who ever I was previously addressing would either suppose there was a football pitch between us that the volume level could be heard in a full crowd capacity at a Leeds match or totally overlook me and turn to my companion.

Admittedly, there has been more than one occasion that I've been so offended that I've left my intended purchase at the counter and left the premises. To later inform the offending company for the need of customer service training when dealing with customers that are not stereotype.

Regards,
Jayne Yeates



LARYNGECTOMEES' ALoud



Are you a member of our Exclusive Club or a Spouse, Relation, Friend or Companion of our Rare Breed Members.

I live in Cleckheaton and hoping to meet others that live with this health condition by starting a Friendship Club that we can meet to talk about our day to day issues Old & New.

As this is a condition that doesn't just effect the Laryngectomee alone but those Closest and Dearest to us I'd be happy for all those connected to get involved as much or as little as they wish.

Myself I'm a fairly New Member of this Elite Club ,having only had my surgery in Nov '22 after a period of both Radio & Chemotherapy and although I'm over the worst of it I'm still undergoing treatment. But as Marvellous as the medical team are it feels somewhat isolating not knowing of other Laryngectomees on the doorstep to "talk" & chat too.

So if you are like minded then please consider contacting me to open up communication in our local area,

Please Email me on the address given and I will return to you with further information.

FAO Jayne Yeates

Email tilly63jayne@gmail.com

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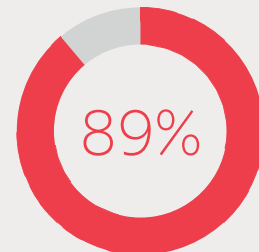
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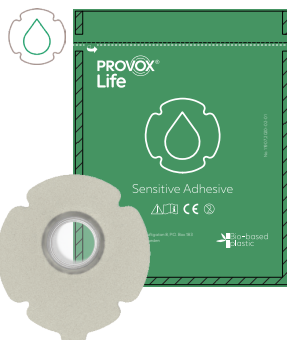


*Provox Life[™] Experience Program, 2021, Data on file.


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