



TO HELP IMPROVE THE QUALITY OF LIFE FOR ALL NECK BREATHERS

Dear Friends

First of all I hope that you all had a good Christmas. Riley, our Great Grandson was disappointed that Father Christmas didn't bring him a red toy racing car but I have heard that when his baby brother arrives he will bring it instead! I also hope you have managed to avoid catching the awful cold and cough which has been around since Christmas.

We have been planning various holidays visiting the Lake District, the York area with pen-friends and a visit to Hull, the UK City of Culture for 2017 with the twinning group.

Recently we have enjoyed a number of family visits with Carole and her daughter and granddaughter, Lucy and also my cousin who is my God-daughter too. She brought a family tree and photos going back to the beginning of the 20th Century, it was a very exciting time. Later in the year we look forward to the wedding of our sister's daughter in Wiltshire.

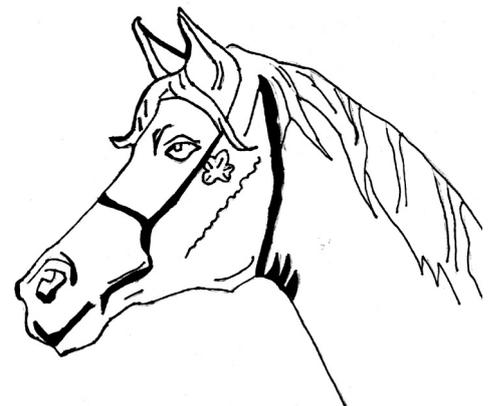
Summer Lunches are being planned for later in the year see full details later in the newsletter. We would be pleased to welcome members from anywhere in the country to attend these lunches.

Best Wishes, Wendy Thompson, Trustee

Race Night 2016

Once again a very successful Race Night was supported by many members and raised an excellent total of £2066 for the charity.

Thank you to everyone who took part.



The photograph shows one of the lucky winners receiving his trophy from the Mayor of Calderdale at the Halifax Christmas Lunch.

Swindon Lunch

On the 18th November the first Swindon lunch for laryngectomees and their friends and relatives took place. The lunch came about because one of the generous donors to the charity asked if it would be possible for an event to happen in his locality. I contacted the local speech therapist, Karen King, who was very positive about the idea. There used to be a surgeon carrying out Laryngectomies in Swindon but now all of the operations are done either in Reading or Oxford. There are support groups in both of these towns but that means that there isn't provision for people living in Swindon unless they feel able to travel to Reading or Oxford.

Karen agreed to put together a list of people known to her who might be interested and also contacted four reps from the companies who supply and transport the products that laryngectomees need. She worked very hard to put the event together and we were able to have a relaxing and enjoyable lunch. It was very interesting to talk to the people there who each had their own story to tell. One person remembered our founder Sydney Norgate and another had his operation as long ago as 1986. It was very clear how much everyone enjoyed meeting and sharing a meal together. We are hoping it will be possible to arrange similar functions in the future.

Any members living in the Swindon area who would like details of future events is invited to contact Ros Oswald, 17 Kandahar, Lottage Road, Aldbourne, Marlborough, SN8 2EE, email the.oswalds@hotmail.co.uk

Yoga for Laryngectomees

Members in the London area might be interested to know that Shrenik Shah who has been a laryngectomee for almost 20 years has developed yoga techniques of specific benefit for laryngectomees and is running classes in London.

For further details contact shrenik.shah2015@yahoo.com



Joanna's Fundraising



I am Joanna a 23 year old hairdresser from Blackpool and I am raising funds and awareness for the charity Cancer Laryngectomee Trust. My dad suddenly passed away in July 2016 and he lived as a 'neck breather' for around ten years and was an active member of this charity. Although he did not pass away because of this disease it is something he had to live with every day of his life since 2006 and not many people understood what it actually was so my aim is to make as many people aware as possible about this charity and what it is and help fund them to carry on the amazing work they do.

I will be doing an online raffle to win a curly blow dry done by myself at Ndulge hair and beauty in Bispham, Blackpool.

To participate in the raffle please use:
<https://mydonate.bt.com/fundraisers/joannajohnson1>

Summer Lunches

Once again we are arranging Summer Lunches this year.

The lunch in Bridlington will be held on Sunday 2nd of July at the Expanse Hotel. If you would like to attend please contact Wendy Thompson, 10 Meadow Drive, Market Weighton, York, YO43 3QG Tel 01430 871561 email blwnt@outlook.com

The Blackpool lunch at the Imperial Hotel on Sunday 11th June is being arranged by Mrs Sandra Waddington, 76 Rutland Avenue, Poulton-le Fylde, FY6 7SA Tel 01253 899531 email waddington46@btinternet.com

Border Lost Chord Club Trip

Darrel Sykes reports

The original plan with the trip had been to arrive in Lancaster about midday and go on a canal boat trip over the Lune Viaduct on the 1230hrs. boat and then let people have some time in Lancaster before setting off home about 1700hrs. Unfortunately after booking the coach in early April we tried to book the boat for approximately 24 people based on previous trip numbers but found that the boat we wanted to go on had already been booked by another coach trip apart from 5 seats. It was then decided that as we could not go on the boat trip we would give members £5-00 each towards their lunches.

After making all the pick-ups and a coffee stop at Tebay South Services the coach arrived in Lancaster at 1200hrs. and people left the coach knowing that they had 5 hours to do what they wanted before the coach left at 1700hrs. The main attraction for most was the modern shopping centre with others going round the Castle and some of the museums. City Museum – free, Maritime Museum - £3-00 and the Judges Lodging Cottage Museum - £3-00. Another place visited was Lancaster Priory. One couple had walked to the canal boat basin to see if any of the 5 seats were still available as they had really been looking forward to a boat trip but found that the boat was full and about another 10 people were in the queue before them.

Everyone got back to the coach on time and the driver was able to get away at 1700hrs. Everyone had enjoyed their day and with not stopping on the return journey were home with the last drop-off by 1930hrs. All comments on the trip have been very favourable from what was available to do in Lancaster to how good the weather was on the day. People mentioned going back again possible next year but making sure that we booked early enough to ensure that we got on the canal boat trip across the viaduct.

Dawn Potts Rome Marathon



As we reported in the September 2016 Newsletter Dawn successfully completed the Rome Marathon on a sweltering day. Including matched funding from her employer the final total she raised for the charity was a magnificent £1707.

Wendy Thompson was pleased to welcome her to the York Area Christmas Lunch to thank her personally and invited Val Cotter, founder of the York support group, to receive a symbolic cheque from Dawn at the lunch.

Laryngectomy/Tracheotomy Ambulance Registration

A facility is offered by the Yorkshire Ambulance Service NHS Trust, in liaison with Healthcare Professionals, to register patients with laryngectomy or tracheotomy. This provides an alert/data flag onto the computer aided dispatch system that includes vital information required for the call taker and ambulance crews. Should there be a need to dial 999 for the patient at their home, the details will "flag" on the screen for the emergency call taker. These details are registered to the patient's address so calls from a mobile will not trigger until the patient's address is given. This data flag/alert highlights to the call taker someone within the house has a laryngectomy or tracheostomy so communication may be difficult. This information is then passed to the dispatched ambulance crew.

Data Flag Coordinator. YAS Headquarters EOC Springhill 2, Wakefield Business Park 41, Brindley Way, WAKEFIELD WF2 0XQ dataflag.requests@nhs.net

Use of Mobile Phone in Emergency

The EmergencySMS service lets deaf, hard of hearing and speech-impaired people in the UK send an SMS text message to the UK 999 service where it will be passed to the police, ambulance, fire rescue, or coastguard. Simply by sending an SMS message to 999 you can call for help and the emergency services will be able to reply to you.

You will need to register your mobile phone before using the emergencySMS service.

To register using SMS text messages you must:

1. Send the word 'register' in an SMS message to 999
2. You will then receive SMS messages about the service
3. When you have read these SMS messages reply by sending 'yes' in an SMS message to 999
4. You will receive a SMS message telling you that your mobile phone is registered or if there is a problem with your registration

When you need more supplies, contact Countrywide Supplies

We are a dedicated prescription service provider specialising in Tracheostomy and Laryngectomy supplies. With fifteen years' experience, serving our many thousand of clients every month.

As specialist providers, our Customer Services team understand your medical condition and are trained to help you with your order. We will contact your GP for the prescription, saving you the time and effort.

We're regulated by the Department of Health and our service is completely free to you.



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Fax - 0115 957 7862

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Countrywide Supplies Ltd,
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Tottle Road,
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Nottingham, NG2 1RT

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