



TO HELP IMPROVE THE QUALITY OF LIFE FOR ALL NECK BREATHERS

### **Dear Friends**

Well Summer has arrived at last as I write this. Sorry I could not write last time but Bill, my husband, had fallen downstairs and broken his pelvis so I was busy looking after him I must say how helpful the local carers were glad to say he is OK now. But the vegetable garden has suffered so we have only got red cabbage and leeks in.

We have just come back from a very hectic trip to Lengo in Germany it's our local twinning town. It was the 825<sup>th</sup> anniversary of the founding of the town which later became one of the Hanse towns some of which were represented there. Hope you have managed to get out and about during the summer taking the travel guide with you. We are currently working on updating the guide if you have any information which you feel could be improved please get in touch with us.

We have got a new edition to the family our daughter's family have got a puppy.

I look forward to receiving your entries for Race Night. Good Luck to all.

Best Wishes

**Wendy Thompson**

### **Race Night 2015**

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 ten 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 on the next page. 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 five. 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 31<sup>st</sup> October to give us a chance to organise everything.

There is a space on the form for you to request extra books of five 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 by 31<sup>st</sup> October. PLEASE NOTE THE FORM AND CHEQUE IS TO BE SENT TO WENDY THOMPSON NOT TO THE CHARITY ADDRESS.



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 £7,600 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 2015



Summer Lunches have been held in Blackpool and Bridlington. We thank Sandra Waddington and Wendy Thompson for arranging these events and are pleased to hear that the members who attended the events enjoyed meeting up with other laryngectomees and their families and friends.



### Champion of Champions

Member Janet Wigfield sends news of her bowling success:

*We go to this area in Spain to escape from the UK winter and we belong to the San Luis Bowls Club, the people we have met over the years in this community have been fantastic in helping us when I was diagnosed with cancer of the larynx.*

*I thought I would never bowl again after my operation as I developed a fistula and had to have my pecks muscle rotated to the neck, to help close the fistula.*

*That was 2009 and after a long spell hospital I was finally discharged, but realised my right arm movement was drastically reduced.*

*We carried on going to Spain, my partner carried on bowling and I was just a spectator because of the movement in my arm. But gradually I started to have a little practice on my own and slowly started to play again.*

*Last year we won the club's mixed pairs competition which qualified us to enter the Champion of Champions competition, we did well but lost in the Semi Final.*

*The photos I am sending shows us being presented with the mixed pairs cup. I hope this gives encouragement to others.*

*Many Thanks.*

*Janet Wigfield*



## BAHNON Conference 2015

On the 3<sup>rd</sup> July the British Association of Head and Neck Oncology Nurses (BAHNON) held a Conference in Birmingham - Sharing Good Practice in Head and Neck Cancer Nursing. They invited CLT to have a stand there and so it was possible for Ros Oswald to represent the charity as a trustee. There was a wide range of talks a number of which were relevant to laryngectomees and it was a good opportunity to spread the word about the charity. There were also friends of the charity there who had some very positive things to say about us.

A pilot service has been operating in Suffolk which is designed to bring cancer care into the community. We heard from Sarah Orr about how the service has been helping cancer patients to have a more local and personalised service. It was interesting to hear about the wide range of work she had been carrying out including providing support to family members and carers as well as to the patient, educating the wider community, holding teaching sessions for community nurses, developing information leaflets and assisting with the preparation of care plans. This work was in addition to the medical care provided which included symptom management, medication advice and carrying out bloods and wound care.

The second speaker, Audrey Scott, who is the chair of BAHNON, talked about the best ways in which to treat skin problems resulting from radiotherapy. It was very obvious how much the nurses care about finding the best possible outcomes for their patients and the level of detail was very interesting.

Next we heard from Karen Matthews and Claire Hanika who are part of the Macmillan Aftercare Service or MARS at the Royal Surrey County Hospital which was launched in 2013. The aim is to improve the patient experience and if possible decrease the need for readmissions which are related to dietary problems, infections or valve problems. Ros spoke to Karen afterwards about the possibility of including some dietary information in the CLT newsletters.

There were talks about Electro chemotherapy, HPV and the importance of detailed research being carried out to make sure the treatment given is always the best possible.

During the breaks, Ros was able to talk to a number of nurses and obtain updating information for the travel guide. It is inevitable that the information in the guide will go out of date as ward numbers and telephone numbers changed but the nurses were keen to stress the importance of the guide. Updating the guide will now be a priority for the Charity.

The day was a very busy one and it was so encouraging to meet so many health professionals who are dedicated to providing and improving the care for laryngectomees. It was obvious that the nurses are very clear about how important it is to provide emotional as well as physical support for both parents and their families. This is something which was so important to Sydney in setting up the Charity and working with BAHNON is an ideal way to make sure we are all working together when our aims are so similar.



## Travel Guide Update Request

The very popular Laryngectomees Travel Guide to the UK originally developed by the late Paul Cantlie and published by the charity is now due for a further update. Please can we request all health professionals who receive this newsletter to check the entry for their hospital and to notify us whether the current entry is correct or requires amendment. The guide can be viewed at our website [www.cancerlt.org](http://www.cancerlt.org). Please reply to [info@cancerlt.org](mailto:info@cancerlt.org). Thank you.

Meanwhile printed copies of the current edition can be obtained by sending a SAE with a 1<sup>st</sup> or 2<sup>nd</sup> class stamp to CLT, PO Box 618, Halifax HX3 8WX



## Ladysmith Dressage Show

Ros Oswald reports on the show:

On the 20<sup>th</sup> June 2015 Rose and John Coley very kindly organised and hosted a Dressage Competition in aid of the Charity at their home Ladysmith Equestrian Centre at Chiseldon near Swindon.

We were fortunate that the weather was good and we were able to enjoy a wonderful competition as well as raising valuable funds. We have known Rose and John for many years as the Equestrian Centre was home to our ponies Toby and Teri. It was Rose and John's idea to hold the competition in aid of the Charity and it was particularly special as the Charity founder, Sydney, was so keen on horses (particularly the ones that could run quickly!).



It was a real family occasion as Sydney's granddaughter Elly acted as judge, I acted as writer for Elly and Victoria Cross (Sydney's granddaughter) judged the best turned out horse and rider. We even had Sydney's great granddaughter Lucy in attendance. Although she is only 14 months old she has already started taking part in pony fancy dress classes!

There were three classes in all and it was very clear how much thought and hard work had been put in by the competitors. The judging was far from easy. The first class was limited to walking and trotting with canter being included for the two remaining classes. There was a mounted prize giving and then Rose gave a display on her dressage horse Zorro who is competing successfully. Each winner received a china mug full of horse treats and the best turned out winner was given a beautiful whip supplied by Victoria.

We are very grateful to Rose and John for being willing to host the competition and to all the people who entered and rode so well. It is wonderful to see how funds can be raised whilst, at the same time, we can follow a hobby which Sydney shared. He would have been so proud to see how the next generation is following in the family traditions.

## Well Done Tom

Tom Hall achieved a personal best time when running in The British London 10K on behalf of the charity on a sunny July morning.

Well Done Tom and thank you so much for your continuing support for the charity.



## Speak Easy Outing



Members of the Lanarkshire Speak Easy group enjoyed an outing to Ayr on a dry warm day. Ann Muir thanks the charity for support for the trip.

website: [www.cancerlt.org](http://www.cancerlt.org)

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