



TO HELP IMPROVE THE QUALITY OF LIFE FOR ALL NECK BREATHERS

### **Race Night 2007 - Mini Break in Bridlington**

We are very grateful to the owners of The Expanse Hotel, Bridlington who have donated the first prize for our raffle as part of Race Night 2007. The prize consists of a weekend of bed and breakfast for two people to be taken some time between November 2007 and March 2008, excluding Christmas and New Year and subject to availability. In addition to this splendid first prize there will be 30 of prizes of £10 each.

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. We draw out the winners and a prize is sent to the winner of each race. We also have the raffle tickets at 20p each or £1 per book of 5. 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 26th 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. 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 26th 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 trust.

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 £2800 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.

### **Thanks to Dorene**

Dorene Griffiths has been a tireless worker for laryngectomees for many years, although technically retired now she continues to give her support whenever she can. In particular she runs the swimming sessions at the Jospice Pool for the Liverpool Happy Larrys who welcome laryngectomees from all over England to learn how to use their equipment. In order to thank Dorene for all the work she does we arranged for Ann Newland to make a presentation to her of a bouquet of flowers. Dorene was surprised but delighted with the beautiful flowers.



Thank you bouquet for Dorene



Wynnecroft Hotel

### Larry Friendly Hotel

The Wynnecroft Hotel in Paignton is run by Vicki and Gordon Heeley who live there with their family. Vicki's mother has been a laryngectomee since 1994 and so they are well acquainted with the requirements of our members. They also specialise in catering for people with special dietary requirements such as Coeliacs and those with soya or dairy intolerances. A real family atmosphere is created in this comfortable converted Victorian house.

Contact Vicki on 01803 525728 or at [www.wynnecroft.co.uk](http://www.wynnecroft.co.uk)

### Ambulance Service Registration

The Yorkshire Ambulance Service NHS Trust offers the facility for Laryngectomees to register their details so that should they ever need to dial 999 their full details will appear on the screen for the ambulance call taker. The fact that a neck breather resides at the address will ensure that an ambulance is dispatched without delay.

Registrations can be made at A & E Communications Centre, YAS HQ, Springhill 2, Wakefield Business Park 41, Wakefield WF2 0XQ

Members in other parts of the country might wish to enquire whether their local ambulance service offers the same facility.

### Video Dressage What's That?

A love of horses seems to be a family trait which our Founder, Sydney Norgate, had inherited. His interest was in race horses and that is why our main fund raising event takes the form of a Race Night. The trait has re-appeared in his grand-children particularly Vicky and Elly. They both enjoy competing in dressage (or "going round in circles" as it is sometimes known!). The idea is for the horse to carry out a number of set moves at different paces and be judged on how well this is done (a bit like gymnastic floor exercises but hopefully without the somersaults!).

Judy Harwood, from the Pony Riders Association, has kindly agreed to organize a dressage competition to support and raise funds for the Charity. To avoid the need to transport horses (who can be reluctant to go into horse boxes or trailers) the competition is run by video. Anyone who has a horse and access to a video camera can enter.

The closing date is 20th October 2007. There are classes for all levels up to Novice (which is quite hard!). The Walk and Trot test is perfect for beginners or lazy horses. Entry forms can be down-loaded from our Web Site [www.cancerlt.org](http://www.cancerlt.org) or obtained from the office, contact details below. We are delighted that Cavaletti Clothing is sponsoring the event and providing prizes for each class. If you know anyone who might be interested do let them know. Elly's pony, Toby, is already putting on his leotard.



Elly Oswald on Toby

### Royal Honour

Ann Muir was delighted to be invited to Hollyrood House Palace to represent the Speak Easy Laryngectomee Group at a Royal Garden Party on the 4th July. Doesn't she look glamorous in all her finery

Ann reports "Prince Phillip spoke to myself and friend Ellen, he was charming. Friends told me later I was spotted on TV, but of course I didn't see that. The weather was dry, there were hundreds there, but good security all round. Some glamorous fashions and not just amongst the ladies! It was a lovely day to remember."



Ann and Ellen ready for Hollyrood

### Summer Lunches and Trips

We have been very pleased to meet up with several members, friends old and new, at the lunches in Blackpool and Bridlington. We have also provided some financial support for group trips. Leigh & District Club had a weekend in Blackpool "Enjoyed by all members with good food and good entertainment". The Speak Easy Group "Enjoyed their day out in Ayr refusing to let the weather dampen their spirits." The Border Laryngectomee Club visited Beamish and Blackpool Area Club members had a trip described in detail by Bernard Beetles:

"Through the good offices of the CLT Trustees this year we have been able to fulfill a long held wish of mine in that, instead of a mere summer evening meal we paid a visit to somewhere interesting. In which we in the North have a remarkable variety to choose from. We decided on a day out in Windermere and Bowness which is but an hours drive from Blackpool. Also included in the itinerary was a trip on the old Steam Railway from Haverthwaite to Lakeside followed by a cruise to Bowness. Both of these trips were a delight and one only missed the smell of the steam train as a laryngectomee.

Bowness gave us its varied pleasures for the three hours exploring its many shops and cafes if you could manage to climb up the very steep street which didn't deter our Cecelia at 84 years, but I must confess I, on approaching 82 in a couple of weeks, felt the strain. The weather forecast had not augered well but the promised rain did not show itself until we were safely on the coach returning home. I must say I enjoyed looking over the extensive work on the Old England Hotel I had visited often as part of my job with Trust House Forte Leisure.

Many thanks to all the Trustees"

Bernard Beetles



## Cancer Journey Number Two

Whispering Smith, who is one of our members, writes:

“Uncomfortably, I find myself on the horns of a dilemma, or stuck in a paradox.

Now a paradox, that’s a problem to which there are usually two solutions, both of which are invariably wrong.

It’s over twenty years since my First Cancer Journey commenced on a Radiotherapy table in Southampton. Today the table looks just the same but it’s moved about thirty miles eastwards down the Motorway and I am now stretched out in Portsmouth. The comfort scale is about the same, three out of ten, the Hospitals have been refurbished over the years, the plastic looks new, all bright and shiny. There are a great many more cars but still never enough parking spaces, it was ever thus, but transport has always been a major problem for me. I rely entirely on my feet and the NHS. Such is life as a pedestrian.

I have just completed 33 visits to the Linear Accelerator. As my Australian relatives would put it “I feel really crook”, but hopefully things will start to improve.

Over the last couple of decades, as phones and televisions have moved onwards and upwards I expect similar progress has been made with the equipment to combat cancer. I sincerely hope that my personal results will reflect this.

Twenty years ago I was angry; today I think I am more astonished. To be hit in almost the same place twice goes against the old adage about lightning and my philosophy.”

## Reminder - A Laryngectomy’s Travel Guide to the British Isles

The booklet provides locations and lists of all hospitals believed to handle emergencies of the type that laryngectomees may suffer. Small maps show the spread of towns with suitable hospitals. There is an Emergency notice for the reception staff or A&E and the next page gives a list of the usual conditions to help a voiceless laryngectomee indicate what the problem is. The rest of the section lists the different hospitals, their addresses and main details.

The booklet can be down-loaded from our Web Site [www.cancerlt.org](http://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.

The Trustees hope that you have all managed to stay dry in this “Record Breaking Summer” and hope that you will join us for a “Record Breaking Race Night 2007”.



web site: [www.cancerlt.org](http://www.cancerlt.org)  
email: [info@cancerlt.org](mailto:info@cancerlt.org)



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