



**TO HELP IMPROVE THE QUALITY OF LIFE FOR ALL NECK BREATHERS**

**Dear Friends**

As I write this the weather is very Spring like with all the bulbs and blossom coming out. Bill is busy getting his vegetable and flower seeds in. Also this week he is paper boy for our grandson who is away on holiday. This involves a round trip of about 20 miles per day.

As we pack the newsletters we notice that some addresses don't have postcodes and we are also aware that we lose touch with some members when they move house. Please can you help us to keep our mailing list up-to-date and fully correct so that we can make contact with you regularly in particular when we wish to invite you for lunches or outings. As usual Bill, Sarah and I will be in attendance at the Bridlington lunch meeting old and new members and partners.

I have recently been diagnosed with a non-cancerous condition and now know from personal experience how helpful a support group can be. Even just meeting for a chat and a cup of tea does wonders for our well-being.

**Best Wishes Wendy Thompson**

**Summer Lunches**

Lunches are to be held in Blackpool on Saturday 13 June at Hacketts York House Hotel and at the Expanse Hotel, Bridlington on Sunday 19 July. We would like to invite members to attend with a spouse, carer or friend too. If you would like to attend the Blackpool event please contact Malcolm Rothwell, 23 Dorset Road, Atherton, Manchester, M46 9PP Tel 01942 892403. The Bridlington Event is being organised by Ann Smith, 47 Bonser Gardens, Sutton-in-Ashfield, Notts, NG17 1DT Tel: 01623 432588



Wendy Thompson, family and guests at Bridlington 08



Members enjoying the Blackpool Lunch 08

## **Trustees Report for Year Ending Jan 2009**

The world looks very different in January 2009 from the way it looked in January 2008. We are in the middle of a recession – possibly a depression and many of the old certainties have disappeared. Banks are owned by the Government and interest rates are approaching 1%. So how do these things impact on the Charity?

On one level they are irrelevant. The Charity exists to support people who have encountered serious illness either directly or through family members or friends. No matter what is happening in the “real” world the reality of serious illness pushes all other considerations away. The Trustees do not lose their sense of purpose simply because the world around them is changing.

On the financial level, however, these world events are significant. Some charities have lost significant amounts of charity money through financial investments which on the face of it were sound. No charity can afford to neglect its financial resources. It is the money from which good things can flow and it is the result of hard work and sacrifice on the part of the givers.

We receive funds from generous donors, collecting boxes, Race Night, legacies and a small amount is received in grants. We know that every penny has been given with generosity and concern for the people who are most affected by throat cancer. 2008 has been a year of many activities which provide concrete evidence of that generosity and I am attaching a list of activities for the year ending in January 2009 so that nothing is forgotten.

We understand the level of responsibility that the donations place on us. As Trustees we are very fortunate that our father and the Founder Sydney Norgate had exceptional abilities when it came to earning money himself and looking after it carefully. If that had not been the case there would be no Charity. He also instilled in us the importance of sound financial planning. As a result the Charity has lost none of its investments and although it is being affected by low interest rates, the impact is manageable. The Charity pays no wages – all work is done by the Trustees (particularly Carole) or by volunteers. As a result we are able to carry on the tasks that are part and parcel of everyday life for the Charity.

I would like to thank everyone who has been prepared to support the Charity in any way during the year. As the Charity receives little support from Government agencies we are always very appreciative of donations, grants or legacies which enable the Charity to continue its work. Race Night is an essential part of the fund raising work and in 2008 net proceeds of just over £3,000 were raised. Thank you for your support.

As always the Trustees remain committed to continuing the work of the Charity and helping Larrys and their families in whatever way is most appropriate.

The Trustees would like to thank Keith Roper of Lambert Roper and Horsfield Limited, Debbie Coates and the staff at HSBC, Nurse Michelle Beaumont, Nurse Carol Wise, John Bramall and Sovereign Healthcare.

### **Activities during the year**

1. On 28 February Carole Stainton visited the Wakefield support group run by Helen Chadwick to present two Trutone artificial larynx machines to the group and to speak about the work of The Cancer Laryngectomy Trust.
2. Summer lunches were held at Hacketts York House Hotel in Blackpool arranged by Malcolm Rothwell and at The Expanse Hotel in Bridlington arranged by Ann Smith and Wendy Thompson.
3. Donations and fund raising by members and their families: Chameleons Drama Group sent £750 and Lodge of Simplicity £1,369 in acknowledgement of support given to one of their members. Wath Fundraisers sent a further donation of £100. Malcolm Bastard donated £700 to sponsor the Halifax Christmas Lunch. Baden Cook and Sheila Turner continued their fundraising efforts also. A legacy of £10,000 was received from Mrs E. M. Barford. A full list of all donations appears in the accounts.
4. The Laryngectomy's Travel Guide to the British Isles has been prepared by member Paul Cantlie and is being published and distributed by The Cancer Laryngectomy Trust. A reprint of the guide has been published this year and is again proving to be very useful to the members.
5. In October Carole Stainton presented a trolley to Calderdale Royal Hospital to be used for laryngectomy patients.

6. This year we have recruited 139 new members. All new members received a Welcome Pack containing rehabilitation items as requested.
7. Whenever possible Carole Stainton attends the meetings of Speak for th'Sen, the Kirklees and Calderdale head & neck cancer support group. On 17 October a joint meeting was held in Blackburn for Speak for th'Sen, Wakefield and Blackburn Larrys and health professionals attending.
8. Christmas Lunches were financed by The Cancer Laryngectomee Trust in Halifax, Blackpool, Rotherham and Chesterfield. Supporter Malcolm Bastard funded the event in Halifax and the Mayor of Calderdale presented trophies to some of the winning owners from the recent Race Night.
9. The major fund-raising event was again Race Night 2008 with income of £4,702 gross and costs £1,653.
10. Three full newsletters and a brief Race Night results document have been sent to all members and to the Health Professionals on the mailing list.
11. 14 grant requests totalling £5,036 have been approved this year.



# THE BRITISH 10K LONDON RUN 12th July 2009



## **STOP PRESS WE STILL HAVE A FEW PLACES LEFT:**

Runners Required for The British 10K London Run 12 July 2009

We have purchased 12 places in the run for the years 2009 to 2012. The race in 2009 will be held on Sunday 12 July, start time 9.35am. The race commences at Hyde Park Corner with the route travelling along Piccadilly, Pall Mall, along the Embankment towards Tower Bridge back to Westminster Bridge and into Whitehall for the finish.

Runners must be at least 15 years old and be capable of completing the race in under 2 hours.

Individual runners must complete the registration form (available from CLT, PO Box 618, Halifax HX3 8WX or [info@cancerlt.org](mailto:info@cancerlt.org)) which contains our Charity Race Ref No P937 and return the form to CLT. These entries will then be entered on-line via the race website. We can amend the on-line registrations and make substitutions before the date up to Friday 3rd July.

We have had to purchase the Platinum Debentures for our runners but we do not plan to charge people to run for us. What we would hope is that each member of the team will attempt to generate at least £50 sponsorship for the charity. A sponsorship form has been prepared which you might wish to make use of or alternatively you can prepare your own version. We have permission to use the race logo. Please encourage anyone who is eligible (i.e. UK tax payer) to tick the Gift Aid box as this increases the value of their donation at no cost to them.

We have some nurses running for us who would be very grateful to receive sponsorship from anyone able to help. Please send cheques payable to CLT to the office with a note to show the money is for race sponsorship.

For more information on the race see the CLT website [www.cancerlt.org](http://www.cancerlt.org) or [www.thebritish10klondon.co.uk](http://www.thebritish10klondon.co.uk)

## **Breakdown Emergency Number**

Members who drive might be interested to know that the RAC have a text number for use in Emergency 07855 828282

### Fund raising champions

Once again Margaret Turner and her friends at the Calderdale Branch of the Overseas Buffaloes Association have been busy fund-raising on our behalf. Several events were held to raise the magnificent sum of £2025 which was presented to Trustee Carole Stainton by Margaret. One of the events was a sponsored swim by Sharon Clarke and Brenda Pullen. Carole was pleased to assist with keeping a check on the number of lengths achieved and to congratulate Sharon and Brenda when they finished. It turns out that Brenda's husband was a pupil at the school in Tadcaster where our founder the late Sydney Norgate was a trainee teacher back in the early 1930's.



### Grants

The Trustees are always pleased to consider requests for grants to be made to members in financial difficulties. In the past year nine such requests were made and approved for amounts ranging from £50 to £500. If anyone is in need of support please contact the office by mail or e-mail to request a Grant Request form. This will be treated in total confidence. We can also offer grants to groups of laryngectomees who wish to arrange a trip out for the day, for example. Again please contact the office for a form.

One group who have successfully applied for a grant are The Mid Yorkshire Warblers who requested two TruTone electrolarynxes to have available for loan so that members can try them out. Group Secretary Helen Chadwick said "We're extremely grateful to the Cancer Laryngectomy Trust for this donation which will help our patients with their speech".



Members of The Mid Yorkshire Warblers

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



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National Association of Neck Breathers  
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