



TO HELP IMPROVE THE QUALITY OF LIFE FOR ALL NECK BREATHERS

Dear Friends

Well it's time again to put pen to paper and it seems that it's a very eventful year for the country. First we have had the Titanic Centenary, next it's the Queen's Diamond Jubilee followed by the Olympic Games. Lets hope the weather does us proud but not forgetting the need for rain for the gardeners and farmers. We were recently sorting through some papers from my husband's family and found a programme for the Procession to St. Pauls for Queen Victoria's Diamond Jubilee together with the seat tickets for the service attended by his grandparents.

It was good to represent the charity at the Eastern Region Laryngectomy Conference held recently in Cambridge and to have the chance to meet members and partners who as we all know play a very important supporting role. Later this month we will be present at the Laryngectomy Cancer Network conference in Preston and look forward to meeting members there too. We also look forward to meeting members at the forthcoming Summer Lunches, for more details see later in the newsletter.

Hope you all have a good summer, don't forget your Travel Guide on your journeys. Our main holiday will be to the Harz Mountains in Germany following in the footsteps of my husband's father who spent time there in 1908.

Best Wishes,

Wendy Thompson

Summer Lunches

Lunches are to be held in Blackpool on Sunday 17th June at The Savoy Hotel and at the Expanse Hotel, Bridlington on Sunday 8th 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, & Wendy Thompson, 10 Meadow Drive, Market Weighton, York, YO43 3QG Tel 01430 871561



If anyone would like to arrange an event elsewhere in the country we would be pleased to provide financial support. We can also offer grants for groups who wish to arrange outings. Please contact the office at CLT, PO Box 618, Halifax HX3 8WX or e-mail info@cancerlt.org for a Grant Request Form.

Last year the Swallow Club enjoyed a trip to Tretower Court and Castle and the Windpipers from Blackpool travelled by coach, steam train and steamer on their trip to the Lake District.

London 10K Run

We are very pleased to have secured some places in the British 10K London Run which will be held in the heart of London in the weeks just before the 2012 Olympics. The race on 8th July 2012 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. All runners will have Chip Timing and an Official Race Photo. 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) 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 29th June.

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. On-line donations can be made using the BT donation service at www.bt.com/mydonate. For more information see the CLT website www.cancerlt.org or www.thebritish10klondon.co.uk



Extract from the Trustees Annual Report to January 2012

During 2011 the Trustees decided to think about whether the time had come for additions to be made to the book written by our father and the founder of the Charity, Sydney Norgate. We were fully aware that the book has been absolutely invaluable in assisting Larrys and their families both before and after their surgery in both psychological and practical ways. It is always so heartening to read the emails and letters we receive which confirms this.

However, the Trustees were also aware that some surgical methods had changed since the book was written and also progress had been made with regard to new methods of speaking. It was a very difficult decision to make as the book is a very precious reminder to the Trustees of Sydney and it is written in his own inimitable style. On balance it was felt right to add a separate chapter to the book to provide the important up to date information but to leave the remainder of the book as it is.

The decision was a little easier because Nicola Oswald (one of Sydney's grand-daughters) has recently qualified as a doctor and her interests lie in ear nose and throat surgery. Therefore, she was very keen to undertake the work supervised by Mr Paul Pracy Consultant ENT surgeon from Birmingham University and Queen Elizabeth Hospital. A questionnaire was sent out to all members to find out more about their experiences and chosen speech methods. The response was excellent and the results very informative.

The Trustees are confident that this work will enable the book to be brought very much up to date and thus will continue to be a valuable resource for professionals in addition to patients and their carers. In addition to this work the Charity has continued its ongoing work of making grants to members,

organising rehabilitation functions and raising the profile of the Charity. There is no doubt that though cancer of the larynx is, thankfully, one of the rarer cancers, the diagnosis has a profound effect on the patient and their family. The work of the Charity remains as essential as ever.

We would like to thank everyone who has been prepared to support the Charity in any way during the year. As the Charity receives no 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 2011 a net total of £2,304 was 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 Claire Mercer, Carol Wise, Margaret & Edwin Turner & Hettie Crawshaw, John Bramall and Sovereign Healthcare.

Activities during the year

- 1) The charity AGM for the year ending 7th January 2011 was held on 28th February.
- 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 fundraising by members and their families: Benfleet Methodist Ladies have made generous donations in appreciation of support given to one of their members, Michael Welch bravely carried out a skydive with his son and once again the East Lancashire Ladies Glades gave generous support. Baden Cook and Rosa Taylor continued their fundraising efforts also. A full list of all donations appears in the accounts.
- 4) The Laryngectomee's Travel Guide to the British Isles, prepared by member Paul Cantlie, is being published and distributed by The Cancer Laryngectomee Trust. Members continue to welcome the provision of this information.
- 5) In March Carole Stainton and two local members met with the Mayor of Calderdale and Mr Leslie Morgan at the Town Hall in Halifax to receive a cheque donated by Sovereign Healthcare to the Cancer Laryngectomee Trust.
- 6) Wendy Thompson has attended a Laryngectomee Information Day in Leeds and the York laryngectomee group meeting. At both events she was able to meet existing members and recruit new members.
- 7) Whenever possible Carole Stainton attends the meetings of Speak for th'Sen, the Kirklees and Calderdale head & neck cancer support group. On 21st October a joint meeting was held in Halifax for Speak for th'Sen, Wakefield, Leeds, Bradford and East Lancashire Larry groups and with health professionals and representatives of manufacturers also attending.
- 8) On December 1st Wendy Thompson represented the charity at the Patient Focus Group Meeting held at Queens Medical Centre, Nottingham. She spoke about the history and current work of the charity and her contribution was greatly appreciated. Once again some of the members at this meeting re-inforced the benefit of pre-surgery visits by existing laryngectomees.
- 9) Christmas lunches were financed by The Cancer Laryngectomee Trust in Halifax, Blackpool, Rotherham and York. The Deputy Mayor of Calderdale presented trophies to some of the winning owners from the recent race night at the event in Halifax.
- 10) Once again the main fundraising event arranged by the charity was the Race Night. The Race Night 2011 was once again very well supported with gross income of £4,255 and costs of £1,951.
- 11) This year we have recruited 62 new members. All new members received a Welcome Pack containing rehabilitation items as requested.
- 12) 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.
- 13) Eighteen grant requests totalling £6,018 have been approved this year. Nine of the grants were made to individual members, one grant was to York hospital to purchase a nebuliser for loan to laryngectomee patients and the remainder of the grants were made to groups to organise outings or meals. Two of the grants for individuals related to requests for support for employment retraining costs following laryngectomy surgery.

Another poem from Len Hynds

I was thinking of the wonders of present day communication, which is a source of amazement to me, who was born in the age of semaphore and smoke signals, those days when one had time to think before sending a message. But everything today is instantly sent to the most obscure part of our planet, and it has been of inestimable value to people like us Laryngectomees. Since I started writing for Whispers On The Web in October 2009, I have made so many friends throughout the world, that I now regard it as a great family, with that special strength that a family gives.

I realise that our members encompass many religions, but god is god in any religion. I am not a regular church goer, although I have my own inner beliefs, and I do have two separate friends, both ladies as it happens, one the Chaplain at my local hospital, and the other the priest at our parish church. I jokingly tell them that as they have an 'in' with top management, I expect them to put a good word in for me, when the time comes. I'm no fool ! So with a religious flavour, may I send you a "Thank you to God poem" (Just in case)!

SEND TO GOD . COM

Every single evening,
as I'm lying in my bed,
This simple little prayer,
keeps running through my head.

God bless all my family,
wherever they may be,
keep them warm and safe from harm,
for they're so close to me.

And god, there is one more thing,
I wish that you might do.
Hope you dont mind me asking,
please bless my computer too.

You see, this little metal box,
holds more than odds and ends.
inside those small compartments,
rest so many of my friends.

So when you update your heavenly list,
on your own great CD-Rom,
bless everyone who sends a prayer,
straight up to God.Com.



Legacies & Donations In Memory

We have been very grateful to have received a number of donations to the charity in recent months in the form of legacies from former members and donations in lieu of flowers at funerals. We thank you all for thinking of the charity at these times of sad loss.

web site: www.cancerlt.org
email: info@cancerlt.org



CANCER
LARYNGECTOME
TRUST

Cancer Laryngectomee Trust
National Association of Neck Breathers
PO Box 618
HALIFAX HX3 8WX
Telephone/Fax 01422 205522

TO HELP IMPROVE THE QUALITY OF LIFE FOR ALL NECK BREATHERS