

TO HELP IMPROVE THE QUALITY OF LIFE FOR ALL NECK BREATHERS

Dear Friends

Fellow Trustee Ros Oswald and I have been busy representing the charity as you will see later as far as Ros is concerned. I visited the ENT Dept at York Hospital to present a set of 6 nebulizers which they had bought with our grant to the department. It was very rewarding to hear that 3 of them are already out on loan and I enjoyed meeting up with some of our members and carers.

The cricket season has started again so our son-in-law and grandson may find themselves playing against one another. Sam is now 17 so he is learning to drive which will hopefully make it a little easier for our daughter not having to nearly cut herself in half to get both children to sports fixtures! Our great-grandson Riley has cut 2 teeth as his mother discovered when she put her finger in his mouth and he bit it. They have moved a little further away but still in distance to come for lunch on Sunday. We will be needing an extension on the dining table with Riley and Sam's Norwegian girlfriend joining us. It's so nice to get everybody together and to hear the discussions around the table.

We are busy planning the Summer Lunches to be held in Blackpool and Bridlington in June and also recruiting runners for the London 10K on 14th July. For more details see later in the newsletter.

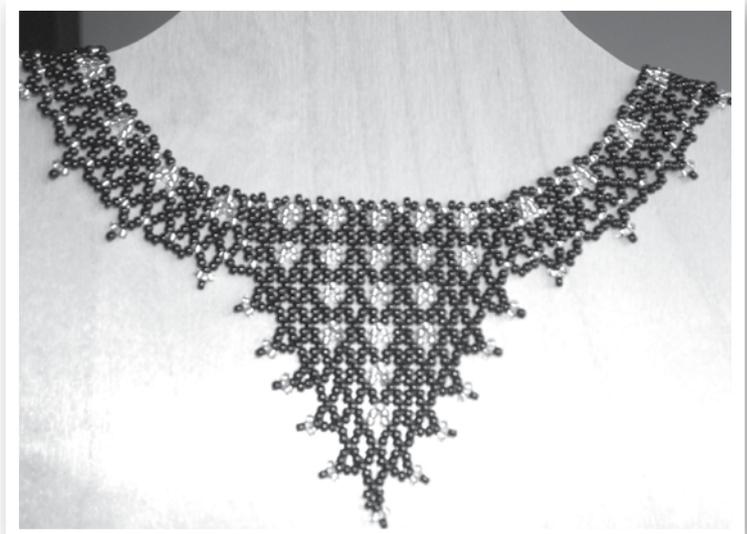
Hopefully you will all have a good summer

Best Wishes, Wendy Thompson

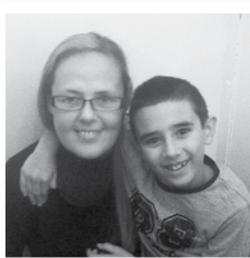


Beaded Necklaces

Ladies who have been members for a number of years may recall that member Audrey Lamb offered to create beaded necklaces to order which were greatly appreciated. Sadly Audrey died a few years ago but we are delighted to introduce Lorraine Hodgkinson who is willing to make necklaces which might be suitable as a stoma covering. Lorraine wishes to stress that this is a hobby not a business activity but that she will be pleased to create an item to your requirements for a cost in the region of £10 to £16 plus postage. Please contact Lorraine directly for further details: Lorraine Hodgkinson, 17 Culverton Hill, Princes Risborough, HP27 0DZ, Tel 01844 347230 E-mail ddrhodgkinson@btinternet.com



Patricia's Story



My name is Patricia Morrison I became a Larry in August 2007 which came as a bit of a shock as I was a young mum of 34 with an 18 month old son. Becoming a Larry had a huge impact on my life and Life was a struggle at first as a lot of Larry's will know. But with the help and support from my family and friend I began to become more strong and confident but I must say the key thing for me was my beautiful, amazing little boy who adapted to me and my voice and who kept me sane threw the hard times. Then the day came were my little boy started full time school and I found myself lost so I decided I wanted to go to college and do something with my life. I came across a basic counselling course and I just knew straight away that this was the course for me helping people was something I wanted to do more than anything else in the world so my journey began then roughly about 10 weeks into the course I received a phone call of the specialist nurses in Aintree Hospital in Liverpool asking me would I come in a speak to a patient pre-opp who was struggling and overwhelmed with what she was about to face. I dropped everything and with a great sense of honour of I went to Aintree hospital full of anxiety and worry about what I would say and just hoping more than anything that I could help this lady during this time in her life. During the hours we spent together on that Sunday afternoon I realised more than ever how important it was for me to continue and become a fully qualified counsellor so I could carry on helping patients with the right skills and confidence so that I could help these patients to the best of my ability. I'm very pleased to say that this lady is doing absolutely fantastic now and we have become good friend and we keep in touch and meet up regularly. And I continue to help up in Aintree whenever I'm required to but luckily it not that often I say luckily obviously because the less people diagnosed the better. And I something I will continue to do for the rest of my days. I am now doing my first year Diploma in counselling and psychotherapy which I love every minute of and have a real passion for. I will qualify in May 2014 and will be overwhelmed with excitement to start helping people with cancer to the best of my ability and with all my heart. I would like to thank Carole Stainton for her on-going support during my training and also Happy Larry's Liverpool of whom I love being a member of and have become a great support to me over the past few years.

London 10K Run

For several years we have had a team competing in the British 10K London Run on our behalf. They have done a splendid job of raising money for the charity and raising the profile of laryngectomees too. The race on 14th July 2013 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 D196 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 1st 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. 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



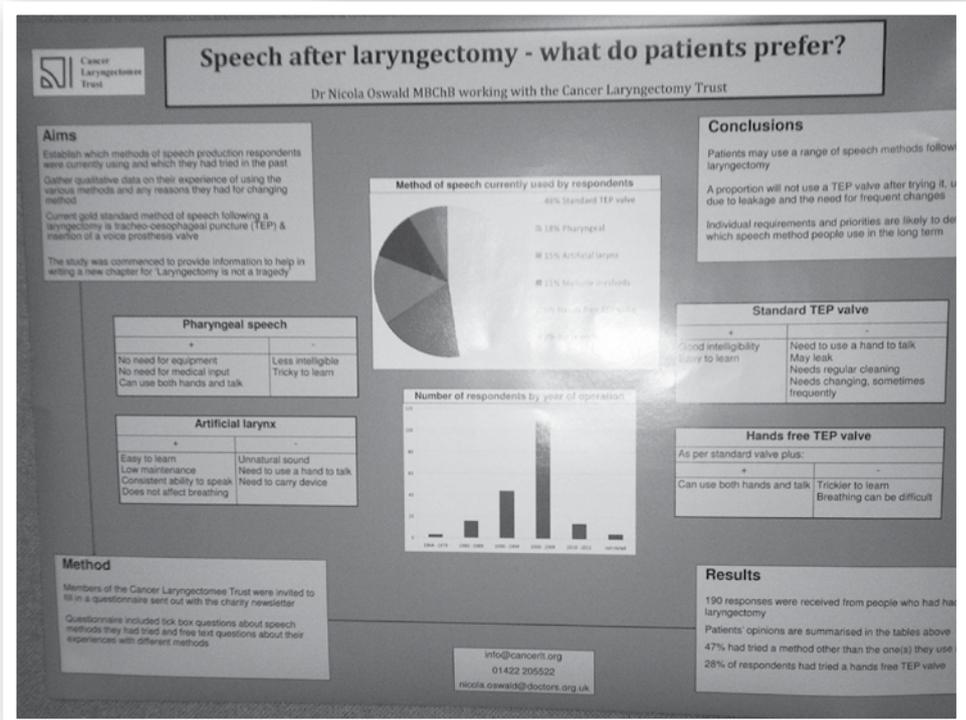
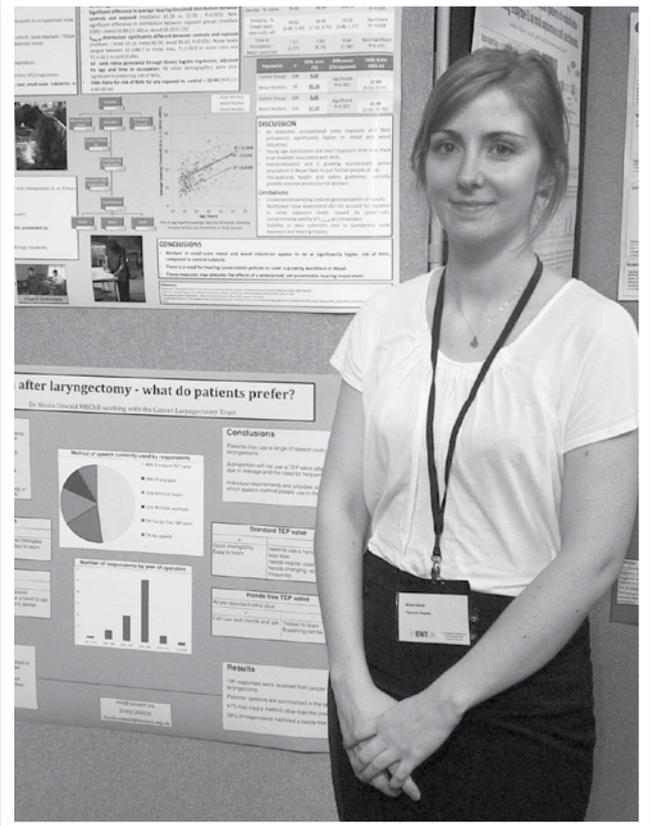
ENT Conference

On the 11th March 2013 I attended, on behalf of the Charity, the 3rd Foundation ENT Conference for Medical Students and Foundation Doctors at the Royal College of Surgeons in London. The Conference provides invaluable information for delegates about careers in ENT specialisms and includes sessions on education and training as well as practical sessions on subjects from airway skills to ENT emergencies.

It was very well attended by the ENT surgeons of the future and was an ideal place for information about the Charity to be made available. I was able to speak to the Consultants who had given the morning lectures and over lunch I was able to mingle with the delegates and speak to them about the Charity. There were some interesting reactions. When I asked one delegate if she knew of a Charity that exists solely to assist laryngectomees and gives its services without charge she doubted whether such an organisation existed.

It was particularly encouraging to see at the Conference a poster by Dr Nicola Oswald, explaining the speech methods actually used by patients after the surgery and to know that this information had been supplied by our own members. I had hoped to be able to speak to all the delegates collectively in the Conference Hall, but time did not permit. Whilst I was initially disappointed, I had plenty of opportunities over the buffet lunch which followed. However, it did give me a small insight into how it feels to be unable to speak at a given moment. It was very gratifying to see the interest of everyone from Consultants to medical students in the work of the Charity both in providing financial assistance and also in providing the book *Laryngectomy is not a tragedy*. I was able to explain that a second edition of the book is coming out this year to provide information about speech methods and about the Charity. It was clear that the book will be warmly received.

Ros Oswald



Summer Lunches

Lunches are to be held in Blackpool on 8th June at The Savoy Hotel and at the Expanse Hotel, Bridlington on 30th June. 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 Mrs Sandra Waddington, 76 Rutland Avenue, Poulton-le-Fylde, Lancs FY6 7SA. Tel: 01253 89953. 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.

Charity activities in the Year to Jan 2013

1. The charity AGM for the year ending 7th January 2012 was held on 22nd February.
2. Summer lunches were held at the Savoy Hotel in Blackpool arranged by Malcolm Rothwell and at The Expanse Hotel in Bridlington arranged by Ann Smith and Wendy Thompson.
3. Donations in lieu of flowers at funerals have kindly been requested by several families of former members and a legacy has also been received from a former member. The daughter of a larry made a generous donation for some larry pins to hand out to her wedding guests and once again the East Lancashire Ladies Glades gave generous support. Runners have raised the profile of the charity at races in London and Manchester and we thank them for their efforts. 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. An up-dated edition is currently in preparation
5. In March Wendy Thompson represented the charity at the Eastern Region Laryngectomy Conference in Cambridgeshire.
6. Wendy Thompson also attended the Cancer Network Laryngectomy Conference at Preston in May on behalf of the charity. Later in the year she attended the Laryngectomee Information Day in Leeds.
7. Carole Stainton attends the meetings of Speak for th'Sen, the Kirklees and Calderdale head & neck cancer support group.
8. In October Carole Stainton represented the charity at the joint groups meeting held in Blackburn for Speak for th'Sen, Wakefield, Leeds, Preston, Morecambe Bay and East Lancashire Larry groups and with health professionals and representative of manufacturers also attending.
9. Christmas lunches were financed by The Cancer Laryngectomee Trust in Halifax, Blackpool, Rotherham and Chesterfield. The 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 events arranged by the charity were the London 10K and Race Night. The British 10K London run contributed £1901. Race Night 2012 was once again very well supported.
11. This year we have recruited 52 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. Sixteen grant requests totalling £5119 have been approved this year. Seven of the grants were made to individual members, one grant was made to a group to purchase equipment to loan to members and the remainder of the grants were made to groups to organise outings or meals.

Coming Soon We are pleased to report that the Second Edition of Laryngectomy is not a tragedy and also the 2013 version of the Laryngectomee's Travel Guide to the British Isles will soon be ready. We provide both of these documents free of charge to laryngectomees and health professionals but we would appreciate some help with the ever increasing postal costs. If you would like a copy of Laryngectomy is not a tragedy please send a C5 self addressed envelope with a 1st class and a 2nd class stamp on it. To receive the Travel Guide only a 2nd class stamp is sufficient. Health professionals who require multiple copies of either book are requested to e-mail info@cancerlt.org with their requirements. Notification of any omissions or updates to the guide would be very welcome also to the email address.

web site: www.cancerlt.org

email: info@cancerlt.org



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TRUST

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