



TO HELP IMPROVE THE QUALITY OF LIFE FOR ALL NECK BREATHERS

Race Night 2008 – Turkey and Tinsel Weekend Break in Blackpool

We are very grateful to the General Manager of Hacketts York House Hotel, Blackpool who has donated the first prize for our raffle as part of Race Night 2008. The prize consists of a 3 Night Turkey and Tinsel Weekend Break for two people to be taken some time between 7th November 2008 and 22nd December 2008, 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 24th 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 24th 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 almost £3200 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.

Horizons of Hope – Reality in Disability

Review by Rosalind Oswald

This book, edited by Brian Edwards, is a collection of accounts by various people who are Christians and who have experienced severe illness or disability. Each chapter tells a different story but the underlying common thread is that each person has been able to find strength and encouragement through their faith. In the words of the well known Christian writer Joni Eareckson Tada the book is a book of hope and inspiration.

The book includes a wide variety of different illnesses and disabilities ranging from Down's syndrome to serious injuries from gunshot wounds. The stories which the writers tell are fascinating and leave the reader in no doubt about the strength of the human spirit.

There is one chapter by Claud and Dorothy Trigger which is particularly relevant to members of the charity as Claud had a laryngectomy in 1992 having been a preacher for more than 50 years. He had previously undergone radiotherapy which had appeared to be successful and so had to deal with the shock and disappointment of the subsequent diagnosis. As with other writers in the book his account is very honest and explains how he felt when confronted with the news that surgery was inevitable. However, he goes on to explain how the illness and surgery has enabled him to have a much wider ministry and a full life which gives him and his family great joy.

The book is written from a Christian perspective. Therefore, it will be of immediate interest and comfort to other Christians. For non believers, the book is still of interest as it looks at ways of coping with adversity. Some of the passages, which explain the way in which faith helped the patient and their families, may be less illuminating. However, I still feel that the book is to be recommended. Certainly I would be happy to read it more than once.

Message from Trustee Wendy Thompson

Dear Friends

Once again its time to get out the begging bowl for Race Night 2008. This is our major fund-raising event for all our members and we are so proud of the way you have supported this event in the past and hope this year the response will be a good as ever.

We haven't been away during the summer partly due to the fact that we have been looking after our three resident hedgehogs. Bill has fixed wire cages over their dishes so that the local cats can't eat the food we put out. The weekly shopping list now includes cat food for our very welcome nightly visitors..

We have also enjoyed having a number of human visitors to stay with us and have enjoyed taking them to local tourist places which we don't usually visit. The Summer Lunch at Bridlington gave us the chance to meet up with laryngectomee friends old and new and was enjoyed by all.

At the end of this month we are looking forward to visiting the Eden Project and the Lost Gardens of Heligan and are hoping for some good weather.

The Trustees felt greatly honoured to receive a beautiful poem written by member Len Hynds and we are pleased to share it with you all.

Best of luck with Race Night

Soft Words Butter No Parsnips

Soft Words Butter No Parsnips, to be published on 1st September, tells the poignant and inspirational story of John Iliffe Poole - the world's longest surviving laryngectomee (55 years) until his death at the age of 92 in 1979.

Lynda Franklin, John Poole's grand-daughter, inherited boxes of yellowed and tatty papers, documents and photographs which had lain in the attic for 30 years. The resulting book is an emotional roller-coaster which documents not only Poole's fascinating life, but puts it into context with topical world events providing a fascinating peep into the social history of his nine decades.

He was gassed in the trenches, operated on in 1924 and could barely swallow a teaspoon of water. He weighed nine and a half stone and given six months to live. Aftercare was rudimentary, so he doggedly set about teaching himself to speak again, astounding the experts and his method formed the blueprint for future laryngectomees. In the 1960's and 1970's his name was well-known to laryngectomee groups across the world. He founded a number of Lost Chords clubs and used every opportunity to lobby for education and support for laryngectomees - knowing how difficult it had been for him in those dark days following his operation when he was newly married but alone.

John left another legacy. During the Second World War he and his wife threw open the doors of their tiny fishing cottage to about 70,000 service people and two chapters are devoted to the visitors' books he left containing the words and sketches of thousands of people.

This story is about the courage that ordinary people somehow manage to find when tested to the limit, and this simple little book is a homage to one such man who, by sheer chance, was put in a potentially ruinous position but found himself playing a major part in providing tens of thousands of people with the means to enjoy - for the second time around - the benefits of the gift of speech

Soft Words Butter No Parsnips by Lynda Franklin, published by Wunjo Press (www.wunjopress.com) on 1 September 2008, 183 pages, full colour throughout. RRP £15.99. Special price for CLT members. £14.00 including postage and packing from Wunjo Press, 13 Peverell Avenue East, Poundbury, Dorset, DT1 3RH. Please make cheques payable to L Franklin.

John Poole as a young soldier



John Poole in 1971

Vicky's Half Marathon

For many people, the idea of running a half-marathon seems almost impossible. However, Vicky Passingham discovered a little determination can go a long way - especially when it means raising money for such worthwhile charities like the Cancer Laryngectomy Trust.

In her own words:

I was on my first glass of red wine during a family do when it was suggested - and promptly dismissed - that I tried a half-marathon. By the second glass, the idea of running 13.1 miles didn't seem quite so repulsive and, by the third glass, it seemed the solution to my constant battle with the bulge. The following morning arrived with a hangover and the reality of what I let myself in for.

My exercise pledge caused much amusement among friends and work colleagues. So much so, I decided to prove them all wrong. With the incentive of raising money for the Cancer Laryngectomy Trust and a Colchester special needs nursery I was ready to go.

With the race more than four months away, I had time on my hands. I resolved to spend a month gently getting up to 30 minutes, so I could then start a special 12-week programme at the necessary level. I started off by buying the essentials - a decent pair of shorts, shoes and sports bra. I then waited until it was dark - so no-one would see me - and then ran round the block a few times. It could have been better, it could have been a lot worse, but I knew I had a long way to go.

To start with I just tried running for set times. before I knew it I could run for 20 minutes without stopping which increased to 30, 40, 50 and then the golden hour. Every time I ran just that little bit further the buzz was enough to spur me on.

Speed was never my goal, just running 13.1 miles was enough. I learnt to ignore the common feeling of hell most people experience after the first mile, knowing that I would then find my stride and be away. When I got up to ten miles in training I was on cloud nine - despite aching legs.

On the day of the half marathon I made a pact with myself not to stop - whatever. I thought if my mother had coped with the trauma of having a laryngectomy it was the least I could do.

The crowd was great at spurring me on as were the stewards who clapped and shouted encouragement to the runners. My MP3 player filled with my favourite songs was vital. To get me through a bad spell at eight miles I just concentrated on singing along in my head and it took my mind off my legs. When I saw the finish line and my cheering family, my face broke out into a giant grin.

I'd done it despite what people said and raised more than £400 for the Cancer Laryngectomy Trust and Colchester Stepping Stones special needs nursery.



Joyful Vicky at the finish

**The Daughters of Sydney Norgate
By Len A Hynds**

*For such a love, great deeds are done.
With such a love, they act as one.*

*Dad's memory, is always near.
To family, his guidance clear.*

*His Cancer Laryngectomee Trust,
To those three girls he did entrust.*

*Little knowing, what heights they'd reach,
Whilst taking on the world to teach*

*about neck breathers, silent now.
To him they made, that promised vow.*

*For such a love, great deeds are done.
Let us thank them, every-one*

"The Ramblings Of An Enfeebled Mind" by Len Hynds is for sale to members. Copies are available directly from Mr L Hynds, 42 Turner Close, Newtown, Ashford, Kent, TN24 0PQ for £7.50 including Post & Package. All the profit will be donated to CLT.

Typetalk Brings Everyone To The Phone



RNID typetalk is the only national telephone relay service for people with communication difficulties.

The service allows speech impaired people to communicate with anyone using the standard telephone system.

To make a call using Typetalk, someone with speech difficulties uses a textphone to dial the number of the person they wish to call, adding the Typetalk 18001 prefix before the number.

This prefix ensures a Typetalk Relay Assistant automatically joins the line once the call is answered. The Relay Assistant reads aloud what the speech impaired person types. The speech impaired person can either listen to the response

or the Relay Assistant will type the reply.

There is no extra charge for the Typetalk service - the cost is no more than a standard phone call. Whilst a speech impaired person needs a textphone to use the service, the other person does not require any specialist equipment. They can call someone who uses a textphone by dialling the prefix 18002 (followed by their full telephone number) on a standard telephone.

The Typetalk Outreach team is available to visit customers in their own homes and businesses, free-of-charge, to train people on how to use the Typetalk service.

To find out more about Typetalk, call 0800 7311 888 (hearing) or 18001 0800 500 888 (text) or visit www.typetalk.org

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



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