

CLAN



THE NATIONAL ASSOCIATION OF LARYNGECTOMEE CLUBS NEWSLETTER

Issue No. 132

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A WORD FROM THE EDITOR

KNEE HOW!



Well, I'm back from our tour of China (including Hong Kong and Macau) and Singapore. This meant I missed editing the December issue of *CLAN*. But didn't Kerry do an excellent job? It was an amazing holiday as we travelled all over China (nearly 5,000 miles) by coach, train, plane and ship. We learned some Mandarin: "Knee how" is "Hello"; "Knee how mar?" is "How are you?" and "Ding, ding how" is "Very good." Guides would tell us that their city was only a small one – just 7 million people! We climbed the Great Wall, saw the Terracotta Warriors, Forbidden City, Giant Pandas, the Stone Forest and sailed up the Yangtze River. Between us, we took over 4,000 photos. Thank goodness for digital cameras! We didn't get to meet any Chinese laryngectomees but there must be quite a few as they love their cigarettes! The photo shows us with our daughter, Louise, in the Botanical Garden in Singapore. She came across from Cambodia to join us for a week of luxury compared with her volunteer lifestyle. This year we'll be travelling to New Zealand to see our other daughter. The Editor's life is non-stop....

Ian Honeysett
Ian Honeysett (Editor)

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Deadline for issue No. 133: 1 May 2015

To make a donation please complete and return this form to: NALC Suite 16, Tempo House, 15 Falcon Road, Battersea, London SW11 2PJ

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Hospital Cleaners Beware!

I read with interest the article headed "Don't Tell The Doctor" (issue 131, December 14). The LCD Boogie Board Writing tablet – what a great idea. I shall be investing in one. Which brings me to your request for stories...

Some may recall my lengthy reminiscences in *CLAN* no. 65 (June 1998) under the heading "Letters From A Hospital Bed". Yes, I am still here and in reasonable health. One incident does, however, come to mind which your readers may be interested to read. A couple of days after my laryngectomy, I was able to sit at the side of my bed in a comfortable chair with all the tubes and associated paraphernalia still attached with advice from the Senior Staff Nurse to have tissues readily available to wipe my stoma when I coughed. No problem.

I sat in my comfortable chair watching the TV armed with a set of large tissues beside me, coughing and cleaning my open stoma a couple of times. No problem! Until...

Nurse!

Coughing aside, I felt that I was going to sneeze. Yes, you've guessed it – I put my hand to my mouth and nose. The result, finger on the 'call buzzer' to summon the first available nurse to clear up the unholy mess on the floor and on my pyjamas.

Conclusion, to all Consultant Surgeons and Nursing Staff: strongly advise future lary patients to treat a sneeze as an 'earthquake cough'!

Graham Rock



Boogie Boards

I was interested to see your article about the Boogie Boards because this is something that I've thought for a while would be really useful to laryngectomees. My suggested nomination for the 'lucky recipient' of the free one you are kindly offering would be the ENT Department at Manchester Royal Infirmary for use on the ward where people are recovering from the operation. This is one of the leading centres in the North-West and the one where my father was treated but of course it would be a brilliant addition to a similar department at any other hospital. This way, it could be used as a lifeline by many people who might then go on to buy their own, rather than just one person benefiting from it.



Wipeable?

I appreciate, however, that strict hygiene rules in hospitals might prevent it being used by multiple patients on wards. I'm wondering if it is wipeable? Dad had an assigned nurse whose job it was to sit with the patient and their families and explain about communication post-op, demonstrating use of portable nebulisers etc. I wonder whether someone in that role would find it helpful as a demo model to give patients ideas of how they could communicate?

I remember that Dad had a notepad but kept losing his pen or pencil in the bedclothes and finally we attached a pen with a piece of string to the notepad. As a family we managed to lip-read him quite well but this was difficult when he was tired and so mumbled rather than enunciated clearly. I think a wipeable board device such as this would be brilliant for use in those dreadful weeks that a patient cannot speak when recovering from having vocal cords removed and before they begin speech therapy.

Hope you find a worthy place to pass on the donated board, ideally where multiple people could use it and the idea could be spread to others.

Anne Greenwood

A Thief Called Time

A thief called 'time', despoils our life, stealing our years away.
Entreating pleas won't change his course, not for a single day.

And this thieving, callous 'time'
so oblivious to our pain,
will have his way, without remorse,
and tears are all in vain.

This monster lays his fiendish hand,
on beauty and on plain.
Those rich or poor, or good or bad,
will all display his stain.

Try as you may to cir-cum-vent,
his slow and crafty crime,
and to beg the villain to repent,
will not discourage 'time'.

Nothing really will protect,
the high born or the low.
No one, no-where is sac-ro-sanct,
there's no place, that 'time' won't go.

Len A. Hynds

Interesting Facts

(from the Plymouth Club newsletter)

The more attracted you are to someone, the easier it is for them to make you laugh.

Sharks are the only animals that never get sick. They are even immune to every known disease including cancer.

The sentence 'The quick brown fox jumps over a lazy dog' uses every letter of the alphabet.

If you electrically shock a person's brain, their maths skills can greatly improve for about six months!

Boogie Boards Result!

In the December issue of *CLAN* we announced that NALC had a free Boogie Board for the best story explaining why it should win the board. Well the winner is Anne Greenwood, whose story appears in the column to the left.

Congratulations Anne!

Resuscitation

The first thing we need to do is forget a lot of what we think we know about CPR. Because obviously laryngectomees don't breathe through their nose and mouth, we have to resuscitate by breathing into their stoma. Otherwise the principle is the same.

1. Lie the person on their back and remove any clothing from the neck, but don't remove any tubes.
2. Check the stoma for obstructions and wipe away any mucus from the stoma or tube.
3. When the stoma is clear check for breathing.
4. Watch to see if there is any movement from the chest and abdomen.
5. Listen and feel for air escaping from the stoma.
6. Tilt the person's head backwards – put a coat or cushion under the neck to ensure that the neck is fully extended.
7. Kneel by their side, place two fingers on each side of the nose with your thumb resting under their chin.
8. Close your fingers to prevent any air escaping from the nose and mouth.
9. Take a deep breath and place your widely open mouth over the stoma to create a seal.
10. Blow into the chest until you see it start to rise. (Release your fingers between each blow.)

(from Still Talking, NSW Newsletter)

Servox Tips

In 25 years of servicing and dealing with electrolarynx clients, my experience has been that very few people use the second button on their Servox unit. The Digital Servox Electrolarynx offers a unique opportunity to correct this. Unlike its Intone predecessor, the Digital Servox cannot only be adjusted in frequency on both buttons but also preset to different volumes.

If both buttons are tuned to the same frequency for normal speech (instead of the usual Hi/Low pitch), increase the volume on the rear button by holding the button down while pushing the rocker forward, until maximum volume is attained. Then adjust the volume on the front button in the same way, but rocking the control backwards or forwards until a suitable volume for a normal conversation is attained. This allows the rear button to be used in the case of emergency or if you want to attract attention. Remember that increasing the volume by pushing the rocker forward may lose valuable time. It must be remembered, however, only to adjust the volume on the front button while holding it down, otherwise both will change.

Alan Beale, Axion Biomedical
(from Still Talking, NSW Newsletter)

Celine Dion's Husband Still Recovering

Montreal – Rene Angelil is "doing better," but still recovering nearly a year after undergoing surgery for throat cancer according to his mother-in-law. "It's like my son Daniel who is fighting a second battle against throat and tongue cancer," said Therese Dion on Monday. "Rene is 73-years-old, it's hard for him. It takes time at that age, he needs to have patience." Dion is a well-known TV personality in Quebec, as well as being mother to Angelil's wife, Celine Dion. He underwent surgery on 23 December 2013 to remove a cancerous tumour. It was his second bout with the disease, having first gone into full remission in 1999. "I haven't spoken to Celine or Rene recently, but listen, they say no news is good news," said Dion. "If the news wasn't good, I'd know. Rene's resting. I think it's so beautiful and smart for Celine to be with her husband and children. She reassures the kids. I know she has a big heart and a mother's soul."



PLC Newsletter/The Edmonton Sun, 2 December 2014

NALC AGM

The 2015 AGM will take place on Monday 18 May at St Peters Eaton Square Church, 119 Eaton Square, London SW1W 9AL. It starts at 2.00pm but lunch will be served from 12.30pm in the Parish Hall. NALC need to know who will be attending by 17 April and whether there are any special dietary requirements. Attendees should use the entrance at the side of the church as a service will be taking place at 12.30 in the church itself.

Poor UK Survival Rates

According to figures released last week, UK lung cancer survival rates are worse in the UK than in most of Europe, at around 10% after five years, and experts have warned that although awareness is not an issue in the UK, the so-called stiff upper lip might be. Sara Hiom, Cancer Research UK's director of early diagnosis said: "Making that doctor's appointment is important. It's not a waste of time for the GP or the patient. Diagnosing cancer early saves lives because it gives patients a better chance that treatments will be successful."

Symptoms dismissed as harmless that could point to cancer:

- Unexplained cough or hoarseness (lung cancer)
- Change in bowel habits over three weeks (bowel cancer)
- Persistent unexplained pain (several cancers, depending on where it hurts)
- Change in the appearance of a mole (skin cancer)
- Unexplained bleeding (several cancers including bladder cancer if in urine)
- Unexplained weight loss (several cancers)
- Persistent difficulty swallowing (throat cancer)

From the Plymouth Club Newsletter

Locked In?

In a Spanish holiday resort, a woman threatened to call police after claiming that she'd been locked in by staff. In fact, she had mistaken the "do not disturb" sign on the back of the door as a warning to remain in the room.

(from Still Talking, NSW Newsletter)

Ten Top Tips for Laryngectomees

Janet Waddell, mainstay of the 'Strictly Speaking' Facebook group page, recently published these top tips for laryngectomees:

1. Stay positive; this cancer is very treatable. So surround yourself with positivity, love and practical help to get you through.
2. Get the PEG tube fitted (the one directly into your stomach); don't be fooled. Eating will become hard, if not almost impossible with radiotherapy. Save yourself the stress of getting nutrition with the PEG. This is no time to be a martyr, stubborn or complacent!
3. Have a portocath fitted if you are having chemo; you will never have to worry about them finding a vein. Simply hook up and go!
4. Take the medication: you will probably have more medication prescribed than you've ever had in your life. However, this is about getting through the best way possible. It sucks so do what you needed to do and take the meds!
5. Carry your toothbrush, paste and mouthwash everywhere in a bag: you must keep your mouth clean and rinsed. It really can and will make a huge difference. And remember to see the dentist and hygienist before you start. I brushed and swilled every HOUR!
6. Create a chart of people to get you to and from treatment and rally people to be with you: treatment is not easy. Having people around to support you, get you to appointments and simply hold your hand some days really will make the difference!
7. Sleep: some days you will just want to 'get away' from the side effects. Getting some sleep can really help you cope. And consider a triangular/hospital style pillow arrangement to prop you up to sleep better. Nozinan at night can give you enough sleep to raise your spirits and help you cope better.
8. Keep a diary: tick off the days through treatment, record a little each day of what you did, how you feel... It really will help you out the other side to see how far you've come, because you will feel that progress is slow.
9. Don't be a martyr: this is an endurance test of the worst kind! This is NO time to think you have to go it alone either. You must allow yourself to accept help so people can feel like they are doing something positive for you. Take the medication to keep you as comfortable and calm as possible and never be afraid to admit you are scared! This treatment is tough and challenging but you will get through and we can help.
10. Plan for the future: get things to look forward to in the diary say five-six months after treatment. Something to challenge you to start eating again and be fit enough to do!

How you can help NALC

By Joining Us:

Do you have some experience and skills in fundraising? We will be setting up a committee to develop activities to raise funds to replace the cuts in our grant from Macmillan, phased over the next two years. We would welcome the involvement of members of our wider community who could add their expertise. As is usual for our committee members, travel expenses will be paid for attendance at meetings.

Please contact Vivien Reed at the NALC office if you are interested and willing to help us in this way. Contact details are on the front of this Newsletter.

By Donating:

Please consider supporting NALC in one of the following ways:

USE THE FORM ON PAGE 1 to:

- Send a donation to our office
- Make a donation via a card payment

By Visiting the Website:

www.laryngectomy.org.uk

There is a facility on our website to make a donation using a debit card or credit card. Please also submit the details that allow us to claim Gift Aid.

By Organising a Fundraising Event:

Could you or your club organise a coffee morning or similar event? We can advertise such events on the website and in *CLAN*, to help maximise your success!

By Sponsoring Events:

Could you or a friend or family member take part in a local or national sponsored activity to benefit NALC? We will help by appealing on our website, and elsewhere, for sponsors to support you. Again, that would help with your efforts.

Whichever way you could help us, it would be most appreciated, and of enormous benefit in helping us to continue – and expand – the vital work we do at NALC in helping to support the laryngectomee community, and improve services, across the UK.

We look forward to hearing from you.

Malcolm Babb, NALC President

NHS Gateshead Teams Award

Two photos showing (*left*) Bob Carey holding a Teams' award from NHS Queen Elizabeth, Gateshead and (*right*) Keith with Bert Culling whom he helps enormously in his presentations even though he cannot communicate orally. Keith's letter was featured in December's article "Don't tell the Doctor"



Head Office Has Moved!

It's official – NALC HQ has now moved into its rather compact new home in Battersea. Same telephone number but much cheaper! The new home is at: Suite 16, Tempo House, 15 Falcon Road, London SW11 2PJ Tel: 020 7730 8585 Fax: 020 7730 8584. Email: info@laryngectomy.org.uk

Problems

I found the article from the Sunderland Laryngectomy Club member very interesting, as it reminded me of the problems my husband John had. His operation took place about 16 years ago when there was the problem with beef and mad cow disease but, without mince, he could not have survived. Swallowing was a major issue but slowly things improved and, eventually, he could eat almost anything.

As regards his speech however, the main problem was that he was not fitted with a valve, which meant the chance of speaking was very remote. Writing notes; knocking; sign language of a type, were his only forms of communication and life was very frustrating for both of us. With no chance of a valve, we started working with the Speech Therapy Department in the Freeman Hospital and, after months of practising to make simple sounds, he was able to use words and eventually sentences.

A Geordie Accent

He developed a remarkable level of oesophageal speech and even had a Geordie accent. We continued to support the Speech Therapy Department as, without their help, we could not have had the life we did. We travelled to many places abroad and my husband even bought a Harley Davidson motor bike. Unfortunately my husband died suddenly when we were on holiday abroad last year and, after the trauma of getting him home etc., decided that, instead of flowers at the funeral, we would ask for donations

for the Speech Therapy Department. Without their help, we could not have had the life that we did and it was a way of showing our appreciation.

After my months of red tape, a presentation took place recently where I was able to see the equipment that had been bought. It is a specially adapted iPad where a patient can write in a comment and then with a press of a button, the phrase is spoken by the machine. There is even a picture form for those who are not confident with their writing. It is an excellent piece of equipment which saves writing notes and even messages on an iPhone as you do not have to be sitting close together. Though expensive, I thought that this is something that patients and clubs should be aware of and I have been assured that the one we have donated to the Freeman will be well used and appreciated. I am enclosing a photograph of the presentation at the Freeman Hospital.

Mrs Audrey Scott (former member of Sunderland Laryngectomy Club)



Presentation at the Freeman Hospital

The Yellow Spot Scheme

The Sheriff's Office in the State of New York have started what they call, "The Yellow Spot Scheme." It affects all people who have an illness or disability, including Laryngectomees, when an ambulance or first responders such as police or fire brigade are called, where the patient is unconscious or cannot speak.

If in a car, the yellow spot is on the rear window, and another on the glove compartment where inside they will find an envelope containing all medical details, including if a neck breather or other complications. A list of all medication, and importantly, a photograph of the patient. That envelope and details are handed to the doctor on arrival at A&E. If called to the home, a yellow spot is on the front door, with another on the fridge door, with an envelope as above also held on the fridge door by a magnet. They also advise that all these details are kept in your wallet but, my details are too numerous to go into the wallet.

This scheme seems fine, and most of us have a red plastic sticker on our car windcreens, but they seem to fade so quickly, and I am now on the third one after eleven years. I also have all the details, typed out, ready for the ambulance crew, which is a godsend to them.

Len Hynds

WE ARE MACMILLAN. CANCER SUPPORT

A TOTAL of 4,248 people in the South West phoned Macmillan Cancer Support during 2014 seeking help. New figures from the charity show how many people contacted the Macmillan Support Line during the past 12 months. In Devon, there were 551 callers. Of these, 73% of requests were for clinical information and emotional support. Earlier this month, Macmillan revealed there will be a record high 2.5 million people living with cancer in the UK in 2015... an increase of almost half a million in the last five years. The Macmillan Support Line is available Monday to Friday, 9 a.m. – 8 p.m., on 0800 808 00 00.

To read the complete article on line, please click on:

www.plymouthherald.co.uk/Thousands-phone-charity/story-25942460-detail/story.html#ixzz3QlyBULEG

Plymouth Club / Plymouth Herald

Mobility

Len Hynds, our resident CLAN poet, has sent us this picture of the front cover of *Lifestyle* magazine. It's sent out to 330,000 disabled drivers in the UK – of which he is one. You can read it online at: www.motabilitylifestyle.co.uk



Not Lost For Words

Back in 2013 we mentioned the book, *“Not Lost For Words”* by laryngectomee Gunter Helft. He has had a fascinating life: born in Germany in 1923, we witnessed the beginnings of Nazi brutality in Berlin. He was brought up as a Marxist atheist in a Jewish family which fled to England. He went on to become a Christian and a priest. He contracted throat cancer and had a laryngectomy but mastered oesophageal speech and has exercised an active retirement ministry in church and education in Worcester. More recently he has suffered a stroke but continues to be supported by his wife of over 60 years.

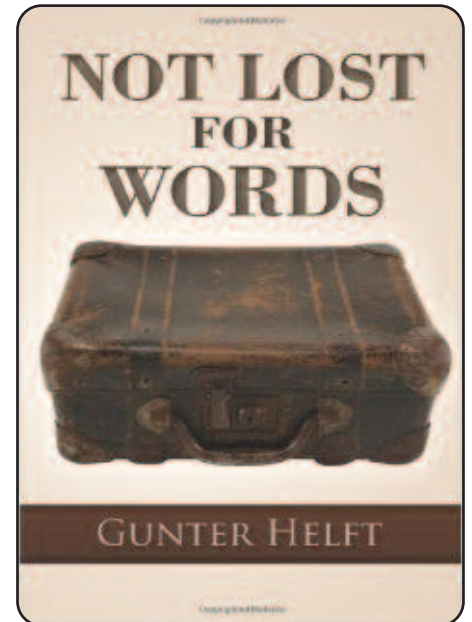
Here are some extracts from his book:

Before my laryngectomy operation, I had a visit from the speech therapist to explain how the operation would take away my voice and how she would afterwards be able to teach me to develop ‘oesophageal speech’. At the time it was all pretty academic and deep down I believed neither her prognosis nor the hope she held out. As I have said, one cannot imagine oneself without a voice while one still has it. I am not alone in having sometimes imagined what blindness must be like by shutting my eyes for a while; but, of course, blindness is so much more than that and those of us with sight cannot imagine it. So it was with my perception of voicelessness. When Sylvia Paine, the therapist, revisited after the operation, I began to understand what I had lost but not yet how I could acquire something in its place.

The speech therapy sessions started within two weeks of my coming out of hospital and I shall always be grateful to the NHS for providing this service, for Sylvia’s skill and not least her tolerance of my impatience. I was determined to talk again and quickly. Unfortunately, learning oesophageal speech is hard and slow and can only be done in short steps. It was a great help to both of us that Diane (my wife) was allowed to be with me at these sessions. She was able to assist me more efficiently with my “homework” and to support Sylvia’s work of slowing me down.

So, in those early days, I had to learn “TAH” and then two “TAH”s and then three times and, finally, “please practice at home to five times”. After TAH came THE and TEE, TIE, TOE and TOO. Then, very gradually, we progressed to carefully selected consonants and, later still, to actual words, but not yet, not for a long time, and words beginning with a vowel. “Stop” and “flop” come after a while but

“after”, “echo”, “uniform” are very much more difficult and always will be. The hardest are the inflections in voice which laryngectomees are not supposed to be able to master but on which I arrogantly insisted. Thanks to Sylvia’s enormous patience, we were able to practice “I said No”, “It’s under the table” and, most difficult of all, “Now?” with the questioning lift of intonation.”



If you would like to read more, you can obtain the book *“Not Lost For Words”* from Amazon and on kindle or from Rev G. Helft, 7 Cripplegate House, St Clements Close, Worcester WR2 5BG at £7 incl, p&p.



RESEARCH

Are you a laryngectomee?
Do you want to make a difference?
Are you interested in taking part in a project?

A team of researchers from City University London are interested in your experiences of communicating using a speech valve.

For example,

- What is communication like for you now that you use a valve?
- How does this affect your conversations and your relationships?
- What is the impact of this on your day-to-day life?

This research is being undertaken by Lizz Summers as part of a Masters Degree at City University London. Lizz is a Speech & Language Therapist at Addenbrooke’s Hospital in Cambridge, specialising in problems arising from head & neck cancers.

If you would like to participate, you will be invited to share your experiences in a confidential interview in your own home, or a convenient place for you.

For more information, please contact Lizz by text or phone on **07931 215 271** by email on elizabeth.summers@city.ac.uk or by post c/o Dr Madeline Cruice, City University London, Northampton Square, London, EC1V 0HB

News from the Clubs

Plymouth

Unfortunately, three of their members who were down to attend the Christmas Lunch were unable to do so at the last minute, but they had eight attending at the Two Bridges Hotel on Dartmoor and what an absolutely superb occasion it was too! The meal was one of the best yet, the service was beyond reproach and a wonderful time was had by all!

On 5 January they held a Mini Burns Luncheon which, of course, included Scotch Broth, Haggis, Neeps 'n Tatties and a 'Scottish Trifle' (perhaps with added

whisky?) Then, on 25 January, was the actual Burns Night celebration!

The photos are of the Christmas Lunch.

The Plymouth Laryngectomy Cancer Support Club is celebrating after receiving a monetary donation from the Galaxy Hot Chocolate Fund. The charity aims to offer support and understanding to Laryngectomees, people who have had their voice box removed, and their carers and/or families. Established more than four years ago the charity is run solely by

volunteers who provide support sessions, wellbeing days and away trips. Geoffrey Read, charity Chairman and Secretary, says: "This donation from the Galaxy Hot Chocolate Fund couldn't have come at a better time. Every other month we aim to take our 25 members on a trip to raise their morale. However, there are often high costs associated with this. This donation will help us to cover the overheads for these monthly trips as well as contributing toward the postage costs of our monthly newsletter."

Galaxy Hot Chocolate is looking to help small, local community groups and charities across the UK and Ireland by donating cash awards to support warm hearted people and projects. However, the deadline for 2015 was 23rd January.



Fiona & Ron Martin (left) and Christine & Jim Reid (right)



Percy Furneaux (left) and Jean & Geoff Read (right)

20:20

They've been doing a lot of fundraising. The Bike Ride raised over £2000 but, sadly, one of the riders had their £800 bike stolen a couple of nights after the Ride.



They also held a Christmas Quiz, hosted by local Radio Leicester star, Rupal Rajani. Their Patron, Willie Thorne, organised a

Snooker Team. Although only nine teams actually turned up on the night it was a real battle between five of them until the final round where the winners, 'The Pukka Pie Boys', played an absolute blinder: 10/10 using the Joker = 20pts... victory indeed.



They also have a US Patron in Bob James, C&W singer/songwriter. He will be donating a couple of songs for downloading.

On 16 October, they held a meal night in Leicester and presented Andy Moir from the hospital with a cheque for £12,455.55 – the cost of a new FVR (Flexi-Video-Rhinolaryngoscope), the marvellous piece of equipment that transports video pictures (in full colour) on to a 30" TV monitor, enabling Consultants the opportunity to espy any problems. The

event, with some other monies from the Bike Ride, raised over £3000.

Bert Keith and Bob Carey from the Newcastle club



Speak Easy Club, Cornwall

In the last quarter of 2014, they have had lunches at the Inn for All Seasons and at Bodmin Jail where we met four of their latest members – John & Caroline and Terry & Bridgette. In December Janet and Martin invited members over for afternoon tea at their cosy farmhouse, with scrumptious home made cakes. Then on 14 January 2015, they held their 'Christmas' lunch at The Victoria Inn, Threemilestone. And Matt has volunteered to bring the ambulance with all the latest equipment along to one of their meetings.



News from the Clubs

Ashford Laryngectomy Club

They had a busy December, a day trip to Lille was enjoyed by laryngectomees and their families. The Rotary Ward receptionists organised the annual Christmas tombola which raised over £500 for the club funds, many prizes were donated by local businesses and organisations. The club are very appreciative of the receptionists' support. The festivities continued with a lovely Christmas meal at The Drum Inn in Stanford, many of their club members attended and enjoyed a very pleasant evening. The club continues to meet bi-monthly and are always keen for ideas on future events. Caroline Mackenzie, Ward Manager of Rotary Ward, Ashford Hospital, is always keen to receive any comments, suggestions or questions. Her contact number is 01233 616260.

The photos show their coach trip, Christmas meal and the Tombola prizes!



The Windpipers, Blackpool

Sandra Waddington adds to the item (CLAN no. 131) on the Embarrassing Bodies programme on Channel 4 by saying: "When we were approached by Channel 4, I was looking forward to a make-over and looking 20 years younger but no such luck! The film crew were great people and with us for three days. Obviously a lot of filming was edited like me running down the drive to meet Duncan from work which I have never done! Everyone who has watched the programme said it was very good and portrayed daily living for laryngectomees. We believe the programme (made five or six years ago) is still being shown as last year we were in the waiting room at the hospital and one of the staff said, in a not too low voice, 'super star' – which was quite embarrassing as everyone started looking at us. Unfortunately, even though it is still being televised, we are not receiving any royalties!"

On 14 December 2014, the Cancer Trust Laryngectomee Luncheon was held at the Savoy Hotel in Blackpool and groups from the North West attended. The Windpipers' Christmas Party was at The Dalmeny Hotel in St Annes-on-Sea and was an excellent night as it was a new venue for the club. But their group sadly didn't win the novelty balloon table decoration.

No Stigma

First of all I welcome members of NALC to the New Year 2015 especially the President of the Club and the editor of the *CLAN* Newsletter, well done for your good work.

Ever since NALC started supporting me, especially Kerry, who has been behind me as a mentor and has provided me with stoma protective equipment, this has encouraged me to do voluntary work to support youths with disabilities by offering them basic computer skills. Then they can do something for themselves rather than being helpless within their communities. I did this because Kerry showed me an example of volunteering. Without her, it was going to be difficult to achieve my career ambitions. At least now I have a small computer training workshop that is open to all individuals and gives opportunities to youths with disabilities to obtain skills at no cost. The photo shows a group of these youths in my workshop. Two girls are deaf, two boys are physically disabled. Through practice and engagement with others, they no longer face a stigma in the community!

Bychance Emmanuel



When a person cries, and the first drop of tears comes from the right eye, it's Happiness. If it's from the left, it's Pain.

Colombian drug lord Pablo Escobar made so much money, he spent \$2,500 every month just on rubber bands to bundle up his stacks of cash!