

The Plymouth Laryngectomy Club (PLC)

A Charitable Support Group for Plymouth Cancer Laryngectomees

The Voice of PLC

December 2011 - January 2012

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FOREWORD BY THE CHAIR

Written by Geoffrey N. READ

Dear Members & Supporters,



As any Editor will tell you: *You can please some of the people some of the time....* It's difficult to know what to include in our Newsletters. We aim to include news snippets and articles on cancer and health in general.

We're also interested in hearing of any personalities or celebrities suffering from head and neck cancers. We're especially interested in hearing news about Derriford Hospital as it affects us as patients. Most important of course, is news about our Club and its Members and Supporters; and we always place that first! *So what's missing?*

YOU ARE!

Personalised articles are the best; especially if accompanied by a photograph! So come on everyone... *start putting pen to paper!*

By the way... *it's now time to pay your annual subscriptions of £5 per head.* Only Members need pay... *not Friends!*

Thank you all for your continued support! All that remains is for me to wish you all a very Merry Christmas and a very Happy New Year!

God Bless Us Every One!

Geoff
Chair, PLC



The Plymouth Laryngectomy Club
would like to wish a very
Merry Christmas
and a
Happy New Year
to all
Members and Friends

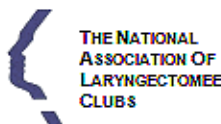
The Plymouth Laryngectomy Club (PLC) is an Affiliated Member of: The National Association of Laryngectomy Clubs (NALC)

In Association with Macmillan Cancer Support

Registered Charity Number: 273635

Our Funder: Macmillan Cancer Support

A Member of Community & Social Action Plymouth (CASAP)



WE ARE
MACMILLAN.
CANCER SUPPORT



Patrons & Medical Advisors : Mr. W.M. BRIDGER, FRCS - Consultant ENT Surgeon,

Mr. Tass MALIK, BSc FRCS (Gen), FRCS (ORL H&N) - Consultant Otolaryngologist, Head & Neck / Thyroid Surgeon, Derriford Hospital, Plymouth.

NALC FESTIVE GREETINGS

A CHRISTMAS CARD was received from Vivien and Kelly, the mainstays of NALC in London. Thank you ladies! All Members and Friends wish you a very Merry Christmas and a Happy New Year too!



EDITORIAL COMMENT

INTERNET Links. If you're reading this on-line and come across words with [blue lettering that are underlined](#), then you can click on these links and be taken directly to another site for more information on that particular topic. If you read this on Microsoft Word, you can put your cursor over the link, hold down the Control (*Ctrl*) Key and click! *Ed.*

PERSONAL ANNOUNCEMENTS

BEST WISHES TO Eileen FURNEAUX for her birthday on Saturday, 24th December 2011. Eileen is a very keen Member of PLC. Great to have you along Eileen! *Enjoy your day!*

HAPPY BIRTHDAY TO Dave EDWARDS for his birthday on Wednesday, 4th January 2012. Dave is a very active Member of PLC. *Have a great day Dave!*

BEST WISHES TO for a very Happy Birthday to Liz BURNETT for her birthday on Tuesday, 17th January 2012. Liz is a very keen Member of PLC and on the odd occasion, our official photographer! *Have a lovely day Liz!*

HAPPY BIRTHDAY TO Trish SUTTON for her birthday on Tuesday, 24th January 2012. Trish is the Secretary & Liaison Officer for The Recover Club and hails from Penzance in Cornwall. *Have a great day Trish!*

LAUGH AT LIFE!

RELAX, YOU'RE NOT the First Doctor to Sleep with One of His Patients!

As she lay there dozing next to him, a voice inside his head kept saying, "Relax, you're not the first doctor to sleep with one of his patients."

But another voice kept reminding him, "Howard, you're a veterinarian."



AN IMPORTANT ANNOUNCEMENT!

MAGGIE JARVIS (*ENT Clinical Nurse Specialist*) and Julia POCKETT (*Speech & Language Therapist*) issued the following joint message on Wednesday, 16th November 2011. All Laryngectomees should have received a copy through the post but just in case anyone was missed, we are repeating the information here:

END OF YEAR ARRANGEMENT FOR VALVE CHANGES

In order to plan for the Christmas period and Bank Holidays, we have organised a few extra clinics. If you are going away and need your valve changed before Christmas then please telephone for an appointment at one of our pre-Christmas Clinics. Maggie and Julia will not be working on the Bank Holidays after Christmas (Monday, 26th December – Boxing Day, nor Sunday, 1st January – New Year's Day).

Clinic Times:

Friday, 16th December 2011

Monday, 19th December 2011

Monday, 2nd January 2012

If you would like an appointment then please telephone:

Maggie: (01752) 763 154

Julia: (01752) 439 826

The usual arrangements apply for urgent appointments when Maggie and / or Julia are not available:

Telephone ENT Outpatients: (01752) 763 182 or

Lynher Ward: (01752) 792 274

With best wishes from Maggie & Julia.

PLC MONTHLY MEETINGS

OUR DECEMBER 2011 Meeting took place at the Mustard Tree Cancer Support Center at [Derriford Hospital](#) on Monday, 6th December 2011 at 10.30 a.m. There were ten Members and one Guest Speaker in attendance. The salient points of the meeting are given below. Ms. Sian HARRIS, from [Macmillan Cancer Support](#), is the Fundraising Manager for Plymouth, North Devon & Tamar Valley. Club Members had agreed that they would like to give something back to Macmillan during 2012 and had invited Sian to advise us on how we could best do this. Sian gave a good overview of the work of Macmillan and then briefed us on the subject of Fundraising. Several suggestions were made as to how PLC could become involved including:

Coffee Morning in September 2012 and

Walk-a-Mile in October 2012 (TBC)

Geoff presented Sian with a choccy box as a small token of thanks from PLC.

SUBSCRIPTIONS. Members are kindly requested to pay their £5 Annual Subscription at the January 2012 Meeting. If you do not expect to attend that meeting then it would be appreciated if you could pay the Treasurer as soon as you can. Her Contact Address details are at the top of the front page. Ten members have paid up so far leaving about a further seven to pay. If payment hasn't been made by February 2012 we will query with you whether you still wish to remain as a Club Member.

PLC MEETINGS

YOU WILL ALL be aware that the PLC has been holding its monthly meetings on the first Monday of each month. One month at The Mustard Tree and the next away from Derriford. For various reasons, we have had to change this. With effect from February 2012, our meetings will be held on the second Tuesday of each month as shown below:

Monday, 9th January 2012

Tuesday, 14th February 2012

Tuesday, 13th March 2012

Tuesday, 10th April 2012

Tuesday, 15th May 2012

Tuesday, 12th June 2012

Tuesday, 10th July 2012

Tuesday, 14th August 2012

Tuesday, 11th September 2012

Friday, 5th October 2012 (TBC)

The Mustard Tree

Away Day

The Mustard Tree

Away Day

The Mustard Tree

Away Day

The Mustard Tree

Away Day

The Mustard Tree

The Mustard Tree

Possible date of the Plymouth Laryngectomy Information Day & PLC AGM
Tuesday, 13th November 2012 Away Day
Tuesday, 11th December 2012 The Mustard Tree
Tuesday, 17th December 2012 (TBC) Away Day
Possible date for PLC Christmas Dinner

PLC COMMITTEE MEETINGS

COMMITTEE MEETINGS. The Committee had a meeting at Geoff's residence on Tuesday, 18th October 2011. No major decisions were made. Fiona & Ron MARTIN are trying to plan the social diary for 2012. Future meetings will take place about one week prior to Club Meetings. The next meeting will take place on Monday, 30th January 2011 (*for the February 2012 Meeting*).

THE PLC FORECAST OF EVENTS

CALENDAR of EVENTS. A copy of the Club's [Calendar of Events](#), including [Future Entertainments](#) for the next 12 months or so, is available on our Club's website. *Please keep yourselves up-to-date by taking an occasional peek!* Meanwhile, Ted BURNETT suggested the Club should try to include the following in our plans for 2012:

Cream Tea at [Dartmeet](#),
A Boat Trip along the [River Tamar](#),
[Bridgwater Carnival](#) on Saturday, 3rd November 2012 at 7 p.m.

Ron & Fiona said they were also planning a trip to Behind the Scenes at the either the [Theatre Royal](#) in Plymouth or the [Vue Cinema](#).

DECEMBER 2011.

Monday, 12th December 2011: *The Club Christmas Dinner* will be held at [Leandra's Restaurant](#) in Plymouth City Centre at 7 p.m. The cost of this event will be offset by Club Funds. Those members who would like to, can bring along a gift-wrapped pressie on the evening to the value of not more than £5. These will then be placed into our Grand Christmas Dip.

JANUARY 2012.

Monday, 9th January 2012: *Monthly Club Meeting.* Please try to arrive at 10.30 a.m. for refreshments. Debbie from the [Woodside Animal Welfare Trust](#) has agreed to come along and explain to us how the trust operates. Then, perhaps next year we can arrange a visit to the Animal Centre.

Monday, 30th January 2011: *Monthly Committee Meeting.* The Committee will meet at Geoff's residence at 2.30 p.m.

FEBRUARY 2012.

Tuesday, 14th February 2012: *Possible Visit to the Plymouth Lord Mayor's Parlour.*

Ron & Fiona say that this visit had not yet been confirmed. However, if it falls through then a visit to the National Aquarium will be arranged instead. Whichever visit is undertaken, Club Members agreed that we would all go for a snack and refreshments afterwards.



Visit:
[Plymouth Laryngectomy Club on Facebook](#)

THE PENINSULAR CANCER NETWORK

GEOFF READ ATTENDED a meeting of the [PCN Allied Health Professional Rehabilitation Group](#) at Dartington on Wednesday, 23rd November 2011 as Patient Representative for Plymouth. An interesting afternoon and the next meeting is scheduled for March 2012. Should anyone wish to have further information then please contact Geoff.

CARING FOR OUR FUTURE

GEOFF READ ATTENDED a RADAR Workshop at the Plymouth Guild of Social Services on Tuesday, 29th November 2011. [Caring for Our Future: Shared ambitions for care and support](#) was launched on Thursday, 15th September 2011. It includes a three-month discussion with service users, carers, local councils, care providers and the voluntary sector. The Government will publish a Care & Support White Paper and progress report on funding in April 2012, followed by legislation. Should anyone wish to have further information then please contact Geoff or visit the website in the link above.

WE GIVE OUR TIME!

MACMILLAN Cancer Support invited PLC to get involved with this project. Geoff READ will be getting involved in the pilot scheme on behalf of our Club. This part of the online community is dedicated to everyone and anyone who volunteers or gives time to Macmillan and / or to a Macmillan service.



It has been developed to give people a chance to network and communicate with each other and with other relevant Macmillan staff and professionals. People from all walks of life will be using this space, fulfilling different roles and helping support people affected by cancer in many different ways.

This is a great opportunity to meet new people and to build relationships with others who we might not get the chance to meet with in person due to geographical boundaries or because of our varied roles. It will also allow us to tap into resources, gain confidence and share ideas and tips. Watch this space!

For further information, please contact Geoff or:

Helen AIVAZIAN
Volunteer Networking and Communications Project Intern
Improving Cancer Services Directorate
Macmillan Cancer Support,
89 Albert Embankment,
London SE1 7UQ
020 7091 2282
haivazian@macmillan.org.uk

TRIP TO OZ

DAVE EDWARDS recently returned from his trip to Australia looking remarkably refreshed. He delighted all our ladies by presenting them with a cuddly Koala Bear each. You're such a smoothy Dave but what a lovely thought!



LETTERS TO THE EDITOR

Geoffrey,

I am happy to inform you about the publication of my new book: "In the Sands of Sinai: A physician's account of the Yom Kippur War."

The book describes my personal experiences, struggles, fears and challenges as I cared for my soldiers' physical and emotional needs. It is my perspective of a war that shaped my own life, and Israel's fragile identity. Over thirty-eight years have passed since the Yom Kippur War took place in October of 1973, but its impact on me has not faded.

The book is available as paperback at:

<https://www.createspace.com/3698163>

and also as an ebook:

<http://www.lulu.com/product/ebook/in-the-sands-of-sinai-a-physicians-account-of-the-yom-kippur-war/18666171>

I hope that you will find the book interesting.

Best Wishes,

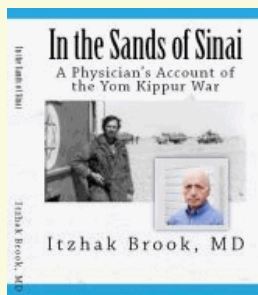
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Washington DC 20016 USA
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or ib6@georgetown.edu

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From: Sarah McKenzie-Boyle

Sent: Tuesday, 6 December 2011, 11:17

Subject: SIGN OUR PETITION AND HELP US 'PUT THE FAIR INTO WELFARE'

Dear Plymouth Laryngectomy Club Members,

The government is planning the biggest shake-up of the benefits system in 60 years through its Welfare Reform Bill.

We're concerned that proposed benefits changes in the Bill could mean that thousands of people with cancer are left without vital financial support when they need it the most. Find out more about our '[put the fair into welfare' campaign](#).

The Bill is now in its final stages in Parliament so time is running out to prevent thousands of cancer patients being pushed into poverty.

You can help us put pressure on politicians to change the Bill by [signing our petition](#) and asking your [friends and family](#) to do the same. The more support we get for our petition the stronger our message to politicians will be.

Please [take action today](#) and help us to speak out against benefit cuts for cancer patients

Best wishes,

Bryan JONES

Macmillan Campaigns Team

Email: BJones@macmillan.org.uk

TAKE ACTION >

From: Info [\[mailto:info@laryngectomy.org.uk\]](mailto:info@laryngectomy.org.uk)

Sent: 06 December 2011 11:50

To: saudigeoff@yahoo.co.uk

Subject: NALC ON FACEBOOK

Hi Geoff,

Thought you might be interested... *I've just made a NATIONAL ASSOCIATION OF LARYNGECTOMY CLUBS page on Facebook.*

Please "LIKE" us and spread the word!

Regards,

Kerry



I hope everyone will visit this new NALC Facebook Page. And when you do... *please click on LIKE!* If you can't find the page, just [click on this link](#). *Ed.*

NEWS & CURRENT EVENTS

DISCLAIMER

PLC reserves the right to select and edit articles submitted. The opinions expressed in this newsletter do not necessarily represent those of PLC. Although we do our best to ensure the information is accurate, PLC is not liable for any incorrect information or errors contained herein.

COUNTRYWIDE SUPPLIES.

Festive season office hours:

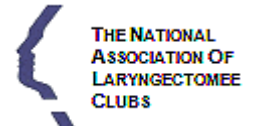
Closed Monday, 26th and Tuesday, 27th

December 2011 and Monday, 1st January 2012.



NATIONAL ASSOCIATION OF LARYNGECTOMEE CLUBS (NALC). The dates of the 2012 General Committee Meetings to be held in London are as follows:

- Monday, 30th January 2012
- Monday, 26th March 2012
- Monday, 2nd July 2012
- Monday, 1st October 2012



If any Club Member wishes to attend these meetings as our Club Representative then do please let Geoff READ know. It may be possible to claim back your travel expenses. Geoff and Jean READ will be attending the January 2012 meeting so if anyone has any topic they wish to have mentioned then please contact Geoff.

THE CLAN is the Newsletter of the NALC. Hard copies of the December 2011 edition were distributed to Club Members at the December 2011 Meeting. Anyone who has not received a copy but who would like a copy should contact Geoff. Click [THIS](#) to view it on line.



THE NHS RATED as One of the Best Healthcare Systems Worldwide. *This article was published in the Daily Telegraph on Monday, 14th November 2011. With so many harsh things written in the media about the NHS these days, it's so wonderful to read such a warming article!* *Ed.*



the SPEAK EASY club in Cornwall
for laryngectomees and the people who care for them.

THE SPEAK EASY CLUB Newsletter. A copy of the November 2011 Newsletter has been sent out to those on-line. If there is any Club Member who is not on-line and wishes to have a hard copy then please contact Geoff.

WELFARE REFORM. *This letter was published in the Plymouth Herald on Friday, 25th November 2011:*

THE Government is planning the biggest shake up of the benefits system in 60 years through its Welfare Reform Bill. While we agree the system is complex and needs to be simplified we are concerned that proposed benefits changes in the Bill could mean that thousands of people with cancer are left without vital financial support. The Bill is now in its final stages in Parliament so time is running out to make sure that people with cancer do not lose out on crucial benefits. We are calling on your readers to help us campaign by signing our petition at www.macmillan.org.uk/welfare The more support we get, the stronger our message to politicians will be.

STEPHEN RICHARDS
 Director for England,
 Macmillan Cancer Support



Study Day October 2011
14 photos

PLC Devoran Trip (14 Sep 2011) 18 photos



The PLC Charabanc Trip (10-Sep-2011) 14 photos

2011Sep5
5 photos

[Click to view albums our Facebook Page.](#)



Talk to PLC on Facebook!
 (You must have an FB account.)

A survey conducted by American-based think tank, the [Commonwealth Fund](#), has rated the UK as having one of the best healthcare systems in the world alongside Switzerland. It found that the UK had the fastest access to GP services, the best coordinated care and the fewest medical errors. The results were gathered by surveying 18,000 patients with chronic and serious illnesses from 11 high income countries, including the USA, Norway and the Netherlands. The report says that, "UK and Swiss patients reported more positive health care experiences than sicker adults in the other countries: *they were more likely to be able to get a same- or next-day appointment when sick and to have easy access to after-hours care, and they were less likely to experience poorly coordinated care.*"

The report also notes that this success is met with one of the lowest per head spending on healthcare amongst the 11 countries examined at £2,170 per head of population as compared to the USA where spending is over double that a £4,950 per head.

The [President of the Commonwealth Fund](#) used the report to criticise the US healthcare system saying that it "practically stands alone when it comes to people with illness or chronic conditions having difficulty affording health care and paying medical bills".

A spokesperson for the [Royal College of General Practitioners](#) said that it "shows yet again that the excellent work carried out by GPs in the UK is recognised worldwide, leading the field in ease of access, coordinated care and good patient doctor relationships.

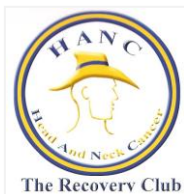
If the current reform of the NHS is to achieve anything, it must preserve and build on the strengths of general practice by producing more GPs, who are trained for longer so that they can do even more to improve the health of their patients. The NHS stands out internationally as an example of excellence, and general practice is what makes the NHS safe, fair and value for money."

We welcome the news that the NHS is amongst to best healthcare systems in the world. We know that many patients receive fantastic treatment from the NHS. But that does not detract from the problems we hear about through our [Helpline](#). One patient failed by the NHS is one patient too many and our report this week, "[We've been Listening, Have you been Learning?](#)" highlights how appallingly poor the care some patients receive is. We will not rest and nor should the [Department of Health](#) until every patient receives the top quality care they deserve.

For more information, please [click on this link](#).

THE RECOVERY CLUB Newsletter. A copy of the November 2011 Newsletter has been sent out to those on-line. If there is any Club Member who is not on-line and wishes to have a hard copy then please contact Geoff.

A copy is also available on-line by [clicking on this link](#).





The Plymouth Laryngectomy Club (PLC)

is a Charitable Cancer Support Group.

PLC aims to offer support and care to laryngectomees and their carers and families.

PLC also encourages understanding and support by the public.

And, just for those who may not be aware...

Laryngectomy is the removal of the larynx and separation of the airway from the mouth, nose and oesophagus. The Laryngectomee breaths through the neck, a stoma. It is done in the cases of laryngeal cancer. However, many laryngeal cancer cases are now treated only with radiation and chemotherapy, or other laser procedures, and Laryngectomy is performed when those treatments fail to conserve the larynx.

If you're a Laryngectomee you would be most welcome to come along on your own or with your partner and / or Carer.

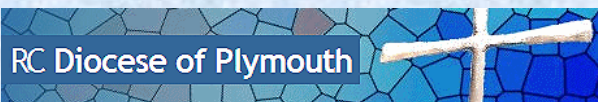
Come join us!

Our Members and Friends meet on the first Monday of every month.

Do please see our [website](#) for further details.

ACKNOWLEDGMENT

Our grateful thanks to :



THE PLYMOUTH DIOCESE

<http://www.plymouth-diocese.org.uk/>

for their assistance in reproducing copies of this newsletter.