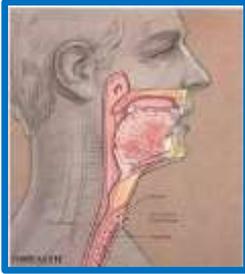


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**Instagiv:** Text 70444 to donate  
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**“20-20 Voice” Newsletter**

**Feb 2016**

Reg No: 1156733

<https://gocardless.com/>

<https://www.totalgiving.co.uk/donate/20-20-voice-cancer>

Hi all,

We hope you all had a fabulous Christmas and wish you all the best for the New Year..... *from the “20-20 Voice” team.*

**Do we have** any internet shoppers amongst our number perchance? If we do then can we ask you a small favour insomuch that you create an account

with **easyfundraising** .org.uk and shop via them at every possible occasion? The charity is already registered with Easyfundraising so if you simply point your purchases/bonuses toward “20-20 Voice” Cancer then the charity will benefit every single time you shop online! It’s easy to do & every penny we earn in bonuses helps. Thanks all.

And now a short tale of what disasters can befall a laryngectomee in this cold, damp & inclement weather of ours! A lary was feeling much under the weather, called out the Dr and rapidly found him/herself in hospital, courtesy of pneumonia. A week of intensive anti-biotic ‘bombs’ saw ‘our lary’ returned home, with strict instructions regarding the taking of further ‘AB’s’ & of staying in the warm/dry for at least a further fortnight. ‘Our lary’ also has **COPD**, something that many of the population succumb to, but, being a ‘lary’ makes this situation at least 5 x’s worse. This is why what **we are doing** is so important for all the possible larys to come. For if the diagnostics are early enough there will not be the need for so many throat cancer sufferers to become larys! Pre-emptive treatment will, eventually, allow the above situation to disappear altogether in time. **We all look to that day!**

And on the back of that story I have just found out that there are 2 x post-op larys in the LRI & and another 2 awaiting major surgery! It is heartening to know however, that in each case the prognosis is good! 🙌

## Petition to declare July 27<sup>th</sup> as World head & Neck Cancer Day

IFHNOS 2014



Please take a couple of seconds to [visit this link](http://www.ahns2014.org/petition/) and add your support to this idea. (<http://www.ahns2014.org/petition/>). This is a tremendous avenue for raising awareness of Head & Neck cancers so please support it.

Our **'Information Pack'** has been scrutinised by the Trustees (a few minor corrections needed) and we are now looking at finding a reasonably priced printing firm to produce the pack which will give those who apply a fantastic array of fundraising possibilities 😊.

I see that **"SUN Holidays"** are being advertised already so if you are thinking of Cromer, Skegness or even Portugal (Albufeira) then don't forget our highly rated hot-spots:



<http://www.2020cancerappeal.org/skegness/>

Tel: 01754 611335 email: [info@southwoldhotel.co.uk](mailto:info@southwoldhotel.co.uk)



<http://www.2020cancerappeal.org/cromer-house/>

Tel: **01263 510923** or email: [cromerhouse@hotmail.co.uk](mailto:cromerhouse@hotmail.co.uk)



<http://www.2020cancerappeal.org>

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[michelle@balcrays.com](mailto:michelle@balcrays.com) ..... +447543953664.

**All three highly sort after so book yourselves in now to be sure of getting in!**

*That's it folks for another month and there's much planning yet to be done!*

*Phil J*