

## "20-20 Voice" Newsletter

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**July: 2018**

**Hi all**, slightly disturbing news but I feel that a far better outcome will be achieved as our contact in 'A.N.Other' charity who was working with us to produce our "Pathway to Life" (Early Diagnosis) has now left them and is furthering the cause with a most formidable **NHS** department. This guarantees that our "Pathway to Life" will flourish sooner and I am quite happy to announce that 'A.N.Other' are now in the dim & distant past! **Never mind** eh.....onward & upwards I say 😊

And now onto much happier news folks... 🙌😊

Living in the Oxford area? Fancy meeting up with others? [pete@heads2gether.net](mailto:pete@heads2gether.net)



I doubt there will be a dry eye in the country after this fantastic victory for a very funny man Mr Lee Ridley, aka "Lost Voice Guy". Lee will do more to bring awareness of throat cancers to millions of people throughout the country. Cerebral palsy robbed Lee of a voice at a very early age, but just look what he has achieved!

**Tuesday(5<sup>th</sup> June)** saw Tina & myself partaking of the road to **Lincoln** where we met **Donna Marris** (SLT) and her brood of larys, none of which had heard of us. Our Lincs rep (**Gary W**) also made his first appearance with the group and, after **Donna** introduced me, I explained about the charities aims, what we do, what we've done and what we want to do – that's some serious rabbiting folks! It looks like we will be sporting our wristbands within the hospital and we have already had some great fundraising ideas forthcoming already! 🙌😊

**Wed 6<sup>th</sup>** and time to nip round a couple of joints to collect the dues!

**Blue Breeze Fish Bar** (was Andys Fish bar) amassed a tasty £25.39p **Fox & Tiger (Blaby)** £36.67 ...and a trip to the **Bulls Head** realised another £29.11 – nice total of **£91.17p**

**And...** Due to circumstances beyond our control we have had to cancel this year's **Charity Golf** day @ Kilworth Springs but we are going full steam ahead for **May 8<sup>th</sup>** next year, and plans are afoot for a 'full slate' of teams so watch this space! Confirmed as **8<sup>th</sup> May** now!

\*\*\*\*\* And now, the time has come to face the final curtain (or words similar 😊 ) \*\*\*\*\* for we have the grand total for the **Mark Aaron Charity Walk**:- a magnificent **£27,318.23p** so we thank all those that participated, walked, donated, organised and served beer to the

Charity Golf day next year May 8<sup>th</sup> – Kilworth Springs: <http://www.2020voicecancer.org/charity-golf-day-may-8th/>

wear 'footstompers' as they arrived at their destination. Let me assure you now that 'goodies' are being requested now by several hospitals/ENT depts/SLT's in need of a '[Helping Hand](#)'. Remember folks we help larys where no one else does! If any of you out there fancy organising a small event then simply request one of our brochures, which are full of great ideas, by contacting me on [admin@2020voicecancer.org](mailto:admin@2020voicecancer.org).



The long awaited patient monitor finally arrived on the Kinmonth Ward – 9 months after it was requested: how ridiculous is that? Diana, who requested this vital bit of equipment could have conceived, carried and given birth in the same amount of time it has taken to get all the different departments to OK that which was requested – and all Philips had to do was put it in a box & deliver it because **WE PAID FOR IT** – not the hospital!

**We are now** fast approaching our **Nottingham 5K FunRun** (July 22<sup>nd</sup>) so if any of you out there want to join in then please let me know asap. You need to sign up for the event [here](#), let me know, and we will send you a T-shirt, sponsor sheet & wristband. We will be meeting at about 10-10:15 between the two lakes near the starting point at Colwick Country Park. Simply scroll [further down the page](#) for the map of C/Country Park, you'll soon find us!

**Today (20<sup>th</sup>)** we were very pleased to be sending **2 x Tru-Tone** electro larynx 'voices' down to **Claire Twinn** (SLT) at GUYS Hospital in London – "Helping Hands" helping again 😊

**Another** great contribution as 'Helping Hands' presents **Ward 17** (Glenfield) with another five (5) x [Air1000 Nebulisers](#) to help give all patients a better chance of normal breathing on the ward-especially when it's hot like this. The delightful **Vanessa Simpson** was on hand to receive said nebulisers and they were whisked away to safety for future use on Ward 17 😊. (Ward 17 is now the lary/respiratory ward at Glenfield)



**Just to top that up we collected another £9 from the Discharge Lounge!**

**Personal disaster** this weekend as 'Voice' conked out completely.....so I had to shut up – for the most part. However, my darlings in ENT (Sarah & Claire) sorted me out on Monday morning and we are back in game again! Good job because Tuesday evening is my first foray with [Coping-with-Cancer](#) who are opening up a "Support Group" for larys and I am delighted, though a little trepidatious, to lead the Support Group for them. Interesting times ahead. **Whilst there another £13 from wristband sales – whoopi-doo!** 😊

**Took myself** off for breakfast this morning (26<sup>th</sup>) as we have a C/Tub in "[Paul's Kitchen](#)" in Oadby – a delightful little café/meals bar etc. I was accosted (accosted I say!) by **Lucy**, a very pretty young lady, who remembered me from the Horse & Hounds in Gt Glen some years ago. A delightful b/fast and well worth a 2<sup>nd</sup> visit methinks. **£2.56** in tub and believe you me it all adds up. New tub on the bar chained to beer pump-much better site 😊.

Remember folks, we can only do all this stuff to help fellow larys because of YOUR help & generosity! Oh! And we might have a couple more area representatives this time next month so watch this space!

*Phil J*