

The Plymouth Laryngectomy Club (PLC)

A Charitable Support Group for Plymouth Cancer Laryngectomees

The Voice of PLC

August - September 2012



Address: c/o 80 Warleigh Avenue, PLYMOUTH, PL2 1DH, Devon, UK

Mobile: 07745 819 828 (text only) Email: saudigeoff@yahoo.co.uk

Website: <http://plymouthlaryngectomyclub.yolasite.com/>

FOREWORD BY THE PLC CHAIR

Written by Geoffrey N. READ

Dear Club Members & Supporters,

The 2012 Olympics are over bar the shouting, and so too are the World Firework Championships.

I've had to let the Speak Easy Club in Cornwall know that none of us will be attending the event at Devoran on Wednesday, 5th September 2012 due to the lack of interest. Although to be fair, I know that some of us do have other commitments that day. We also had to cancel our Trip Across the Moors for a Cream Team in August 2012 due to a lack of response.

I do hope that some of you will be able to attend our meeting in September 2012 at the Mustard Tree.

We also have a concert to attend in September 2012. I do hope that some of you will attend that. I attended last year and what excellent value for just a fiver!

Finally, could I please ask you all once again to make a note in your diaries for Friday, 8th October 2012? This is the date planned for the 2012 Laryngectomy Study Day and the PLC AGM. Further details will be announced later.

Geoff

Secretary & Acting Chair,
PLC

PLC 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.*



IN MEMORIAM

DAVID (DAVE) EDWARDS Passed Away Peacefully Recently at St. Luke's Hospice In Plymouth. The funeral service was held at Efford Crematorium on Friday, 17th August 2012 and was attended by family, relatives and close friends. Six members of the Plymouth Laryngectomy Club were also present at the service and the reception at the Maurice Inn afterwards.

In the eulogy it was learned that Dave had served 25 years in the Royal Corps of Signals and was then employed in a multitude of jobs until his retirement. Apparently Dave was also an accomplished musician with a love for guitar music.

Dave was a founder member of the Plymouth Laryngectomy Club and attended every function that he was able to. *Dave will be sorely missed by all those that knew him.*



PLC PERSONAL ANNOUNCEMENTS

BEST WISHES TO Lizzie RYAN of the Ambulance Training College at Derriford! Lizzie is a good Friend of PLC. It's Lizzie's birthday on Thursday, 23rd August 2012. *Best wishes Lizzie and thank you for your support!*



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)



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.

HAPPY BIRTHDAY TO Sue STEPHENSON for Her Very Special Birthday on Tuesday, 25th September 2012! Sue is a founder member of the PLC and always supports its events. We wish you all the very best Sue. *Have a lovely day!*

RECENT MEETINGS & EVENTS

JULY 2012.

Monday, 2nd July 2012:

NALC General Meeting.

This meeting took place in London. No PLC Members attended.

Friday, 6th July 2011:

PLC Committee Meeting.

The Committee held a meeting at Fiona & Ron's residence and various Club matters were discussed.

Monday, 9th July 2012:

Colorectal NSSG Internal Validation Panel.

Geoff READ attended this panel as the Plymouth Patient Representative at the Peninsular Cancer Network at Dartington.

Tuesday, 10th July 2012:

Monthly Club Meeting including a Talk by John of Red Watch at the Crownhill Fire Station.

Wednesday, 11th July 2012:

Plymouth Hospitals NHS Trust Cancer Services User Partnership Group.

Geoff READ attended this meeting as a Plymouth Patient and PLC Representative.

Friday, 10th August 2012:

PLC Committee Meeting.

2.30 p.m. at Fiona & Ron's residence. Committee Members only. ***This had to be cancelled!***

Tuesday, 14th August 2012:

Monthly Club Meeting including a Trip Across the Moors followed by a Cream Tea at the Cornwood Inn.

Cost of a Cream Tea is £3.75.

Geoff & Jean will be picking up Eileen & Percy, and Sue, at about 1 p.m. and then driving their way across the Moors to meet up at the Inn at 2 p.m. If anyone else needs transportation please contact Fiona Ron on (01752) 786 836. ***This had to be cancelled!***

DIARY DATES

AUGUST 2012.

Monday, 27th August 2012:

Summer Bank Holiday (for information only).



SEPTEMBER 2012.

Sunday, 2nd September 2012:

NALC Annual Luncheon.

This will take place in Blackpool.

Further details can be obtained from Geoff.

Wednesday, 5th September 2012:

Car Trip to Devoran as guests of the Speak Easy Club, Cornwall.

Details to be published later. Please let Geoff know now whether you wish to attend and whether you will be driving or not.

Members of PLC will not be participating.

Friday, 7th September 2012:

PLC Committee Meeting.

2.30 p.m. at Fiona & Ron's residence. Committee Members only.

Tuesday, 11th September 2012:

Monthly Club Meeting including a Talk by the Elm Veterinary Group, Plymouth.

Fiona & Ron have yet to confirm this event.

Saturday, 15th September 2012:

Plymouth City Band Open Air Concert.

Our Club has once again been invited by The Memory Conservatory at Chaplin's in Plymouth, to attend their annual fund raising event. This will be their Fourth Open Air Concert. PLC was invited last year because their founder, Rosemarie STEPHENS, had been in Derriford having treatment for throat cancer. Rosemarie is a member of PLC but I regret to report that she has remained very poorly and is in hospital at the moment.

The Memory Conservatory is a self-funding charity helping people and their families with all aspects of memory problems. The concert is their main fundraiser for the year and they say they are very lucky to have the support of The City of Plymouth Concert Band to play for them again. Tickets are £5 each and you can purchase these at the gate on the day. But if you let me (*Geoff*) know how many tickets you require I will pay Karen, their Secretary directly and have them put aside for you for collection from me on the day. My contact details are at front page of this newsletter. *A simple telephone call will suffice!*

OCTOBER 2012.

Friday, 5th October 2012:

PLC Committee Meeting.

2.30 p.m. at Fiona & Ron's residence. Committee Members only.

Monday, 8th October 2012:

Annual General Meeting & Laryngectomy Information Day 2012.

The Laryngectomy Information Day & the PLC AGM will be held on Monday, 8th October 2012 at the Derriford Health & Leisure Centre. A programme is to follow nearer the time and we are informed there will be ample opportunity

for PLC to use one of the rooms for its AGM. Further details will be known in August 2012.

November 2012.

Tuesday, 13th November 2012:

Monthly Meeting including a Talk by Mr. Steve PEARCE of Plymouth Police / Crimestoppers.

Fiona & Ron have confirmed this event.

And a Talk by Ms. Jayne GLYNN, Patient Experience Manager at Derriford Hospital.

Geoff has confirmed this event.

DECEMBER 2012.

Tuesday, 11th December 2012:

Christmas Dinner possibly at the Novatel, Plymouth. In the evening.

Fiona & Ron seeking sample menus.

Carol Singing with the PLC Choir!

CONGRATULATIONS!

PLC MEMBERS WILL Know That Dr. Itzhak BROOK is a Friend of PLC. We offer our hearty congratulations on his recent award!

From: Itzhak Brook dribrook@yahoo.com

To: i brook ib6@georgetown.edu

Sent: Wednesday, 1 August 2012, 19:27

Subject: LECTURES AT THE UPCOMING AAO-HNSF & OTO EXPO

I'm honored to receive the J. CONLEY Medical Ethics Award, and present the keynote lecture about improving the care of patients with head and neck cancer at the opening ceremony of the Annual Meeting of the [American Academy of Otolaryngology](#) - Head and Neck surgery Foundation & OTO EXPO on Sunday, 9th September 2012.

I will also be participating in an Instructional Course on Tuesday, 11th September about Voice after Laryngectomy:

The Basics Vocal Rehabilitation.

Presentors:

[G.A. Grillone](#)¹,

[M. Walsh](#)²,

[I. Brook](#)³;

¹Boston, MA/US,²

Randolph, MA,³Washington, DC/US.

I'm grateful to the [Head & Neck Cancer Alliance](#) for enabling me to give out free copies of my book "My voice" at the course.

Thanks,

Itzhak

Itzhak BROOK MD MSc

4431 Albemarle St. NW

Washington DC 20016 USA

Phone 202-744 8211

E-mail: dribrook@yahoo.com or ib6@georgetown.edu

Blog site: <http://dribrook.blogspot.com/>



LIAISON WITH OTHER CLUBS

TO THE BEST of our knowledge, only the following Laryngectomy Clubs exist in Cornwall and Devon:

- The Exeter Laryngectomy Club
- The Plymouth Laryngectomy Club (PLC)
- The Recovery Club, Cornwall
- The Speak Easy Club, Cornwall
- The South Devon Club

With the exception of The Recovery Club, all are registered as being affiliated with the National Association of Laryngectomee Clubs (NALC).

The PLC is in frequent contact with The Recovery Club and The Speak Easy Club but has never had contact with any members from the Exeter or South Devon Clubs.

To this end, Geoff has written to both the Exeter and South Devon clubs to propose that each of our clubs in Devon and Cornwall should try to link up on an informal basis so that our clubs could visit each other's localities once in a while for a change.

Editorial Comment: *PLC has received no response! Can anyone help us with this? [Second Request!](#)*

LAUGH AT LIFE!

WATCHING FOOTBALL. A man with two badly burned ears went to the emergency room for medical treatment.

"What happened" asked the doctor.

"Well, my wife was ironing while I was watching the football match on TV," began the man.

"She put the hot iron near the telephone and when the phone rang, I answered the iron."

The doctor nodded, "But what happened to the other ear?"

"Well, no sooner had I hung up," said the man, "when the same guy called again."

GNR



the SPEAK EASY club in Cornwall

for laryngectomees and the people who care for them.

THE SPEAK EASY CLUB Newsletter. Geoff READ sent out a copy of the August 2012 Newsletter to those on-line on

Wednesday, 15th August 2012. If any Club Member who isn't on-line would like to have a hard copy then please contact Geoff.

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.

ANGRY STAFF PROTEST Near Hospital Against Regional Pay 'Cartel'. *This article was published in the Plymouth Herald on Friday, 27th July 2012.*

ANGRY hospital staff protested near Derriford Hospital amid growing opposition to a regional 'pay cartel'. Dozens of placard-waving health staff, union officials and members of the public demonstrated at Derriford roundabout yesterday morning.



It was part of a campaign against 20 NHS trusts in the south west... including Plymouth Hospitals NHS Trust which runs Derriford Hospital... forming a group to drive down wage costs.

An online petition against the consortium has attracted more than 12,000 signatures in less than a week.

Unions say the 'South West Pay, Terms & Conditions Consortium' is looking to break away from the national pay and conditions agreement Agenda for Change.

The move could lead to reductions in unsocial hours payments, increased working hours, cuts to annual leave and reductions in basic pay and cuts to sick pay.

A draft consortium document, leaked to The Herald, states NHS employers are increasingly recognising the need to consider "further more radical changes to the pay and conditions of the workforce". Hospitals say the group is in its early stages and no decisions have been made.

Demonstrators slammed the consortium as "disgusting, immoral" and a "kick in the teeth" for already overworked staff.

The petition can be found at [this link](#).

To read the complete article please click on [this link](#).



NHS CUTBACKS IN Numbers. This article was published in the Daily Mail on Wednesday, 25th July 2012:

THE NHS has axed 2,380 nursing posts in the past year while only 1,682 managers have gone.

But as many more nurses than managers are employed, only 0.7% of nurses have lost their jobs compared to up to 5.5% of managers.

The [NHS Information Centre](#) figures reveal that 13,350 posts have gone across the health service in the year.

The NHS is ring-fenced from public sector cuts but must save £20billion over the next three years for spending on care for the elderly.

Ministers claim trusts can meet these savings targets by slashing bureaucracy and running more efficiently.

But many trusts have resorted to cutting back on front line staff as well as rationing certain treatments to ensure they meet these targets.

[Janet DAVIES](#), of the [Royal College of Nursing](#), said: 'The pressure to save £20billion in the NHS in England is resulting in cuts to jobs, hitting the frontline hard. These cuts are real and have been ongoing for some time.'

To read the full article, please click on [this link](#).

NHS WORKERS TOOK 15 Days off Sick Last Year... Compared With Just Six In the Private Sector.

Average private sector worker took 6.2 days off sick.

This article was published by [Sophie Borland](#) in the Daily Mail on Wednesday, 25th July 2012:

The higher paid the NHS worker, the fewer sick days they are likely to take.

More than 42,000 NHS workers are calling in sick every day, figures reveal.

Some 15million days are being lost to illness each year and absence rates are twice as high as in the private sector.

Nurses and paramedics are far more likely to be off than doctors and high-paid managers and chief executives.

On any given day 14,000 nursing staff and 11,000 ambulance workers are off ill, according to the [NHS Information Centre](#) figures.

Overall, just over 4% of all NHS employees are absent at any one time but in some trusts it is nearly 7%.

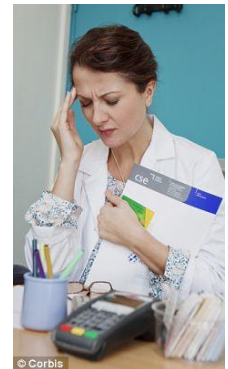
This compares with 1.6% for private sector workers and 2.6% for those employed elsewhere in the public sector.

One reason NHS staff may be more inclined to take time off is that their sickness benefit scheme is so generous.

Employees who are absent for long periods will still be paid any bonuses and overtime they are likely to have received over that time... *on top of their normal wage.*

And they can even go on holiday while they are supposedly off sick if they can prove it is for 'recuperation' purposes.

To read the full article, please click [on this link](#).



NEWSLETTER ENDS