Volume 3 — 01 October 2026

LIFE AFTER LARY Community News



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- Jon & Menna Visit Wales
- Andrew's Journey
- Surprising Lary Facts
- And so much more..

No lary will ever feel alone

www.lifeafterlary.co.uk

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A Journey of Strength: One Man's Story of Diagnosis, Loss and Finding His Way Forward — Andrew Brown tells his story

Over five years ago, life changed in a way I never expected. It began with what felt like a simple dry, sore throat. Nothing dramatic. Nothing that made me think twice. I went to my doctor, was given antibiotics, and carried on. When they didn't work, I went back. Stronger antibiotics were given, but they only made things worse.

That was when the worry began. I still didn't think it could be cancer. Not once. But my doctor decided to send me for a biopsy at New Cross Hospital in Wolverhampton. Waiting for the results felt like forever. When the letter came asking me to return, I took my mum with me. That was the day I heard the news no one ever wants to hear. Cancer. I held myself together in front of the consultant, but the moment I got back to the car I broke down. My mum sat with me while I tried to make sense of what I had just been told. Half of what the consultant said went in one ear and out the other. My mind was everywhere. I felt like my life had ended.

I started an intense course of radiotherapy and chemotherapy. It was tough, but after the treatment finished, the tests showed it had worked. I was over the moon. I thought I could finally get my life back on track.

One year passed. Then two. Then three. Then four. Then five. All clear.

But then the cancer came back. Fast.

I was told I could not have the same therapy again because of how strong the first course had been. My only option was a laryngectomy. I was terrified. I stalled the decision for as long as I could, hoping the doctors were wrong. Hoping it would just go away. But it was spreading, and I was running out of time.

I was sent to Queen Elizabeth Hospital to see if a partial operation was possible. After tests and another biopsy, they told me it wasn't. I needed the full operation. My mind was on overdrive. I stalled again. And again. Eventually my friends and family talked me around. I went back to New Cross to meet my consultant and go through everything properly. I finally agreed to the surgery.

I was in the hospital for a month. It drove me mentally crazy. I just wanted to go home.



When I did get home, my parents and family looked after me. But I had so many dark thoughts. I felt like everything was over. I had always been a hard working man. I left school and worked all my life. I enjoyed working. Losing that part of myself was painful. I felt lost. I felt like I had no purpose. I felt like I was watching life happen around me instead of being part of it.

I was told things would get better. I didn't believe it.

I still struggle with coughing blood, mucus, and getting out of breath easily. In my first year and a half of recovery, I saw the mental health team. They helped me through some very difficult moments. There were more down days than up days. Some days I felt strong. Other days I felt like I was drowning in it all. But slowly, things began to look a little better.



Fishing became my escape. Being outdoors, near the water, surrounded by nature helped my mind more than anything. It gave me something to look forward to. Something that still felt like me. I was told to be careful around water, but fishing is something I can still do, and it keeps me going. The quiet, the fresh air, the running rivers, the feeling of being outside instead of stuck inside my own thoughts. Fishing became my therapy.



I struggle with walking and breathing, and I still find it hard when people look at me because of the filters on my neck. I cannot speak because my voice box was removed, and that makes some days really tough. I put on a strong act around people, but deep down it can be hard. I miss working. I miss the routine. I miss the purpose. Friends are at work during the day, so it can get lonely being out fishing on my own.

I also lost both my mum and dad during this journey. My mum passed away in 2021 when I was still in my all clear stage. My dad passed away in 2024, one year into my laryngectomy recovery. Losing them both while fighting cancer made everything even harder. There were days when the grief and the recovery felt like too much to carry at once. But I am still here. I am still adapting. I am still finding my way forward. I am still learning how to live again. And Life After Lary has helped me feel less alone. Knowing there are others who understand this journey makes a difference.

"Life After Lary is not just a charity. It is a reminder that even after the hardest chapters, there is still life to live, still strength to find, and still hope to hold on to."

Wales Collaboration Trip Report — Jono

Our visit to South Wales with Severn Health became one of the most uplifting and transformative weeks in the history of Life After Lary. From the moment we arrived, every hospital and every clinician welcomed us with genuine enthusiasm.

Consultants, surgeons, clinical leads, ward nurses, speech and language therapists and many others took the time to meet us, listen, share ideas and explore how we can work together. The support for Life After Lary was visible in every conversation.

There is a real appetite for greater Life After Lary visibility across South Wales. Clinicians want us to have a presence within their clinics, wards and patient pathways, with Cardiff and Swansea hospitals already keen to explore patient awareness stands in the new year. Several clinicians also asked about setting up new in-person patient groups, and a couple of patients volunteered to help. We hope to arrange a meeting with them and Ian in the new year, once training has been organised.





Our literature is now being included in patient packs on admission and again on discharge, while posters and leaflets are being displayed throughout hospitals and waiting areas. I had sent materials ahead of our visit, and it was incredible to arrive and see Life After Lary already being represented. The reception and feedback could not have been better.

One of the highlights of the week was an evening presentation to the speech and language therapy teams.
The question-and-answer session lasted longer than the presentation itself, which was fantastic and showed just how engaged everyone was. The teams were extremely positive about Life After Lary and the additional support our community can provide to laryngectomy patients.

Working with Severn Health
None of this would have been possible without Severn Health, and we cannot thank them enough for covering our stay and expenses. Their generosity made the entire week possible, and their belief in our work was clear from the very beginning.

A heartfelt thank you goes to Menna and Chris from Severn, who were incredible throughout the visit. Their kindness, organisation and dedication shaped the week. They opened doors, arranged meetings, guided us through each hospital and supported us every step of the way.



When my voice finally gave up through exhaustion on Friday, Menna stepped in without hesitation and finished the session for me. Their commitment to partnership was evident in everything they did, and our relationship with Severn has become an incredibly meaningful collaboration.
The enthusiasm we encountered extended beyond South Wales.

At Friday's patient event, clinicians travelled from other areas to meet us and expressed an interest in Life After Lary visiting them too. Menna plans to speak with Sacha, Managing Director at Severn Health, about the possibility of another collaboration although next time, more of the team may need to come along, as by the end of this trip I was running purely on adrenaline!

Looking to the Future
During the week, surgical consultant Sandeep Berry suggested that next spring we hold a joint conference or workshop involving NHS Wales, Severn Health and Life After Lary. This could provide an opportunity to network, present, offer training and run workshops. Menna was equally enthusiastic about the idea and plans to discuss it with Sacha.

Clinicians also expressed an interest in working with us on a buddy system for new laryngectomy patients, alongside potential training days and even a laryngectomy bootcamp.





We gained new members for both Life After Lary and Life After Trachy during the trip. I spoke about the tracheostomy side of our work and left posters for tracheostomy teams. We also sold calendars and received donations totalling £140.

I spoke to Menna and Chris about Josh, who is running the Brighton Marathon for us in April, and the possibility of Severn becoming the main sponsor. They were very positive about the idea and will take it back to Sacha. We also discussed the possibility of including Life After Lary literature with Severn deliveries, which could provide another opportunity to reach people who may benefit from our support.

The feedback was incredibly humbling. One clinician described the work of our charity as “immeasurable”, while another told me it had been a pleasure to learn more about Life After Lary and that our meeting had been a worthwhile part of an already busy clinic day.

This trip opened doors across Wales and strengthened our partnership with Severn Health in ways we had never expected. It showed what can happen when clinicians, suppliers and a charity come together with a shared purpose: relationships grow, new opportunities emerge and, most importantly, we find new ways to support the people who need us.

When consultants, surgeons, speech and language therapists and other clinicians stand in a room with you and really listen, not simply out of politeness, but because something in your story and experience matters to them — it is extraordinary.

When people with decades of expertise then choose to support your vision for better understanding, better knowledge and better support, it reinforces why this work matters and why it is needed.
This was one of the most meaningful weeks we have experienced as a charity and it feels like only the beginning!

It was a very informative
and touching talk by Jono.
His work and the wider network is spreading awareness of the charity Life after Lary and Life after Trachy.
Which I think is an amazing source of support both educationally and emotionally to those affected.
Gaining new friends and peers when life can feel at rock bottom.
I thoroughly enjoyed the evening,
there was not a dry eye in the room.

A View from Both Sides

Following the visit, Menna shared her reflections from the two roles she represented during our time in South Wales — as a Head and Neck Speech and Language Therapist working within the NHS, and as a Clinical Specialist SLT for Severn Healthcare.

Her words offer a valuable perspective on the role Life After Lary can play alongside clinical services, and on the importance of collaboration between patients, healthcare professionals, charities and industry partners.

I wore two hats when welcoming Jono to South Wales; one as a Head and Neck SLT working in South Wales and one as a Clinical Specialist SLT for Severn Healthcare and in both roles it was an absolute pleasure to meet Jono, hear about his story and have the opportunity to learn more about Life After Lary.

From an NHS perspective as a SLT with over 20 years of experience working with laryngectomees and their loved ones I know that NHS services can offer great support with passionate, committed clinicians often going the extra mile to do what is needed. However, hospital services can be limited. CNS and SLT services are, for the most part, 9-5 Monday-Friday and we know that being a laryngectomee does not stop – it's 24/7, 365 days of the year. That is why Life After Lary matters. The charity offers a bridge between people and NHS services – connections, communities. In the middle of the night, on high days and holidays. It can be a listening ear, a text, a hand to hold, a letter to read. A human connection with someone who truly understands!

From a Severn Healthcare perspective the company is delighted to be able to work in partnership with Life After Lary to support the charity in delivering its vision and message that no-one should face a laryngectomy alone. It was great to use our existing relationships with clinicians in South Wales as a platform to introduce Jono to the clinical teams and the welcome that was received was second to none. We are excited to collaborate further in the future to ensure that laryngectomy patients and their supporters receive the best possible care.

The clinician event gave me a much better understanding of life after laryngectomy through hearing Jono's personal experience, from diagnosis and surgery to life afterwards.
As a nurse, his story helped me better understand the challenges and hardships laryngectomy patients face. His courage and dedication to supporting other laryngectomy patients through his charity work are truly inspiring.
It has also made me more aware of how we, as clinic nurses, can support this work and our patients in any way we can.
Thank you for inviting us on this meaningful event. The food and venue were excellent too.
Staff Nurse, University Hospital of Wales

Myth or Fact

Separating fact from fiction about life after a laryngectomy

MYTH

"All laryngectomees use the same equipment."

You might assume that after a total laryngectomy everyone leaves hospital using the same equipment and continues using it for life. But there is no single set-up that works for every laryngectomee.



FACT

"Laryngectomy equipment is individual — and what works for one person may not work for another."

Some people use a larytube, while others use an adhesive baseplate. Some may use both at different times.

There are different types of HMEs, adhesives, tubes and accessories, and the best combination can depend on many things, including the size and shape of the stoma, skin sensitivity, mucus production, lifestyle and method of communication.

Needs can also change over time. Finding the right set-up can involve some trial and error, with support from your clinical team.

WHY DOES THIS MATTER?

Seeing another laryngectomee using different equipment doesn't mean that either of you is doing something wrong. What feels comfortable, secure and effective for one person may not suit someone else at all. Understanding that there are different options can help people ask questions, explore alternatives and work with their clinical team to find what best meets their individual needs.

DID YOU KNOW?

Your set-up can change.
The equipment someone uses immediately after surgery may not be what they use months or years later. Healing, changes to the stoma or skin, communication needs and everyday life can all influence which products work best.

DID YOU KNOW?

There are different types of HMEs.
HMEs help warm and humidify the air entering the stoma, but different versions are designed for different needs and situations. Some people may use more than one type during the course of a day.

GOT A MYTH FOR US?

Have you heard something about laryngectomy that simply isn't true — or is there something you've always wondered about?

Share it with us in the Life After Lary Facebook group and we may feature it in a future **Myth & Fact**.

Melody, Our Youngest Member and Our Brightest Smile

Every so often the charity is reminded of what truly matters. Yes, we support thousands of people. Yes, we work with hospitals, clinicians and suppliers across the country. Yes, we build pathways, groups and partnerships. But sometimes the most important thing we can do is simply make someone smile.

And making Melody smile is one of our favourite things in the world.

Melody is our youngest member. She is brave, funny, creative and full of personality. She is also dealing with something no child should ever have to face. Melody has had a laryngectomy at an age when most children are thinking about school clubs, homework and what they want for lunch. On top of that she is navigating pre-teen hormones, which is a challenge for any young person even without major medical hurdles.



Recently Melody had oesophagus dilation surgery. It left her feeling fed up and understandably low. So we reached out to her mum and asked a simple question. What can we do to put that smile back on Melody's face.



We have supported Melody before and sent her a voucher to cheer her up. This time we wanted to do something that felt a little bigger. Something that made her feel seen, supported and cared for. So we let her choose. She bought all her school SATs books, a new reading book, a new water bottle, a big case for her art bits and even had money left over for some slime. Because sometimes slime is exactly what you need. Melody is dealing with more than most adults ever will. And if we can make even one part of her day a little brighter, then we will. She is part of our community, part of our family and part of our future. After all, we need to look after our future CEO!

Melody reminds us why Life After Lary exists. She reminds us that support is not only about surgery, recovery and clinical pathways. It is also about joy, comfort, laughter and the small moments that make life feel normal again.

Melody, keep smiling. We are right behind you.

Life After Lary Fundraising

Our 2027 Calendars Are Out Now!
Our Life After Lary calendars are now available — but numbers are limited! Grab yours while you can and help support Life After Lary at the same time. Once they're gone, they're gone, so don't leave it too late!

Limited availability — order yours today!



Good Luck!!
Life After Lary is proud to support **Trafford FC Under 14s**.

We'd like to wish all the boys the very best of luck for the season ahead — we hope it's a fantastic one!



Josh's Marathon for Life After Lary
On the 4th April 2027 Josh Lester will be running the Brighton Marathon for Life After Lary, a charity that is very close to his heart.

We would like to thank Josh for his efforts and wish him all the very best throughout his training.

A Just Giving page has been set up, simply scan the QR code below to donate. Details will also be shared on the facebook page.

AND FINALLY…
Little Ways to Support Life After Lary
We also have a range of practical items and awareness materials available, including **Neck Breather window stickers, seat belt covers, red wristbands, personal alarms, non-verbal wallet cards, trolley coin keyrings and lapel pins, as well as posters, flyers and leaflets.**

We ask for a small donation towards our costs where possible, helping us continue to provide practical support to our community — but we never want cost to prevent someone from getting something they genuinely need.
If you'd like any of these items, simply get in touch at **contact@lifeafterlary.co.uk**.

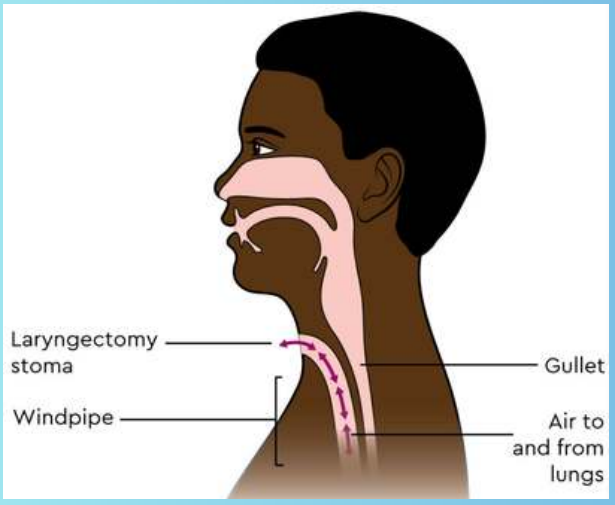
More Than Life After Lary

A Community for Every Altered Airway
Life After Lary began with a simple mission: to make sure no laryngectomy patient ever feels alone.

Over time, that mission has grown. Our community has shown us that support is needed at different stages of the altered airway journey. Some people live permanently with a tracheostomy, while for others it may be part of their journey towards a laryngectomy. While the loved ones supporting them experience a journey of their own.

That is why our community now reaches beyond Life After Lary. Alongside our main group, we have Life After Trachy and Life After Lary Carers and Loved Ones — three communities connected by one shared purpose: making sure people have somewhere to turn.

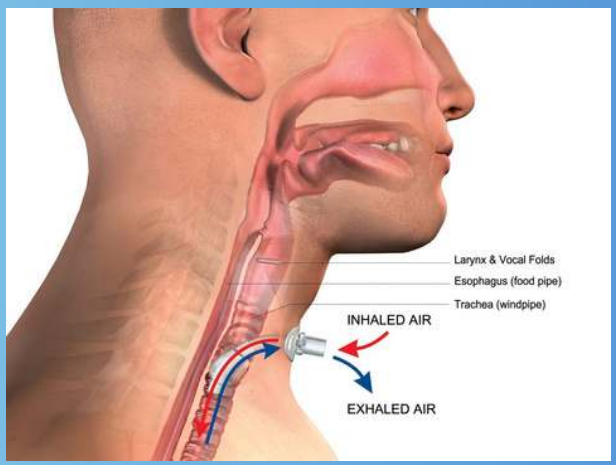




Life After Trachy
Our tracheostomy community is an important part of what we do. Life After Trachy is run by Laura Hendry, a Life After Lary Trustee, with support from Jono.

Living with a tracheostomy can be frightening, isolating and overwhelming, particularly in the early days. Having access to people who understand can make a real difference.
Through information, practical resources and peer support, Life After Trachy provides a place where people living with a tracheostomy can ask questions, share experiences and connect with others who understand some of the realities of life with an altered airway.





Carers and Loved Ones
An altered airway doesn't affect only the person living with it. Partners, parents, children, relatives and friends can carry their own worries, responsibilities and emotions — and sometimes they need somewhere they can speak openly too.
Life After Lary Carers and Loved Ones is our private group created specifically for them.
It provides a protected space where loved ones can ask questions, share concerns and experiences, and support one another without judgement.
Sometimes simply talking to another person who understands what it is like to support someone through this journey can make an enormous difference.





Different Journeys. One Community.
Life After Lary, Life After Trachy and Life After Lary Carers and Loved Ones may each serve different needs, but they share the same values: empathy, lived experience, understanding and connection.

Whether someone is adapting to life after a laryngectomy, living with a tracheostomy or supporting someone they love, nobody should have to navigate that experience feeling alone.

Life After Lary has grown into much more than one Facebook group. It is a community of patients, carers, loved ones, volunteers and supporters — each with different experiences, but all connected by a desire to help one another.

Three groups.
Different journeys.
One community.

Behind the Scenes at Life After Lary

More Than a Support Group
When people first discover Life After Lary, they may find us through our Facebook community, a leaflet in hospital, one of our events or perhaps a recommendation from another laryngectomee.
But behind everything you see is a huge amount of work taking place every day.
Life After Lary was created around one simple belief: no one should face a laryngectomy alone. That remains at the heart of everything we do.
Support can mean many different things. Sometimes it is answering a newly diagnosed patient's questions when everything feels frightening and unfamiliar. Sometimes it is connecting someone with another person who understands. And sometimes it is simply listening.

Support That Continues
The need for support doesn't end when someone leaves hospital.
Learning to live with a permanent neck stoma can mean adapting to a new way of breathing, communicating and managing everyday activities.
Showering, sleeping, eating, travelling, exercising, returning to work and simply going out in public can all feel different.
Through our communities, resources and volunteers, we help people share practical experience, ask questions and discover how others have adapted.
Peer support is particularly important. Clinical teams provide essential medical care, but there are some questions that can only really be answered by someone who has lived it.
That connection can help reduce isolation, rebuild confidence and remind someone struggling with a setback that progress is still possible.

Supporting the People Beside the Patient
A laryngectomy doesn't affect only the person undergoing surgery.
Partners, children, relatives and friends can suddenly find themselves navigating unfamiliar equipment, communication changes and worries about what happens when their loved one comes home.
Our support therefore extends to the people around the patient too.
Sometimes reassurance comes from information. Sometimes it comes from meeting another family who has already been there. And sometimes it comes from simply having somewhere safe to say, “I'm finding this difficult too.”

Taking Lived Experience Into Healthcare
Life After Lary's work also reaches beyond our own community.
We work with Speech and Language Therapists, Clinical Nurse Specialists, surgeons, students and wider multidisciplinary teams to share the realities of living with a laryngectomy.
Through hospital visits, presentations, conferences and educational sessions, lived experience can sit alongside clinical expertise.
That matters because successful treatment is about more than surgery.
Understanding what happens when someone returns home — and how changes to breathing, communication, confidence, relationships and everyday life actually feel — can help create better-informed and more compassionate care.

Raising Awareness
Many people have never heard of a laryngectomy until it happens to them or somebody they love.
That is why awareness remains such an important part of our work.
Our posters, leaflets, patient stories, social media, Community News, media appearances and campaigns help people understand what a laryngectomy is and what life afterwards can look like.
Sharing real experiences also helps challenge misconceptions. Life after surgery may be different, but it can still contain work, travel, friendships, exercise, laughter, family life and new experiences.
Every story shared helps make an often invisible community a little more visible.

Practical Support
Sometimes support is also something tangible.
Life After Lary provides practical resources and information designed to make everyday life a little easier.
We help people understand the equipment and routines that can become part of life with an altered airway and signpost people towards appropriate clinical support when needed.
We also continue developing resources based on the questions and experiences shared within our community.
Because often the best ideas begin with someone saying:
"I wish I'd known this when I came home."

Building Connections
None of this happens through one person. Life After Lary is supported by trustees, volunteers, fundraisers, clinicians, sponsors, community members and people willing to share their own experiences to help somebody coming behind them.

It happens in conversations, messages, meetings, hospital corridors, online groups and those moments when somebody reaches out because they don't know where else to turn.
Different people contribute in different ways, but they are connected by the same purpose: helping make sure nobody has to navigate life after laryngectomy feeling completely alone.



Some work is highly visible. Much of it isn't.

More Than What You See
A Facebook post may take a few minutes to read. A leaflet may sit quietly in a hospital waiting room. A patient story may occupy only two pages of this magazine.
Behind each of them are conversations, volunteers, lived experience and people giving their time because they believe support matters.
Life After Lary has grown far beyond the support group where it began, but the reason for doing it hasn't changed.
Connection. Understanding. Practical support. A voice when one is needed.
And above all, being there.

No lary should ever feel alone.

Life After Lary in the News: Jon's RCSLT Award Shortlisting Featured by Charity Today

Last month, we shared the fantastic news that Life After Lary co-founder Jono Organ had been shortlisted for the RCSLT Awards 2026, in the category Championing the Value and Impact of Speech and Language Therapy.

Since then, the news has travelled further, with Charity Today publishing a dedicated feature about Jono's shortlisting and the work of Life After Lary.

The article highlights not only Jono's advocacy and lived experience, but the importance of patient-clinician partnership, communication rehabilitation and ensuring the patient voice has a place within healthcare, research and education.

For us, this recognition goes beyond one person or one nomination. Every opportunity to share the Life After Lary story with a wider audience helps raise awareness of laryngectomy, the importance of Speech and Language Therapy and the value of peer support.

As Jono said when speaking about the nomination:
"I'm not walking into that room alone. I'm taking our whole community with me."

The RCSLT Awards take place on Thursday 19 November at London Zoo — and we'll be cheering Jono on!

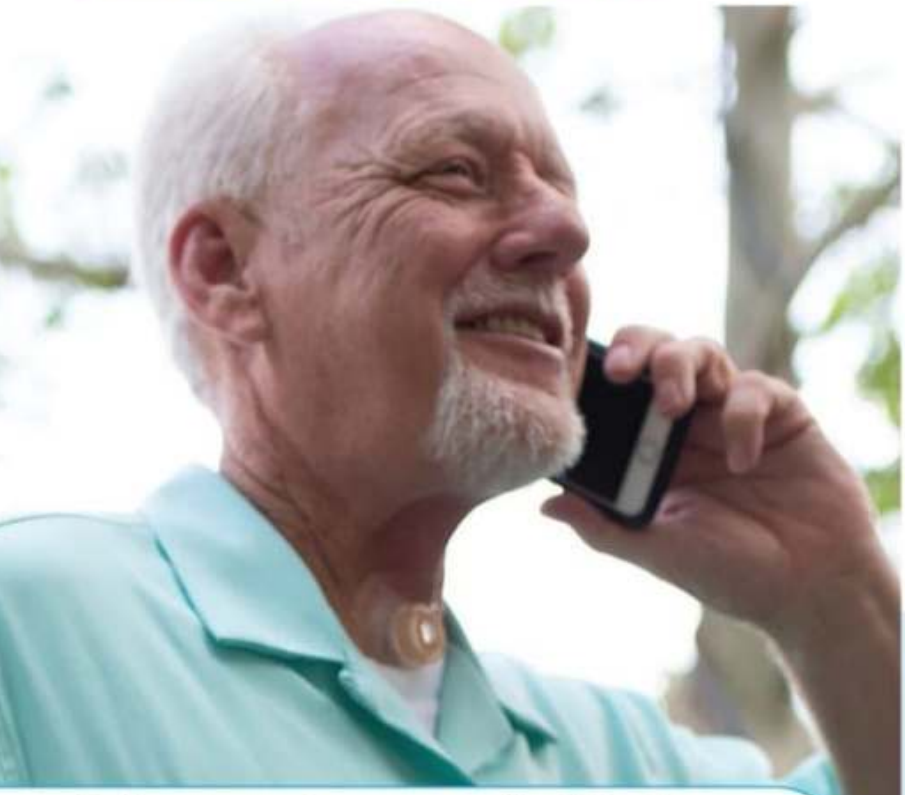


RCSLT

Read the full article
You can read Charity Today's full feature online.
https://www.charitytoday.co.uk/life-after-lary-founder-shortlisted-for-major-speech-therapy-award/

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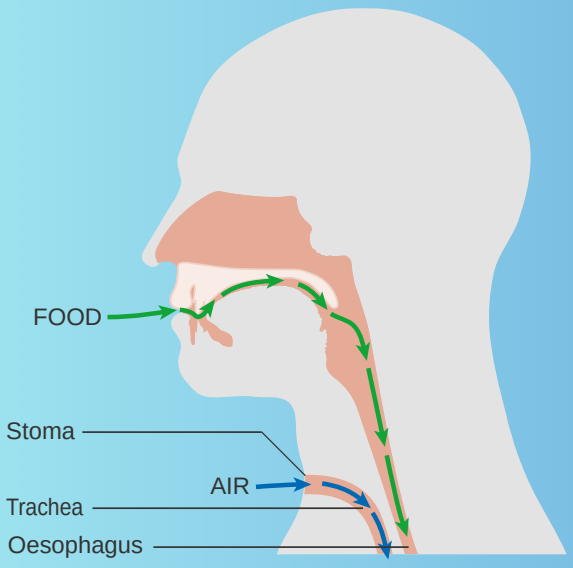
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20 Surprising Facts About Life After Laryngectomy

A total laryngectomy changes much more than a person's voice. From breathing and smelling to coughing, swimming and even blowing out birthday candles, here are 20 things you might not know about life after laryngectomy.

1. You breathe entirely through your neck

After a total laryngectomy, the airway is permanently separated from the mouth and nose. All breathing takes place through the stoma in the neck, which means air no longer receives the natural warming, humidifying and filtering normally provided by the nose.



2. Smell — and even taste — can change

Because air no longer naturally passes through the nose, the sense of smell can be greatly reduced after a laryngectomy. This can also affect the way food tastes. Some people can improve their ability to smell by learning techniques such as the **polite yawning technique**, which helps draw air through the nose.

3. Water becomes a serious hazard

Water entering the stoma can pass directly into the airway and lungs. Extra care is therefore needed when showering or bathing, and swimming should only be attempted with appropriate specialist equipment and training.



4. The natural voice source is permanently removed

During a total laryngectomy, the larynx — including the vocal folds — is removed. Speech can therefore no longer be produced in the way it was before surgery, but there are several different ways of restoring voice and communication.

5. There's more than one way to speak after a laryngectomy

After the larynx is removed, there are several ways to restore speech. A TEP and voice prosthesis redirects lung air to create sound, while oesophageal speech uses air introduced into the oesophagus. An electrolarynx provides an electronic source of sound. Some laryngectomees use more than one method.

6. The first total laryngectomy was performed over 150 years ago

The first successful total laryngectomy is generally credited to surgeon Theodor Billroth, who performed the operation in Vienna in 1873. Laryngectomy surgery, rehabilitation and voice restoration have changed enormously since those early procedures.



Theodor Billroth, who performed the first successful total laryngectomy in 1873

7. Some people may actually swallow better after surgery

Swallowing after laryngectomy varies from person to person. However, if a tumour or problems with the larynx were making swallowing difficult before surgery, some people may find eating and swallowing easier following treatment and recovery.

8. Cancer isn't the only reason someone may need a laryngectomy

Most total laryngectomies are performed to treat advanced or recurrent cancer, but surgery may sometimes be necessary when the larynx has become severely damaged or no longer functions properly — including as a result of complications following previous cancer treatment.

9. Humidification becomes part of everyday life

Because air entering the stoma bypasses the nose, it reaches the lungs colder, drier and unfiltered. This can contribute to thicker mucus, coughing and crusting. Heat and Moisture Exchangers (HMEs) and other forms of humidification help replace some of the functions the nose previously performed.



10. Laryngectomy surgery has helped shape our understanding of voice

More than 150 years of laryngectomy surgery and rehabilitation have contributed to our understanding of how the larynx, airflow and surrounding tissues produce voice — knowledge that continues to inform voice rehabilitation and other areas of voice care today.

11. Traditional snoring is no longer possible

Snoring is caused by airflow making tissues in the upper airway vibrate during sleep. After a total laryngectomy, breathing no longer passes through the nose, mouth or throat, so traditional snoring cannot occur. Breathing through the stoma can, however, make sounds of its own.



12. Food can't enter the airway in the usual way

After a total laryngectomy, the airway and food passage are permanently separated. This means food cannot enter the lungs through the mouth in the way it can when someone aspirates. Food can still become stuck in the oesophagus and swallowing difficulties can still occur, so eating isn't completely without risk.

13. Coughing is different after a laryngectomy

Laryngectomees still cough to clear mucus and irritants from the airway, but the air is expelled through the stoma rather than the mouth. Without vocal folds involved in producing sound, a lary cough can sound very different.

14. You can't hold your breath in the usual way

Before laryngectomy, the vocal folds can close to help hold air inside the lungs. After they have been removed, that mechanism no longer exists. Simply closing the mouth and nose won't stop airflow because breathing now takes place through the stoma.

15. Blowing and whistling don't work in the usual way

After a total laryngectomy, lung air no longer travels naturally through the mouth. This means activities that rely on blowing air from the lungs through the lips — such as blowing up a balloon, whistling or blowing out birthday candles — can't be performed in the usual way.



16. CPR is different for a laryngectomee

Because the mouth and nose are permanently disconnected from the lungs, rescue breaths to a laryngectomee must be delivered through the stoma rather than the mouth.

A laryngectomee may also be unable to provide conventional mouth-to-mouth rescue breaths to someone else, because lung air no longer travels through their own mouth.

17. Coughs and sneezes come through the stoma

After a total laryngectomy, respiratory airflow no longer passes through the nose or mouth. When a laryngectomee coughs or sneezes, air — and potentially mucus — is expelled through the stoma instead.
That's why laryngectomees learn to cover their stoma, rather than their mouth or nose, when coughing or sneezing.



18. You can't blow your nose in the usual way

Because lung air no longer travels through the nose, a laryngectomee can't simply close their mouth and blow through their nose as they did before surgery.
Like many everyday activities after laryngectomy, clearing the nose may require different techniques.

19. You become very familiar with your own breathing

Over time, many laryngectomees become highly aware of the usual sounds and sensations of breathing through their stoma.
Changes in breathing sounds, mucus or the effort required to breathe can help alert someone that something isn't quite normal and may need attention.



20. Staying hydrated helps keep mucus manageable

After laryngectomy, cold and dry air entering directly through the stoma can make secretions thicker and harder to clear. Drinking enough fluids, alongside appropriate humidification, can help keep mucus thinner and easier to cough up.

It's another reason why good hydration becomes an important part of looking after your airway.

New look
Same reliable products and services

Atos Care is now part of the Coloplast Group, we are now unveiling our new look that reflects our heritage while embracing our journey ahead.

0800 783 1659
www.atos-care.co.uk

Throughout 2026 you will see our new look appear everywhere, from our packaging to all communications with you. Even as our design evolves, what truly matters remains unchanged.

Atos Care → Atos | Care

Now, as part of the Coloplast Group, we are stepping into a new shared identity.



Our look is changing, our purpose is not.

We are still Atos, still fully dedicated to supporting you and our mission remains to help make life easier for people living with a neck stoma.

Atos Care will continue to be an integrated care and distribution service for people with a laryngectomy in the UK.

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Welcome to Atos Care

The only integrated care and distribution service for people with a laryngectomy and tracheostomy in the UK.

Atos Care is a comprehensive support service, dedicated to making life easier for people living with a neck stoma. We provide a range of services to patients and the clinicians who care for them, including delivery of prescription products and a rich network of care and support services to help them adjust to life after a laryngectomy or tracheostomy.



The Atos Circle of Care

Best Start: Get off to the best start in life after a laryngectomy.

- Enhanced support for your first six months from our Welcome Team of CQC Registered Nurses
- A welcome pack and a welcome call
- Practical tools and equipment to make life easier, including a complimentary care bag containing a range of helpful items
- Regular liaison with clinicians for joined up care

Inspected and rated Good
Care Quality Commission

Connection hub: Stay connected to those who know and understand.

- A dedicated Customer Care Representative
- Personalised service - you choose how and when you hear from us
- CQC Registered Nurses to support you in your daily routines, in close partnership and communication with clinicians
- Educational events in the community for people with similar experiences
- Atos MyLife app to provide inspiration and information on living well after a laryngectomy

Care delivered: Bringing the right products and care your way.

- Easy and convenient ordering
- Optional convenient monthly reminders
- Electronic Prescription Service
- Rapid, reliable delivery
- Discreet packaging
- Convenience orders by subscription

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Text: 0753 7417 928
www.atos-care.co.uk



Atos | Care

It’s Ok Not to Be Ok

A laryngectomy changes far more than the way you breathe or communicate.

For some people, the emotional impact can appear immediately. For others, it may come weeks, months or even years later — sometimes when treatment has finished and everyone around you expects life to have returned to “normal”.

There is no correct way to feel.

You might experience relief that treatment is over alongside fear about the future. You may feel grateful to be alive but still grieve for things that have changed. Confidence, relationships, communication, body image and independence can all be affected.

And sometimes you may simply have a difficult day.

You Don't Have to Handle Everything Alone

Talking to someone can help — whether that's a partner, friend, another laryngectomee, your clinical team or a professional support service.

Peer support can be particularly valuable because sometimes the person who understands best is someone who has experienced it themselves.

Life After Lary is a community where you can ask questions, share the difficult days as well as the good ones, or simply spend time among people who understand.

A little reminder...

Recovery isn't only physical.

You don't have to be positive all the time.
You don't have to have everything figured out.
You don't have to pretend you're fine because treatment is over.

And asking for help is never a sign of weakness.

If you're struggling, please reach out to someone you trust or speak to your healthcare team about the support available to you.



Pen Friend Service

A new postal pen friend support service has been launched to help people preparing for, or recovering from, a laryngectomy. To help them feel less isolated and more supported during a life-changing time.
Life After Lary, a registered charity in England and Wales, has introduced The Pen Friend Support Service to connect patients, families and carers with volunteer correspondents who understand the laryngectomy journey through lived experience.
Many people facing laryngectomy surgery experience loneliness and anxiety, particularly those who do not use the internet or social media. The new service offers a simple and personal alternative through written letters, providing encouragement, reassurance, and shared understanding.

The service is open to patients preparing for surgery, people adjusting to life after a laryngectomy and family members or carers who would value one to one support. Participants are matched with a suitable pen friend who can offer steady companionship and practical insight through regular correspondence. A spokesperson for the charity said:
“Recovery and adjustment after a laryngectomy can feel overwhelming, especially when someone feels cut off from others who understand what they are going through. Written letters are personal, private and can be reread whenever support is needed. We want people to know they are not alone and that someone is there to listen.”

The Pen Friend Support Service is confidential and free to access. It is designed especially for people who prefer traditional written communication or who are not comfortable using online support groups.

Life After Lary founder Jono explains -
It was during my time spent on an ENT ward, where I met my first laryngectomy patient, and recall being astounded by their bravery, following such life changing surgery. I remember being fascinated by the nature of the surgery, and going home after each shift, to research and learn more, so I could support these patients better. Anyone interested in joining the service, either to receive support or to volunteer as a pen friend, can write to:

Life After Lary
90 Brabazon Avenue
Wallington
Surrey
SM6 9ET
United Kingdom

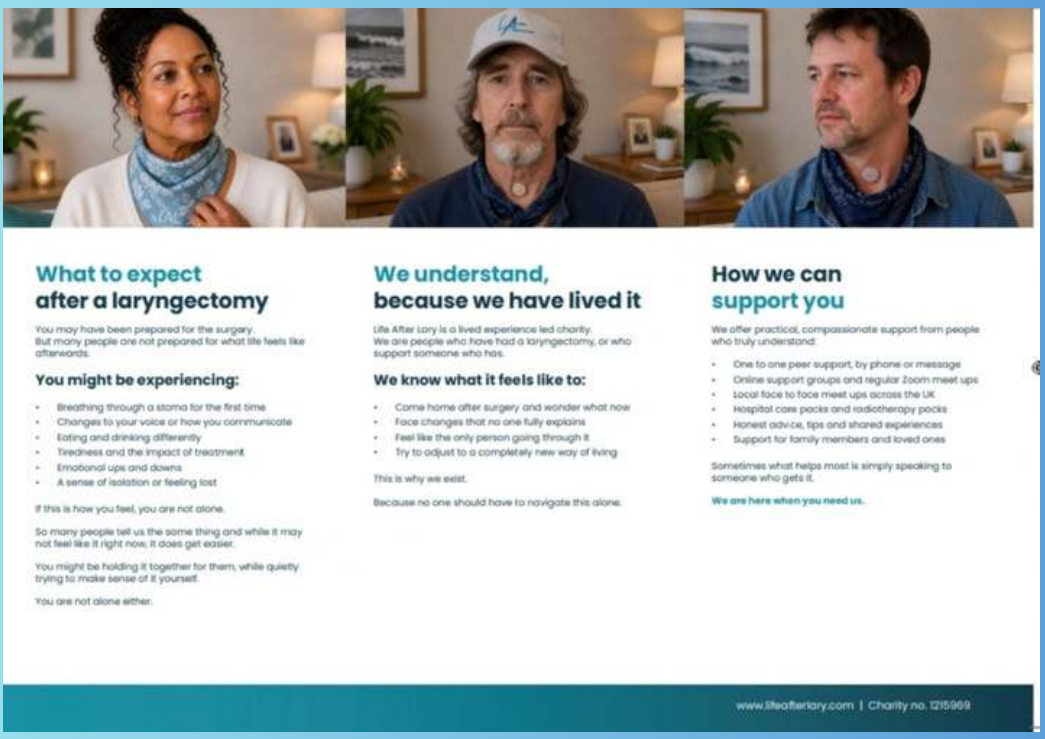


Resources Available

Our Life After Lary pamphlets are a simple way to help spread the word about the support and information available through our charity. If you're a patient, carer, healthcare professional or support group and would like copies to share, please get in touch with us.
Whether they're for a clinic, hospital, support group or simply to pass on to someone who may benefit, we'd be happy to help get them into the right hands.

contact@lifeafterlary.co.uk





A Little Lary Laugh



- I don't snore anymore. Finally, a cancer perk nobody asked for.
- They said, "Take a deep breath." I said, "You're going to need to be more specific."
- Lary life: when "I've sprung a leak" has absolutely nothing to do with plumbing.

- I tried to whisper… apparently I don't have an indoor voice anymore.
- Lost my larynx. Still haven't lost the ability to complain.
- Being a neck breather really blows.
- My HME and I are very attached.
- I've got 99 problems and my baseplate is probably one of them.



Our Members Come First

That simple principle sits at the heart of everything we do at Life After Lary.

From peer support and practical resources to patient information, community events and simply being there when someone needs to talk, our aim has always been the same: to make life after laryngectomy a little less daunting and ensure nobody has to face it alone.

As our community has grown, so has the support we are able to provide. None of that growth happens in isolation. Behind Life After Lary is a network of volunteers, fundraisers, clinicians, supporters and organisations who believe in what we are trying to achieve.

Among them are our valued sponsors and partners.

Standing With Our Community

We are incredibly grateful to have the support of:

- **Atos Care**
- **Severn Healthcare Technologies**
- **S&J Cleaning Systems**
- **Slõ Drinks**
- **SheffMed**

Each organisation supports Life After Lary in its own way, helping us continue developing the information, opportunities and practical support available to our community.

Partnerships can also help us build stronger connections between patients, charities, healthcare professionals and industry — bringing different perspectives together while keeping the experiences and needs of people living with laryngectomy at the centre.

What Does Their Support Help Us Do?

As Life After Lary continues to grow, support from sponsors, partners, fundraisers and donors helps us to:

Reach more people
Helping newly diagnosed patients and their families discover that support is available.

Build our community
Through patient groups, meet-ups, online communities and opportunities to connect with others who understand.

Provide practical support
From information and awareness materials to some of the everyday items that can make life with an altered airway a little easier.

Share lived experience
Helping patients, families, clinicians and students understand more about the realities of life before, during and after laryngectomy.

Create new opportunities
Supporting outreach, collaboration, education and projects that allow the patient voice to be heard.

Partnership With a Purpose

Working with commercial and clinical organisations does not change who Life After Lary exists for.

Our members come first.

The experiences shared within our community help us understand what matters to people living with laryngectomy and their loved ones. Those experiences influence the conversations we have, the resources we develop and the areas where we believe greater awareness or support is needed.

Good partnerships allow us to take that voice further.

They give us opportunities to share lived experience with the people developing products, delivering services and caring for patients — while helping those organisations better understand the everyday realities behind the clinical journey.

A Simple, Sincere Thank You

To **Atos Care, Severn Healthcare Technologies, S&J Cleaning Systems, Slõ Drinks and SheffMed** — thank you.

Thank you for choosing to support Life After Lary, for recognising the importance of the laryngectomy community and for helping us continue the work we do.

And to our members, families, volunteers, fundraisers and supporters: thank you for trusting us to represent and support this community.

Everything we have built comes back to the same promise with which we began:

Our members come first. Always.

Advertise with us

Support Life After Lary's commitment to improving the lives of people affected by laryngectomy while sharing your organisation with our growing community. We offer flexible advertising packages to suit a range of budgets and will work closely with you to ensure your advert complements our publication and reaches the right audience.
To discuss advertising opportunities, please contact: **contact@lifeafterlary.co.uk**

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JOIN US THIS MONTH

Upcoming Zooms, contact details and community updates

Volume 3 — 01 October 2026

Monthly Support Zoom

Thursday 1st October / 6.30pm / General Catch-Up

Oesophageal Speech Zoom

Wednesday 4th November / 1.30pm Oesophageal Speech with Ian and Sarah

Details of how to join will be shared in the Life After Lary Facebook group.

CONTACT US

www.lifeafterlary.co.uk

contact@lifeafterlary.co.uk

Facebook: Life After Lary

Charity No: 1215969

With thanks to S & J Cleaning for their continued support

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