

NEWSLETTER

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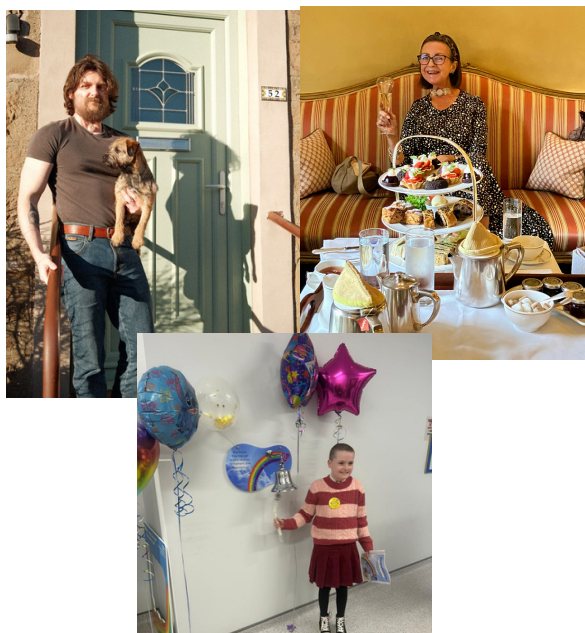
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Life After Lary — Powered by You!

For those of you who bravely shared your stories this year in our newsletters, thank you. This year has been defined by courage, honesty, and connection. We want to extend our heartfelt gratitude to everyone who shared their story with Life After Lary. Each voice has carried dignity, truth, and hope into the world, reminding us that visibility matters, and that together we can spark change. Your words have not only inspired others walking a similar path, but have also helped shape a stronger, more compassionate community. Every story is a light, and together they form a constellation of resilience and belonging.

As we look ahead, we remain committed to amplifying patient voices, celebrating everyday triumphs, and driving systemic reform for dignity and equity. Thank you for being part of this journey.



Christmas zoom Quiz: Thursday 18th December 6.30pm

Joining instructions available in the 'featured' tab on facebook. We will also post on the day!

Get you Christmas jumpers, mulled wine, marshmallow snowmen and reindeer ears ready for an evening of fun hosted by our very own compère Jon Organ!

Lots of fun and laughter to be had, don't worry about winning! Come along, have a laugh and spend some time with people *just like you*.

2025 Meetups

Here are some photographs from various meetups throughout the year.



From Shropshire to Oxford,
from Hull to Norfolk and from
Snowdon to Stirling...

A massive thank you to
everyone who held a meetup.
We cannot thank you
enough. Bringing people
together is so important and
the support and help given to
others is immeasurable.

In 2026 we would like to
organise a meet up in every
area of the UK.

This will only be possible if
some of our members take
the leap and decide to
organise a meet. Life After
Larynx will cover expenses like
renting a space,
refreshments and
advertising. We can also
make you a poster for your
local ENT and Oncology
departments. Just ask!

Please get in touch so we can
bring support to your area!

We will support you all the
way and we will always try to
have a member of the team
attend.

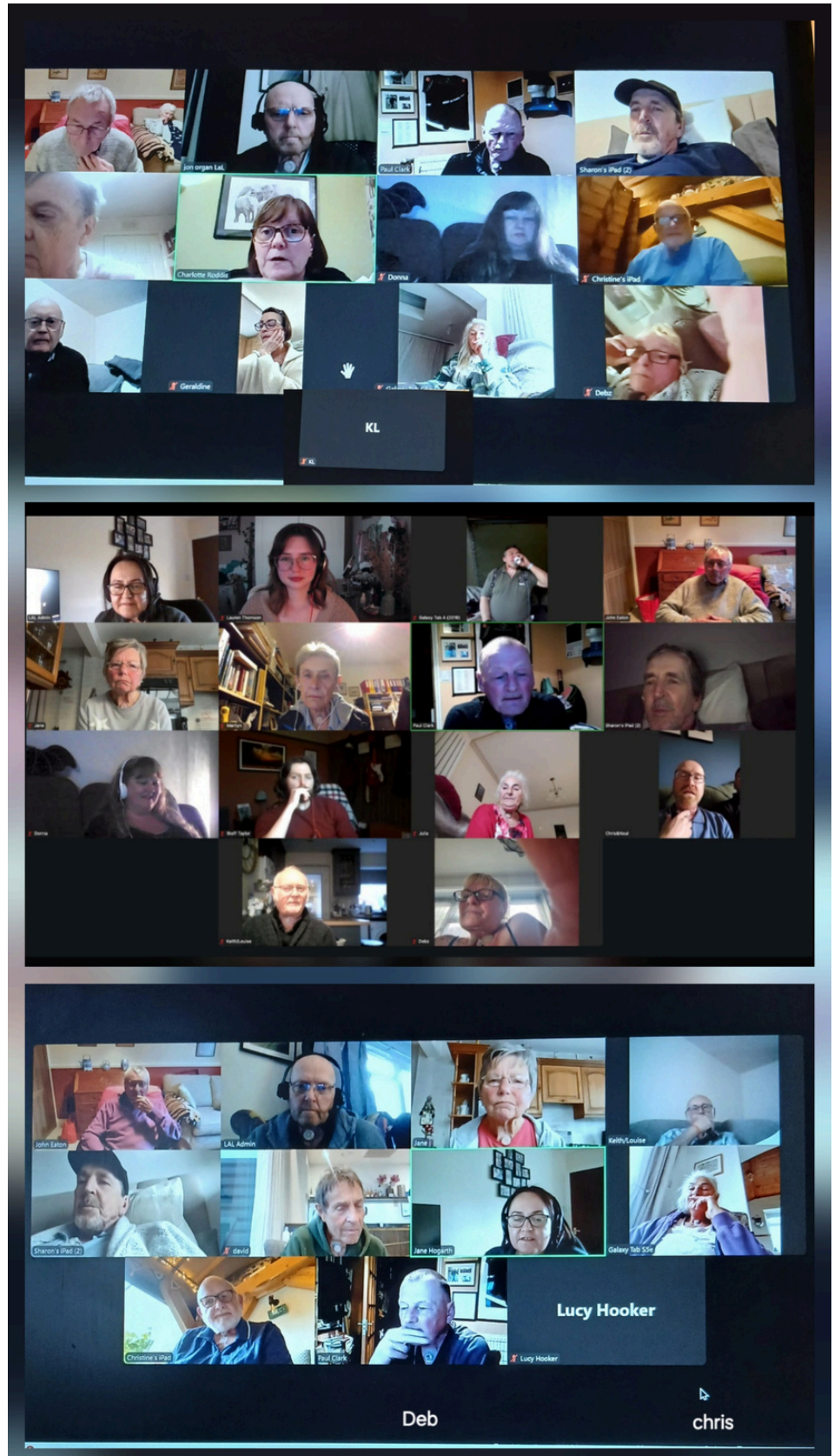
Our Zoom Calls

Thank you to everyone who joined our zoom meetings throughout the year. Your presence really made a difference.

The zoom meets will continue to be held on the first Thursday of the month throughout 2026. Please come and join us! You don't have to speak, you don't even have to turn your camera on, but we will give you a laugh and you will leave with a mile on your face, so please try and join us.

A very special thanks to Charlotte Roddis from Atos Medical UK and Alison Smith from Severn Health. Clinicians who generously gave up their time to teach and share advice. Your dedication and support are always deeply appreciated. We will be welcoming back Charlotte next year and wish Alison all the best for the future in her studies.

If you are a clinician and would like to give a talk or be involved. Please email lifeafterlary@gmail.com



Fundraising



Thank you to everyone who went out of their way to raise funds and awareness throughout 2025.

Whatever you did, however you did it, we thank you from the bottom of our hearts.

Every penny raised goes towards supporting families throughout the UK.

If you have a fundraising idea for next year, we would love to hear from you. Big or small, we will always get behind you and support your efforts.

We feel very blessed to be thought of when our members are raising funds.

Please contact lifeafterlary@gmail.com



In Loving Memory

This year, we pause to honour and remember those from our community whom we have lost.

Each life was a light, shining with courage, love, and resilience. Their stories remain woven into the fabric of Life After Lary, guiding us forward with dignity and hope. We carry their legacy with us, not in silence but in gratitude. Their voices continue to inspire change, and their memory reminds us why visibility, compassion, and equity matter.



Dysphagia friendly drinks

Safer ~ Simple ~ Enjoyable

Use Code:
LAYRS15 for
15% OFF
your first
order



Slō Milkshakes+ Oral Nutritional Supplements

Flavoured with real powdered fruit and cocoa and mixed with cold whole milk they are fresh, rich and creamy to drink.

Slō Syrup Concentrated liquid thickener

Replaces tins of thickener.
Makes smooth lump free drinks that satisfy the taste craved.

Pill-Eze Makes Pills easy to swallow



Top Tips for a Lary Winter

Christmas Dining Tips for People with a Laryngectomy or Swallowing Difficulties —

Chew thoroughly and eat slowly to aid digestion and prevent blockages. Small, frequent meals throughout the day may be more manageable than one large feast. Stay hydrated by drinking fluids regularly throughout the day, but try to leave space for nutrient-rich food. Prioritise protein and energy-dense foods to maintain weight and energy levels. The key is to modify traditional dishes to be soft, moist, and easy to swallow. Plan ahead by communicating your dietary needs to hosts or bringing food you know is safe and enjoyable for you.

Food Preparation & Menu Suggestions

Starters



- Choose smooth, savoury options that are gentle on the throat;
- Smooth soups (cream-based or blended vegetable) are excellent choices.
- Pâtés or smooth dips served with soft bread or crackers without seeds.

Main Course



- Adapt traditional meats and sides to be safer and easier to eat:
- Finely chop or grind meats (turkey, ham, beef) and serve them with plenty of gravy, sauce, or condiments to add moisture.
- Cook vegetables until very soft and mash or purée them. Root vegetables like carrots, parsnips, and sweet potatoes are good options when cooked well, avoiding foods that are hard, crunchy, fibrous, such as certain raw vegetables, nuts, and seeds.
- Blend sauces like cranberry sauce or bread sauce to a smooth consistency.

Desserts



- Choose moist, creamy, or soft desserts over dry cakes or those with tough dried fruits. Puddings, trifles, mousses, or soft-baked apples are festive and easy to manage.
- Ice cream, custard, or cream can be added to dishes for extra calories and moisture.
- Mince pies or Christmas pudding can be difficult due to dried fruit; consider alternative options.

Drinks



- Thicken thin liquids if recommended by your medical team, using commercial thickeners available online or in-store to achieve the right consistency. Monitor alcohol intake, as it can dry the mouth and throat or react with medication.
- Flavour water with fruit slices and herbs for variety.

Always consult with a Speech Therapist or Dietitian for personalised advice tailored to your needs. We cannot give medical advice.



Enjoying Christmas After Laryngectomy: Tips for Comfort, Connection, and Support



Tips for Laryngectomy Patients

- Set the pace: feel free to opt in or out of certain holiday activities without guilt. It is a time for you to manage your energy and comfort levels.
- Prioritise communication — be open with loved ones about the best ways to communicate (e.g., writing, a speech aid, or a boogie board for initial post-surgery communication). Encourage family members to be patient and good listeners. Express how much this means to you.



Social Well-being & Holiday Connection



- Seek support: Connect with support groups, either in person or online, which often host events and provide a community of people on a similar journey.
- Enjoy simple pleasures: Find joy in decorating, watching Christmas movies, listening to music, or simply spending quiet time with loved ones, which can be the most meaningful gift of all.
- Communicate needs to hosts: If you are visiting others, let them know in advance about any specific dietary requirements or seating preferences that might make eating more comfortable (e.g., access to a quiet space if needed).



How Loved Ones Can Help

- Offer specific help: instead of asking "How can I help?", offer to do specific tasks like grocery shopping, laundry, or walking the dog. Patients may be embarrassed to ask.
- Adapt activities: plan activities that are inclusive and enjoyable for everyone. This could include a Christmas movie marathon, playing board games, or simply having a relaxed day at home.
- Be understanding about food: do not pressure the patient to eat or drink more than they are comfortable with. Ensure there are options available that meet their dietary requirements.
- Focus on togetherness: Emphasize that your primary goal is spending time with them, not adhering to every holiday ritual.
- Avoid making cancer the focus: While it is okay to ask how they are doing, try not to make every conversation about their diagnosis.

The most meaningful gift is shared time, adapted expectations, and connection. Let your loved one participate in ways that work best for them.





AT ATOS CARE WE UNDERSTAND THAT AFTER YOUR OPERATION, YOU NEED MORE THAN JUST PRODUCTS TO HELP YOU LIVE YOUR LIFE FULLY. TRUST, TIME AND CARE ARE MORE IMPORTANT THAN EVER. THE ATOS CIRCLE OF CARE IS OUR COMPREHENSIVE SUPPORT SERVICE TO HELP YOU. ONE OF THE SUPPORT SERVICES WE OFFER IS A COMMUNITY NURSING TEAM* WHO CAN VISIT YOU IN YOUR OWN HOME TO HELP YOU ON YOUR JOURNEY.

DENISE WALKER

HEAD AND NECK SPECIALIST NURSE

ONE OF OUR DEDICATED HEAD AND NECK SPECIALIST NURSES SHARES HOW SHE SUPPORTS PATIENTS WHO USE THE ATOS CARE SERVICE.



GET TO KNOW DENISE

FAVOURITE FILM?

HARRY POTTER

FAVOURITE HOLIDAY DESTINATIONS?

ITALY

WHAT IS YOUR GREATEST STRENGTH?

ORGANISATION

WHEN DID YOU START WORKING FOR ATOS?

JANUARY 2023

WHAT DOES A TYPICAL DAY LOOK LIKE?

I START BY PLANNING MY DAY AS EACH PATIENT IS DIFFERENT AND I WANT TO BE PREPARED. USUALLY, THE VISITS ARE TO ASSESS USAGE, ROUTINES AND TO GIVE ADVICE WHEN IT'S NEEDED.

WHAT'S YOUR FAVOURITE PART OF WORKING FOR ATOS?

SEEING THE PROGRESS PEOPLE MAKE OVER TIME. WHEN A PATIENT GETS THEIR VOICE BACK IT'S THE BEST!

HOW DO YOU ENSURE YOUR PATIENTS HAVE A POSITIVE EXPERIENCE FROM START TO FINISH?

I LISTEN TO WHAT THE PATIENT WANTS, WHAT THEIR EXPECTATIONS ARE AND MANAGE THEM IF NEEDED, IT IS IMPORTANT TO LISTEN.

FROM YOUR EXPERIENCE DO YOU HAVE ANY TOP TIPS FOR LARYNGECTOMY PATIENTS?

BE OPEN AND HONEST WITH YOUR NURSES, WE WANT TO WORK WITH YOU TO GET THE BEST OUTCOME.

CAN YOU SHARE A SUCCESS STORY SINCE WORKING FOR ATOS?

I HAD A PATIENT WHO HAD THEIR LARYNGECTOMY 16 YEARS AGO. THEY SELF-REFERRED AND WANTED TO TRY ADHESIVES AND HME'S. THEY SUFFERED FROM BLACKOUTS DUE TO A DRY AIRWAY. I WAS ABLE TO START THEM ON A ROUTINE OF HOME AND GO HME'S DURING THE DAY AND NIGHT HME WHILE ASLEEP TO PROVIDE THE BEST LEVEL OF HEAT AND MOISTURE FOR IMPROVED LUNG HEALTH. THEY HAVE NOT HAD ANY DRY AIRWAY OR BLACKOUTS SINCE!

CONTACT US:

IF YOU ARE INTERESTED IN THE ATOS CARE SERVICE, YOU CAN SELF-REFER BY SCANNING THE QR CODE, ALTERNATIVELY:

0800 783 1659 OPTION 2
ATOS.REGISTRATIONS@NHS.NET
WWW.ATOS-CARE.CO.UK



🌟🌲 Festive Opening Hours 🌲🌟

With Christmas just around the corner, we wanted to share our holiday opening hours to help you plan any support or supplies you may need.

We'll be here throughout the festive period, closing only on bank holidays.

Festive Opening Hours:

- Christmas Eve: 9am–1pm
- Christmas Day: Closed
- Boxing Day: Closed
- 29-30 Dec: Normal hours
- New Year's Eve: 9am - 1pm
- New Year's Day: Closed

To ensure any urgent supplies arrive before Christmas, please place your order by Wednesday, 17th December.

We're here to help if you need us — just get in touch as usual.

Wishing you a wonderful Christmas and festive season! 🌟



Welcome to Atos Care

An integrated care and distribution service for people with a laryngectomy in the UK.

Atos Care is a comprehensive support service that includes a team of CQC registered nurses, dedicated to making life easier for people living with a neck stoma.

The Atos Circle of Care

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

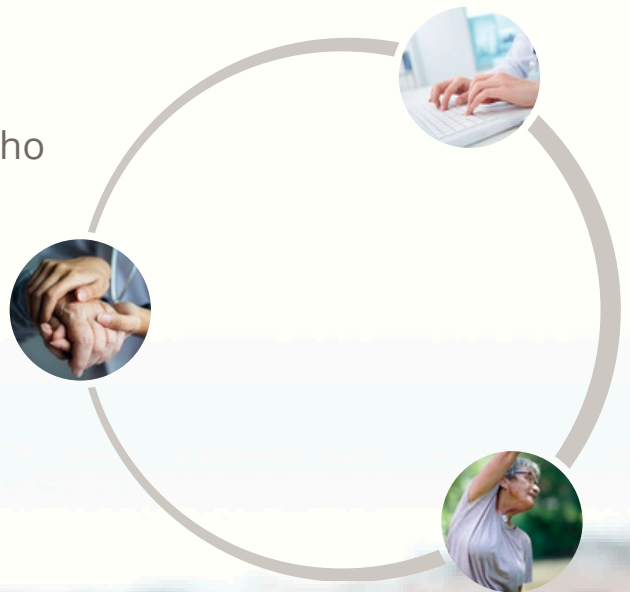
- Enhanced support for your first six months from our Welcome Team of CQC Registered Nurses
- A welcome pack and a welcome call
- Practical tools and equipment to make life easier, including a complimentary care bag containing a range of helpful items
- Regular liaison with clinicians for joined up care

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

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



Call us:
0800 783 1659

Email us:
info@atos-care.co.uk

Visit our website:
www.atos-care.co.uk



If you are alone this Christmas and do not know where to turn, we are here. 24 hours a day, 7 days a week.

Stick a message on facebook, I'm sure one of our 800+ followers will fancy a chat 😊



LIFE AFTER LARYNGECTOMY
here 24/7
Throughout the year.
Message
07557095909

To the Future Ahead

As we close this chapter, we look forward with hope and determination. The road ahead is bright: a future where Life After Lary will grow bigger, stronger and more impactful than ever before. We are committed to reaching more families, offering deeper support and driving lasting change. Together, we will continue to build a community rooted in dignity, visibility, and love.

The future is very exciting that we will build together. It is not just something we await; it is something we create, hand in hand.

This year has been built on countless acts of courage, kindness, and solidarity. We want to pause and thank every single person who has stood with Life After Lary, whether in bold action or quiet presence.

To those who ran miles, climbed mountains and pushed their bodies to the limit so that others might be seen and supported.

To those who chose silence for sponsorship, carrying the weight of stillness so that voices like ours could be heard.

To those who put on their dancing shoes, donated, bought Christmas cards, or gave what they could, reminding us that generosity is never measured by size, but by spirit.

To those who interacted, asked questions, or offered answers, each exchange a thread in the fabric of our community.

To those who sat quietly in the background, unseen but never absent, your presence mattered; your solidarity was felt.

Every gesture, whether loud or quiet, visible or hidden, has carried us forward.

Together, you have built not just a group, but a movement rooted in dignity, visibility, and love.

From the bottom of our hearts, thank you. Thank you for believing in this vision, for standing with each other and for proving that resilience is strongest when shared. As we look ahead, we carry your support with us, fuel for a future where we will grow bigger, stronger and reach more families than ever before.



Major announcements coming in January, watch this space!

A message from our new CEO's



Jon Organ
Chairman & CEO



Ian Philipson
CEO



As we look back on this year, we hold close —
Every patient we have visited.
Every hospital bed we have stood beside.
Every phone call answered, every text replied.
Every item sent, every care pack delivered.
Every talk given, every moment of awareness raised.
Every meeting attended, every letter written or answered.
Every post shared, every bit of support offered.



Each act, large or small, has carried dignity, visibility and care.
Together, they form the heartbeat of what we are.
Life After Lary is not just about what we do, but about the lives
we touch, the voices we amplify, and the community we build.
As we step into 2026, we carry forward this spirit of **resilience**,
compassion and **belonging**.

We would also like to take this opportunity to give a massive
thank you to our whole team.
Our Trustees, Committee Members, Admins and Ambassadors.
Your dedication, guidance and support make everything we
do possible. We truly cannot do it without you.

And lastly, to all of our members — **thank you**, for always being
there and standing up for each other, for giving advice and for
building the Life After Lary family. This community belongs to
each and every one of you.

2026 is going to be a huge and exciting year for Life After Lary
and we are so pleased you will be beside us every step of the
way.

**From Jon, Ian and the whole team, we wish
you a Merry Christmas and a Happy and
healthy New Year!**