

NEWSLETTER

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JUN 2026

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Do you wish to receive an e copy of our newsletter?

If so, please email

contact@lifeafterlary.co.uk

to be added to the list.

Thank you!

Ian's Story

My story starts in May/June 2022, whilst working as a forklift operator on a building site, when my voice was slowly tapering off by the end of the day and it was getting really hard to speak . Like a typical man, I just went through packets of strepsils hoping it would improve after a few days, but slowly the days turned into weeks and with constant nagging from the wife, I finally got an appointment to see a doctor. Within 5 minutes of being in the room she said she was booking me in for an urgent ENT appointment.

Within a week I was at my local hospital ready for the "scope up the nose", after a few minutes a couple of other people made their way into the room to look at the pictures on the screen, they were all ummmmm and aarrng so I took a picture of what they were looking at and the sight just filled me with, god that does not look good at all.

Ian's Story

I left ENT with an appointment to come back in a week for them to do biopsies, I never told anyone in my family what I'd seen on the screen and tried to brush it off as nothing serious when I had a good idea of what I'd seen.

A week later, I was in for them to do a biopsy and was informed that because of the "bulk" in my airway I may wake up with a tracheostomy. Well, I woke up and no tracky, just a bloody sore throat and the news that the doctor had debulked the mass to help with my breathing and swallowing and they had got all the bits needed which would be sent for testing.

2 weeks later I had an appointment at Townlands Hospital, Henley to see a specialist. Before I even left home, I had a good idea of what was going to be said but kept the thoughts to myself. The wife and I walked into the room, there was someone sat in a suit, a nurse and a MacMillan nurse present so before anyone said anything, I knew what was coming. I listened in a semi-daze as he (Mr Silva, who was going to be my savior and surgeon) outlined the biopsy results and the possible treatment. All I can really remember is they wanted us to go to the Churchill Hospital to meet a surgical team in 2 weeks time. As you can imagine, my wife was devastated and we barely spoke on the way home except to decide not to tell the kids for a couple of days until we had gotten it straight in our own minds. Well, you can imagine how the kids took the news; it was not good, as the big C usually means bad news.

When we eventually got to Oxford's Churchill Hospital and spoke to Mr Silva who outlined what he was proposing to do and in walked Mr Potter, I'm the plastic surgeon who's going to be working with Mr Silva and I'd like to do a fairly new procedure and take a flap from inside your cheek to use inside your neck to make it easier as it will be spun around still connected to its own blood supply and be easier than taking it from a donor site. I just said listen mate, you do what you feel is the best way to go about it. I looked at the wife and said "in for a penny, in for a pound". Let's just do it.

I had a few more appointments in the coming weeks until the surgery day arrived on the 9th August 2022. I said goodbye to my wife early in the morning and went with my daughter on the long, quiet ride to Oxford while smoking my head off all the way to the hospital car park.

Entering the hospital felt strange as I'd only ever had my tonsils out as a kid, so never had a stay longer than 1 day.

Ian's Story

It was early morning and the place was buzzing with admissions. I was told to change into the gown and wait as they were confirming they had a bed for me in the ICU for after the operation. Someone in blue garb came up and said I'm the anaesthetist. Can you follow me to theatre, I said goodbye to my daughter, told her I'd see her on the other side and slowly walked through some corridors, not really hearing what he was saying all the way to the room. Watched him put the cannula in my arm and gone.

I woke up pushing someone's hands away from my mouth, it was a wet sponge to moisten my lips and I remember her saying "welcome back" but everything was still black and I couldn't see anything until some time later and I could hear my grandson and I was on a bed being pushed along a walkway to what I now know as Bleinham Ward and a flurry of nurses descended on me hooking up

tubes and drips and eventually I could focus on my wife and daughters faces and their looks said all I needed to know because if I looked how I felt I could understand their reaction.

When I eventually did get a mirror and saw my reflection, black rings around my eyes and lots of bruising on my face and it looked like they had cut my head off and stitched it back on with all the stitches around my neck and tubes in either side and one up my nose too. Slowly over the next week, things did get better really quickly and I was approaching my first swallow test, I failed that which was a blow to going home but after 10 days, I passed and was allowed home. I had an SLT come and show me how to speak for 10 minutes and then I was home. Silence a real deafening silence, it was strange being at home, as what happens next?

My daughters found me a Lary site in America, so I regularly watched people giving advice and sharing tips but there was nothing in the UK like this.



Ian's Story

I happened to see an English person on there who little did I know was going to become a big player in my life as a Lary and best friend. His name was Jon Organ and he'd just had his surgery. We started talking about our situation and he said I'm going to start a group in the UK. Would you be interested in joining me, I said ok let's do it. The first day it went on Facebook, we laughed and said hope we get 100 members and slowly people joined and we were so happy to be helping others. Here's me, never sent an email in 63 years running a Facebook page.

Things were going well for me until June 2025 when my no. 1 supporter became really ill, I spent a week sleeping in a hospital chair, willing my wife to get better, but it was not to be and she passed away on the 3rd of July. Bang, my whole family life was in turmoil once again, but in a totally different way. 34 years of marriage and she was gone. It was a hard few weeks to come to terms with and I'd had a short period of time away from the group. Still, slowly, I got back into the Facebook group, as the wife always said you are doing a brilliant job helping others and the group was going from strength to strength. We talked about the group becoming a charity and in early 2026 we achieved charity status with the help of some fantastic people who could see what we were doing and believed in us as a group.

Today I look at the group and see the challenges we have overcome and the comments we get both privately and on the group from strangers we have helped and feel proud and grateful to have been able to put a dream into reality and change people's lives for the better.

I want to thank my kids, Mercedes, Ashlie and Sammie-Jo, all our trustees, ambassadors and everyone who has helped get us to where we are today but especially Jon Organ, who, without knowing it, kept me going and had the confidence in me to walk beside him to get us to bigger and better things as a group.

We now have over 1000 members in our Facebook group and I am proud to stand with Jon as joint CEO of the charity – Life After Lary.

June – what’s happening this month

Being a lary can be a lonely place and that was the reason Life After Lary was started. June is set to be an important and meaningful month for our community.

Throughout June, we’ll be discussing several awareness campaigns, including **Volunteers Week, Carers Week and PTSD Awareness Day**. All play a huge part in our community.

Monday 1st June marks the start of Volunteers’ Week, and at Life After Lary, we want to take a moment to recognise the incredible people who make everything we do possible.

Life After Lary is powered entirely by volunteers, 22 dedicated individuals, each giving their time, energy and lived experience with one shared purpose: to support the patient and their family so no one ever feels alone.

Our volunteers are the reason we can:

- Deliver care packs across the UK
- Support families through some of the hardest days of their lives
- Run stands, awareness days, and hospital outreach
- Provide peer support, guidance and a listening ear
- Support in-person meetings
- Step in to bridge the gap left by NALC
- Respond when hospitals and clinicians ask for our help
- Grow faster than we ever imagined!



Every conversation, every care pack, every hospital visit, every moment of comfort, it all comes from volunteers who give without expecting anything in return.

To every one of you: **thank you**. You are the beating heart of Life After Lary and we simply could not operate without you.

The logo for Volunteers' Week, featuring a large, black, outlined star above the words 'VOLUNTEERS' and 'WEEK' in a bold, black, sans-serif font.

**VOLUNTEERS'
WEEK**

Calling all Laryngectomees and supporters

Severn Healthcare are delighted to invite you to:

An audience with Jon Organ Laryngectomee and founder of Life After Lary



Venue

Pontyclun Rugby Club

Llantrisant Road,
Pontyclun
CF72 9DQ



Date / Time

Friday 11th September
10:00am – 12:00pm

If you want to find out more about the charity follow this link:

<https://www.lifeafterlary.co.uk/>



For further information/to register please contact:
Menna Payne
Wales, Clinical Specialist, Speech & Language Therapist
07810 550765 | Menna.Payne@severnhealthcare.com



Advertising Space

Over the past year, Jon has worked extremely hard to get this newsletter in front of clinical professionals, companies, laryngectomees and many more!

Could you sponsor our newsletter? Could you advertise in this space? A banner? A logo? A small space introducing your company? We have various options available and some excellent deals on offer. Life After Lary could get you that new client you've been looking for!

Please contact – contact@lifeafterlary.co.uk for availability!

thislogotm



The National Disability Card is a social enterprise in Suffolk and reach out to companies to secure discounts and ensure access is available for disabled people. You can apply for a card on their website or sign up for their newsletter at www.disabilityid.co.uk They have lots of practical hints and tips, for example, help with filling in PIP forms.

Monthly Zoom: Thursday 7th June 6.30pm

Don't be shy, no need for camera, or talking. You can type if you're nonverbal or you can just sit and listen. Just come along, have a laugh and spend some time with people **just like you**.

**Joining instructions available in the 'featured' tab on Facebook and the Community page on the website. We will also post the link on the day!*

Time to talk fundraising! The Big LaL Dog Walk – Summer 2026

This summer, Life After Lary is inviting supporters from across the UK to take part in The Big LaL Dog Walk 2026 – a fun, flexible fundraising challenge that anyone can join. Running from 1st June to 31st August 2026, the event is all about getting outdoors, enjoying some fresh air and raising awareness and funds for people living life after a laryngectomy.

The best part? You can take part wherever you are and in whatever way suits you. Whether it's a stroll around your local park, a walk along the beach, a hike in the hills, a wander through your neighbourhood, or even laps around your garden, every step counts. You can walk one mile, 5km, 10km, or simply challenge yourself to complete as many walks as possible throughout the summer.

And despite the name, you don't even need a dog to join in! Bring your dog, borrow a dog, walk with friends and family, or simply head out on your own. The goal is to come together as a community and support a cause that makes a real difference.

Participation is free, although we encourage everyone taking part to raise sponsorship or make a donation to support the work of Life After Lary. Participants will be able to fundraise through our central fundraising page, with the option to create their own linked fundraising pages if they wish.



Time to talk fundraising!

The Big LaL Dog Walk – Summer 2026

To help us track the event and celebrate everyone's achievements, participants will be invited to register online and log the miles or walks they complete throughout the summer. At the end of August, we'll combine all the distances walked to reveal just how far the Life After Lary community has travelled together.

There will also be plenty of opportunities to get involved along the way. Everyone who takes part will receive a downloadable certificate, and we'll be running photo competitions throughout the summer, including categories such as:

- Best Walk View
- Happiest Dog
- Most Miles Walked
- Best Group Walk

We'll also be sharing your photos and stories across our website and social media channels to celebrate the incredible support shown by our community.

So, this summer, bring your dog, bring your friends and bring your heart.

Every step you take helps someone facing life after a laryngectomy.

For updates, registration details and fundraising information, visit

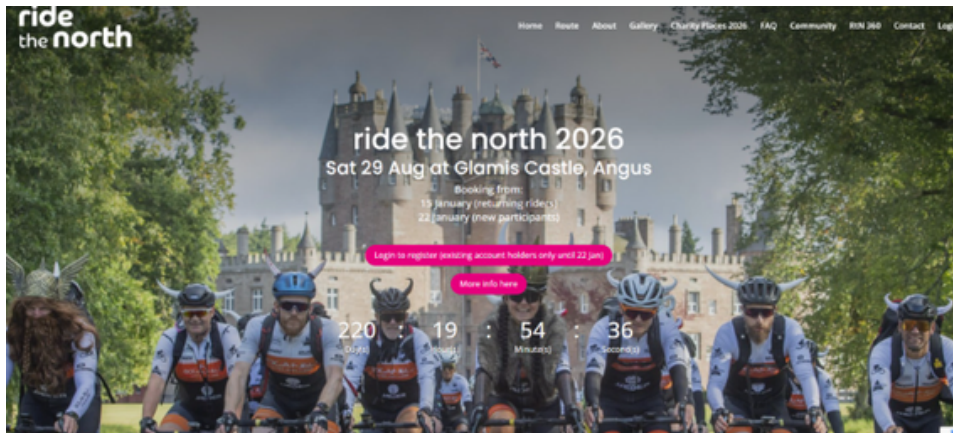
www.lifeafterlary.co.uk or contact **contact@lifeafterlary.co.uk**

No wages. No fees. Just people helping people.



Support LaL by fundraising

Kayla and Fiona are fundraising for Life After Lary, who have supported Kenny, a family member whose life has been impacted by the removal of his voice box because of cancer. The charity has been a great support. Kayla and Fiona plan to ride 110km in the **Ride The North 2026** event from Glamis Castle: **Home – Ride the North**. The JustGiving link will be shared on our Facebook page this week for those wishing to donate.



What can you do?

Could you put a poster up in your GP's surgery or ENT Department at your next appointment?

Could you purchase a seat belt cover for only £5, which could save your life?

Could you take a Charity collection pot for your workplace or a local shop?

There's no pressure – just an opportunity to make a difference.

If you'd be happy to help, please get in touch with **Jon – contact@lifeafterlary.co.uk**



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.

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



Menna Payne – MacMillian Clinical SLT for H&N Cancer in South Wales and Clinical Specialist SLT for Severn Healthcare

My name is Menna Payne and I am the Macmillan Clinical Lead Speech and Language Therapist for Head and Neck Cancer in Cwm Taf Morgannwg University Health Board, South Wales and a Clinical Specialist SLT for Severn Healthcare.

What was my inspiration to become a SLT?

At the age of 14 I announced to my Mum that I wanted to be a Speech and Language Therapist (SLT) after watching an episode of Jimmy's (a hospital programme airing at the time) which feature a SLT working with a child with a cleft lip and palate. I started my training in Cardiff with the plan of being a paediatric SLT.



Why Head and Neck Cancer?

During my third year of my four-year degree all that changed! I had a Head and Neck Cancer placement in Swansea and I met an amazing MDT and an inspiring SLT by the name of Eryl Evans who ignited my interest and passion for this clinical area. I graduated in 2001 and went on to work with Eryl in a developing SLT post, working not only in Head and Neck Cancer but in Voice, Stroke and Elderly Medicine.

However, I quickly realised that Head and Neck Cancer was the area for me and I learnt so much being mentored by her in this field and developed so many skills for which I am forever grateful. I was commuting around 1.5 hours each way every day at this point and so in 2005 came the opportunity to work closer to home in Llantrisant and this has been my place of work ever since.

One of the areas of Head and Neck Cancer that I became particularly interested in was working with patients who need to have a total laryngectomy (removal of the voice box). The fact that SLT was so heavily involved with these patients and their loved ones from the point of diagnosis and throughout their lives was so overwhelmingly powerful for me. To be able to help prepare someone for the life-changing surgery and then work with them to restore communication and support them to achieve their goals moving forward is such a satisfying role to have and even today, the first time I hear a patient speak with their voice after laryngectomy surgery, the hairs on my neck stand up on end!

What does my role with Severn Healthcare involve?

In 2021 I was approached by Severn Healthcare and asked if I would be interested in working with them as a Clinical Specialist SLT. Severn Healthcare is a UK distributor for InHealth and Fahl, which manufacture products that laryngectomy patients use. I currently work 4 days a week in my NHS role and 1 day a week in my Clinical Specialist SLT role covering Wales, Bristol, Gloucester, Swindon and some parts of Berkshire. The Clinical Specialist role is exactly what it says on the tin, I work clinically to support other SLT's, ENT consultants and Specialist Nurses in the care they offer to Laryngectomees. I am very fortunate that I get to travel to different hospitals, meet different teams and also meet Laryngectomees and their loved ones from all over the region. This work is varied; one day might involve some training in best practice for ward-based laryngectomy care, another would be helping an SLT run a laryngectomy support group, another might be helping an SLT to try and overcome a problem with a leaking speech valve, or helping an SLT to support a patient to acquire hands-free speech. I enjoy the way this work complements my NHS role and vice versa.



What is the best bit of being a SLT?

It sounds a complete cliché but the reason I became an SLT was to make a difference and a colleague once shared this with me and it really resonates with me:

"A career in Speech and Language Therapy challenges you to use your intellect (the talents of your mind) in combination with your humanity (the gifts in your heart) to do meaningful work that feeds your soul".

I enjoy the connections I make with patients and their loved ones. I like to know your story! I have patients on my caseload that I have known for over 15 years and have seen their children and grandchildren grow up and that is pretty special.

I also enjoy the problem solving element of the job, finding out or diagnosing the problem and then identifying a way to fix/make the situation better or at least be able to help someone understand the problem.

Ultimately, supporting patients to achieve their goals and seeing them live fully and satisfying lives gives me the most job satisfaction possible. Bringing laryngectomy patients together and seeing how those with lived experience can reassure and support each other is a really important part of my role both in the NHS and with Severn Healthcare. I am really delighted to be asked to contribute to the newsletter and support LAL.

Dysphagia friendly drinks

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INTRODUCING

Blom-Singer®

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Hands Free Valve



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Your HME and hands
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The Blom-Singer® SpeakFree™ HME Hands Free Valve is the first heat and moisture exchange (HME) cartridge with a single-use, fully integrated and adjustable hands free valve.

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www.severnhealthcare.com/community/forum/11-the-speakeasy/
to watch the **SpeakFree™ HME** video

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Two simple choices for airflow resistance:
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One adjustable valve with hands free speech that adjusts from light to extra strong, doing the work of multiple hands free competitor devices
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Whatever your activity or lifestyle. A simple, disposable hands free HME that fits with your active life

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For more information and to see our extensive range of Blom-Singer® products, please visit our website:



Fitting and removing a laryngectomy baseplate

A simple guide for everyday confidence and comfort.

Why baseplates matter

A well-fitted baseplate helps keep your HME in place, protects the skin, supports breathing and makes day-to-day life more comfortable. Getting the technique right reduces leaks, irritation, and the frustration many people feel in the early days.

How to Fit a Baseplate

1. Prepare your skin

- Wash the stoma area gently with warm water.
- Avoid soaps with oils or moisturisers as they stop the baseplate sticking.
- Pat the skin completely dry.
- If you have stubble, trim it, hair can break the seal.

2. Warm the baseplate

- Hold the baseplate between your hands for 20–30 seconds.
- Warming softens the adhesive and helps it bond better to the skin.

3. Position the baseplate

- Peel off the backing tabs.
- Centre the opening over your stoma.
- Start by pressing the lower edge into place, then smooth upwards.
- Use firm, even pressure around the whole baseplate for 30–60 seconds.



4. Check the seal

- Run your finger around the edges to ensure there are no gaps.
- If you feel air escaping when you speak or breathe, gently press again to secure.
- Attach your HME cassette once the baseplate feels firmly in place.



How to Remove a Baseplate

1. Take your time

- Removing too quickly can irritate the skin. Slow and steady is best.

2. Loosen the edges

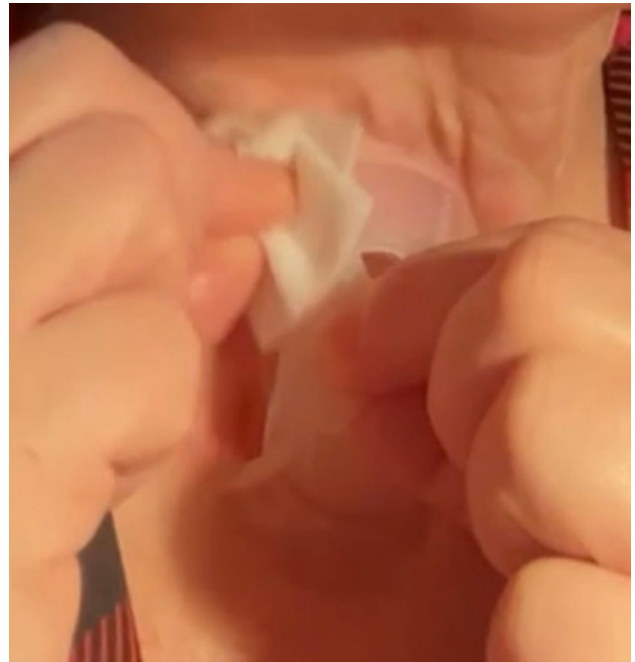
- Start at the top corner and gently lift the edge.
- Use a medical adhesive remover wipe or spray if the baseplate is strongly attached.

3. Peel away carefully

- Peel downwards, keeping the baseplate close to the skin as you remove it.
- Avoid pulling straight outwards, this can cause soreness.

4. Clean the skin

- Remove any leftover adhesive with a remover wipe.
- Wash with warm water and pat dry.
- Leave the skin to breathe for a few minutes before applying a new baseplate.



Skin Care Tips

- Rotate the type or shape of baseplate if you experience irritation.
- If the skin becomes red, broken, or painful, speak to your CNS, SLT, or stoma nurse.
- Using a barrier film can help protect sensitive skin.
- If you cough a lot, consider a stronger adhesive baseplate for extra security.



Managing a laryngectomy in the heat

Managing a laryngectomy in the heat requires proactive secretion management, skin protection, and environmental awareness. Key tips include increasing hydration to keep mucus thin, using specialised high-airflow Heat and Moisture Exchangers (HMEs) to prevent breathing resistance, and carefully protect delicate peristomal skin from sweat, sunburn and potential adhesive loosening.

1. Stay Hydrated and Humidified

Double your fluid intake: Hot weather naturally dehydrates your body. Because you no longer breathe through your nose, you lose moisture faster, which can cause mucus to become thick and crusty. **Nebulize more often:** If you normally use a nebulizer, increase your frequency on hot days with sterile normal saline to keep your airway moist.

2. Manage Your HMEs and Stoma Covers

Choose the right HME: High temperatures can make breathing through an HME feel heavy. Switch to a lower-resistance HME (like the XtraFlow or equivalent for your specific brand) to make breathing easier and more comfortable when active. **Carry backups:** You may find yourself sweating more, causing HME filters to clog or adhesives to fail. Always carry extra filters, baseplates, and tissues wherever you go. **Avoid direct sunlight on your stoma:** Use a protective, breathable stoma bib or cover over your HME when outdoors to block dirt, dust, and UV rays.

3. Protect Your Peristomal Skin

Prevent sunburn: The skin immediately around your stoma is highly sensitive, especially after surgery or radiotherapy. Use a broad-spectrum SPF 30 (or higher) on your neck, and wear a wide-brimmed hat to shade your stoma. **Manage sweat and adhesives:** Heat and humidity cause you to sweat under your baseplate, which can make the adhesive loosen faster. Consider carrying adhesive remover wipes for clean removal and a skin barrier wipe (such as Cavilon) to protect the skin from becoming sore or irritated. **Give your skin a break:** If you are relaxing indoors, take your HME/baseplate off for a short period and allow the skin around the stoma to breathe and dry out.

4. General Safety


Avoid swimming: Never submerge your stoma in water, whether in a pool, the sea, or a hot tub.

Watch out for summer irritants: When doing summer activities like gardening, mowing the lawn, or going to the beach, always ensure your stoma is securely covered to prevent inhaling dust, pollen, or sand.

Consult your speech and language therapist (SLT) or medical team to review your specific HME options and adjust your daily maintenance routine for hot weather.

Dates for the Diary – Future Meet-up’s

Life After Lary’s motto is to ensure no lary is ever alone. In 2026 we are pushing LaL to every corner of the UK to attempt to catch every lary and do just that, ensure no one is alone. Meeting another lary face to face is so important for your mental health.



Life After Lary
www.lifeafterlary.co.uk

LARYNGECTOMY SUPPORT GROUP

NORFOLK & NORTH SUFFOLK

In-person support meetings for people living with a laryngectomy, plus family and carers

LOCATION	MEETING DATE AND TIME
Queen Elizabeth Hospital, Gayton Rd, King's Lynn, Norfolk PE30 4ET	1st July 2.30 until 5.00pm
WHO CAN ATTEND	SPECIAL GUEST
<ul style="list-style-type: none"> • Laryngectomy patients • Family members • Carers and supporters • Clinicians 	Dr Thomas Moors from the Shout at Cancer Choir

Refreshments Provided

No one with a laryngectomy should feel alone.

www.lifeafterlary.co.uk
Charity Number: 1215969



Life After Lary
www.lifeafterlary.co.uk

LARYNGECTOMY SUPPORT GROUP

BEDFORDSHIRE

In-person support meetings for people living with a laryngectomy, plus family and carers

LOCATION	MEETING DATE AND TIME
Maulden Church Hall, Church Road, Maulden, MK45 2AU	26th June 2026 12.30 until 3.00pm
WHO CAN ATTEND	Refreshments Provided
<ul style="list-style-type: none"> • Laryngectomy patients • Family members • Carers and supporters • Clinicians 	Refreshments Provided

Refreshments Provided

No one with a laryngectomy should feel alone.

www.lifeafterlary.co.uk
Charity Number: 1215969

Could you organise a meet-up?

Do you have an idea for a venue? LaL will help in any way we can, including providing venue hire and refreshments.

Life After Lary Returns to Michigan State University for a Third Year

On Friday, 22nd May, Jon Organ delivered a teaching session to medical students from Michigan State University, marking our third consecutive year working with their programme.

These students represent the future of laryngectomy care across the United States. Many will go on to become speech and language therapists, ENT doctors, oncologists, nurses and allied health professionals, making this partnership an important investment in the next generation of patient support.

The session explored:

- The full laryngectomy journey, from diagnosis through long-term recovery
- The lived experience of patients and families
- The role of Life After Lary in providing peer support, care packs, education and community
- The importance of dignity, understanding and person-centred care

The feedback was incredibly positive, and we are delighted to share that we have already been invited back for a fourth year!

Our ongoing collaboration with Michigan State University ensures that future clinicians enter their careers with a deeper understanding of laryngectomy, the challenges patients face, and the support available through Life After Lary.



Holiday Time!

Life after Lary have struck a deal with a holiday park on the **Kent South Coast at New Romney.**

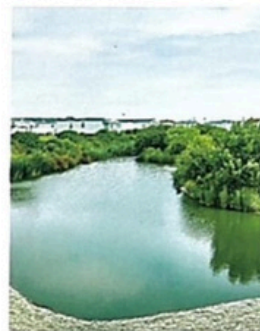
There are 4 beautiful types of accommodation to choose from:

- 2 Lodges with kingsize bedrooms, sleeping 6
- 1 caravan sleeping 8 and
- 1 caravan sleeping 6

The accomodation is dog friendly and the park is across the road from a golden sandy quiet beach. There is a fishing lake and club house which boasts entertainment and an indoor swimming pool.

A perfect relaxing break, ideal as a get away to rest after treatments.

Contact Samantha Gilby —
samgilby@hotmail.co.uk / 07949 382819 **quoting Life After Lary for 10% off!**



10 tips for a down day

- **Keep things small.** Break the day into manageable steps. One task, one moment, one breath at a time.
- **Stick to a simple routine.** A basic structure helps when motivation is low. Wake, wash, eat, rest. Nothing fancy.
- **Reach out to one person.** You don't need a big conversation. A short message can stop the spiral of isolation.
- **Move your body gently.** A short walk, stretching, or stepping outside can shift the internal weather.
- **Name what you're feeling.** Putting words to the heaviness reduces its power. "This is depression talking" is often enough.
- **Lower the bar.** You don't have to be productive. You just have to get through the day.
- **Limit overwhelm.** Reduce noise, clutter, and demands. Protect your energy like it matters, because it does.
- **Do one thing that soothes you.** A warm drink, a shower, a familiar film, sitting in the garden. Small comforts count.
- **Avoid big decisions.** Depression distorts perspective. Give yourself time before acting on anything major.
- **Seek professional support.** Talking to a GP, therapist, or mental health professional is a sign of strength, not failure.

With heartfelt thanks

Over the past few months, we have been incredibly touched to receive memorial donations made in honour of loved ones.

Whether through funeral collections or donations in lieu of flowers, these gestures mean so much – not just in support of Life After Lary, but as a lasting tribute to those remembered.

To be chosen as part of someone’s legacy is something we do not take lightly. We are truly grateful for your kindness, trust and generosity during what we know is an incredibly difficult time.

Our thoughts are with you all.



We would like to extend our sincere thanks to our continued sponsor, S&J Cleaning Systems Ltd., who have supported Life After Lary since the very beginning.

Their ongoing willingness to help – through financial support, advertising and generosity – has played a valuable role in helping us continue what we do.

We truly appreciate their continued support – thank you!



A puzzle or two to fill the time!



Spot the 10 differences

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

A puzzle or two to fill the time!

MENTAL HEALTH & WELLNESS WORD SEARCH

B	A	L	A	N	C	E	S	U	P	P	O	R	T	H	
M	I	N	D	F	U	L	F	N	W	E	D	Z	N	U	
H	E	A	L	T	H	T	T	H	E	R	A	P	Y	R	
G	R	O	W	T	H	R	E	C	O	V	E	R	Y	B	
R	E	S	I	L	I	E	N	T	H	R	J	L	D	F	Q
E	X	H	L	A	P	U	H	K	L	B	B	K	H	R	
E	B	I	S	E	T	B	O	S	S	N	G	U	T	H	
N	I	E	D	I	P	X	G	T	U	R	O	T	A	T	
R	E	C	O	V	E	R	Y	H	E	R	A	P	Y	H	
U	S	G	R	O	W	T	H	L	N	E	L	N	I	T	
K	I	N	D	N	E	S	S	V	S	U	P	P	O	R	
J	O	U	R	N	A	L	T	N	F	T	I	G	H	T	
K	O	B	V	V	E	S	T	B	R	E	A	T	H	E	
H	E	N	R	T	N	U	R	S	T	U	R	E	V	S	
E	A	S	I	U	T	B	A	L	T	H	R	I	V	E	
C	O	N	N	E	C	T	S	T	R	E	N	G	T	H	

BALANCE
SUPPORT
MINDFUL
HEALTH

THERAPY
GROWTH
RECOVERY
RESILIENT

KINDNESS
JOURNAL
BREATHE
NURTURE

CONNECT
THRIVE
STRENGTH

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.



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



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

Call: 0800 783 1659

Text: 0753 7417 928

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