

# MONTHLY NEWSLETTER

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### Our first in person meet!

On 27th November 2024 we held our first ever meet up. This was a pilot meet up and so much was learned from it. 25 people gathered in a wet Oxshot Surrey to meet and talk about everything Lary.

The overnight storms and rain had flooded out the venue and though it kept many away, it did not dampen our spirits.

The staff at the Oxshot Hub worked tirelessly to clean up and got us functioning. A massive thank you to a wonderful team at the Hub. Jon's wife, Nicky, provided so much food and Carl's son, Tom, provided the tea and coffee.

Thank you both so much for all your help and hard work. Atos medical attended and paid for the refreshments, a massive thank you to Gavin and the team. Alos Oracle H&N cancer UK attended and it was lovely to see Michelle.

After a welcome and presentation by Jon it was a chance to spend some quality time chatting and catching up with old friends and new - some people had never met another lary! Next year we plan to go to Scotland, Devon. Bedford and Manchester. If you could help us arrange a meet up in your area please let us know.



**Jon with Laura who runs our  
sister group. Life after Trachy**

## Our Christmas Zoom

Our Christmas zoom was a night to remember. It was lovely to see so many of you there and well done to all who participated in the quiz. Congratulations to Chris and Nick who won on the tie breaker question!



Merry Christmas everyone from the admin team!

**Next Zoom: Thursday 9th January 6.30pm (UK Time)**

### Agenda's for zoom meetings

January – general catch up

February – CNS Sian available to answer questions

March – ATOS Nurse Charlotte available to answer questions

Further details available in the 'featured' tab on facebook.

If anyone would like to join but is unsure of zoom and how it works please contact Jane who would love to help to ensure you can join in.



## Care packages for members undergoing treatment

We are pleased to announce that as a group we can now offer a care package to people going through chemotherapy or radiation treatment free of charge thanks to our support from S & J cleaning, McMillan and Jon organs ability to charm donations from the various people, he has been working tirelessly with for months.

Our first few packages have now been sent out and we hope that they are helpful to those who have received them. Many thanks to everyone who has supported the group with donations and buying group merchandise to help us achieve this massive success in the time we have been in operation.

If you are going into hospital and need anything please do contact us, we will help where possible.



## Available to buy

As you may know we now have a number of items available to buy to help keep Life after Lary running. The total raised from items sold, including Christmas cards, in December was £999 – this is amazing and will really help us to keep providing care packages and other support for patients.



Please contact Jon if you would like to purchase anything.



## A reminder: Mental Health

I felt it fitting to leave this section in as the festive season is not always a happy, fun time for everyone. Please reach out if you are in need.

Now that we are into the colder, darker season it can be harder to keep yourself smiling and keep getting out and about. The cold air can affect our stomas making you feel down and unable to get out and do the things you normally manage during the summer months.

### How to manage the darker moments:

- Try to keep busy
- Can you go back to work? part-time or work from home?
- Have small targets
- Try a new hobby, knitting, crossword puzzles, jigsaws, painting..
- Set goals and follow through, stay on track
- Snuggle up and watch a good movie
- Try to occupy the mind
- Post on our facebook page
- Take small steps, e.g. get up at the same time every day, make the bed, wash your face, clean out stoma, eat breakfast and so on. Before you know it you have achieved a lot in one day.
- Make a list and mark off everything you have achieved
- Know that if you have an off day that's ok too, it's ok not to be ok!
- Know who to contact for more help if the dark days become too much

### Who can I contact:

- Your GP
- Your Clinical Nurse Specialist
- NHS 111
- befrienders.org
- CALM (Campaign Against Living Miserably) thecalmzone.net
- National Suicide Prevention Helpline UK 0800 689 5652
- Samaritans 116123 (freephone) jo@samaritains.org
- SHOUT text 85258 giveusashout.org

You can also contact Jon, Ian, Marc and Jane via facebook messenger at any time. I'm sure many others would also be willing to message if someone was feeling low and needed support. Please never feel alone, Jon set this group up to ensure no lary ever felt alone.

**On a brighter note, we hope you all have a fabulous Christmas and a wonderful New Year, here's to 2025!**