



In this Edition

- Charlotte Roddis – Altered Airways Nurse, Atos
- Celebrating the Organisations Who Stand Beside Us
- And so much more..

No lary will ever feel alone

www.lifeafterlary.co.uk



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100km, Two Walkers, One Voice: Just Keep Moving Forward



The London to Brighton 100km Ultra challenge wasn't about finishing fast for me. It wasn't about time at all. It was about facing that moment when every fibre of your body is telling you to stop and choosing to keep going anyway. People have asked me why I decided to take on something like this.

The truth is, it started with my sister-in-law Gemma. She had completed this challenge before, solo, and wanted to do it again, but this time with someone else. She asked me if I'd join her.

At the time, I was very unfit and unhealthy, and I very nearly said no. Instead, I set a condition. If we could manage a 15 mile walk within a couple of weeks, and build up to completing a third of the total distance before the registration deadline, then I'd commit to it. Needless to say, we hit those milestones without too much trouble, and suddenly this idea became very real.

I think it's important to say that I'm not some ultra-fit athlete. When I first decided to take on this challenge, I was very overweight and hadn't been in the gym since my total laryngectomy over four years ago. Since then, I've lost around 26 pounds and have been back in the gym for about six months. This challenge didn't just test me, it helped change my life.

A big part of my motivation is also showing what's still possible after having a laryngectomy and becoming a neck breather, life changes in many ways, but I'm determined not to let it define or limit what I can do.

I also wanted to raise much-needed funds for SHOUT, the South Essex Laryngectomee Support Group.

**This challenge
didn't just test
me, it helped
change my life.**

They've supported me since my surgery, and I'm now starting to take on more responsibility within the group as we plan for Miriam's retirement after nearly 35 years of running it. This felt like a way of giving something back to a community that has given me so much.

Most of our training was done in the colder months. We hadn't prepared for hot weather and certainly not a heatwave. Nothing quite prepares you for what that 30 degree heat does to a challenge like this. It changes everything. Distances feel longer. Energy drains faster. What would normally feel manageable suddenly becomes a real test.

My biggest concern going into it was my feet, what the heat and sweat were going to do to them. All of our training had been in cooler conditions, and I had new boots and specialist socks that I couldn't suddenly change at the last minute. Once you're in, you're committed, and you just have to deal with whatever comes. As the miles built up, so did the pressure. There were moments where I thought a rest stop must be just around the corner, only to find it was still another 3 or 4 kilometres away. And somehow, each kilometre felt longer than the last. That mental battle was just as hard, if not harder, than the physical one.

It was during these moments that I found myself thinking about the cancer journey that so many people face. Not knowing when it will end. Not knowing if you're going to make it at all. Just having to keep going, one step at a time.



The only way through it was to break it down. Focus on the next checkpoint. The next kilometre. Even just the next bend in the path. Those small wins start to build, and somehow they carry you forward. It's a mindset that feels just as relevant for anyone going through cancer, focusing on the next step rather than the overwhelming whole.

Managing my airway added another layer entirely. Nebulising wasn't really an option, there was no power at the rest stops, and even my portable nebuliser would have taken too long. I did manage a couple of quick seven minute nebulisers with support from an ambulance crew using oxygen, but beyond that, I had to adapt.

The heat and exertion made everything incredibly dry. I relied heavily on saline sprays from an atomiser to keep things moving and to try and avoid that tight, exhausted chest feeling I'd experienced during long training walks. I had packed eight packs of tissues, expecting the usual, but I barely used one. That's how dry it was.

At around the 58k mark, I went into the medical tent for blister treatment. It was close to one o'clock in the morning, and that's when the full effect of the previous day really hit me. I was sitting in a chair trying to talk to the medic, not knowing if I was about to be sick or pass out. It felt like it went on for about 15 minutes, stuck in that moment where you are not quite in control of how your body is reacting. That moment worried me more than anything else. Being sick would almost certainly have been the end of my walk. I couldn't eat at that stop either, which didn't help, especially knowing what was coming next with the morning heat building towards another 30 degree day. It felt like I was heading into the hardest part already on the back foot. Noticing my stoma, the medics looked at me with some concern and asked, "Is it just blisters you need sorting?" I reassured them it was just my feet and that my breathing was fine. You could see the relief on their faces. I'm guessing they don't see many crazy laryngectomees taking on a 100km ultra. But even in that moment, sitting there unsure if I could carry on, the same mindset came back. Don't think about the finish. Don't think about how far is left. Just get up. Get moving. Find the next step.

And that's what I did.



Crossing that finish line was a moment I'll never forget. Not because of the time, but because of everything it took to get there.

Out of everyone who started, around 500 of us made it to the end.

More than 200 people didn't finish, many forced to stop because of the heat. That alone shows just how tough the conditions really were.

To be one of those who did finish, after everything, is something I'm incredibly proud of. Not just for completing the distance, but for what it represents. The training, the setbacks, the doubt, the moments where stopping would have been easier.

This wasn't just a walk. It was a journey that pushed me further than I thought possible and showed me what can be achieved with the right mindset, the right support, and a willingness to just keep going.

Because sometimes, whether it's a 100km walk or something far more life changing, it comes down to the same thing, just keep moving forward.



Member Feedback

I want to say a huge thank you to
Jon Organ.

A year ago, my husband Steve had to have a laryngectomy, which was devastating for me and our whole family. Jon's support, guidance, and understanding helped us through one of the hardest times of our lives, and we will always be grateful.

Thanks to Jon's dedication, compassion, and hard work, Life After Lary has now become an OFFICIAL CHARITY supporting people with throat cancer. This is an incredible achievement and a true reflection of the difference Jon has made to so many lives. Thank you, Jon, for everything you do.

I have made sooooo many friends on the back of LaL. I really do not know where I would be without them. The texts the messages the support. Thank you all.



S & J Cleaning Systems Limited are so proud to be associated with our Life After Lary 'laryngectomy public information and support'.

I'm so grateful that I found this wonderful group of people who share their life and help so many Larys like me.

Jon's support, guidance, and understanding helped us through one of the hardest times of our lives, and we will always be grateful.

The support and understanding I get from this group helps to keep me sane

Life After Lary has helped our family, everyone has been able to ask questions and find out that there truly is life after lary.

Your amazing site has walked alongside me every day since late January when I had my TL down here in Birmingham.

I have learned so much, gained confidence and absolutely bought into your mantra that there is life after a Laryngectomy.

My greatest stroke of luck was discovering your site at 4am in the morning on my iPad.

Your site has walked alongside me and my family throughout my journey, and hopefully my posts have helped others on our shared journey.

So Jon, sincere thanks to you and the team for helping me and my family through the most challenging journey of our lives.



Charlotte Roddis – Altered Airway Nurse, Atos Care

I am one of the altered airway nurses from Atos Care. I have been with Atos for over 4 years now, and we are a team of 5 nurses, based at the head office in Nottingham. We offer remote support to patients following their laryngectomy or tracheostomy, supporting them to get into good stoma care and skin care routines, and to ensure they are using their prescribed products correctly, as well as getting a regular supply of products as needed.

I was born and raised in the Cotswolds, living the first 20 years of my life in the very picturesque Bourton on the Water. Growing up, I always wanted to be a school teacher, but fell into nursing, after being inspired by a wonderful nurse, who ran a nursing home, and gave me my first job. She encouraged me to apply, and so in 1998, I qualified as a registered nurse.



The beauty of nursing, is that there are so many avenues to explore, so over the years, I have taken full advantage and tried to get as many different experiences as possible. I have worked for both the NHS and private sector, on general medical wards, various surgical wards, doing over 10 years in A&E, where I learnt so much, and became jack of all trades! I also did a few years telephone triage for NHS Direct, as well as a few years completing PIP assessments! My claim to fame from A&E, is that I once looked after a young King Charles (or Prince, as he was back then), after he fell from his horse playing polo, and was bought into our department for assessment!!

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.

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.

This is where I first learned about the amazing benefits of 24/7 HME use, and its so great to see how products are continually evolving and improving. It continues to be a privilege to support so many individuals through their lary/trachy journey, to empower, to educate, but most importantly to care.



In my spare time, I bake a lot, and can often be found making birthday cakes for friends and family.

I volunteer for Girl Guiding, and run a Brownie pack in my local area, where I am more commonly known as Tawny Owl!



And of course, lets not forget my love of elephants! My family have to put up with elephant bits and pieces in every room of our house, and can be heard frequently saying to me, no more pleease!

But you can never have too many – can you??

Charlotte regularly gives up her own time to join our monthly zoom meetings and answer questions our members have.

Many thanks to Charlotte for taking the time to do so and for giving us an insight into her own life!

Fundraising

Fundraising ongoing. We thank every single person who has fundraised or donated in some way towards LaL. Donations allow us to continue our work to support others. We are entirely run by volunteers. No wages No fees.

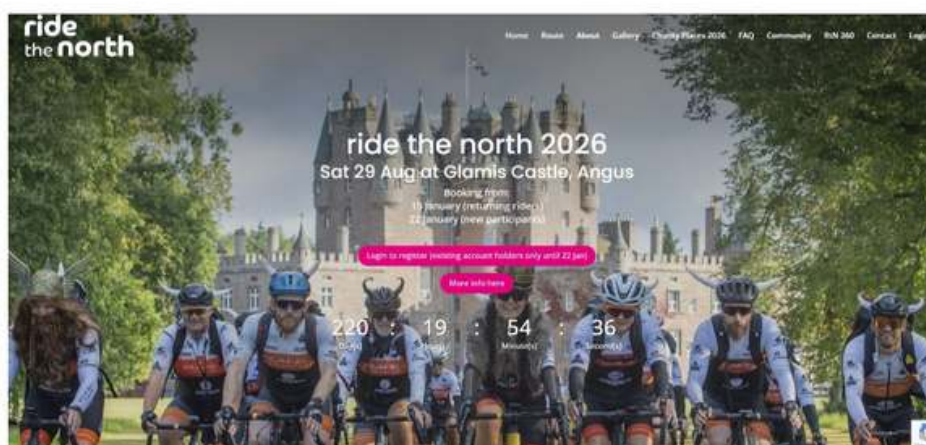
Saturday 29th August

Kayla Clark and Fiona Work are fund raising for a small charity called Life After Lary who have supported Kenny, a family member whose life has been impacted by removal of his voice box because of cancer. The charity has been a great support. Kayla and Fiona plan to ride 110km on the Ride The North 2026 event from Glamis Castle: Home – Ride the North.

Life After Lary was created by people who live with a laryngectomy, for people who live with a laryngectomy. A laryngectomy is surgery to remove the larynx (voice box), usually for advanced throat cancer, resulting in breathing through a permanent neck opening (stoma) and a change in voice, though patients learn new ways to speak.

Founded in July 2023 originally as an online support group dedicated to helping people affected by laryngeal cancer and a total laryngectomy. The charity has a valued network of supporters from volunteers, patients and their loved ones, to leading doctors, medical professionals, and other charities who have helped us to help individuals.

Donating through JustGiving is simple, fast and totally secure. Your details are safe with JustGiving – they'll never sell them on or send unwanted emails. Once you donate, they'll send your money directly to the charity. So it is the most efficient way to donate – saving time and cutting costs for the charity.



Josh Lester is running the Brighton marathon for LaL

On the 4th April 2027 I will running the Brighton Marathon for Life After Lary, a charity that is very close to my heart. Life After Lary is a support group for all laryngectomy and tracheostomy patients and their families and carers. Their goal brings Hope, Empowerment, Awareness, and Life after Laryngectomy together to transform isolation into belonging and struggle into strength. If you're able to support me, I would be very grateful.

Josh is pictured below, with his father Nigel.

[https://www.justgiving.com/page/josh-lester-1?](https://www.justgiving.com/page/josh-lester-1?utm_medium=FR&utm_source=CL)
[utm_medium=FR&utm_source=CL](https://www.justgiving.com/page/josh-lester-1?utm_medium=FR&utm_source=CL)



The Big LaL Dog Walk

contact@lifeafterlary.co.uk

LA THE BIG LAL DOG WALK
— Summer 2026 —

This summer, bring your dog,
bring your friends, bring your heart.

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

No wages. No fees. Just people helping people.

 www.lifeafterlary.co.uk
Life After Lary Registered Charity in England & Wales No. 1215969

Our calendars are underway! We are now in the final stages of putting this together and the first look has been amazing – further updates very soon!

Could you become a fundraiser? Do you have an idea? Please contact us on fundraising@lifeafterlary.co.uk

Planned Meet-Up's



Laryngectomy support
www.lifeafterlary.co.uk
charity number 1215969



+ **severn**
SEVERN HEALTHCARE TECHNOLOGIES



Regional Patient Event

Have you or someone you care about had surgery which involved a Laryngectomy?

If the answer is **yes** - please join us for a meeting which will bring together patients from across the region.

It is a chance to meet others, find out more about life after surgery and share experiences with others.

It will be a safe, supportive and encouraging space for everyone 😊

Where



Donnington Valley Hotel,
Oxford Road, Donnington,
Newbury, Berkshire, RG20 9AG

When



Friday 25th Sept 2026
9:45am – 3:30pm

There will be varied speakers including clinicians and Jon Organ from Life After Lary and Ros Oswin from the Cancer Laryngectomy Trust

For further information contact: Menna.Payne@severnhealthcare.com

Also please confirm attendance and any dietary needs by Monday 7th September by contacting: Julie.lee@severnhealthcare.com

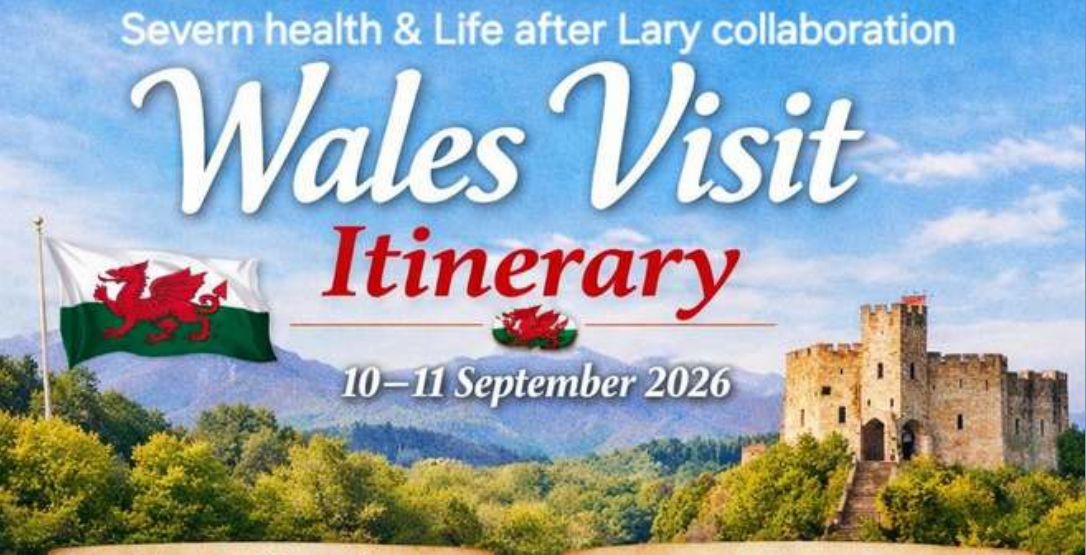
We look forward to seeing you on the 25th September 2026!



Severn health & Life after Lary collaboration

Wales Visit Itinerary

10–11 September 2026



**Day 1: Thursday
10th September 2026**

Morning

 **Morrison Hospital**
Heol Maes Eglyys, Morrison,
Swansea SA6 6N

Afternoon

 **University Hospital of Wales**
Heath Park Way,
Cardiff CF14 4XW

 **5.00pm – 8.00pm**
Reception: Clayton Hotel
St Mary Street, Cardiff CF10 1GD

**Day 2:
Friday 11th September 2026**

 **10.00am – 12.00 noon**
Laryngectomy Peer Support Meeting
Pontyclun Rugby Club
Llantrisant Road, Pontyclun CF72

 **1.00pm – 3.00pm**
Internal Meetings – Severn Health



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 www.lifeafterlary.co.uk
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 **severn**
SEVERN HEALTHCARE TECHNOLOGIES

Our meet ups go from strength to strength. If you feel you are able to work with us in hosting a meet up in your area, please get in touch. LaL will pay for the hall and insurances etc and also work with our partners in providing professional attendance and refreshments.

Life After Lary Joins BAHNON – A Powerful Step Forward for Our Community

Strengthening Our Voice, Expanding Our Impact

We are incredibly proud to share that Life After Lary has been formally invited to become a member of BAHNON. The British Association of Head & Neck Oncology Nurses. This is an extraordinary moment for our charity, our mission, and every person living with a laryngectomy across the UK.

For years, we have worked side by side with head and neck nurses in hospitals, clinics, and community settings. They are the frontline of care, the steady hands guiding patients through diagnosis, surgery, recovery, and the long journey that follows. To be recognised by BAHNON and welcomed into their professional community is not only an honour, it is a testament to the impact our charity is making.

Why This Matters

BAHNON is one of the most respected organisations in head and neck cancer care. Their members are the nurses who support patients at their most vulnerable moments, who advocate for better services, who push for higher standards, and who work tirelessly to improve outcomes for people facing complex and life changing conditions.

Being invited to join them means:

- Our voice is being heard at national level
- Our lived experience is valued by clinical leaders
- Our community's needs are recognised as essential

- We can collaborate more closely with the professionals who shape care pathways
- We can influence conversations that directly affect laryngectomees This is not just a membership. It is a seat at the table where decisions, standards, and innovations are shaped.

"This invitation shows that Life After Lary is not just supporting patients, we are helping shape the future of laryngectomy care."

A Partnership Built on Respect and Shared Purpose

Our work has always been grounded in collaboration. We stand proudly beside clinicians, surgeons, SLTs, nurses, and allied health professionals who dedicate their lives to supporting people with head and neck cancers. BAHNON's invitation reflects the trust we have built, the relationships we have nurtured, and the reputation we have earned through compassion, consistency, and advocacy.

Together with BAHNON, we can:

- Strengthen patient pathways
- Improve post operative support
- Share lived experience insight
- Develop better resources for patients and families
- Support nurses with real world understanding of laryngectomy life
- Ensure no patient feels alone at any stage of their journey

This collaboration will help us reach more people, support more families, and amplify the voices of those who often feel unheard.

A Milestone for Our Charity, And Our Community

For Life After Lary, this moment is deeply meaningful. It shows that our work is respected at the highest levels of head and neck care. It shows that the experiences of laryngectomees are being recognised as vital to shaping better services. And it shows that our charity is becoming a national force for change, compassion, and connection. Most importantly, it shows that our **community matters**.

Every conversation, every hospital visit, every piece of support we provide has helped build the foundation that led to this invitation. This achievement belongs to all of us, patients, families, clinicians, volunteers, and supporters.

**“We are proud to stand with BAHNON.
Proud to represent our community.
Proud to help shape the future.”**

Looking Ahead

Membership in BAHNON opens new doors, opportunities to collaborate, contribute, and advocate on a national scale. We will use this platform to champion the needs of laryngectomees, promote better understanding of life after surgery, and ensure that every patient receives the dignity, support, and compassion they deserve.

This is a milestone. This is recognition.
This is progress.
And we are just getting started.

BAHNON have added a section about Life After Lary to their website. It can be found under the news section.



Living Well After a Laryngectomy

EVERYDAY SUPPORT FOR BREATHING COMFORT, STOMA CARE AND CONFIDENCE

After a laryngectomy, the air you breathe no longer passes through the nose, so it is not naturally warmed, filtered or moistened before reaching your airway. Suitable stoma protection and humidification can help make everyday life more comfortable, at home, outdoors, resting or sleeping.

At Sheffmed, we support laryngectomy patients with a range of NHS-prescribable products designed to promote comfort, confidence and everyday wellbeing. Products include:

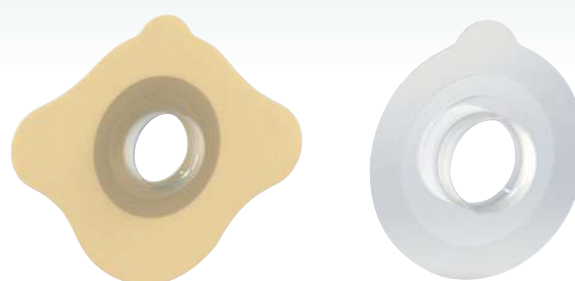
Heat & Moisture Exchange (HME) Systems

Designed to help warm, filter, and humidify inhaled air while providing discreet daily use.



Adhesive Baseplates

Available in different shapes and materials, including options for sensitive skin.



Stoma Protectors

Soft neck-worn protection to help filter incoming air and reduce exposure to dust and dirt.



All Available
on NHS
Prescription

Daily Care Accessories

Including skin wipes, adhesive removers, shower protection and voice prosthesis cleaning aids.



Here When You Need Us

If you would like more information or a full brochure, please do reach out to us either over the phone or email – we're always happy to help!

Tel: 0114 261 7161 • **Email:** sales@sheffmed.com

www.sheffmed.com



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INTRODUCING

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Hands Free Valve



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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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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.

Features:

- **Choose your flow and go**
Two simple choices for airflow resistance:
ClassicFlow® : BE 1090EZ
EasyFlow® : BE 1090EF
- **Truly innovative**
One adjustable valve with hands free speech that adjusts from light to extra strong, doing the work of multiple hands free competitor devices
- **Freedom of choice**
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Life After Lary Joins the Head and Neck Cancer Coalition

A National Step Forward for Laryngectomy Representation

We are incredibly proud to announce that Life After Lary has been invited to join the Head and Neck Cancer Coalition, a major milestone for our charity and a powerful moment for every laryngectomee across the UK. This invitation is more than recognition; it is a statement that our community's voice, experience, and needs belong at the highest level of national conversation. The Head and Neck Cancer Coalition brings together leading organisations, charities, clinicians, researchers, and advocates who are shaping the future of head and neck cancer care. Their work influences policy, drives innovation, improves pathways, and ensures that patients receive the best possible support from diagnosis through survivorship. To be welcomed into this coalition is an extraordinary honour, and a clear sign of the impact Life After Lary is making.

Why This Matters for Our Community

For too long, laryngectomees have been a small, often overlooked group within the wider cancer landscape. Our needs are unique, our challenges are complex, and our voices are essential. Joining the Head and Neck Cancer Coalition ensures that:

- Laryngectomy representation is present at national level
- Our lived experience informs policy and service design
- Our community's challenges are recognised as priorities

- We can advocate for better support, better pathways, and better awareness
- We stand shoulder-to-shoulder with major organisations shaping the future of care

This is not just a seat at the table, it is a platform to influence real change. "Being part of the Coalition means laryngectomees will never again be the forgotten voices in head and neck cancer care."

A Partnership Built on Shared Purpose
The Coalition brings together organisations who share a common mission: improving outcomes, raising awareness, and ensuring that every patient receives compassionate, effective, and equitable care. Life After Lary's invitation reflects the respect we have earned through our work, our advocacy, and our unwavering commitment to supporting people affected by laryngectomy.

Together with the Coalition, we can:

- Strengthen national awareness of laryngectomy
- Improve pre- and post-operative support
- Influence clinical pathways and standards
- Share lived-experience insight that only our community can provide
- Collaborate on campaigns, education, and patient-centred initiatives
- Ensure that no patient feels alone at any stage of their journey

This partnership amplifies our voice and expands our reach in ways that will benefit thousands of people.

A Milestone for Life After Lary

This achievement reflects everything our charity stands for: compassion, advocacy, collaboration, and community. It shows that our work is recognised at the highest levels of head and neck cancer care. It shows that our lived experience is valued. And it shows that our mission, ensuring no lary ever feels alone, is being heard across the UK. Most importantly, it shows that our

community matters.

Every conversation, every hospital visit, every piece of support we provide has helped build the foundation that led to this invitation. This milestone belongs to all of us, patients, families, clinicians, volunteers, and supporters.

"We are proud to join the Head and Neck Cancer Coalition. Proud to represent our community. Proud to help shape the future."

Looking Ahead

Membership in the Coalition opens new doors for collaboration, influence, and national advocacy. We will use this platform to champion the needs of laryngectomees, promote better understanding of life after surgery, and ensure that every patient receives the dignity, support, and compassion they deserve.

This is progress. This is recognition. This is impact.

What is the Head and Neck Cancer Coalition?

The Head and Neck Cancer Coalition is a group of 15 members comprising charities, support groups, healthcare associations and other key

stakeholders who have come together, to create one strong voice for Head and Neck Cancers. Patients, carers and families are at the heart of what we do, although the collaboration is focused on delivering impact across 5 key pillars: Research, Patient & Carer Support, Policy, Clinical Service, Awareness & Education.

There is a lot to do to ensure that there is adequate:

- Support for patients and families.
- Funding for research into new treatment approaches.
- Understanding of post treatment support and rehabilitation.
- Awareness and education.
- Alignment so that healthcare and government policy.
- Support for innovation and exchange of ideas for how to improve the patient experience and pathway management.

By collaborating and working together the Coalition can make a greater impact. Head and Neck Cancer UK (HANCUK) is a registered Charity, established in 2017, following a meeting of sixteen survivors from around the UK were invited to give their views on availability of treatment options within their respective regions. It was agreed that a Charitable organisation should be formed to advocate for the patient.



Embedding Lived Experience in Cancer Research and Service Delivery – Dr Laura Charlesworth

Earlier this month, on the 10th of July I had the pleasure of hosting an event at York St John University titled **embedding lived experience in cancer research and service delivery**.

The day brought together researchers, health professionals, people with lived experience, and third sector organisations to explore how we move beyond just listening to people's experiences and progress to genuinely including people with lived experience in the way we design research and clinical services.

One of the highlights from the day was hearing from Jon, who many of you will know through his work as Life After Lary CEO. Jon was invited to speak because of his advocacy work and his lived experience of navigating cancer care following laryngectomy surgery. He shared honest and thoughtful accounts of both the positive and the challenging aspects of his care.



Jon's reflections prompted important conversations about communication, assumptions, accessibility and what it really means to deliver person centred care. As is always the case with Jon's presentations, it was a powerful reminder that although healthcare professionals have expert knowledge, there is so much for us to learn from people with lived experience and it is an essential form of expertise that no research project or service design should be without.



Alongside Jon's presentation, we also heard from Naman who explained the role of lived experience in cancer research and highlighted how meaningful partnerships with patients and communities can strengthen research from the very beginning. Drawing on his experiences across research, clinical practice, and patient advocacy, Naman reflected on the opportunities and the challenges of moving beyond involvement to genuine coproduction, sharing some excellent examples of how this can be achieved.

In the afternoon, the workshop format created space for attendees to reflect on what this means within their own organisations and practice, using a range of tools to facilitate discussions and progress thinking. Our hope is that attendees left, not only with new ideas, but also with the confidence to make small meaningful changes that bring lived experience into their own work.

I'd like to thank both speakers for their generosity with their time and for sharing their experiences. Sharing lived experience is never easy, but it has the power to change thinking and influence practice.

The event also highlighted the important role that organisations such as Life After Lary have in supporting people with lived experience, and ensuring that no one faces this journey alone.



We have 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

Accommodation is dog friendly, the park is across the road from a golden sandy quiet beach with a fishing lake, club house entertainment and an indoor pool. A perfect relaxing break, ideal as a getaway to rest after treatments.



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

Life After Lary marks it's third birthday

A huge thank you to everyone who helped make our third birthday celebrations so special. Whether you shared your story, left a comment, reacted to a post, attended an event, donated, volunteered or simply continued to support one another, you have all played a part in what Life After Lary has become.

Over the past three years, we've grown from a small community into an official charity supporting people affected by laryngectomy and throat cancer across the UK. None of this would have been possible without our incredible members, volunteers, supporters and partner organisations. Thank you for being part of our journey.

Here's to the next chapter and to continuing to ensure that no one has to face life after laryngectomy alone.

Over the past 12 months, we have...

Supported the community through:

- Peer support conversations
- Family support
- Pre-op conversations
- Post-op guidance
- Real-life tools and advice
- Hospital partnerships
- Ward visits
- Clinic support
- Emergency reassurance
- Carer support
- Community building
- Events & meet-ups
- Awareness campaigns
- Advocacy
- Education for clinicians
- Student talks
- Public speaking

Created connection and resources by:

- Providing online support
- Creating new resources
- Sharing newsletter updates
- Signposting to vital services
- Building confidence
- Supporting mental health
- Helping with daily living
- Offering equipment guidance
- Giving travel advice
- Supporting in the workplace

Been there for every stage by:

- Supporting newly diagnosed patients
- Supporting long-term survivors
- Supporting rare cases
- Supporting young families
- Supporting older patients
- Supporting people living alone

Provided specialist support for:

- Crisis situations
- Voice loss
- Learning to speak again
- Non-speech communication
- Complications
- Recurrence
- Bereaved families

And throughout it all, we have:

- Offered zero-cost support
- Created human connection
- Given hope
- Built community pride
- Provided a safe place

Because of you, WE CONTINUE TO MAKE A DIFFERENCE EVERY DAY.

Celebrating the Organisations Who Stand Beside Life After Lary

Life After Lary has grown into a national voice for laryngectomees, a charity recognised for compassion, advocacy, and lived-experience leadership. But we have never walked this journey alone.

Our strength comes from the organisations who stand beside us, support us, collaborate with us, and believe in the work we do.

This year, we want to shine a light on our charity partners. These companies don't just sponsor us or donate equipment, they share our values, our purpose, and our commitment to ensuring that no laryngectomee ever feels alone. Their support allows us to reach more people, build more resources, and deliver the kind of real-world help that changes lives.

Each partner plays a unique role in our community, and we are proud to celebrate them.

S&J Cleaning Systems, Keeping Our Community Safe and Supported

S&J Cleaning Systems has been a quiet but powerful supporter of Life After Lary since day one. Their generosity, reliability, and genuine care for our community have made a real difference. They understand the importance of hygiene, safety, and dignity for people living with a laryngectomy, and their support helps us provide essential resources to patients and families across the UK.

Their partnership is built on kindness, consistency, and a shared belief that everyone deserves to feel safe and supported in their daily life.

“S&J Cleaning Systems remind us that practical support is just as important as emotional support or financial support.”



Atos Medical A Partnership Built on Trust and Shared Purpose

Atos Medical has been another one of our longest and strongest partners. Their commitment to laryngectomy care is unmatched, and their support for Life After Lary has helped us grow, connect, and reach people who need us most. They provide equipment, expertise, and collaboration that directly improves the lives of our community. Atos stands with us at events, supports our patient meetings, and champions our mission at every opportunity. They are not just a supplier, they are part of our family.

“Atos Medical will always be a very important partner, and we are proud to stand beside them.”

Severn Health, Supporting Patients Across the UK

Severn Health has become an invaluable partner, especially through their commitment to patient engagement and regional support. Their teams welcome us into hospitals, events, and community spaces, giving us the opportunity to meet patients face to face and share the Life After Lary message.

Their collaboration helps us reach people in Wales, the South West, and beyond, ensuring that laryngectomees receive consistent, compassionate support wherever they live.

“Severn Health helps us bring connection, confidence, and community directly to patients. A relatively new partner that has grown quickly.”

SLO Drinks, Hydration, Health, and Heart

SLO Drinks has been a refreshing and uplifting partner for our charity. Their support goes beyond products, they bring energy, enthusiasm, and genuine care for the wellbeing of our community. Hydration is essential for people living with a laryngectomy, and SLO Drinks has embraced this need with creativity and compassion.

Their involvement in our events and campaigns shows their commitment to making a real difference.

“SLO Drinks brings health, positivity, and heart to our community.”

Sheffmed – A New Partnership with Big Potential

Sheffmed is one of our newest partners, and already their impact has been remarkable. Their willingness to collaborate, support, and invest in our mission shows their dedication to improving patient care. They have stepped forward with enthusiasm, offering financial support, visibility, and shared opportunities that help us grow. Their partnership is built on respect, innovation, and a genuine desire to help people living with a laryngectomy.

“Sheffmed’s support is helping us expand our reach and strengthen our voice.”

These organisations are more than names on a page. They help us deliver hope, dignity, and practical help to people who need it most.

Their belief in Life After Lary fuels our mission. Their support strengthens our community. Their collaboration helps us change lives. We are proud to stand beside them. We are grateful for their trust. And we look forward to building an even stronger future together.

Our partners don’t just support our charity, they support every laryngectomee across the UK. They are more than just companies, they are friends and that means so much.

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.

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



Would Your Hospital Like a Quarterly Life After Lary Stand?

Life After Lary is currently expanding our presence across the UK, and we are inviting hospitals to join us in offering **quarterly support stands** within their outpatient departments. These stands are designed to provide real time, face to face support for laryngectomy patients, families, carers, and clinical teams. **Not to raise money.**

Our stands are simple, impactful, and completely free for hospitals. They bring lived experience, practical guidance and emotional reassurance directly into the spaces where patients need it most.

What Our Quarterly Stands Offer

- Peer support from people with lived experience
- Guidance for newly diagnosed patients
- Support for long term survivors
- Advice for families and carers
- Information on communication tools, safety and daily living
- Awareness of national services such as Relay UK and the Priority Services Register
- Resources created in collaboration with clinicians and charity partners
- A friendly, approachable presence in your outpatient department

Our stands are soon to be active in multiple hospitals across the UK. Clinicians tell us that our presence will help **patients feel reassured, informed, and connected**. Patients tell us that being able to meet someone who has lived the journey makes all the difference.

Why Hospitals Value Our Stands

- They enhance patient experience
- They support clinical teams
- They reduce isolation and anxiety
- They provide practical, real-world advice
- They strengthen the hospital's commitment to holistic care
- They require no cost, no staffing, and minimal setup



We work closely with ENT, oncology, speech and language therapy and Head & Neck teams to ensure our stands complement existing services and fit seamlessly into outpatient flow.

If your hospital would like to join our growing network of quarterly stands, we would be proud to collaborate with you. Our team will arrange everything, dates, setup, materials and support – ensuring a smooth and valuable experience for your patients and staff.

We would love to stand with you, support your patients, and bring our community into your hospital.

Speech and Language Therapists – The Voices Behind Every Recovery

Across the UK, speech and language therapists (SLT's) are quietly changing lives. Their work rarely makes headlines, yet every day they help people rebuild the most fundamental part of being human: the ability to communicate. At Life After Lary, we see the impact of their dedication after every life-changing diagnosis.

A laryngectomy is not just a medical procedure; it is a profound emotional and psychological shift. Overnight, people lose their natural voice, their identity and often their confidence. In those first moments of fear and uncertainty, SLT's step forward. They become guides, teachers, advocates and companions on a complex and courageous journey.

Their work blends science with humanity. They understand anatomy, physiology, and communication disorders with extraordinary precision, but they also understand people. They know how to reassure a frightened patient, how to support a family trying to adjust and how to celebrate the smallest victories that mean everything. They help individuals rediscover identity, rebuild confidence and reconnect with the world around them.

SLT's are innovators too. They develop new techniques, adapt tools and constantly refine their practice to meet the needs of every individual patient. Their commitment to learning and improving ensures that every person living with a laryngectomy receives care that is not only effective but compassionate and dignified.

At Life After Lary, we are incredibly proud to collaborate with the Royal College of Speech and Language Therapists (RCSLT).

Their leadership, standards and advocacy elevate the profession and ensure that SLT's across the UK are supported, empowered and recognised for the vital work they do. Our partnership with RCSLT strengthens our mission and helps us reach more people with the right support at the right time. Together, we champion the belief that communication is a human right and that every person deserves access to skilled, compassionate professionals who can help them reclaim it.

The dedication of SLT's extends far beyond the clinic. It lives in the late-night planning of therapy sessions, the careful crafting of communication tools, the gentle encouragement during moments of frustration and the unwavering belief that every patient can progress.

So today, we want to say this clearly and loudly: **Speech and Language Therapists are heroes.** They are the reason so many people in our community rediscover their voices, their confidence and their place in the world. They are the heartbeat of recovery, the champions of communication and the embodiment of compassion in action.

To every Speech and Language Therapist, thank you. Thank you for your expertise, your empathy, and your relentless commitment. Thank you for turning silence into speech, fear into strength, and uncertainty into hope. We see you. We value you. We are proud to stand beside you. And we are honoured to collaborate with RCSLT in celebrating the extraordinary difference you make every single day.

To find out more about The Royal College of speech and language therapists. Please go to www.rcslt.org

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

www.atos-care.co.uk



Staying Connected, Staying Safe: Essential Services for Every Laryngectomee

Why Relay UK and the Priority Services Register Matter More Than Ever

Living with a laryngectomy changes many aspects of daily life, communication, safety, independence, and the way people interact with the world around them. At Life After Lary, we believe that every member of our community deserves access to tools and protections that make life easier, safer, and more connected. Two services stand out as absolutely vital: **Relay UK** and the **Priority Services Register**. These are not optional extras. They are lifelines.

The Power of Communication: Relay UK

For many laryngectomees, traditional phone calls become difficult or impossible. Yet the world still expects us to “just pick up the phone” whether it’s booking a GP appointment, contacting a hospital, speaking to a bank, or calling a family member. Relay UK bridges that gap with dignity and independence. Relay UK allows people to communicate through text or typing while still making and receiving phone calls. It connects typed messages to spoken conversations, ensuring that every laryngectomee can communicate clearly, confidently, and without relying on someone else to speak for them.

Relay UK means:

- You can call anyone including emergency services
- You can receive calls without anxiety
- You stay in control of your communication
- Your voice is heard, even when you cannot speak

For many in our community, Relay UK has been transformative. It restores independence. It reduces stress. It allows people to manage their own affairs without needing a family member or carer to speak on their behalf. It gives back privacy, autonomy, and confidence.

“Relay UK gives laryngectomees a voice in a world built around phone calls.”

We encourage every laryngectomee to register and use Relay UK. It is free, accessible, and designed to empower people who communicate differently.

Relay UK App



Instructions can be found at –
www.relayuk.bt.com

Safety First: The Priority Services Register

Communication is vital but so is safety. A laryngectomy can make people more vulnerable during emergencies, especially when power cuts or service disruptions affect medical equipment, heating, or communication devices. That's where the **Priority Services Register (PSR)** becomes essential. The PSR is a free service offered by energy suppliers and network operators across the UK. Once registered, laryngectomees are recognised as vulnerable customers and receive additional support during emergencies.

Being on the PSR ensures:

- Priority assistance during power cuts
- Advance notice of planned outages
- Extra support for medical or communication equipment
- Faster response times in emergencies
- Protection and recognition as a vulnerable customer

For anyone who relies on medical devices, stable home conditions, or accessible communication tools, the PSR provides reassurance and security. It ensures that your needs are not overlooked when the unexpected happens.

"The Priority Services Register isn't just helpful, it's essential for safety and peace of mind."

We strongly encourage every laryngectomee, and their carers, to register. It takes minutes, costs nothing, and provides vital protection.

Why These Services Matter to Our Community

At Life After Lary, we speak to hundreds of patients and families every year. We hear the same concerns again and again:

- "What if I can't call for help?"
- "What if my equipment stops working during a power cut?"
- "What if I'm alone and something goes wrong?"
- "What if I can't communicate clearly in an emergency?"

Relay UK and the Priority Services Register directly address these fears. They provide practical solutions that restore independence, safety, and confidence. They ensure that laryngectomees are not left behind in systems that often overlook people who communicate differently.

These services are not just tools, they are lifelines that protect dignity, autonomy, and wellbeing.

Our Commitment to You

Life After Lary is committed to raising awareness of these essential services. We work with hospitals, clinicians, and partners across the UK to ensure that every laryngectomee knows about Relay UK and the Priority Services Register, and understands how to access them. We will continue to advocate, educate, and support our community in every way possible. Because communication matters. Safety matters. And you matter.

"No one should face life after a laryngectomy without the tools and protections they deserve."

Staying Safe at Home When You Have No Sense of Smell

Essential Guidance for People Living With a Laryngectomy

Losing your natural sense of smell is one of the most overlooked challenges after a laryngectomy. It affects daily life in ways many people never expect, from detecting smoke or gas leaks, to noticing spoiled food, to recognising environmental dangers that others pick up instantly. At Life After Lary, we hear this concern from our community every week: “How do I stay safe at home when I can’t smell anything?”

The good news is that with the right tools, habits, and protections, you can stay safe, confident, and fully in control of your home environment.

“Losing your sense of smell doesn’t mean losing your safety, it means adapting with confidence.”

Essential Home Safety Tools for Laryngectomees

1. Smoke Alarms in Every Room

Not just hallways, every room where a fire could start. Modern alarms are loud, reliable, and many come with vibration pads or flashing lights for additional alerting.

2. Carbon Monoxide Detectors

CO is odourless and deadly. Every home should have multiple detectors, especially near boilers, heaters, and kitchens.

3. Natural Gas Leak Detectors

These devices detect even tiny leaks and alert you instantly. They are inexpensive and life-saving.

4. Heat Alarms for Kitchens

Kitchens often produce harmless smoke from cooking, which can trigger standard alarms. Heat alarms detect dangerous temperature rises instead, ideal for laryngectomees.

5. Smart Home Alerts

Many modern alarms connect to your phone, sending notifications if something is wrong. This is especially helpful if you live alone.

Food Safety Without Smell

Without smell, spoiled food becomes a hidden risk. Here are essential habits:

- Check use-by dates strictly
- Store food correctly and avoid leaving leftovers out
- Use airtight containers to prevent contamination
- Visually inspect food for colour changes or mould
- Rely on texture — slimy or sticky means unsafe
- When in doubt, throw it out

Food poisoning is far more common when smell is absent, so caution is key.

Ventilation

Good airflow prevents buildup of fumes, damp and mould, all of which you cannot detect by smell.

Chemical Use

Cleaning products, paints, and solvents can be overwhelming without smell.

Always:

- Use in well-ventilated areas
- Wear protective masks
- Avoid mixing chemicals
- Store them safely

Electrical Safety

Burning smells are often the first sign of electrical faults. Without smell:

- Check appliances regularly
- Replace frayed cables
- Avoid overloading sockets
- Use surge-protected extension leads

If You Live Alone

Living alone without a sense of smell requires extra layers of protection, but it is absolutely manageable.

- Smart alarms that notify your phone
- Regular home safety checks
- Let trusted neighbours or family know you cannot smell hazards
- Register with the Priority Services
- Register for emergency support
- Use Relay UK to contact help quickly if needed

These steps create a safety net that keeps you protected and independent.

Your Safety Matters, Every Day

At Life After Lary, we want every laryngectomee to feel safe, confident, and secure in their home. Losing your sense of smell is a challenge, but it does not have to be a danger. With the right tools, habits, and support, you can live fully and safely.

“Safety isn’t about what you’ve lost, it’s about what you put in place.”

We will continue to advocate for better awareness, better protections and better support for everyone living with a laryngectomy. You deserve a home that feels safe, predictable and empowering.



Living Well After Thyroid Removal

Understanding Your Body, Your Energy, and Your Diet After Surgery

For many laryngectomees, thyroid removal is part of the surgical journey. It's a major change that affects hormones, metabolism, energy levels, temperature regulation, and even mood. Yet it's one of the least talked about parts of recovery. At Life After Lary, we want to shine a light on this experience and offer supportive, practical guidance for living well after thyroidectomy. Losing your thyroid doesn't just change your body, it changes how you feel, how you eat, and how you manage daily life. With the right awareness and habits, you can stay healthy, energised, and confident.

Why the Thyroid Matters

The thyroid controls:

- Metabolism
- Energy levels
- Body temperature
- Heart rate
- Digestion
- Muscle strength
- Mood and concentration

When it's removed, your body relies entirely on replacement hormones prescribed by your medical team. This is safe and effective, but it means your body may respond differently to food, activity, and stress.

“Life after thyroid removal is absolutely manageable, it just requires understanding your new normal.”

General Diet Tips for Life After Thyroid Removal

These are general lifestyle principles, not medical instructions. They support wellbeing and energy for people living without a thyroid.

1. Eat Regularly to Support Energy

Without a thyroid, energy can dip more quickly. Regular meals help keep your body steady.

- Aim for balanced meals
- Avoid long gaps without food
- Keep healthy snacks available

2. Focus on Protein

Protein supports muscle strength, healing, and energy.

Good sources include:

- Chicken, fish, eggs
- Beans, lentils, chickpeas
- Greek yoghurt
- Nuts and seeds

3. Choose Slow-Release Carbohydrates

These help maintain stable energy and prevent crashes.

Examples:

- Whole grains
- Oats
- Brown rice
- Sweet potatoes

4. Support Your Gut

Digestion can change after thyroid removal.

Helpful foods:

- Fibre-rich vegetables
- Fruit
- Whole grains
- Live yoghurt or kefir

5. Stay Hydrated

Hydration supports energy, digestion, and overall wellbeing, especially important for laryngectomees.

6. Be Mindful of Iodine

Iodine plays a role in thyroid hormone production, but after thyroid removal, your medical team manages this through medication. You don't need to avoid iodine, but you also don't need to supplement it unless advised by a clinician.

7. Limit Highly Processed Foods

These can cause energy spikes and crashes, making fatigue worse.

Managing Fatigue and Low Energy

Fatigue is one of the most common experiences after thyroid removal. You're not imagining it, it's real, and it's normal. General strategies include:

- Gentle daily movement
- Regular meals
- Staying hydrated
- Prioritising sleep
- Taking breaks when needed
- Avoiding long periods of inactivity

"Fatigue doesn't mean you're failing, it means your body is adjusting."

Temperature Sensitivity

Many people feel colder or hotter than before. This is a normal part of thyroid loss.

Helpful habits:

- Layer clothing
- Keep blankets accessible
- Use fans or cooling packs in summer
- Warm drinks in winter
- Avoid extreme temperatures

Mood and Concentration

Hormonal changes can affect:

- Mood
- Focus
- Motivation
- Emotional resilience

This is common and nothing to be ashamed of. Support from clinicians, family, and community groups can make a huge difference.

Why This Matters to Our Community

Most laryngectomees have been through thyroid removal, yet it's rarely discussed. At Life After Lary, we want to change that. Your thyroid matters. Your energy matters. Your wellbeing matters.

You deserve to understand your body and feel confident in your daily life.

"Life after thyroidectomy is not about limitation, it's about adaptation."



A Final Word of Support

Every person's experience is different. Your medical team is the best source of personalised advice, especially regarding hormone levels, medication, and symptoms. But as a community, we can share lived experience, practical tips, and reassurance.

You are not alone. You are not unusual. You are living a new normal, and you are doing brilliantly.

Our Community – The Heart of Life After Lary. A message from our Chairmen.

Standing Together, Supporting Each Other, Never Alone

At Life After Lary, our greatest strength isn't found in buildings, budgets, or branding, it's found in our people. Our community is the beating heart of everything we do. It is made up of individuals who have faced life changing surgery, families who have walked through fear and uncertainty, carers who give everything and clinicians who dedicate their lives to helping others. Together, they form something extraordinary.

This community is not passive. It is active, present and fiercely supportive. When one person struggles, others step forward. When someone feels lost, another offers guidance. When fear creeps in, someone else brings reassurance. It is a network built on lived experience, compassion and the simple but powerful belief that **no laryngectomee should ever feel alone.**

Standing Beside Each Other Through Every Stage

What makes our community remarkable is the way people show up for one another. Not because they have to, but because they want to. They understand each other in ways that only those who have lived this journey can.

They stand together through:

- Diagnosis
- Surgery
- Recovery
- Learning to speak again
- Adjusting to life without smell
- Navigating thyroid removal
- Managing daily challenges
- Celebrating victories big and small

Every message, every call, every shared story becomes a lifeline. People who once felt isolated suddenly find themselves surrounded by others who truly understand. That connection is powerful. It changes lives.

“Our community is proof that strength grows when people stand together.”

A Community Built on Courage and Compassion

Laryngectomy is not an easy path. It demands courage, resilience, and adaptation. But within our community, those qualities shine brightly. People lift each other up, share tips, offer reassurance, and celebrate progress. They give hope to those who feel overwhelmed. They remind each other that life after laryngectomy is not just possible, it can be full, meaningful, and joyful.

Families and carers are part of this strength too. They learn, support, encourage, and advocate. They become experts in their own right, and their love forms the foundation of recovery.

Clinicians, nurses, SLTs, and partners join this circle, offering professional guidance and human kindness. Together, they create a safety net that holds every person who needs it.

The Power of Shared Experience

There is something uniquely powerful about hearing “I’ve been there too.” It breaks down fear. It builds trust. It creates belonging.

Our community thrives because people share their stories openly, the challenges, the triumphs, the setbacks, the breakthroughs.

These stories become roadmaps for others. They show what is possible. They show that recovery is not a straight line, but a journey walked together.

“In our community, no one walks alone, not for a single step.”

More Than Support, A Family

Life After Lary is not just a charity. It is a family. A family built on empathy, courage, humour, honesty, and unwavering solidarity. People check in on each other. They celebrate birthdays, milestones, and anniversaries. They grieve together when the community loses someone. They honour each other's strength.

This family extends across the UK and beyond, from hospitals to homes, from clinics to community events, from online groups to face to face meet ups. Wherever a laryngectomee stands, someone from Life After Lary stands with them.

A Community That Changes Lives

The impact of this community is profound. It brings comfort to the newly diagnosed. It gives confidence to those learning to speak again. It provides reassurance during moments of fear.

It offers practical advice that only lived experience can provide. It builds friendships that last a lifetime.

Most importantly, it gives people hope. Hope that life can be full.

Hope that challenges can be overcome. Hope that they are never alone.

Our Promise

As Life After Lary continues to grow, our promise remains the same:

We will always stand with our community. We will always listen. We will always support. We will always ensure that every laryngectomee has a place where they belong.

Because this community is not just part of our charity, **it IS our charity and we thank you.**

Jon Organ/Ian Phillipson

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



Dysphagia friendly drinks

Safer ~ Simple ~ Enjoyable



Use Code:
LAYRS15 for
15% OFF
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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



W: www.slodrinks.com/shop

T: 03452 222 205

E: support@slodrinks.com

JOIN US THIS MONTH

Upcoming Zooms, contact details and community updates

Volume 1 — 01 August 2026

Monthly Support Zoom

Thursday 6th August / 6.30pm / General Catch-Up

Monthly Support Zoom

Wednesday 5th August / 6.30pm / Electrolarynx School with Malcolm Babb

Oesophageal Speech Zoom

Wednesday 26th August / 6.30pm Oesophageal Speech with Ian and Sarah



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



Cleaning Systems Limited

Industrial Cleaning Equipment Supplies