

NEWSLETTER

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JAN 2026

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Major Announcement

Friends, today we share something truly special. After three years of growing, learning, and standing together as a not-for-profit group... we are now officially a registered charity. This milestone belongs to all of us. To our admin team who work tirelessly behind the scenes, keeping both our main group and our loved ones' group running with care. To our trustees, who have guided us with wisdom and responsibility. And most importantly, to each of you, our members, our community. Your support, your voices, and your presence have carried us here.

What it means

Becoming a charity means we now have legal recognition and protection. We are accountable to the Charity Commission, which ensures transparency and trust. It means donations and fundraising can be handled with greater integrity, opening doors to grants and support we couldn't access before. It means our mission, dignity, visibility, and advocacy are not just heartfelt, but formally recognised as serving the public good. And it means we can grow stronger, reach further, and continue to stand for every patient, every family, and every story.

This is not the end of a journey; it's the beginning of a new chapter. Thank you for walking it with us.

Together, we are Life After Lary, and together, we are now a charity.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Register of Charities

LIFE AFTER LARY

Charity number: 1215969
Recently registered

Charitable objects

TO RELIEVE THE NEEDS OF PEOPLE WHO HAVE HAD A LARYNGECTOMY OR A DIAGNOSIS OF THROAT CANCER IN PARTICULAR BUT NOT EXCLUSIVELY BY A) PROVIDING EMOTIONAL, PRACTICAL, AND PEER SUPPORT B) TO PROMOTE EDUCATION AND AWARENESS OF LIFE AFTER LARYNGECTOMY TO THE GENERAL PUBLIC AND HEALTHCARE PROFESSIONALS. TO SUPPORT FAMILIES, CARERS, AND LOVED ONES OF THOSE AFFECTED. TO PROMOTE ADVOCACY, POSITIVE REPRESENTATION, AND RESOURCES FOR LARYNGECTOMEES, INCLUDING CARE PACKAGES AND PATIENT SUPPORT MATERIALS. TO ADVANCE HEALTH AND WELLBEING THROUGH MEETINGS, ONLINE SUPPORT, AND COLLABORATION WITH HEALTHCARE PROFESSIONALS AND ORGANISATIONS.



Life After Lary - our story

Life after Lary is an online support group created by a group of people who have lived every brutal, frightening, isolating moment of life after a total laryngectomy.

People are discharged into a world that no longer works the way it did the day before. Their voice has gone. Their breathing, eating, sleeping and confidence all change overnight. And the truth is this. Most are left to cope with that devastation alone.

Follow-up support is inconsistent, minimal or completely absent. Life after Lary steps into that void because nobody else ever has. This is not another neat, well-behaved health charity. It is a lifeline built by the people who actually need it. It is powered by lived experience, by scarred necks, by lost voices, by the courage it takes to rebuild a life from the inside out. That authenticity is why people flock to it. For many, it is the first time they have found somewhere they do not have to pretend they are coping.

The need has been ignored for decades. Around 700 people in the UK lose their natural voice permanently every year. The physical operation ends in a matter of hours. The emotional recovery takes years. Isolation, stigma, fear, embarrassment, identity loss, relationship strain and the daily graft of learning how to live again are common, yet almost entirely hidden from public view. These people have had nowhere to turn. No national support. No voice in the system. Nothing. Life after Lary is breaking that silence. It gives people connection, dignity and proof that they are not the only ones fighting this battle. It helps them reclaim who they are in a world that often stops seeing them the moment their voice changes.

Monthly Zoom: Wednesday 7th January 6.30pm

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

Please note the **change of day** for the first zoom meet up of the year. Hosted by our very own CEO & Chairperson Jon Organ.

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**.



Life After Lary - Charity Status - Press Release 01/01/2026

Life After Lary becomes a registered charity

Life After Lary becomes a UK charity dedicated to supporting people after laryngectomy run by people with a laryngectomy. New charity aims to offer long-term support, community and advocacy for people whose lives have been changed by throat cancer. Life After Lary is pleased to announce that it is now officially a registered charity in the UK.

The charity will support individuals who have undergone laryngectomy or related treatment, offering peer support, practical guidance and advocacy to improve life after treatment.

Jon Organ, founder and joint CEO of Life After Lary, said: "Becoming a charity marks a huge step forward for Life After Lary. It gives us the foundations and the legitimacy to reach more people, strengthen our services and ensure that every person living after a laryngectomy has somewhere to turn. Too many people feel isolated after surgery, unsure where to find practical advice or a community that understands what life looks like now. Our aim is to change that. We are committed to building a supportive, inclusive community where people can share experiences, find guidance and feel less alone. We also want to be a strong voice on the issues that matter to those living with life after laryngectomy, from better awareness and understanding through to improved services and pathways of care. For us, this is about more than organisational status. It is about standing alongside people whose lives have changed forever and making sure they have the support, dignity and visibility they deserve."

If you would like more information, an interview with a trustee or a case study, please contact:

Jono Organ

Chairperson

Life After Lary

Email: liferafterlary@gmail.com

Phone: 07557 095909

Thank you's

We would like to express our deepest gratitude to our main sponsor **S&J Cleaning Systems Ltd**, whose generosity and belief in our mission have been with us from the very beginning. Their support as our main sponsor has not only strengthened our work but has truly helped us make a real difference. We're incredibly thankful for their commitment and partnership. We look forward to the future together and your continued support.



We would also like to extend a sincere thank-you to **SLO** and **Atos Medical** for their continued support. Their commitment and encouragement have played an important role in helping us move forward, and we're truly grateful for everything they've contributed and continue to contribute as we move forward.



Dysphagia Friendly Drinks
Safer ~ Easier ~ Enjoyable



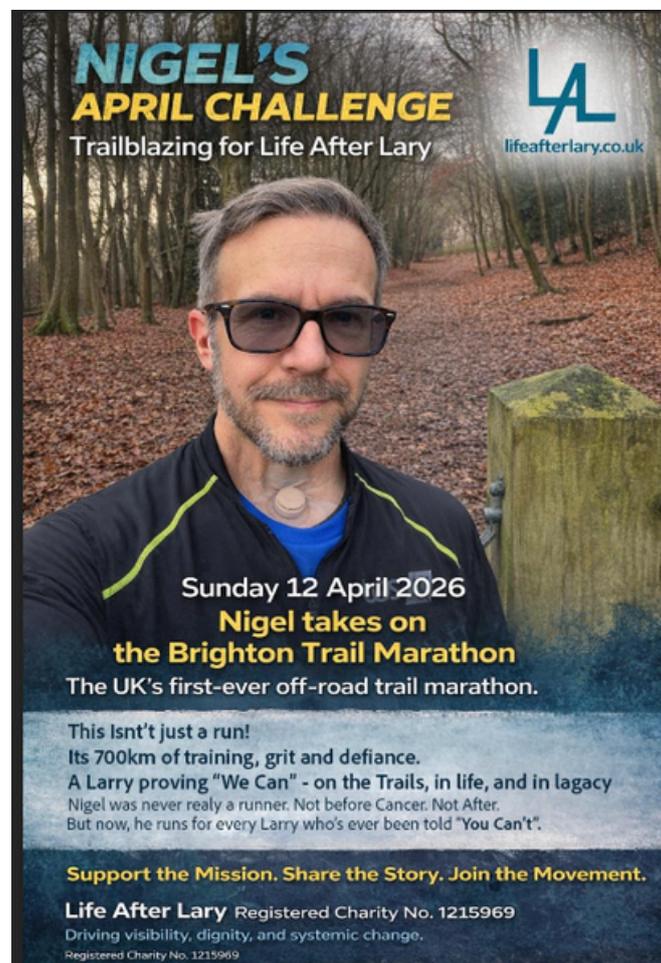
Dates for the Diary – Future Meet-up’s

Surrey: 13.00 – 16.00 – Oxshott Community Hub, Verrey Lane, Surrey KT22 0DB.
Jan 27th, March 24th, May 26th, July 21st, September 29th, November 24th.

Shropshire: Lary Lounge 14.30 – 16.00 – The Wakes, Oakengates, Shropshire, TF2 6EP.
27th January, 31st March. Further dates to follow.

Norfolk: 14.00 – 16.00 The Royal Standard public house NR19 1AY.
20th January. Further dates to follow.

To celebrate us becoming a charity, Nigel Skilton, a group member, will be undertaking a mammoth challenge. We will be sharing how to sponsor Nigel soon.



**NIGEL'S
APRIL CHALLENGE**
Trailblazing for Life After Lary


lifeafterlary.co.uk

Sunday 12 April 2026
**Nigel takes on
the Brighton Trail Marathon**
The UK's first-ever off-road trail marathon.

This Isn't just a run!
Its 700km of training, grit and defiance.
A Larry proving "We Can" - on the Trails, in life, and in lagacy
Nigel was never really a runner. Not before Cancer. Not After.
But now, he runs for every Larry who's ever been told "You Can't".

Support the Mission. Share the Story. Join the Movement.

Life After Lary Registered Charity No. 1215969
Driving visibility, dignity, and systemic change.
Registered Charity No. 1215969

Coming soon

Coming soon for sale at a discounted price to group members — [seat belt covers](#). Please email lifeafterlary@gmail.com to place your orders.



Do you have a fundraising idea you'd love to share? We're always excited to hear new ways we can make a difference together. If you're creative and enjoy crafting, we'd also love help making items we can sell to raise funds.

If you'd prefer to support us in another way, you can set up a monthly standing order to Life After Lary, every contribution, no matter the size, helps us continue our work.

Please get in touch if you'd like to be involved. Your support truly means the world to us.

Available now

Currently, we have several beanie hats available for sale. These complement our LAL range of goods. We sell wristbands, medical alert car window stickers, LaL pin badges and plastic cards with details of being a neck breather plus emergency contact details.

In the next edition of the newsletter, we will be showing off our range of merchandise – it will be worth the wait!

Please email lifeafterlary@gmail.com to place any orders.



Dysphagia friendly drinks

Safer ~ Simple ~ Enjoyable

Use Code:
LAYRS15 for
15% OFF
your first
order



Slō Milkshakes+ Oral Nutritional Supplements

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

Slō Syrup Concentrated liquid thickener

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

Pill-Eze Makes Pills easy to swallow



Welcome to Atos Care

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

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

The Atos Circle of Care

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

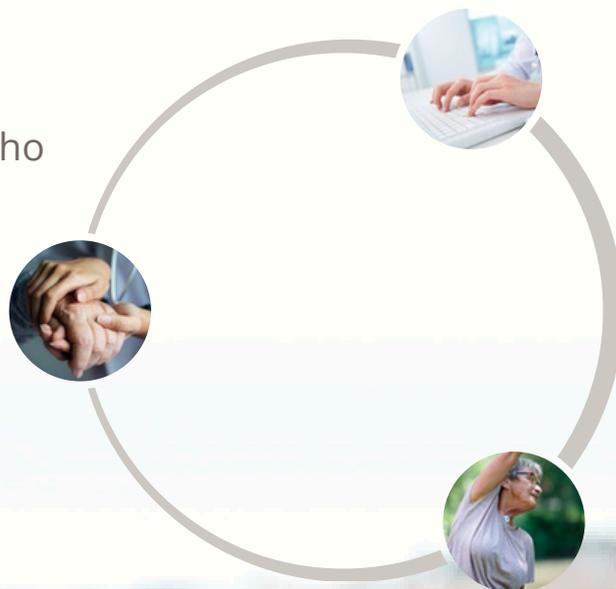
- Enhanced support for your first six months from our Welcome Team of CQC Registered Nurses
- A welcome pack and a welcome call
- Practical tools and equipment to make life easier, including a complimentary care bag containing a range of helpful items
- Regular liaison with clinicians for joined up care

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

- A dedicated Customer Care Representative
- Personalised service - you choose how and when you hear from us
- CQC Registered Nurses to support you in your daily routines, in close partnership and communication with clinicians
- Educational events in the community for people with similar experiences

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

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



Call us:
0800 783 1659

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

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

