

NEWSLETTER

PAGE 1

MAY 2026

INSIDE THIS ISSUE

- Julia's Story
- New Board Member
- Dr. Thomas Moors
- 1,000 Facebook members
- Zoom Details
- Meet-Up's
- From Hell no to the finish line
- World Voice Day
- Jon's out and about again!
- Pen Friend Service COntinues



Julia's Story

I went to the doctors about an unrelated problem and just happened to mention that I'd had a funny throat since before Christmas and thought that maybe I'd scratched whilst eating or got a fish bone stuck. He told me to go to A&E which I did that evening after work. I was sent through to primary care, then an xray, and once the Doctor looked at it, he said he wanted to keep me in overnight. I was eventually given a bed

around 1 am. Around 9ish, the consultant came round and after inserting the camera down my nose, told me I had cancer there and then. This was Saturday, 27th January 2024. The Consultant said he wanted to do a biopsy to confirm and also arranged an appointment with him in clinic, where I was told no more swimming. I did say to them that I still wanted to carry on sailing. To cut a long story short, I had my laryngectomy on the 4th March 2024, around 5 weeks after initial diagnosis. Whilst on the ward I met some amazing people, including Dr Thomas Moors, who gave me contact details so I could join his choir when ready to do so, which I did. So by October 2024, I was singing with them in the Royal Opera House in London and in November, I was sailing a 33ft yacht from Corfu to Athens. Was very tired by the end though, perhaps should've done a less arduous and shorter trip to start with. Since then, along with my regular hospital team check ups, and shout out to cancer choir practices, I've been busy going to London for mri's to help ongoing studies into laryngectomees as well as other choir members (which led to a 3D print out of our throats) which were then used as an organ when we went to London for the October concert at King's Place. Also, 2 more sailing trips in Greece, Kefalonia to Corfu in the April and then Corfu to Kefalonia in November 2025.

THE BIG PICTURE

Julia Lang, from Fulwood, a member of the Shout at Cancer choir for people who have had their voice box removed. Photo: Neil Cross



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!

S&J Cleaning Systems Limited

Industrial Cleaning Equipment Supplies

Meet our new Board Member – Laura Charlesworth

I am a HCPC registered Therapeutic Radiographer with over 17 years of experience in clinical practice, academia, research and national strategic roles. I currently work as Health Services Research Fellow at York St John University and will be starting as Associate Professor with the University in April. Alongside my research role, I have been working as Professional Officer for Professional Body for the Imaging and Oncology workforce; The Society and College of Radiographers.



My expertise lies in education and research, from design through to delivery and implementation, including project and programme management and governance oversight. I have led programme development and review, authored national guidance, ensured regulatory and quality standards, and published and translated research findings into policy and practice. I have also secured and managed external funding to grow research and education portfolios.

My career trajectory now allows me to focus mostly on research, and my research portfolio is focused on improving cancer care experiences and outcomes, particularly for people and communities who experience inequality. My PhD explored cancer and severe mental illness, examining how comorbidity influences experiences and what this means for more personalised and equitable cancer care. Across my career I have spent many years working at the interface of research, policy and practice and have been fortunate to work in roles for organisations such as Public Health England and Cancer Research UK. As I move into the Associate Professor role, I will expand my programme of cancer focused health services research whilst also providing strategic leadership in Radiography education and workforce development.

I am driven by a belief that we can and must do better for people who are diagnosed with cancer. I am particularly passionate about improving the diagnosis and treatment experiences and reducing health inequalities, not only in terms of survival but also in dignity, being heard and providing coordinated care.

In late 2024, my husband was diagnosed with head and neck cancer. Navigating the pathway from the other side, whilst working full time and caring for a very young child has undoubtedly shaped my perspective. It has reinforced my commitment to compassionate, joined up services that recognise the unique circumstances that each individual presents with. I want to ensure that services are never designed without involving the patient and carer voice.

Meet Laura

Outside of work, I live in rural Derbyshire and can often be found trekking through a muddy field with my Cocker Spaniel in tow. Space and perspective that the outdoors provides is really important to me and I feel it grounds my work in what really matters; people, families and the communities that support them.

I've been inspired by Jon from the first moment that we met. Jon's passion and drive have shaped Life After Lary and I'm passionate about the mission of the Charity. I would love the opportunity to contribute to the work of Life After Lary, sharing my knowledge and experience that I have acquired to date. Supporting the Charity's vision and helping to drive meaningful, evidence informed change for people affected by cancer is work that matters to me, both personally and professionally.



Could you sponsor our newsletter? All sizes available —

- Full page – varies by publication (e.g. A4: 210 × 297 mm)
- Half page – horizontal or vertical
- Quarter page
- Eighth page
- Banner strip

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

thislogotm

Dr. Thomas Moors

A Voice Beyond the Larynx: Reflections on Community, Creativity and Life After Laryngectomy I'm a doctor in ENT doctor, I run a choir, I do research: my PhD, and I love to think creatively and laterally.

Over the years the core of my drive has become more and more clear to myself: it is about helping people reconnect – to themselves, to others, and to the world – after something as fundamental as their voice has changed.

Because voice is never just sound.
It's identity. It's presence. It's how we exist in relation to others.
And when that changes, everything shifts.

From Silence to Connection

Shout at Cancer didn't start as something big.
It started with a simple idea: using breathing and singing to support voice rehabilitation after laryngectomy.
But very quickly, it became clear that something else was happening.
People weren't just learning to produce sound again.
They were rediscovering confidence. Humour. Connection.
They were finding themselves again, in a different way.
What has stayed with me most over the years is not only the individual journeys, which are often extraordinary, but the collective strength that has grown around them.
Because this is no longer just a choir.
And it's not just a project.
It's becoming something much bigger.

A Growing Community

Over the past few years, I've noticed a real shift. There is a growing strength in the laryngectomy community. Covid times were devastating, and we later on lost the laryngectomy club association, but this very special community is bouncing back.
There is more visibility.
More connection.
More willingness to support one another.
Initiatives like Life After Lary are helping to bring people together and share experiences more openly.
Laryngectomy clubs, some of which had lost momentum, are being revived with new energy.

And importantly, there is a growing group of volunteers stepping forward as buddies for newly operated patients. That role cannot be overstated.

There is a moment, early on, where everything feels uncertain.

And hearing someone say, "I've been through this, and you will be okay," changes everything.

It shortens the distance between fear and possibility.

It also shows something important. This community is not defined by what has been lost.

It is defined by how people adapt, support each other, and move forward.

Beyond the Clinic

As clinicians, we are trained to look at outcomes. Voice quality, swallowing, surgical success.

But life after laryngectomy does not happen in clinic rooms.

It happens in everyday moments.

Ordering a coffee. Speaking to family. Being understood, or misunderstood, in public.

That is where identity is rebuilt.

And that is where support really matters.

This is why this space cannot sit within medicine alone.

It requires collaboration across disciplines, across communities, and also with industry.



A Broader Role for Industry

I have seen a meaningful shift in how companies like Atos Medical are engaging in this space.

Clinical products are essential. That will always be the case.

But what stands out more and more is their wider commitment. Training professionals. Providing accessible information. Supporting the community itself.

Initiatives like the Atos Life app, their involvement in patient support, and continued investment in research and development all point in the same direction.

Another important development is the Global Laryngectomy Academy. Led in collaboration with centres such as the Netherlands Cancer Institute and expert clinicians like Dr Michiel van den Brekel, it creates a space for real exchange of knowledge and experience.

This is not abstract. It directly translates into better care after laryngectomy.

It brings clinicians together, raises standards, and supports the development of new talent dedicated to voice restoration, such as Konrad Zieliński, a laryngectomee himself who is based in Poland.

Rehabilitation is not just technical. It is human.

When that perspective is taken seriously, the impact goes far beyond devices.

It supports confidence, independence, and connection.

And ultimately, it strengthens the whole ecosystem around the patient.



Why This Work Matters

For me, this work has never been simply about giving someone their voice back. Because the voice is not lost. It changes. It adapts. It finds new routes. What we do, through music, through community, through shared experience, is create space for that voice to re-emerge. Sometimes differently. Often more intentionally. But always meaningfully.

Looking Forward

What excites me most now is the sense of momentum. A community that is becoming more connected. More visible. More confident in itself. A growing recognition that rehabilitation must include emotional and social dimensions, not just physical ones. And a willingness, from patients, volunteers, clinicians, and industry, to work together. There is still a lot to do. But something important is already happening. A shared understanding that life after laryngectomy is not the end of something. It is the beginning of something else. And increasingly, that it is not a journey people should go through alone.



From Practice to Possibility

At Shout at Cancer, we see ourselves as part of this wider movement.

Our role has never been to replace clinical work, but to extend it. To create spaces where people can explore what their voice can become, not just what it has lost.

Through workshops, performances, and collaborations with researchers and clinicians, we have tried to contribute to a growing understanding that voice rehabilitation is not only about function. It is about identity, creativity, and connection.

One of the most tangible expressions of this is the instrument we recently created. Built from 3D-printed MRI scans of vocal tracts, developed together with colleagues at Royal Holloway, UCL IOE, and the Birkbeck-UCL Centre for Neuroimaging, it turns anatomy into sound.

It is, in a way, a physical metaphor.

Each vocal tract is a frozen moment. A shape of sound that once was, captured and reimaged. When played, it produces something familiar, yet completely new.

That is what life after laryngectomy can be.

Not a return to what was before, but the emergence of something different. Something shaped by change, but not limited by it.

What matters just as much as the instrument itself is how it came into being.

Patients, clinicians, researchers, engineers, artists. Different disciplines, different perspectives, all contributing to something shared.

Shout at Cancer became the space where those voices and minds could come together.

Not in isolation, but in collaboration.

Not in fragments, but in unison.

Unisono after laryngectomy.

And that, more than anything, is what this work is about.

--

Dr Thomas Moors
Founder and Director -
Shout at Cancer
www.shoutatcancer.org
Tel: 00447879392005



From an Idea to 1,000 Voices of Support

This April, we reached an incredible milestone – 1,000 members in our Facebook community. What began as a simple but powerful idea from Jon and Ian – that no one living with a laryngectomy should ever feel alone – has grown into something truly special.

Every single day, this group lives and breathes that vision. It's in the questions asked without hesitation, the honest sharing of experiences, the tips that make daily life that bit easier, and the unwavering support offered to strangers who quickly become friends. Whether someone is newly diagnosed, preparing for surgery, or years into their journey, there is always someone here who understands.

Reaching 1,000 members isn't just about numbers – it's about connection. It's 1,000 people, plus their families and carers, coming together to lift each other up. It's proof that even in the most challenging circumstances, community matters, and no one has to face this path alone.

To Jon and Ian – thank you for having the vision to create this space. And to every member – thank you for showing up, sharing, and supporting one another every day. Here's to continuing to grow, connect, and ensure that no lary ever feels alone.

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



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



Monthly Zoom: Thursday 7th May at 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!*

Additional Zoom: Oesophageal Speech Zoom: Thursday 21st May at 6.30pm

Ian (Skip Ari) will host a second zoom call on the topic of oesophageal speech. This is a great skill to master if you can and removes the need for speech valves or an electrolarynx. Ian is graciously giving up his own time so please support him and join if you can. A link will be available on Facebook and the website.

Meet-up's – An Update & Dates for the Diary

Our community meet-ups continue to go from strength to strength, bringing members together in person to connect, share experiences, and support one another. Recently, we've had fantastic gatherings in Shropshire and Buckinghamshire, with more to come. These events simply wouldn't happen without the dedication of our meet-up coordinators and volunteers, who put in so much time and effort behind the scenes to make each one a success.

We'd also like to extend our thanks to Atos Medical and Severn Healthcare for attending and generously providing refreshments. Most importantly, thank you to those who attend. You are what makes these groups so special. Without you, there would be no shared experiences, no connections, and no support network for others who may need it.

Looking ahead, meet-ups are planned for Surrey and Shropshire next month, and we encourage as many people as possible to come along and support one another. Together, we are stronger.

We're also excited to be expanding, with future groups in development across Newbury, Reading, Jersey, and across Scotland – with many more to follow.

Surrey: 13.00 – 16.00 – Oxshott Community Hub, Verrey Lane, Surrey KT22 0DB.

May 26th, July 21st, September 29th and November 24th.

Shropshire: Lary Lounge 14.30 – 16.00 – The Wakes, Oakengates, Shropshire, TF2 6EP.

26th May, 28th July and 24th November.



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.

Holiday Time!

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

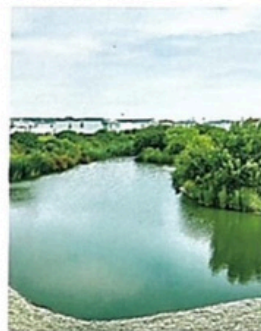
There are 4 beautiful types of accommodation to choose from:

- 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!**



From Hell no to the finish line by Nigel Skilton

Have you done a marathon?"

Since my total laryngectomy in February 2022, I have taken on a few challenges that most regular airway folk would call extreme – and that, for a lary, sit somewhere between brave and completely insane. Four Hyrox races. The ATHX Games with a fellow lary. Two London to Brighton off-road MTB rides. An Xterra Duathlon. The X-tron Live virtual fitness event, all the way through to the Finals. But whenever I get talking to people about the events, the training, the kit – eventually, the same question pops up:

"Have you done a marathon?"

I'd usually laugh and say, "Hell no. I might be quite mad, but I'm not marathon-running mad."

Even before I became a lary, the idea of running 26.2 miles seemed ludicrous. Post-op, the furthest I'd ever run was about 10 to 12K. So 42K? That belonged to other people. Signing up anyway And yet, in 2024, completely out of the blue, I put my name in the ballot for the 2025 TCS London Marathon. No luck. I tried again in 2025 for the 2026 race. No luck again. So I started looking around for alternatives – and that's when I came across the Mavericks Brighton Trail Marathon. A first-of-its-kind event, off-road, over the South Downs. I've always loved trail running, and the thinking went something like: "why do a simple marathon when you can do a much harder one?"



I signed up, bought a pair of trail shoes and some warm winter kit, and started a 21-week training plan: two to three runs a week, weekly distance creeping up towards marathon distance, around 700K total by race day.

The work no one sees

Anyone who remembers the start of 2026 will remember it was wet. I ran in mud. I ran in rain. I ran, on more than one occasion, in snow. It was a lot. But I'd started something, so I pushed on.

People talk about a marathon as though the race is the hard bit. It is not. The race is just the finish line. The real work is the early mornings in the cold, the aches, the dodgy knee, the trial-and-error of gear, fuel, pace and effort. And as a laryngectomy, there is a whole extra layer: how to keep clean on the go, what supplies to carry, which HMEs to use, which baseplates hold up over hours of sweat – all that good stuff.

By mid-February, the runs were getting long. I was about to go further than I'd ever run in my life, so I decided my first ever half marathon should be on the actual race route – a recce of the ground and the course. 21K, 2 hours 25 minutes. Solid groundwork for a hopeful sub-5-hour marathon.

From there the distances kept climbing. 25K. 28K. 30K. Then a 32K long run a few weeks before race day – the longest run of the plan. Distances that, a year earlier, would have sounded ridiculous now felt routine.

Race day: 12 April

By April, the rain was a memory. I'd tweaked my setup, sorted my breathing, and the donations had come in. Nervous? Yes. I still hadn't crossed 32K in a single run, and most long runs ended with me thinking, "could I really push another 10K after that?" I was about to find out.

I got up early, ate, and drove to Brighton. Not too hot, not wet. A decent crowd – 1,300 trail runners. The route: 36K of trail across the South Downs, joining the main Brighton Marathon at Madeira Drive for the final 6K to the finish at Hove Lawns. 9:30. Off I went.



And then, the knee

The first 5K went perfectly. Steady pace, decent group around me, no one pulling me along too fast. Then, around 10K – just before the big climb up Ditchling Beacon – my knee twinged.

I'd had niggles in training, mostly under control, mostly the price of pushing the distance. I'd hoped it would hold. It didn't. The pain came mainly on the climbs and descents – the flat was fine – so I held back, adjusted, and kept moving.

At 18K we hit a long, steep descent down to the halfway outpost. I walked it, and by the time I got to the bottom I was almost limping. I remember thinking, "I'm not sure this is going to hold together for another 21K."

So I refuelled. Walked a bit. Eased back into a slow jog. The pain dulled to a manageable ache. The plan changed: forget the target time, slow the pace, walk where needed. After four months of training, I wasn't about to give up. That's not what we do.



Just finish

The kilometres ticked by. Eventually, the trail spat me out at Brighton Marina, with just a stretch along the seafront before joining the main marathon. One more outpost, then effectively a 5K park run equivalent to the finish.

By now my knee was on fire, and it had dragged my hip into the argument because I'd been compensating for so long. Both were screaming. But we were still going, and we were finishing this.



I was just past 5 hours. I knew the maths: I can run a slow 5K in under 30 minutes. I can walk one in 40–50. Worst case, I walk the rest and get over that line. Joining the main marathon was a lift I did not know I needed. More runners, more supporters, music, noise, the atmosphere was electric. I ran, walked and occasionally limped. Past the pier. Onto the last stretch of seafront. As I came round to Hove Lawns I could see the finish tower across the way. Less than 2K to go. Then I heard my name. My wife and daughter were at the side of the road. A quick hug, a few words, and I pushed on for the line.

5:41:11

I crossed the line surrounded by hundreds of main marathon runners. 5 hours, 41 minutes, 11 seconds. I had done it. A marathon. Medal in hand, finisher's shirt over my shoulder, knee and hip threatening to walk off the job entirely if I did not sit down at once. I felt emotional. I usually do at these things – the London to Brightons, Hyrox, and now this. There is a moment after a long, hard effort when relief, exhaustion and a flood of chemicals all arrive at once, and it's amazing and draining in the same breath. The sense of achievement really is exactly how people describe it.

Why I keep choosing this

At most events there is an MC hyping the runners, and the line I hear most often is some version of: "Feel good about what you are about to do. Remember – you chose to do this." That sticks with me. I am incredibly lucky that I have the choice to do these things, because so many do not. That is why I try to do as much as I am able while I am able. One day, that choice might not be a choice anymore.

Until then – onto the next one.



World Voice Day: Jon Organ shares what it really means to lose your voice to cancer and rebuild your life after laryngectomy

For World Voice Day on 16th April, our very own Jon Organ shared his personal story of losing his natural voice to throat cancer and rebuilding a life, identity and purpose after laryngectomy.

Before cancer, Jon was known for his big personality and even bigger voice. Loud, expressive and full of humour, his voice was central to how he worked, connected with people and showed up for his family. But after treatment for throat cancer led to a total laryngectomy, that voice was gone.

Jon says the impact of laryngectomy goes far beyond surgery itself. "People hear that the operation saves your life, and of course, that matters most," said Jon Organ. "But what they do not always understand is that you are also grieving the loss of something deeply personal. Your voice is not just sound. It is part of your identity, your confidence, your relationships, and how you move through the world."

Jon also wants to highlight the impact on loved ones, something he believes is often overlooked. "My family were not just frightened of losing me," he said. "They were frightened of losing the sound of me – the voice they had always known as husband, dad and grandad. Cancer happens to the whole family, not just the patient." After surgery, Jon faced the physical and emotional challenge of learning how to communicate again. With support, rehabilitation, and speech and language therapy, he gradually developed a new voice through a voice prosthesis.

That experience would go on to shape the mission behind Life After Lary, a platform built to support people living with the realities of life after laryngectomy and to remind them that they are not alone. "Life After Lary came from lived experience," Jon said. "It came from knowing how isolating and frightening this journey can be, and how much people need peer support, practical guidance, and hope from others who have walked the same road. There is life after lary, but people should not have to find that out alone." World Voice Day provides an important opportunity not only to recognise the personal significance of voice, but also to raise awareness of the warning signs that should never be ignored. Persistent hoarseness, voice changes, difficulty swallowing, a lump in the neck, or other ongoing throat symptoms should always be checked. For Jon, the day is about visibility as much as awareness.

"World Voice Day matters because voice is about dignity, identity and connection," he said. "It is also about making space for voices that sound different – reconstructed voices, mechanical voices, quieter voices, changed voices. A different voice is still a full voice."

Through Life After Lary, Jon is using his experience to help others rebuild confidence, communication and identity after life-changing surgery, while also encouraging the public to take persistent voice changes seriously and seek help early.

"This World Voice Day, I am not mourning the voice I lost," Jon said. "I am honouring the voice I rebuilt."

World Voice Day – Reaching Out to Schools

On 16th April, for World Voice Day, we took an exciting step by reaching out to local schools.

Although it was a little last-minute, two schools kindly agreed to take part as a test run for 2027 – and we are incredibly grateful for their support: Wallington Primary Academy and Whitelands Park Primary School.

Information flyers were sent home, and both schools hosted a mufti day alongside activities designed to help children understand the importance of voices and to celebrate the many ways people communicate. Throughout the day, pupils took part in silent activities, including a "silent mile" around the playground and at least one completely voice-free lesson.

Children communicated in creative and thoughtful ways – through drawing, writing, and gestures – gaining a deeper understanding of how communication goes beyond spoken words.

Teachers shared that the day was a great success, with plans already in place to take part again next year. Funds raised through the mufti day are still being finalised, so watch this space.



Jon is out and about again!

We were delighted to meet and have photos taken with Mr Arun Takhar FRCS (ORLHNS) – Consultant ENT/Head & Neck, Thyroid and Robotics Surgeon, MDT Lead Clinician, and Clinical Lead for Head & Neck Cancer – as well as Sian, Head & Neck Clinical Nurse Specialist.

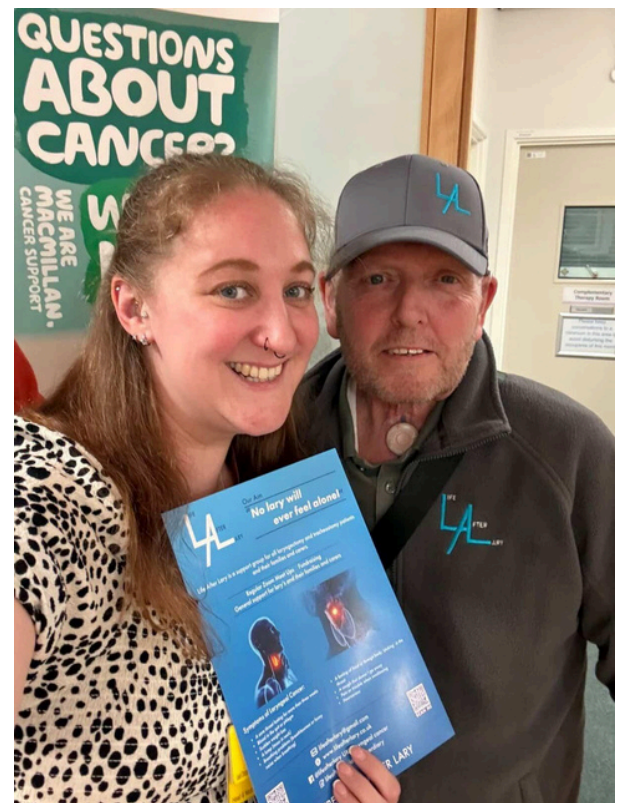
We spoke all things LaL and laryngectomy, and a fantastic working partnership is now taking shape.

As part of this collaboration:

- Our contact details will be included in new Macmillan brochures
- Our posters will be displayed across the hospitals they work in
- We have been invited to host stands at a minimum of three hospitals to showcase who we are and the support we provide

We are also thrilled that Mr Takhar is hoping to join Life After Lary as a patron in the near future. We're still working on Sian, watch this space.

A huge thank you for inviting us. We look forward to returning soon with our stands and continuing to build this important partnership for the benefit of every laryngectomy patient and family we serve.



Newly launched – 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



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.

Coloplast and the Coloplast logo are trademarks of Coloplast A/S.
© 2026-01 Coloplast A/S. All rights reserved.

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



INTRODUCING

Blom-Singer®

SpeakFree™ HME

Hands Free Valve



It's simple.
Your HME and hands
free speaking valve,
all in one.

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.

Register on our Laryngectomy SpeakEasy Forum:
www.severnhealthcare.com/community/forum/11-the-speakeasy/
to watch the **SpeakFree™ HME** video

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**
Attaches to Blom-Singer® adhesive housings or a Blom-Singer® StomaSoft® Laryngectomy Tube.

Whatever your activity or lifestyle. A simple, disposable hands free HME that fits with your active life

AVAILABLE ON PRESCRIPTION

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



severnhealthcare.com • Telephone: 01635 887640 • Email: service@severnhealthcare.com