

# NEWSLETTER

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APR 2026

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### Carl's Story

Hello everyone my name is Carl Rowell and I'm proud to be one of the trustees and one of the admin team at Lifeafterlary. I'm a single dad who's son is now grown up and one of the Lal ambassadors

I believe my cancer journey started 19 years ago when I tore my vocal cords auditioning for a college rock band I foolishly went straight into a Lynyrd Skynyrd number "Sweet Home Alabama" without warming my vocal cords up first. It took quite a while for them to heal but my voice was never the same afterwards.

I was a heavy smoker and I worked as a plasterer, painter and decorator/handyman. My job meant I was always in dusty or solvent fumed spaces, that and the smoking caused that injury to fester into cancer some years later. For the 5 years prior to diagnosis, I used to come home from work coughing for ages until I got all the junk I had breathed in during that day's work out of my lungs. At the time I just put my coughing down to my work and having a smokers cough and like a typical man did nothing about it. Until December 2021 when I started coughing out blood, still being a typical bloke I still avoided going to the doctors, instead just gargled some whiskey and thought that will do it.

Come early February 2022 I realised after having a major bleed from my vocal cords I succumbed and saw my doctor, who immediately booked me for an endoscope and referred me to the cancer team. The endoscope Dr's first comment was " Oh that's nasty! We need to book you in for an emergency biopsy and MRI scan. My biopsy was booked in for the 8<sup>th</sup> March 2022 and I awoke from the operation with 2 Mcmillan CNS' sat next to my hospital bed, and when the oncology Dr came she told me the bad news that I had stage

## Carl's Story

3 laryngeal cancer of my vocal cords and the base of my super glottis.

At the time my son was only 16 and facing his gcse's and I am his only family so he was fully dependant on me surviving or he would be left alone to face the world. So I was determined to beat this if only to get my son into manhood before I passed.

I was told by the Consultant that they were going to cure me with radiotherapy and chemotherapy and I was referred to the Royal Marsden in Sutton. Where my treatment started, first the removal of my back teeth and then once that had healed, I was prepped for treatments to start. A big struggle for me was going through the fitting for the mask, it freaked me out as being pinned down had brought on some ptsd I had from my youth. I found the radiotherapy very difficult, but the radiographers at the Marsden were fantastic and to help me get through each treatment, I asked them to talk to me continuously during the treatment as if they were live on a talk radio station. I heard about all their lives and holidays and future plans, which really helped stop the uncontrollable panic I'd have the moment I was pinned down. In the end, I only had one chemo session as it made me very ill and caused an infection, which hindered the radiotherapy. My treatments came to an end mid-June that year and I was losing weight fast as I found it so hard to eat anything, everything tasted so bad, I'd lose my appetite after just one mouthful and found swallowing very difficult despite feeling awful and trying to survive on just a couple of fortisips a day as even those were hard to swallow. I decided to try and make that summer one of the best for my son, as at the time I felt I wasn't going to make it.

We had a great summer. First we went on our annual summer scout camp and although I was in a lot of pain and heavily medicated I managed to still continue my role as a Scout Leader. We had 2 more great holidays one down in devon and one up in Scotland where we did as many water activities as possible as I knew the cancer tumour hadn't shrunk as I could feel it getting worse.

I had my 3 month scan in September and it was confirmed the treatments had failed and was told I had 6 – 12 months left to live or have a rescue laryngectomy and hopefully live a lot longer. I met with a lary before my op who had been a lary for well over 20 years and he showed me that he can still speak and he even performed as a standup comedian. He is known as Happy Lary and is a member of our LaL family.



## Carl's Story

Meeting him gave me more confidence about having the op so November 15th 2022 I went under the knife and had a laryngectomy. I awoke with tubes coming out of me and feeling quite sorry for myself.



I was given an electrolarynx to start with which was very hard to use at first as I had so much swelling. I had a tep puncture during my op and my food tube was passed through it, but as soon as I had passed the swallow test I was fitted with a tep valve and I remember feeling so good as I rang my son up and managed to speak to him for the first time in a couple of weeks, it was an emotional call.

Once I left hospital and got home I thought I'd be ok and things would go back to normal. It was a difficult Christmas as I got used to being a lary. I started to feel very isolated as I had gone from having constant care and visitors to next to none. Yet I still had to be a father and all the responsibilities that entailed, but whilst my son was at sixth form during the day I would get very depressed and struggle with who I now was.

Fortunately, I got a call from the best start nurse from Atos and she helped me not feel so isolated and I really looked forward to our chats over the first few months. I felt that once I had been discharged the team I had at the hospital weren't giving me the best support nor had they told me exactly what had been done during the operation despite me asking. I hadn't realised that my thyroid would have had a substantial amount removed during surgery and what was left was damaged from the radiotherapy, and despite me telling the consultant my symptoms which were symbolic of hyperthyroidism, one being massive weight gain yet always feeling hungry yet having very little energy. His reply was "well if your putting on weight then you don't have cancer!" and that was that. Then because I wrote an angry email to the phycologist that I was seeing during and after my operation complaining about how he had caused me and my son additional problems over things I had shared with him. In response the hospital cancelled all my appointments and refused to treat me because I had written saying I hope that he'd have to experience what I went through so he could truly understand what it really feels like . This was deemed as a physical threat!!

## Carl's Story – cont..

And I was told that I would have to sign a behavioural contract with them or they would no longer change my tep valve and then have no voice, or any other treatments. I was basically held to ransom, so I had to sign it despite feeling very let down by all concerned for telling a therapist how I felt.

Once again, Atos came to my rescue and 2 of their nurses came and visited me as I had hit an all time low and they reassured me that they would help if I was refused a valve change again and help me find somewhere else. So this wouldn't happen again as I felt the team at St Georges didn't care for me as their patient and were more concerned about their own ego's, my GP and I decided to change hospital trusts rather than continue with the very limited care I was getting there at St Georges.



That first summer as a lary I met with Jon Organ at a lary social and joined the new group Life After Lary he and Ian Phillipson had set up a month or 2 earlier and started to feel less alone knowing there were others I could connect with.

I started to get back into the things I loved to do one being fishing and felt really accomplished when I caught my first fish (a 47lb catfish) after having my laryngectomy and I also returned to my scout group teaching young people life skills again.

## Carl's Story – cont..

My first year as a lary passed and I was struggling with my mucus and coughing so much especially when voicing. I finally changed hospital trusts January 2024 and my new team are fantastic. They could see straightaway that I needed thyroid meds and told me I should have been told about it as all larys will lose at least 50% of their thyroid and would need regular checks. They also referred me to the lung specialist as my mucus and coughing just wouldn't settle down.

That following summer in 2024 I joined the Shout at Cancer choir and in August took to the stage with them in a very emotive performance for me as I didn't think I'd ever be able to sing and perform again, since then we have performed at various venues but the most prestigious venue being The Royal Opera house in London.



I finally saw the lung specialist last October who stated that I clearly had extensive emphysema and copd which was clearly seen in my first scan back in the early part of 2022 but went untreated until October 2025 when I was given meds and inhalers that have made an enormous difference to my quality of life.

So despite my ups and downs since becoming a lary I've managed to accept my new life and am determined to live the best life I can.



## Carl's Story – cont..

Being an admin and a trustee for the Lifeafterlary charity has given me more purpose and being in a position to help others on their journey is also so rewarding. I've set up a social meetup in Oxshott, Surrey that meets every two months for larys to connect face to face with each other and I'm assisting in setting up other meets in other areas up and down the country so I am on the lookout for volunteers to help with hosting lal groups in their areas with our support. Please get in touch with me if you're interested.

I have done a couple of videos with Atos and Coloplast, which some of you may have seen. Jon and I were in the Atos one together, along with Nigel and Bill . I have also done a webinar with Atos as well and hopefully, more in the future we shall see.

Living as a lary isn't easy but we can adapt and still enjoy our lives when we make the effort. Never give up! keep on getting up no matter how many times you fall down there is lifeafterlary you are relevant and you are not alone! I for one intend to try and achieve as much as I can with the added time I've been given in this new life as a lary.

At the end of last year, I bought a "Lightning McQueen" themed campervan and I've written this whilst sat parked up outside Littlehampton's seaside promenade, the first of many adventures I have planned for this year. I can hear so many people walking past and kids squealing it's Lightning McQueen! I think my van has had its picture taken about a thousand times today. They are oblivious to me inside typing away on my laptop. Happy days.

To all you larys out there, don't give up, we all have dark days, but we can make new and exciting memories if we try. To all those caring for a lary thank you for your patience and care. I hope to meet up with as many of you out there as possible as I travel from place to place these coming years.

I want to thank my son Thomas for being my rock throughout my journey he's had to deal with so much in his short life already and yet has been my support throughout. Thank you to all of you in this lovely group for being there for one another. Also, thank you to my new team at the Royal Surrey and all those at Atos who have supported me.

Peace and love to you all.

Carl aka Brown Bear.



## April – what’s happening this month

As we begin April, we’re taking a moment to look ahead to what is set to be an important and meaningful month for our community.

Throughout April, we’ll be supporting a number of awareness campaigns – including **Head & Neck Cancer Awareness Month** – helping to raise awareness, share information, and continue important conversations.

Whether you’re here to learn, connect, or simply feel part of a community that understands – you are always welcome.

### April Awareness Focus

This month, we’ll be raising awareness around:

- Head & Neck Cancer Awareness Month
- Oral, Head & Neck Cancer Awareness Week
- Bowel Cancer Awareness Month
- Testicular Cancer Awareness Month
- Teenage & Young Adult Cancer Awareness Month
- World Psycho-oncology Day



## Head & Neck Cancer Awareness Month



**Bowel Cancer Awareness Month**

**Testicular Cancer Awareness Month**

**World Psycho-oncology Day**

**Teenage & Young Adult Cancer Awareness Month**

**Oral, Head & Neck Cancer Awareness Week**



## 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](mailto:contact@lifeafterlary.co.uk) for availability!**

thislogo<sup>tm</sup>



## Monthly Zoom: Thursday 2<sup>nd</sup> April 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: Wednesday 15<sup>th</sup> April 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.

## 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





## Say What? By Andrea

Back in 2020 when I was diagnosed with laryngeal cancer and I was in the consult with my surgeon, we spent some time talking about how I would voice after my laryngectomy. I was given three options. Esophageal speech, an electrolarynx or a voice prosthesis. The way it was presented to me was oesophageal speech is really difficult and we have no one to teach you. An electrolarynx or an EL is the one that sounds mechanical and the voice prosthesis is the one more similar to a natural voice. I chose the prosthesis or TEP and called it a day.

Now fast forward to 2026. I'm probably the one random lary that has had the unusual privilege to have used or tried all three of these methods of speaking, plus multiple other methods! You know my fun little adventure. Severe radiation damage that popped up its ugly head in 2024. During a typical TEP change it was discovered the tissue around my TEP stopped regenerating and the TEP was no longer an option. And just like that I was no longer able to speak. As I was waiting and hoping the puncture, which was now considered a fistula, would close I was put on strict silence by my ENT surgeon. He didn't even want me to silently talk. Just complete silence. If you know me, you know I'm really not a quiet person. But I dug deep into my soul and not a peep was made. I revisited my boogie board which in all honesty was my lifesaver. Ahhh, another way to "voice". Using a boogie board to communicate was pretty simple for me. I was lucky that my people accepted it and would wait for me to write my words. I'm also lucky that my handwriting is very neat, I know how to spell and I'm a fast writer. I kept a boogie board in my purse and at home. If I was out shopping or going to an appointment I just pulled it out and "talked". Life goes on. But wait sometimes I just had my phone. Like on a walk or a hike. Or the person I was with was driving and couldn't read a board. Now what? Text to speech apps, that's what! I downloaded an app on my phone and was able to "voice" another way. It really came in handy when I needed to yell at my dog! All I did was type my words into my phone, press the speaker icon and there you go. I could also save my common sentences like "be quiet"! To be perfectly honest I'm a faster writer than texter so it was my second choice in my silent era. So at this point in my lary life, I have used a TEP, boogie board and text to speech app. Am I done yet? Not even close. My surgeon finally gave me the ok, after about four months, to let people read my lips. I could actually make a little sound oddly enough so it made life a little easier. I also learned to really enunciate my words. And my facial expressions are over the top. Even my daughter commented on that! The funny part about having people read my lips is it's a toss up on who can actually understand me. Some people just immediately can't and some people have a special skill. I always find it funny when I "talk" to an older person. I think they think they just can't hear me. They then turn their face away from me so they can hear me. They turn their ear towards me. That doesn't work for lip reading, lol! This has been my preferred method of speaking since the TEP became not a feasible option.

## Say What? By Andrea

But wait, there's more! Before I lost the TEP as an option of voicing for me I was becoming really intrigued with learning oesophageal speech. One of my really close lary friends was establishing herself as an expert, even setting up a YouTube channel.

We had many conversations about me learning this method. Sadly, she passed before she could teach me. So with no TEP, it became my number one choice. I began the first step of collecting air in my mouth, but because of the fistula, I wasn't able to trap the air. Any air I trapped just leaked through the fistula. Without air in my mouth, this option became a no go. I was becoming pretty frustrated at this point. I had been voiceless for almost a year. Can you imagine? Yeah, me either. Next up was the EL. I'm not a big fan. I know that the die hard EL users will call me out. But that's me. I don't like it. I did try, though. It seems that with my multiple surgeries, my neck is now as hard as a rock. And I'm not a big person, so that sweet spot was missing. There wasn't a spot on my neck that vibrated. I tried my cheek and that didn't work. So then I did the straw attachment. I could make it work about fifty percent of the time. I used it in front of various family members and the general consensus was "Please stop. Where's your boogie board?" In the meantime, I began learning American Sign Language! I can tell you it's so much fun. Like a little secret language. I've had multiple people dismiss my learning it saying why bother. My response is, why not? Ironically, in the university city I live in, ASL is a foreign language credit and I've run into so many people that start signing to me when they realize I can't speak. The other reason I'm learning it is to communicate with future grandchildren. I've also been teaching phrases on a lary support group facebook page and the response has been overwhelmingly positive! So, I've used a TEP, a boogie board, text to speech app, lip reading. I've attempted oesophageal speech and the EL. And I added ASL for fun. Yet I still couldn't speak out loud. I thought I had run out of options. But I researched and found one more. A relatively new device called the Ava by Laronix. My favorite way to describe the sound I'm able to make is if the TEP and the EL had a baby. I'm able to talk with expression like with a TEP but it's still a little mechanical like the EL. But no buzzing! There are pros and cons. The obvious pro is I can talk! On day one! I went into the first appointment and told my SLP to be prepared for crying. Did I cry? No! I laughed! Out loud! A full belly laugh that still makes me laugh. The Ava rep said out of all the lary's she's worked with, I'm in the top three for success! Maybe she says that to everyone?

I've been using the Ava for about 8 weeks now. I'm learning how to breathe differently to make the words just flow. It's actually similar to regular speech. I'm waiting for my muscle memory to return. After four years with a TEP that's probably the hardest part for me. I'm able to say almost all my sounds. I do have a hard time with the hard "g" and a "k" at the end of a word. My brain is playing mental gymnastics changing words for words I can say. Like instead of dog I say puppy. The ava attaches to my baseplate and uses a hands free HME. It's extremely lightweight.

## Say What? By Andrea

It uses membranes that vibrate from the air in my mouth. For me, it has to be in the perfect position and the tubes were cut to fit my tiny stature. I'm still in a learning curve and I'm not comfortable using it in public yet. But that's a me thing. I think because I come from southern California, the land of image is everything. The cons are it's very loud and I can't quite figure out how to speak quietly. I randomly figured out how to whisper! And get this! My whisper sounds just like Andrea!!! Like Andrea pre laryngectomy. Wait, that's a pro! Another con is I really need to use my hand to talk which makes it near impossible on dog walks etc. And the biggest con of all is the voice sounds masculine. I'm so hoping in the near future the voice development companies remember there are women out there. But my guy friends aren't turned off by it. They think I sound sexy lol.

So there you have it. I've tried every method of speaking that's currently available.

Every. Single. One.

### Dysphagia friendly drinks

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**15% OFF**  
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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



## Dates for the Diary – Future Meet-up's

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

**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.

**Norfolk & North Suffolk:** 13.00 – 16.00 The Porters Arms Public House, Red Lion Street, Aylsham, NR11 6ER.  
Dates to follow.

**Bedford:** 12.30 – 3pm, Maulden Village Hall, Church Road, Maulden, Beds, MK 45 2AU.  
24<sup>th</sup> April.



**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.**

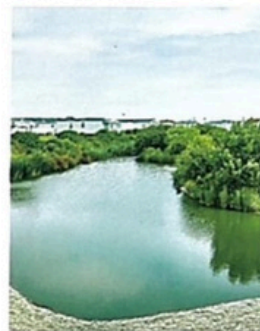
There are 4 beautiful types of accommodation to choose from:

- 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!**



## Could you help support Life After Lary?

We're looking for a few members who would be happy to take a charity collection pot – whether that's in your workplace, a local shop, or within your community. Every small contribution helps us continue supporting others and growing what we do.

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

If you'd be happy to help, please get in touch with Jon –  
[contact@lifeafterlary.co.uk](mailto:contact@lifeafterlary.co.uk)



We also have posters available and will be 100% behind you if you have a fundraising idea. We need all the help we can get to continue to do what we do.

To celebrate Life After Lary becoming a charity, Nigel Skilton, a group member, will be undertaking a mammoth challenge. On Sunday 12<sup>th</sup> April Nigel will take on the Brighton Marathon! The first ever off road trail marathon.

You can sponsor Nigel on Just Giving. We will post the link on Facebook and add it to the Featured Tab. We will also share the link again in the coming days.



## With heartfelt thanks

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

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

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

Our thoughts are with you all.

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

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

We truly appreciate their continued support – thank you!



## A Thank You from Jon and Ian

Time is the most precious thing any of us have.

And yet, this team gives it freely.

To **every person** who works tirelessly for zero reward, **thank you.**

To **our trustees**, who steer the ship and keep us compliant.

To **our ambassadors**, who raise our profile and make sure people know we exist.

To **our group meeting leaders**, who hold our in person spaces with care and consistency.

To **our admin team**, who produce newsletters, posters, and keep the website alive and evolving.

To **our photographer**, who captures our story and our people with honesty.

And to **every volunteer** who shows up, quietly, steadily, without ever asking for anything in return.

And to **our members**, the ones who continually show up for each other:

— who answer questions at all hours.

— who share experience, reassurance, humour and hope.

— who remind each other, simply by being present, that none of us walk this alone.

**You** make sure we are seen.

**You** make sure we are found.

**You** make sure we can support others when they need us most.

Without you, there is no Life After Lary.

With you, there is visibility, dignity, and community.

**Life After Lary is what it is because of people like you.**

Your kindness, your time, and your willingness to support others help keep this community strong, welcoming, and truly unique.

Thank you — all of you — for being part of it.

A heartfelt thanks

Ian & Jon

**It's time to say  
thank you!**

# 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](http://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](http://www.atos-care.co.uk)

