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17.11.05

Dear Steve and Barbara,

Coming up to 12 months since our first meeting and my subsequent visit to Krakow. The outcome has been far better than I could have hoped for even to the left hip now far better probably due to the right one taking a balanced load.

Swimming has been ok but I do take great care with the breast stroke. Cycling has never been a problem but I stick to 25 miles (40 Kilometres) at a fairly steady pace. Walking is also much improved.

The experience in Krakow was one I shall always treasure, memories remain of the staff who made it all possible.

I would like to send greetings to the Professors; to Magda and her physio staff Maciek and Peter; to Renata and Milosz your patient co-ordinators; so many lovely people.

Your greetings have to be sent early because my wife Elsie and I are planning a "holiday of a lifetime" to the Caribbean Islands and expect to be out of the U.K. for most of December.

Much love to you both

From

Elsie + Alex.

Elsie and Alexander Throp.

P.S. In the past couple of days I have spoken to Daphne (Lovett) Jack (Frost) John (Coate) who are all enjoying good health, able to live full active lives and eternally grateful for your organization and the hospital staff in Krakow