



President: Prof. Raj Persad

Vice President Mr Paul Sylvester

## Bristol Ostomates Self Support Group



## NEWSLETTER – Autumn 2019



### The B.O.S.S. Open Day 1<sup>st</sup> June

The open Day was a great success again with 17 companies displaying their wares for **our** benefit – so we could check out what's new, get help and advice, as well as ordering free samples. There were Chair Yoga sessions which, surprisingly, gave those who tried it quite a work out! Colostomy UK and the Ileostomy Association were also present. It would have been nice if more people had attended. The Reps gave up their Saturday for us and more support would have made the day more worthwhile for them! Those who did come found it very interesting and we had two people awaiting surgery who said how informative and useful it was to see what was available and to know there was help and support "out there" for them.

Some of you may have heard that Christina had a bad fall shortly after the Open Day resulting in a fractured femur which needed screws and plates to help fix things. She is on the mend and hopes to be at the next meeting. Another casualty is Kim from Rapid Care and White Rose who fell while gardening and broke her ankle so was unable to attend the Open Day – hope you're fully recovered now, Kim.

We have delivered the first boxes of document bags to the three hospitals in our area, which were welcomed by the stoma care nurses. We are arranging for one of them to come and talk to us next year –

is there a particular subject you would like them to talk on, or would you prefer a question and answer session? Please let Janet know so that we can sort out what you want.



Some more from the Open Day!

The B.R.I. Stoma team have asked me to say that if you are one of their patients and have a problem, PLEASE, get in touch. They have appointments Monday – Friday and they will fit you in as soon as they can. Just phone 0117 342 7637/8 to book. They now have a full compliment of Stoma care nurses and will do their best to sort you out. In fact all the stoma care teams would prefer to know you have a problem so they can ensure it is sorted out to your satisfaction!! Appointments seem easier to get now and there is also an outreach clinic on one afternoon a week at South Bristol Community Hospital (ring the B.R.I. number to book).



The Annual Skittles match against the local branch of the Ileostomy Association was held at Hanham again and was won by our own Steve Hampson with Laura as runner-up and the wooden spoon went to our Chairman, Dave! As ever, it was a very enjoyable evening. Thanks to the I.A. for organising this.



Steve with his “trophy” – it looks empty to me!

Some of you still haven't paid this year's subs.... they were due by the March meeting PLEASE let our Treasurer, John, have them by the September meeting; otherwise you will be removed from our mailing list.

Can you put a copy of this Newsletter in your local surgery? There may be other stoma patients who don't know about us yet and who could benefit from realising they are not alone with their stoma.

Christina has an outlet for surplus ostomy supplies so you can bring them along to meetings and we will forward them on. Please ensure that if they are two-piece appliances BOTH parts are there TOGETHER!! Thanks. She can also take unused drugs as long as they are in sealed “wrappers or blisters”. If anyone wonders where they all go the RAFT charity which takes them sends them out to third world countries and refugee camps to be distributed. So “thank you” in advance.

Please bring your used stamps along to the next meeting – Christina has an outlet for these as well!

If anyone feels they can share an experience or information with the rest of the group then please send it to me for inclusion in the next Newsletter – this is your newsletter so feel free to contribute - and it helps me to fill the pages! Just email . [Janet.Clark@ostomy.org.uk](mailto:Janet.Clark@ostomy.org.uk)

Our stoma care nurse at the moment is Helen McCormack and she is usually in attendance at our meetings to give you help, if needed. She is changing her job so will no longer be able to do home visits or take phone calls.

If you have an emergency admission to hospital and need some essential nightwear or toiletries, please get in touch as the group has some funding to cover this. Treasurer John on 01934 863679.

Don't forget to check out our website [www.ostomy.org.uk](http://www.ostomy.org.uk) let Janet know if there is anything you would like to see on it!



## Dates for your Diary

### 2019

**7<sup>th</sup> September** Autumn Meeting. Talk by Aileen Fraser, Inflammatory Bowel Disease Specialist Nurse. Our Rep this meeting is Jacqui from Oakmed.

**7<sup>th</sup> December** Christmas Meeting. Talk by Giovanni Cinque from Colostomy UK. Our Rep this meeting is Jonathan from Salts.

### 2020

**7<sup>th</sup> March** T.B.C.

**6<sup>th</sup> June** T.B.C.

**5<sup>th</sup> September** T.B.C.

**5<sup>th</sup> December** T.B.C.

### Useful Contacts:

**Colostomy UK**, Enterprise House, 95 London Street, Reading RG1 4QA.  
Gen. enquiries Tel: 0118 939 1537. Stoma enquiries Tel: 0800 328 4257.

**Ileostomy and Internal Pouch Support Group**, National Office. IA National Office, Danehurst Court, 35-37 West Street, Rochford, Essex SS4 1BE Tel: 0800 018 4724. E-mail the Local Secretary: Kerr Brown [secretary@ia-avon.org.uk](mailto:secretary@ia-avon.org.uk) Avon IA Tel: 01454 883309. Or [www.avon.iasupport.org](http://www.avon.iasupport.org)

**Urostomy Association**, National Secretary, Hazel Pixley, Central Office, 2. Tyne Place, Mickleton, Chipping Campden, Glos. GL55 6UG. [www.urostomyassociation.org.uk](http://www.urostomyassociation.org.uk) Tel: 01386 430140. Or e-mail [info@urostomyassociation.org.uk](mailto:info@urostomyassociation.org.uk)

**Radar Keys**, for use in disabled toilets are available from: The Disabled Living Centre, Vassell Drive, Gill Avenue, Fishponds, Bristol. Tel 0117 9653651. Cost of key £5.

**Our group listeners are:** Jan Clark 01934 248114 and Christina Hammond 07773 869503 or you can e-mail [Janet.Clark@ostomy.org.uk](mailto:Janet.Clark@ostomy.org.uk) or [chris@ostomy.org.uk](mailto:chris@ostomy.org.uk)

We normally meet in St James's Priory, Whitson Street, Bristol – just behind the Bus station at 2pm.

