



President: Prof. Raj Persad

Vice President Mr Paul Sylvester



Bristol Ostomates Self Support Group NEWSLETTER – Spring 2018



Some of your committee getting into the festive spirit before the Christmas meeting!

The December meeting was again well attended. We did not have a “speaker” but Johnathan Tait from Salts showed us a new range of bags that come in three colours with a much softer covering. Samples were available for those interested. There were a couple of quizzes to complete the afternoon followed by a lovely seasonal tea supplied by Lorna. If you want to try a recipe at home she normally brings copies with her for a donation to funds of 50p! Our lovely stoma nurse, Helen was also in attendance to give advice and help to those that needed it.





We now have a set of display boards and a pop up banner we can take to Open Days and events to help publicise BOSS. The website is in the process of being updated so watch this space as they say and if you have any information you want to pass on to members, please, get in touch. We hope shortly to move into the 21st Century and have a Facebook page!



Father Christmas distributed presents to all members present at the last meeting!

One of our stalwart members, Ron Harwood-Smith passed away suddenly recently. Our thoughts and prayers are with his wife, Pat, at this sad time.

Our March meeting is also our AGM. Sadly Christina has decided to retire from the committee as she is spending more and more time in Devon. She will leave a big hole to fill, but she will remain as a “consultant” and will still attend meetings – but the pressure will be off! THANK YOU CHRISTINA for all your hard work over the years – she has been a member since the inauguration of BOSS. **On that note are there any members who would like to put their names forward to be on the Committee?** We meet about four times a year to organise speakers, meetings, trips etc. – and anything to do with stomas! Would you be interested in running our FACEBOOK page? Then please let Christina know. (details below).

Your Committee has arranged a trip to the Pelican factory in Cardiff. It is on March 22nd and places will be allocated on a “first come, first served” basis. Several members gave Christina their names at the last group meeting so if you are interested let her know – chris@ostomy.org.uk or phone 07773869503. The

coach will pick up from the lay-by just up from the bus station towards the BRI leaving approx. 9am and returning late afternoon. Details will be confirmed nearer the date. There will be no charge to members.

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 now has another 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.

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

Our stoma care nurse is Helen McCormack and she is usually in attendance at our meetings to give you help, if needed, and she is happy to be contacted for advice and support, do home visits to our members and can be contacted on her mobile telephone number 07730 956129.

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.



Dates for your Diary

3rd March 2018 Peter Martin will talk on Travel Insurance. Supplier Shan Nixon from Pelican.

2nd June 2018 Talk by Convatec Me + programme and they will also be the supplier in attendance.

1st September 2018 Helen Brqcey returns with another fascinating talk. Supplier will be Kim Hill from Rapidcare.

1st December 2018 Christmas meeting.



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. Anne Derrick, Peverill House, 1-5 Mill Road, Ballyclare, Co. Antrim, BT39 9DR Tel: 0800 018 4724. E-mail the Local Secretary: Kerr Brown

secretary@ia-avon.org.uk Avon IA Tel: 01454 883309. Or www.avon.iasupport.org

Urostomy Association, National Secretary, Hazel Pixey, Central Office, 18 Foxglove Avenue, Uttoxeter, Staffs. ST14 8UN

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: Rob Malkin 0117 9668021, Jan Clark 01934 248114 or you can e-mail chris@ostomy.org.uk

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

