



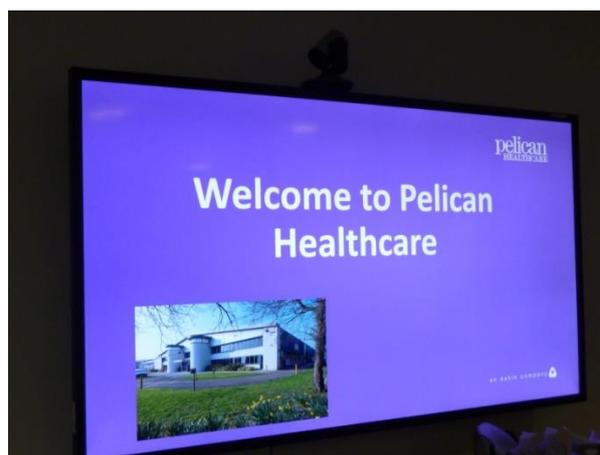
President: Prof. Raj Persad

Vice President Mr Paul Sylvester



Bristol Ostomates Self Support Group

NEWSLETTER – Summer 2018



Eighteen of us went on a lovely, informative trip to the Pelican Healthcare factory in Cardiff on the 22nd March. We were met by Sian our area rep who made us most welcome. We were given the history of the company and how it is still in the same family who started it. We were introduced to the Team, including area manager, owner, marketing department, and the research and development team. Then followed the factory tour where we were dressed in hats, overshoes and coats to prevent cross contamination! I can only show one picture as we were sworn to secrecy!



Some of The Pelican Team



On the tour

Lunch was served and then we took part in some marketing and research sessions. Sian gave us a talk on their new pouch with vitamin E in the flange – kinder to the skin. Samples were available and goodie bags were handed out before we left. All in all a very worthwhile day – and we have an invite to return again next year!



Some of our gang.

Due to several inches of snow we had to postpone our March meeting and our AGM and Spring meeting was held on 7th April. Christina was presented with a “thank you” gift by our Chairman, David, for all her hard work over the past..... years (since the formation of BOSS). Her knowledge and experience will be missed by the Committee, but we are not losing her entirely as she will remain as a consultant. Gill Down, who many of you know as a stoma care nurse at Southmead is on a year’s secondment to the newly merged CCG, gave a talk on her work securing and safeguarding our future as ostomists.

Certain products need not be on prescription as they are readily and cheaply available “over the counter”. We also need to ensure we only order what we need each time and don’t build up a stock pile of supplies. The future may be that the stoma care nurses take over issuing repeat prescriptions from the doctors as they know what we need. Each individual will remain an individual, with individual needs, as one size does not fit all – so don’t worry! We will report more as and when decisions are made. Savings in prescription costs have to be made so please help where you can. Gill says “If patients are experiencing problems I would encourage them in the first instance to contact their NHS Stoma Nurses rather than the companies, who will just offer samples rather than a solution & these products may not be listed in the guidelines. NHS stoma nurses will be qualified and have access to the patient’s medical history & medical teams. Home visits. Where patients are house bound or unwell/ not able to attend clinics then Home visits can be provided by the NHS Stoma teams. These are time consuming so we have to be selective. (Many of our patients are now undergoing key hole surgery & so are generally fitter when they go home so are able to attend clinics). If patients require products which are not listed in the Prescribing guidelines, then with the recommendation of an NHS or NHS commissioned Stoma Specialist these can be available to them. ”

Our next meeting is on 2nd June at 2pm in St James’ Priory, Whitson Road, behind Bristol Bus Station. Due to unforeseen circumstances , Convatec cannot come so our speaker will be Lottie Dale on the history of Aloe Vera and it’s benefits to our health and skin. Our rep will be Kim Hill from Rapidcare and she’ll be bringing their clothing range – White Rose.

From Christina:

"I just wanted to say a B-I-G thank you to you all for your most generous presents to me on my retirement from BOSS in April. I have to say that it was not an easy decision to make after being heavily involved in this support group for over 25 years.

I originally decided it would be a good idea to take on the secretarial work as it would help with my computer skills. Well, I think it has done that, but I am still a poor silver-surfer. However what I still lack in computer knowledge, I have certainly made up for with the scores of friends I have made over the years. Wonderful people like you - people who have made me laugh and made life a lot more colourful and fun. My only sadness is that you have got your own back with an extra parting gift of a big, sticky, wonderfully seductive sweet cake which I could not stop eating. It has done nothing to help my waistline, but that is a small price to pay for getting to know so many sweet people.

Thank you to you all for your jewellery box and photo frame, best wishes

from Christina."

We will be at the Weston Stoma Day on Saturday 9th June in the Winter Gardens, Weston-s-Mare 10 am – 12 noon. Come and see the various products available. If you have a problem there may be an answer there (always check with your stoma care nurse before changing).

Are you going on holiday? Don't forget to check your travel insurance is up to date. Take a copy of your prescription with you – some countries don't allow common drugs in without a prescription proving you need them! Check your airline will allow you to take your stoma supplies in an extra bag as hand luggage. Get your travel certificate signed by a doctor or your stoma nurse and have to hand going through airport security! Above all "be prepared" for anything and have fun!

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

2nd June 2018 Talk by Lottie Dale

9th June 2018 Weston Stoma Open Day Winter Gardens, Weston-S-Mare 10-12 noon.

1st September 2018 Helen Bracey returns with another fascinating talk.

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 Janet.Clark@ostomy.org.uk or chris@ostomy.org.uk

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

