



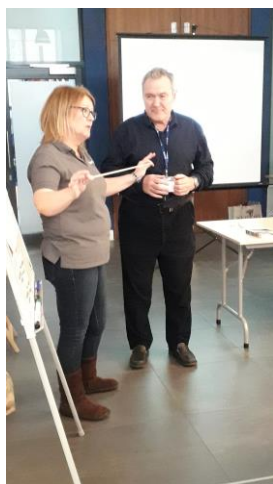
President: Prof. Raj Persad

Vice President Mr Paul Sylvester

Bristol Ostomates Self Support Group NEWSLETTER – Summer 2019



At our March meeting the “girls” from Coloplast provided a very interesting talk on hernias, weight management and exercise. We are all different in body make up relating to how we should manage our weight – some have muscle and some flab! Steve was “measured” with a piece of string to see if his waist/height measurement were in proportion! (half the height should go round the waist). Coloplast also provided the suppliers stand and Julie was kept busy!



March also saw our AGM. We had no volunteers to come on the Committee so the group “management” stays the same. We do need new blood to keep the group active and moving forward so please offer your time – we don’t need much of it – but new ideas and help will enable your group to continue. A few changes to the Constitution were voted through. These just updated the Rules to allow your committee members to serve longer terms – otherwise we’d have no committee! Also changes were made to take into account all the new data protection regulations.

Helen, our stoma care nurse, received her Christmas present as she missed our last meeting and our Chairman, Dave, made a presentation to Laura for all her hard work keeping us fed and watered at meetings. She is stepping down from this position and Sue Stone will be taking over with a group of helpers to spread the load.



Saturday 1st June sees our big Open Day at the Future Inn, Bond Street, Bristol BS1 3EN. 10am to 1pm. We have lots of stalls booked as well as the different stoma associations. Colostomy UK will be putting on two sessions of Chair Yoga at 10.30 am and 12 noon. **PLEASE book your place with Janet 01934 248114 as seating is limited.** This is part of their Active Ostomates Campaign. We hope to have a Me+ Ostomy Lifestyle session at 11.15am as well. You can park in the Cabot Circus Car Park which is very close to the hotel. We are on the 6th floor and there are lifts which will take right to the registration desk. This is your chance to meet all the reps from different companies under one roof and you can see the latest products and get free samples – it is also good to be able to chat about any problems you may have. The BOSS stand will be there and we look forward to seeing you all. Please support this event and “spread the word “ as all the money raised helps keep the group going over the next two years!

Summer is coming so be prepared for your holidays, don't forget any holiday is possible – with planning! If you are flying get a lanyard from the airport reception desk to show you have a hidden disability and needs. Check with your airline to see if you can take your supplies in an extra hand luggage bag so as you can't lose them. Stay hydrated, use bottled water. Be calm and enjoy yourselves!

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

Our stoma care nurse 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.

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 let Janet know if there is anything you would like to see on it!



Dates for your Diary



2019

1st June Open Day at Future Inn, Cabot Circus, Bristol 10am – 1pm

7th September Autumn Meeting. Talk by Aileen Fraser, Inflammatory Bowel Disease Specialist Nurse.

7th December Christmas Meeting. Talk by Giovanni Cinque from Colostomy UK.

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 Avon IA Tel: 01454 883309. Or 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 Tel: 01386 430140. Or e-mail

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 or chris@ostomy.org.uk

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