



President: Prof. Raj Persad

Vice President Mr Paul Sylvester

## Bristol Ostomates Self Support Group NEWSLETTER – Autumn 2018



We attended Weston Hospital's Stoma Open Day in June giving out leaflets, newsletters and information. Thanks to those members who came along to run the stand. It was a busy morning with lots of interest shown. We will be taking the stand to the BRI on Tuesday 28<sup>th</sup> August.



Lottie Dale and "Vera"! (Say "Hello ....!")

Lottie "stood in" at the last minute as our scheduled speaker could not come. She gave a very interesting talk on the history of Aloe Vera and how it has been used for thousands of years to assist and aid healing – inside and out! It even features in the coat of arms of the Royal Veterinary Association, so, if it's good for

animals it must be good for us. There are several uses for stoma patients in keeping our skin moisturised and free from sores. It can be applied topically or drunk to keep our guts healthy! Members were encouraged to try the samples and products were available to buy. Our supplier's stand was run by Kim Hill from Rapidcare with her White Rose collection of clothing – also very popular with our members.



Kim Hill, our rep from Rapidcare/White Rose

Helen Bracey from Convatec will be returning for our September meeting to talk about the Me+ programme and Travelling with a stoma. The supplier's stand will be Convatec products and Lynne Hemming their Amcare SCN will be running it.

The holiday season isn't over yet and I hope you've been taking care and staying hydrated – it's not just our skin but our stomas that need water! Did you know most airports now operate a hidden conditions lanyard or bracelet scheme? Just go to the assistance reception areas to get yours. According to the Tidings magazine if you request not to go through the body scanner you will be subjected to a full body search instead. If you ask for a healthcare professional to be present you may miss your flight as airports do not necessarily have one on site. You can only take more than 100mls of liquid in you hand luggage if there is a prescription label on said item. It is good advice to carry a copy of your prescription needs with you – not all countries allow certain drugs in, check with the Foreign Office website. If you need assistance at the airport you should book it at least 48 hours in advance. The holiday season is very busy and airports do not have unlimited staff to help you! Also check with your airline to see if you can take extra hand luggage for your stoma needs. Colostomy Uk has a very good booklet "Travel Advice" which is free and applicable to all types of stoma. They also do a travel certificate which you get signed by your doctor to explain your condition when at an airport/port etc. (These are also available from you product supplier –( just ask). Please remember that we are not exempt from security checks, we will be treated like normal passengers. If we explain our condition we should be treated with respect but security is paramount so don't take offence- just make sure they change their gloves before they search your equipment bag!! To keep up to date on what's happening at airports regarding stoma patients check the Colostomy UK website a week before you go [www.colostomyUK.org](http://www.colostomyUK.org) where any fresh advice will be posted.

Your committee are busy putting together a programme for next year. We have our Open Day at the Future Inn, Cabot Circus next June – so watch this space. If you would like us to consider a particular talk then let Janet know and we can see what we can do. Those of you who take the Tidings magazine will see in the latest issue that they are promoting "active ostomates" so maybe there is an activity that would be

suitable for all our members to try.... Again contact Janet if you have any ideas/suggestions and we will see what we can do.

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. She can also take unused drugs as long as they are in sealed "wrappers or blisters". If anyone wonders where they all go the 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 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, if necessary, 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.

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



**1<sup>st</sup> September 2018** Helen Bracey returns with another fascinating talk on the Me+ programme an Travelling with a Stoma. Supplier will be Convatec.

**6<sup>th</sup> October 2018** World Ostomy day!

**1<sup>st</sup> December 2018** Christmas meeting. Supplier will be Salts with Jonathan Tait.

2019

**2<sup>nd</sup> March** Spring Meeting and AGM. Talk tbc.

**1<sup>st</sup> June** Open Day at Future Inn, Cabot Circus, Bristol 10am – 1pm

**7<sup>th</sup> September** Autumn Meeting. Talk tbc.

**7<sup>th</sup> December** Christmas Meeting. Talk tbc.

**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 Pixey, Central Office, 18 Foxglove Avenue, Uttoxeter, Staffs. ST14 8UN. [www.urostomyassociation.org.uk](http://www.urostomyassociation.org.uk) Tel: 01386 430130. e-mail [secretary@urostomyassociatio.org.uk](mailto:secretary@urostomyassociatio.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:** Rob Malkin 0117 9668021, Jan Clark 01934 248114 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.

