



President: Prof. Raj Persad

Vice President Mr Paul Sylvester

Bristol Ostomates Self Support Group

NEWSLETTER – Winter 2018



Helen Bracey gave a very interesting talk on travel after stoma surgery, showing there is nothing to be afraid of – even in the remotest of places! She also showed how having a stoma has it's advantages when you are in the outback or jungle (creepie crawlies can be seen and you don't sit on them!!).



Our past Chairman, Lionel Aylesbury celebrated his 90th birthday with a cake baked by Laura. Congratulations Lionel!



The supplier last meeting was Cath from Bullens. Thank you Cath for stepping in at the last minute.

Our Christmas meeting is on Saturday 1st December at 2pm in St James Priory. We have Wendy Cox coming to tell us where our spare supplies go to and how they are distributed. Please bring any unused spare supplies along. Jonathan Tait will be there also with the Salts stand and I'm sure we'll find there's a bit of festive fun!

Preparations for next year's Open Day are well under way and we will keep you updated with all the news.

We will be looking for new committee members next March at the AGM and help with refreshments – any volunteers? Have a think and if you want to know more give Janet or Dave a ring and have a chat.

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 (see this meeting's talk) 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!

It was good to see so many of our members at the production of "Gutted" the other night – hope you "enjoyed" it and found it useful!

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



Dates for your Diary



1st December 2018 Christmas meeting. Supplier will be Salts with Jonathan Tait.

2019

2nd March Spring Meeting and AGM. Talk and stand by Julie Turner from Coloplast..

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

7th September Autumn Meeting. Talk tbc.

7th December Christmas Meeting. Talk tbc.

Merry Christmas



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 Pixey, Central Office, 18 Foxglove Avenue, Uttoxeter, Staffs. ST14 8UN. www.urostomyassociation.org.uk Tel: 01386 430130. e-mail 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 or chris@ostomy.org.uk

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

