



President: Prof. Raj Persad

Vice President Mr Paul Sylvester

Bristol Ostomates Self Support Group

NEWSLETTER –Autumn 2021



2019 Open Day

What a scorcher of a Summer we've just had – too hot for me and I expect for most of us! Hopefully the weather will give us a lovely Autumn. So sorry we had to cancel the June meeting due to the change in the lockdown rules not happening but the Open Day is definitely on – unless there is a catastrophic rise in Covid cases and another lockdown is brought in - fingers and toes crossed!

Sadly, I am having to stand down as Secretary due to family illness – I'll still be around and doing what I can but I can't commit myself to the day to day running of the group. The Committee are always looking for new members to take the group forward as some of us are getting old now – any volunteers?!

I have received this from one of our members on his experiences of lockdown.

“How could we know what 2020 had in store when we last met at Christmastime 2019!

In February last year I entered hospital at Emerson's Green for a full knee replacement. I expected to go home after two or three days, but fate changed that a little. My initial recovery took a bit longer, and I wasn't mobile enough to go home as planned. Then my wife, who was due to come and collect me, was unwell with an attack of AF, (heart palpitations). Once we got back on track, I went home and prepared to face the physio needed to keep my knee mobile.

However, before I could arrange the first session, I received a letter informing me that all physio clinics were closed due to something called COVID 19!

I knew that I needed to exercise my knee every day, but was left a bit high and dry, with just the leaflet I had brought home from hospital. Then, a friend who had had the same op some months before, offered to lend me his exercise bike. This proved invaluable and really made my recovery so much easier. As we live in a bungalow, I also made use of our decorating steps in the absence of stairs!

A dedicated knee pillow was also very useful in ensuring a good night's sleep.

18 months on, all is well, even if kneeling is to be avoided!

The allotment was under cover for 2020, but is now back in production.

I hope all our members are doing well, and hopefully we will meet up on June 26th. and at the Open Day.

Regards, Jeff Perkins"

All contributions to the Newsletter are gratefully received! Are there any budding writers out there who could contribute?

Your Committee are still meeting on Zoom for now and are planning your programme for the coming year. The Open Day is booked for the 4th September 10am to 1.30pm at the Future Inn in Broadmead and the BRI and Southmead Stoma team have said they will be there to answer any questions or give support. The Open Days are a chance for you to come and meet the 23 stoma care companies and other related companies e.g., clothing and well-being etc. and national Ostomy groups all under one roof. You can ask questions and order free samples of their products and generally chat to people in a similar situation to yourselves! There will be various workshops throughout the day. These Open Days help fund the group for the next two years so PLEASE put it in your diary – entry is free and there is subsidised parking in the Cabot Car Park which is close by.

Welcome to our new members, I hope you find the group useful! We hold a raffle at every meeting (when we can have them) and the talks are followed by delicious cakes and tea or coffee! There is always time to chat and see what the company reps have to offer. If you have a problem talk to our stoma nurse, Helen – and don't forget to make yourself known to those of us on the committee next time we meet!

In the meantime, if you need help/information/support then do get in touch 01934 248114.

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.

We have 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. We 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. We also have a second outlet – the charity A to B which sends them out to Albania, and we now have a third outlet – a stoma nurse at Weston Hospital is starting a stoma clinic in Zambia and is keen to have our spare supplies as well! So "thank you" in advance. It is a shame there is so much being donated – by that I mean it is a shame that the NHS is paying for so much surplus supplies. A box of bags costs about £100.00p! So, if you are having problems and are trying out different bags you can get free samples from the supply companies or just order one box at a time and, if you can, cut them yourself until you are sure they are the right bag for you - it helps prevent waste. Obviously, at the moment, all the charities are shut during lockdown so we have a pile of boxes waiting to be passed on so, if you can hang on to any surplus until the next meeting that would make life a lot easier!

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 Jarvis and she is usually in attendance at our meetings to give you help, if needed. Tel: 07513 120456

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! Also, our Facebook page - the link is <https://www.facebook.com/bristolostomates/>



Dates for your Diary

2021

4th September 10am-1.30pm Open Day at Future Inn, Bond Street, Bristol BS1 3EN

4th December Christmas Fun!

Useful Contacts:

Colostomy UK, Enterprise House, 95 London Street, Reading RG1 4QA.
Gen. enquiries Tel: 0118 939 1537. Stoma enquiries Tel: 0800 328 4257.

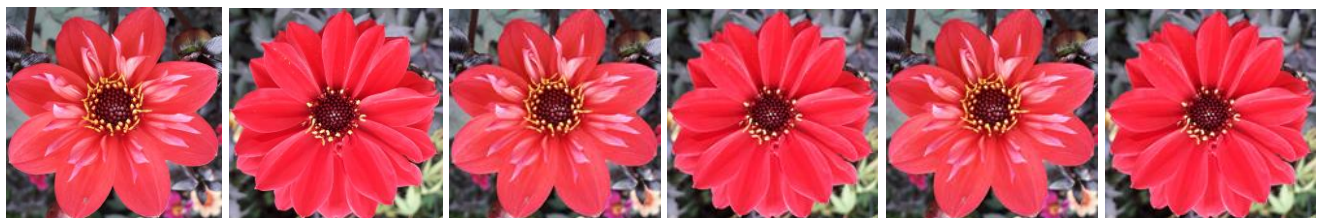
Ileostomy and Internal Pouch Support Group, National Office. IA National Office, Danehurst Court, 35-37 West Street, Rochford, Essex SS4 1BE Tel: 0800 018 4724. E-mail the Local Secretary: Kerr Brown secretary@ia-avon.org.uk Avon IA Tel: 01454 883309. Or www.avon.iasupport.org

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

Bladder and Bowel Community email help@bladderandbowel.org or www.bladderandbowel.org .

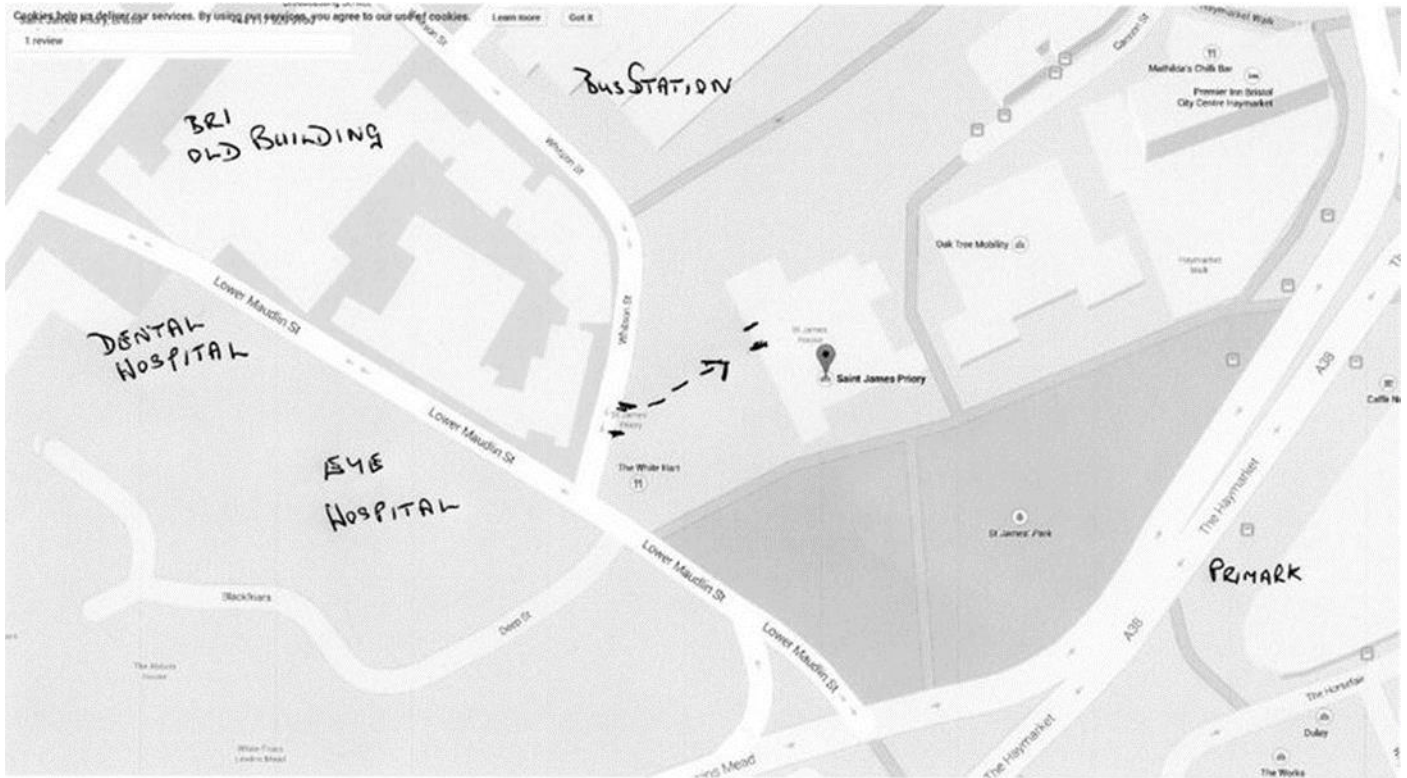
Radar Keys, for use in disabled toilets are available from: The Disabled Living Centre, Vassell Drive, Gill Avenue, Fishponds, Bristol. Tel 0117 9653651. Cost of key £5.

Our group listeners are: Jan Clark 01934 248114 or Christina Hammond 07773 869503 or Dave Morgan 01934 511020 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.

How to get to St James Priory



Take care and stay safe – hope to see you all at the Open Day in September. If you have any concerns and want to talk – give our listeners a ring.

