



President: Prof. Raj Persad

Vice President Mr Paul Sylvester

Bristol Ostomates Self Support Group



NEWSLETTER – AUTUMN 2022



Welcome to our Autumn Newsletter. Although as I am writing this during the July heatwave, it's difficult to imagine the chillier evenings! Included in this edition is a summary of our June meeting and also plans for 2023.

JUNE MEETING It was a pleasure to see so many members at our June meeting including some new faces. A warm welcome to our new members.

Thank you to Janet As you know, Janet has relinquished her BOSS secretarial duties but remains a Committee member. We were pleased to thank Janet for her invaluable service over the past years (even Janet cannot remember how long!) and Steve, Chairman, presented her with some garden centre vouchers and flowers, together with thanks from both the Committee and members. Janet has sent us a photo of her gifts at home in Cheddar.



u3a **Speaker – Cheryl Loy-Hancocks from u3a** Cheryl gave a presentation on u3a which is an organisation with activities organised by members who are retired or semi-retired. There are around 1200 members in the Bristol area offering some 140 interest groups ranging from architecture to yoga and including book groups, languages, music making and walking. U3a is nationwide and to find your local group you can search on www.u3a.org.uk or for Bristol only groups www.bristolu3a.org.uk

Trio Health Care The trade stand was hosted by Elaine Molesley from Trio Healthcare who explained their product Silicone Technology™.

Angela Reeves, Stoma Care Nurse, Southmead Hospital We were pleased to welcome Angela to the June meeting. Angela gave a talk on the new stoma supplies prescription scheme. This is a summary of what she advised.

"The Bristol, North Somerset and South Gloucester (BNSSG) Stoma Prescribing Project finally got under way in May 2021 having initially been delayed due to pressures relating to the Covid19 lockdown.

The project is funded by The Clinical Commissioning Group (CCG) until September 2022; the Prescribing Hub is based in the Stoma Department at Southmead Hospital. It is hoped Stoma Nurse prescribing will continue forward from that date and eventually include University Hospitals Bristol and Weston Foundation Trust stoma team.

Four Specialist Stoma Nurses at Southmead have undergone the Nurse Prescribing course, partly funded by the CCG's. We also have a Prescribing Clerk who works four days per week; between her and the Nurse Prescribers we are able to review in coming requests for stoma prescriptions on a daily basis other than weekends

To date fifty four GP practices have signed up to be included in the scheme, they make a note on the patients records that any stoma related prescription will be dealt with by the Prescribing Hub at Southmead. What this means to you is that if you are with a delivery company they forward the prescription direct to the Prescribing Hub at Southmead rather than to the GP. Recently practices in Weston and Worle have also joined the scheme. Within the BNSSG area there are only a few practices that have declined to take part

The pilot was brought in, in phases to enable the Prescribing Team at Southmead to become accustomed to the new role and manage resources in time to facilitate such a huge project. A further fifteen practices in South Bristol have now been invited to take part which will complete the total for our area

Although we adhere to the Stoma Prescribing Formulary where possible if clinical need outweighs the suggested items on the formulary we would always use our specialist knowledge to ensure the patient has the most suitable supplies based on a clinical review in one of our Stoma Clinics. Sometimes a phone call can resolve an issue

Since the pilot began we have been able to identify patients having problems who have not contacted the Stoma Department to ask for advice i.e. over usage of products can indicate leakage issues, excess use of accessory items has highlighted that some are using a skin barrier wipe and a skin barrier spray when only one is necessary.

Support belts and pants are one of our biggest problems where the manufactures advertise that all their products are available on prescription. We are only able to order two support belts on prescription per year after measuring to ensure correct size and suitability of the product. We are restricted to a selection of garments which are believed to be the most effective. Others can be purchased through the manufacturer”

Public Disabled Toilets run by North Somerset Council It was mentioned to Steve and John that these toilets no longer use a Radar key but were fitted with a new key. John has investigated this and reports

At our last meeting, it was said by one member that the Disabled Toilets on Weston Seafront, Clevedon and Portishead Sea Fronts, now needed a new Euro Key to be able to operate them. I have looked into this and it is NOT correct. These toilets, operated on behalf of North Somerset Council by a private contractor, do have a Euro Lock, but that is just for the staff to get in and clean etc. Folk need to have a supply of 20p coins to operate and open the door. Sadly for all disabled people in North Somerset Council area, the Council do not provide free toilet facilities, and the Radar Key will not work. If you require free disabled toilets, then go into the Sovereign Shopping Centre and use your Radar Key. Not sure what facilities are available in Clevedon or Portishead.

This was discussed at the July Committee meeting and it was felt that this was discrimination against disabled persons as anyone can access these toilets upon payment of the 20p. We have written to the Colostomy Association who have agreed to contact the Council to express their and our concern. The Department of Health has also been contacted. We will let you know the outcome.

Subscriptions : Thank you to everyone who paid their subscriptions. Membership remains at £6 for a single and £10 for a couple for the current year. If you have not already paid you have one last opportunity on or before the September meeting. Please see payment details in the September invitation.

New Members Welcome! We always welcome new members – come and give us a try! We just charge £1 per person to cover the cost of cakes and tea or coffee. Hopefully you will enjoy your first meeting and become a member!

Sunflower Lanyards : Sunflower lanyards are still available and there will be a supply at the next meeting. The Sunflower is a globally recognised symbol for non-visible disabilities. We will also have literature from the Colostomy Association.



Stoma Supplies to Ukraine : All stoma supplies have now been given by Janet to Hospital Care and Air Worldwide. They are filling old ambulances with medical equipment for Poland and on to Ukraine. If you have surplus stock, we can collect these at the September meeting. We are also able to collect surplus drugs in blister pack providing the packs are intact and in date.

2022 Dates for your Diary

3rd September Speaker and trade table is Tim Barnacle of **Penlan Medical** who will talk about Hernia Management.



www.penlanmedical.co.uk Tel: 0177825 email: info@penlanmedical.co.uk

“Providers of the largest range available in the U.K. of hernia support belts from one of the smallest companies! This includes mass produced and individual custom belts for ostomy and incisional hernias.

The company is expanding on the strength of our customer care, no N.H.S. prescription wasting, working closely with clinicians to find the best possible solution for the individual, high quality products and the development of positive relationships.

Penlan Medical Ltd.’s growth can be attributed to product quality, the range on offer, the customer service but most importantly the trust and increasing confidence of Stoma Care Teams across England and Wales.

All our products are available on prescription in England and Wales, we pride ourselves on our after care service, which includes informing the nurses and taking a responsible view of dispensing one product for a new client to ensure the fit is correct before repeating an order, tailoring belts and alterations undertaken, hospital referrals, home assessments and hospital clinics.

Please contact us via our website, email or telephone to see how we can ‘support’ you.

Gone are the days of receiving goods that are not necessary, do not fit, are not exchangeable or not requested!”



3rd December Xmas Fun plus Speaker **Natasha Rolls, Head Stoma Nurse, BRI** and trade will be **Pelican Health Care**

2023 Subscriptions and Dates It was agreed at the July Committee meeting that subscriptions for 2023 would remain at the same level, i.e. £6 single membership and £10 couple membership. Dates for 2023 are confirmed as Saturdays 4th March, 3rd June, 2nd September (we are proposing a September Open Day) and 2nd December.

Helen our Stoma Nurse is normally in attendance at our meetings. There is a raffle and the talk by the speaker is followed by tea, coffee and delicious cakes. There is also an opportunity to chat with fellow members and Committee members. Details of the venue below. All meetings start at 2pm and normally finish before 4pm

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.avon@iasupport.org
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

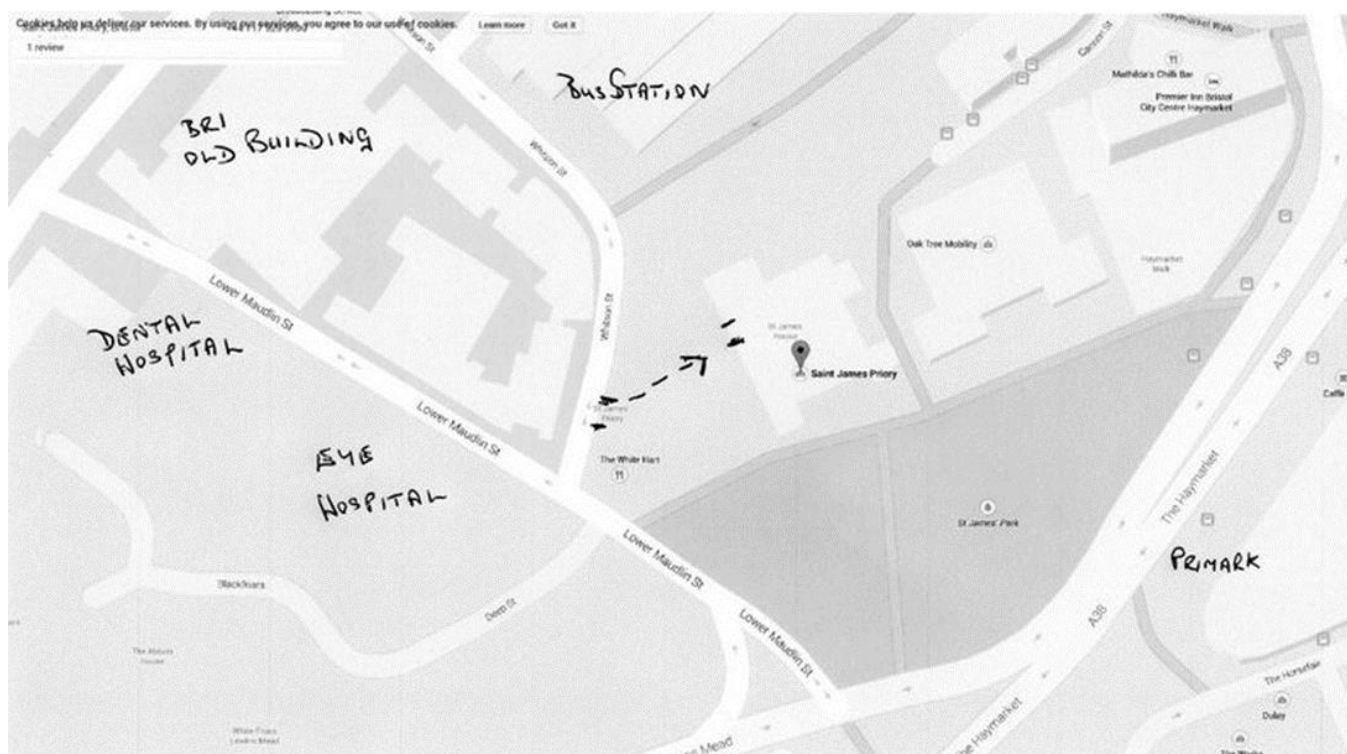
Bladder and Bowel Community email help@bladderandbowel.org or www.bladderandbowel.org .

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 BS1 3NZ – just behind the Bus station at 2pm.

How to get to St James Priory



Look forward to seeing you all at the September meeting.

If you have any concerns and want to talk – give our listeners a ring.