

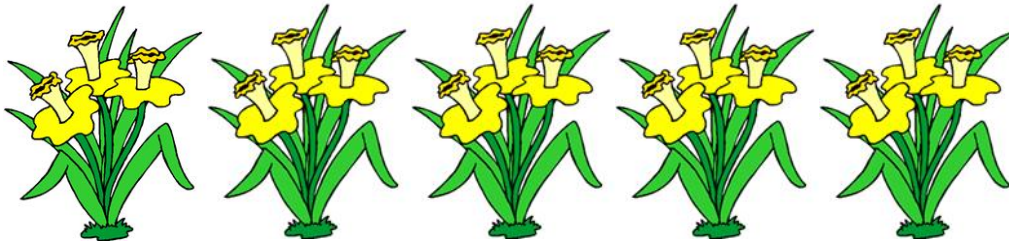


President: Prof. Raj Persad

Vice President Mr Paul Sylvester

Bristol Ostomates Self Support Group

NEWSLETTER –SPRING 2021



Another new year is upon us and hopefully it will be a brighter one than last year! Hopefully you'll soon getting your vaccines and life can start to get back to some sort of "normal".

The new prescribing formulary is beginning to be rolled out and some of Southmead's patients are now under their stoma nurse's care. This is going to run for about 18 months trial before being assessed and then rolled out throughout the Bristol, South Gloucestershire and North Somerset CCG area. If your prescription is changed and you are not happy with the replacement item don't be afraid to go back to your stoma care nurse and say the item doesn't suit you and why. Here's our Treasurer's experience!

HAVE YOU BEEN ASSESSED AND AUTHORISED?

Friends, you will remember that in 2018, we had a very interesting talk from Gill Down, Lead Stoma Nurse at Southmead Hospital who had been seconded to advise the Government / CCG, (Clinical Commissioning Group), on Stoma products and future prescribing procedures of supplies to Ostomates. We know that the system is changing, and indeed is already in operation in some parts of our area, where your GP is no longer in charge of what supplies you can order. I have very recently had first-hand experience of these changes in procedure, and the fight to retain the products I need. Like many of you, I use a "Home delivery supplier," and the first I knew of changes to my prescription, was when my supplier rang me to say that the electronic prescription was altered. I am an Urostomy User. When I rang the surgery, I was put through to the chief pharmacist, who informed that the changes were authorised by the CCG. When I asked why, I was informed that it was a "Cost Cutting Exercise". The pharmacist was unable to tell me if the replacement product, a night drainage bag with hose, was fully compatible with my existing urostomy bag. I spoke at length with my home supplier about the change, but they were not able to give an answer. I went back to the pharmacist and asked that she obtain the information for me. The next day she e-mailed me a 9page booklet on the new product, but that still did not give me the relevant information. I telephoned the manufacturer to ask, but they could not help, so I asked for a sample of the product they would be sending. When this arrived, I checked it out and found that it is not compatible in any way. The hose is not anti-kink, it is shorter in length, and the adaptors do not fit between the day and night bags.

As Ostomates, I was informed that we are not automatically consulted or informed of any changes to our prescriptions!!!!!!!!!!

I have been to see my Stoma Nurse, and had a thorough review of my circumstances and the various Stoma products that I need and use. She has written to my GP to authorise all my requirements. Job Done.

So, Friends, I urge you to make sure that you have a review with your Stoma Nurse, and to keep a check on unexpected changes to your prescription. **DON'T GET CAUGHT OUT. THANKS TO OUR GREAT STOMA NURSE EXPERTS.**

John Batt. Hon. Treasurer. February 2021.

The March meeting should have been our AGM. Instead, I am enclosing copies of the Chairman's Report, the Treasurer's Report and Secretary's Report along with a list of your Committee, all of whom are willing to stand again. If there is anyone else who would like to join the Committee then do let Janet Clark know (01934 248114) – we are always looking for new members with new ideas! If you have any comments that you would have raised on the Reports then please get in touch with Janet and the Committee will review them. We can, hopefully, ratify everything at the June meeting.

Your Committee are 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 Stoma team have said they will be there and we are hoping that the Southmead team will also be in attendance. The Open Days are a chance for you to come and meet all (or at least most) of the stoma care companies and other related companies e.g., clothing and well-being etc. 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!

A word of caution – if you wear a hearing aid do be careful putting a mask on and off – I have found several hearing aids on the high street in Wells recently, they'd obviously been caught up in a mask and lost!

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 (hope you saved all your Christmas ones), – 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

6TH March THIS HAS BEEN CANCELLED

5th June Consultant Ann Lyons from Southmead Hospital?

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

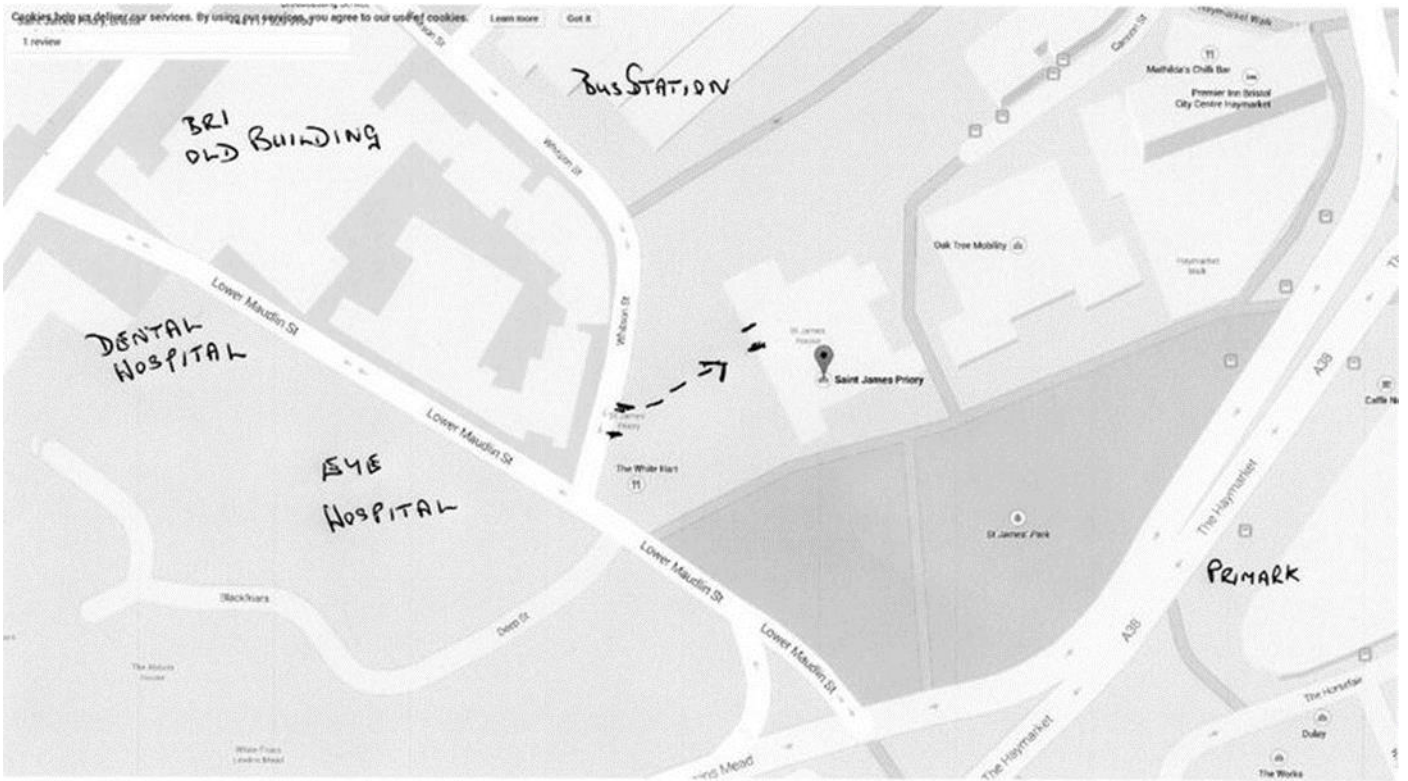
Bladder and Bowel Community email help@bladderandbowel.org or www.bladderandbowel.org .

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



Have a Happy Easter! Take care and stay safe – hope to see you all in June. If you have any concerns and want to talk – give our listeners a ring.



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