



President: Prof. Raj Persad

Vice President Mr Paul Sylvester

Bristol Ostomates Self Support Group

NEWSLETTER –SPRING 2022



I hope you all had a good Christmas and are safely into the New Year. I am very pleased to announce the Group has a new secretary – Pat Hollis, a new member, volunteered at our December meeting and, after learning all that it entails, has agreed to take the job on – thank you Pat! Please make her welcome and introduce yourselves to her. She will be taking over from me as editor of the Newsletter as well.

Natasha Rolls the lead stoma nurse at the BRI has sent the following in to us :-

“Dear BOSS members,

Happy New Year from all at the BRI and Weston stoma care team!

Here’s hoping it’s an improvement on the last couple of years but despite the traumas of recent times we are trying to stay positive in the team and we have had some good news stories too!

We have merged the two teams at Bristol Royal Infirmary and Weston General Hospital, so this means there are 4 stoma care nurses working across both sites in an integrated team, the contact you have with any one of us will be shared so you can trust that whoever you see will know who you are and a little about you.

Just a reminder of the team members: myself-Natasha, Elena, Ella and Emily. We all work at both sites and we also have Martin who is the ‘admin man’ and probably the person you will speak to when you call.

A reminder of how to contact us- 0117 342 7638- this number is if you consider yourself a BRI or Weston patient. You can also make contact through our email: stomacarenurses@uhbw.nhs.uk.

We run a clinic at South Bristol Community Hospital on Tuesday and Friday afternoons and at Weston (in Quantock Department) on a Wednesday. You can call and book to see us at these clinics (pending availability) wherever you live. South Bristol Hospital is on the South edge of Bristol (Hengrove), and is easily accessible from both Weston and Bristol ...and the parking is great!

Due to the high number of Covid patients currently in the BRI, and our clinic room being located on a Covid ward, we are unable to bring patients in routinely to the BRI. We are hoping this situation resolves and we can begin to hold regular clinics here again soon and will keep you updated. Please feel free to call, if we can't see you in the BRI we will look to other options, we will always see you if you need us. We have options for some home visits, phone consultations and video consultations so please remember that we would much rather you called us than not. We will always aim to be able to see you but also want to make sure it is totally safe to do so.

We do have a follow-up program for those who have had stoma surgery recently and intend to make contact with everyone on the system at least annually. Sadly the pandemic has meant that we have not been able to fulfil some of these best intentions. We have been busier than I have ever known and are doing our best to catch-up, however if you are expecting follow-up and have not been contacted please give us a call, we are really happy to hear from you.

For those of you who know her we have really lovely news about Delilah who has had a baby girl, Stella, they are both doing really well and enjoying that precious time together.

We look forward to hearing from you and are hopeful that we will be able to get back to some semblance of 'normality' soon, despite what I suspect is common perception the NHS is still very busy and we have not returned to pre-pandemic status but we will always aim to be there for you so please call us if you need us."

Thanks Natasha.

The 5th of March is our AGM as well as the "normal" meeting. We will keep it as brief as possible! Committee members standing for re-election are: Dave Morgan, John Batt, Steve Hampson, Janet Clark, Fiona Oates, Sue Stone, Ruth Bruce, Josh Palmer and Pat Hollis. Membership remains at £6 for a single and £10 for a double for the coming year. (Please fill in the forms included with this Newsletter and return them to the Treasurer, John Batt). If there is anything you want to raise on the Agenda please let me know by the 21st February. If you would like to come onto the committee to help shape the group then please get in touch – new ideas and new faces are always welcome!



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

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. I HAVE JUST HEARD THAT THE RAFT CHARITY ARE HAVING TO MOVE WAREHOUSES SO UNTIL THEY GET NEW PREMISES I HAVE TO STORE SURPLUS SUPPLIES IN MY SHED! IF YOU CAN WAIT UNTIL THE JUNE MEETING I WOULD BE GRATEFUL. 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.

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 info@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

2022

5th March. AGM plus Rachel Lovegrove talking about her new job within Hollister and introducing the new Hollister Rep!

11th June T.B.A. PLEASE NOTE CHANGE OF DATE DUE TO QUEEN'S JUBILEE!

3rd September Speaker T.B.A. plus Tim Barnacle from Penlan Medical

3rd 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

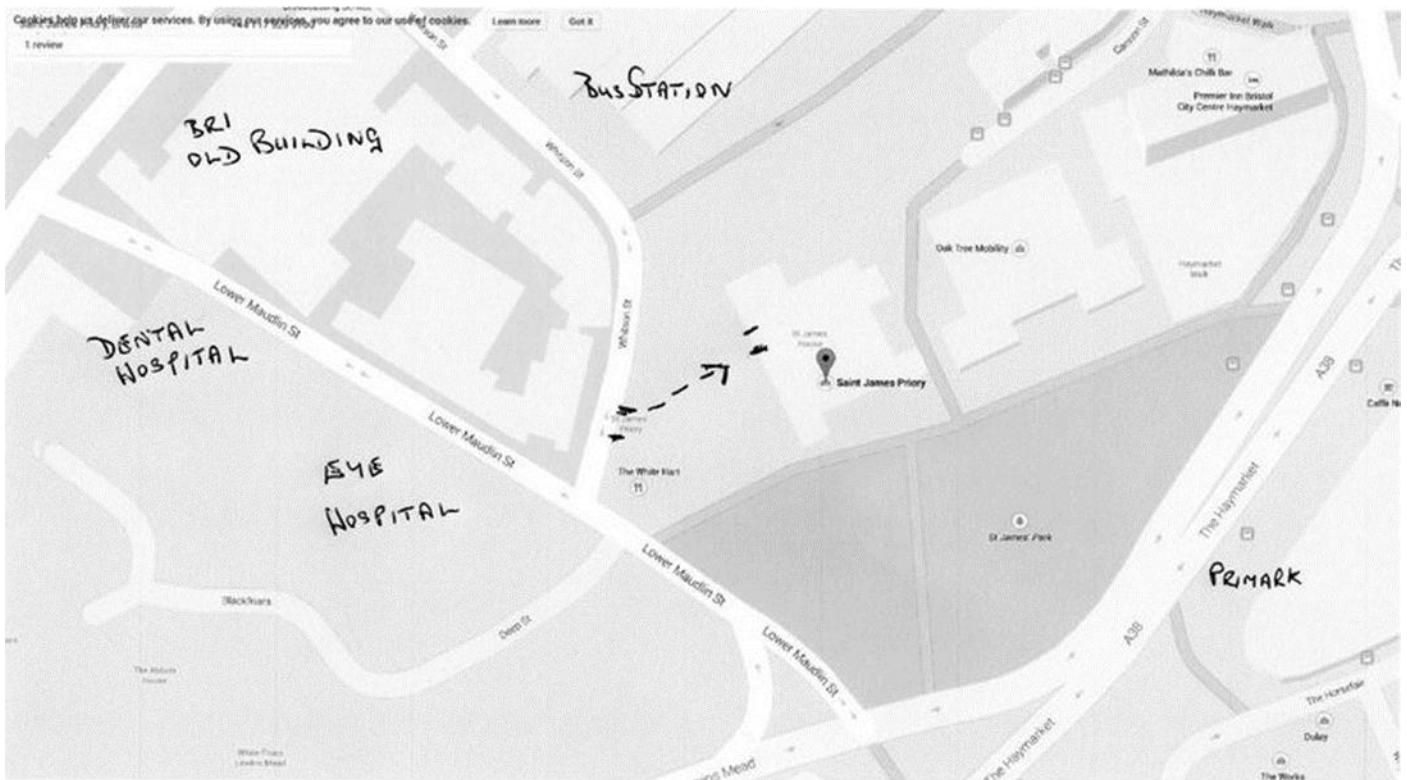
Bladder and Bowel Community email help@bladderandbowel.org or www.bladderandbowel.org .

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



Look forward to seeing you all at the March meeting.

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



www.bladderandbowel.org