



President: Prof. Raj Persad

Vice President Mr Paul Sylvester

Bristol Ostomates Self Support Group



NEWSLETTER – SPRING 2023



Welcome to our Spring Newsletter. The days are beginning to lengthen and we are looking forward to more temperate weather in the months to come. Read on for news of our Spring Meeting and plans for 2023.

Lionel Alesbury Obituary It is with much sadness that we have to announce the sudden death of Lionel on Christmas Day. Lionel was a long-standing and loyal member of BOSS. He was formerly both a Committee Member and Chairman. Our thoughts are with Rachel and family. His funeral took place on 23rd January and Rachel kindly asked for donations to be made to BOSS.



I am pleased to advise that Colostomy UK will be one of the participants at our September Open Day. We receive regular updates on their news and recent announcements are as below :

“We know it's hard to believe, but we're really into 2023! It's a great time of year to shake off the cobwebs and Christmas excesses and get Active again.

Our Active Ostomates at Home virtual Yoga, Pilates, Mindfulness & Meditation, and Chair Yoga classes have started again. They're a great way of getting or keeping active and all the sessions are planned with ostomates in mind. You can find out more about all the classes and register to take part on the website www.colostomyuk.org.

Sore Skin and Leakage Good skin care is a crucial part of any stoma care routine because it will help maintain a healthy skin around your stoma and assist in successful stoma bag adhesion. Broken, red or sore skin may increase the risk of leakage and further skin damage. Left unattended, the skin condition may worsen, leading to discomfort for you and difficulty in getting your appliance to stick. Check out our tips on how to keep the skin around your stoma healthy.

Our Stoma Aware Campaign aims to tackle the stigma that still exists in some areas of society. The more society understands the easier it will become for people with stomas to lead fulfilling lives.

Toilets are a major focus for us as we know that for many ostomates, knowing that when they go out whether it's to the shops, for dinner, to a sports stadium or event venue, having confidence that there will be easily accessible and suitable toilets is almost like a comfort blanket, allowing people to go about their day and not have to worry.

That's why we want our campaign to be a catalyst for change, and we need your help. We've created a series of tools that you can use to present to business and organisations in your area to encourage them to make their facilities Stoma Friendly. These include an introductory letter you can print off, our Stoma Friendly toilet guidelines and a Stoma Aware poster. If you'd like us to send you hard copies email getinvolved@colostomyuk.org

If everyone who receives this newsletter convinced just one business to become Stoma Aware there'd be over 11,000 places more welcoming to people living with a stoma. Now that would be real change!”

Colostomy UK produces a quarterly magazine called 'Tidings'. I will bring some copies to the March meeting. You can subscribe to Tidings via the Colostomy UK website. The magazine is free but donations are much appreciated. www.colostomyuk.org.

DECEMBER/CHRISTMAS MEETING It was good to see so many people at the last meeting in December. Santa made a visit with gifts and Sue supplied delicious Christmas-themed refreshments.

Speaker The December Speaker was Natasha Rolls, Head Stoma Nurse at the BRI. Natasha explained the new procedure for ordering stoma supplies due to start in Spring 2023 (prescriptions to be authorised by the Stoma Nurse rather than the GP). She also spoke about hernias and how to manage them. Both topics proved to be very popular as she was inundated with members giving her feedback or asking their own personal questions. If you wish to contact the Stoma Nurses, call 0117 342 7638 - whether you are registered/living in Bristol or Weston this is the number to reach the team and make appointments, arrange reviews or for any queries related to stoma care. They have clinics at Bristol Royal Infirmary, Weston General Hospital and South Bristol Community Hospital. (Southmead is a separate trust and can be reached on 0117 414 0270).

The Trade Table was hosted by Sian Nixon of Pelican Health Care who gave a short introduction of their products and had plenty of samples for members to inspect. You can contact Sian via their website on www.pelicanhealthcare.co.uk or email sian.nixon@pelicanhealthcare.co.uk.

2023

Spring/March Meeting including AGM The March meeting will start with the AGM. John will present the accounts for 2022. David Morgan is resigning from the Committee at the AGM. However, I am pleased to say that we have two potential Committee Members, Margaret Slucutt and Chris Silverthorne. Margaret and Chris joined the January Zoom Committee meeting and as this didn't seem to deter them, they will be standing for election (proposed by Janet). Committee Members standing for re-election are Steve Hampson, Josh Palmer, John Batt, Janet Clark, Fiona Oates, Sue Stone, Ruth Bruce and Pat Hollis.

Membership for 2023 remains at £6 for a single and £10 for a double. (Please complete the form included with this letter and return to the Treasurer, John Batt). If you would like to add anything to the AGM agenda, please let me know by Friday 17th February.

March Speaker will be Kathy Tasker, Engagement Lead (Somerset, Wiltshire, Avon and Gloucestershire) with Macmillan Cancer Support

Macmillan Cancer Support



We are Macmillan. We do whatever it takes. With heart. With strength. With ambition.

March Trade Table will be hosted by Kathryn (Kayte) Archer of CUI Wear. Kayte says



“My name is Kayte and I have worked for CUI for 4 years. I come from a nursing background and have been in the medical profession for 16 years. I am passionate about patient care and my role as Support Specialist with CUI which allows me to support patients through their stoma journey. CUI stands for Colostomy/ Urostomy / Ileostomy and we provide valuable information and support wear for hernia prevention.

Our products range from underwear and Level 1 to Level 3 support garments and are available on prescription. We also provide a bespoke range for patients with significant hernias and these designed for each individual patient and are available on prescription”

Stoma Supplies We do continue to receive enquiries via the website to collect surplus stoma supplies and we are always happy to arrange collection. If you or anyone you know needs this service, you can contact Steve on stephenhampson1952@gmail.com 0786797647 (North Bristol, Yate area); John on j_lbatt@btinterne.com 01934 863679 (South Bristol, Somerset) or Josh southglostomates@gmail.com (South Wales). All supplies are donated to charity for refugees including those in Ukraine.

2023 CALENDAR DATES



We are pleased to confirm the following meeting dates and programme for 2023.

Summer Meeting Saturday 3rd June Speaker Aileen Fraser – IBD Advanced Clinical Practitioner, Lead Inflammatory Bowel Disease Nurse at the BRI; Trade - Melanie Timothy, AMI/Suportx

Autumn Meeting Saturday 2nd September – Open Day at The Future Inn 1000 – 1330 hours.

Winter Meeting Saturday 2nd December – Speaker Geoff Vian, Royal National Lifeboat Institute; Trade – Kim Hill from Rapidcare

Helen our Stoma Nurse is normally in attendance at our meetings. Except for the September Open Day, 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. (Open Day at The Future Inn 1000 – 1330)

Welcome New Members We are always pleased to see new members. If you would like to give us a try, come along to our next meeting. We just charge £1 for refreshments and if you find the meeting useful, you can become a member by paying our 2023 subscription of £6 single and £10 double.

Our meeting venue – St James Priory



You may not be aware of the history of our venue, St James Priory. It was founded in 1129 by Robert, Earl of Gloucester, the illegitimate son of Henry I. It was a Benedictine monastic community until 1540 when Henry VIII suppressed the Monasteries and sold off their lands. The Nave of the Church was a Parish church until 1984 when it was declared redundant by the CofE. In 1993 the Little Brothers of Nazareth re-opened St James Priory. In 1996 they opened Walsingham House as an addiction rehab and in 1999 opened St James House as Supported Accommodation. In 2003 St

James Priory Project charity was established. Between 2007 and 2011 they applied for a £3.2m grant to the Heritage Lottery Fund and raised £1.2m as matched funding to conserve, renovate & develop St James & secure its heritage.

The Church is a Grade I listed building and in constant need of maintenance. They estimate that it costs £200 per day to keep the church open. Donations are welcomed by cheque or website www.stjamespriory.org.uk.

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 .

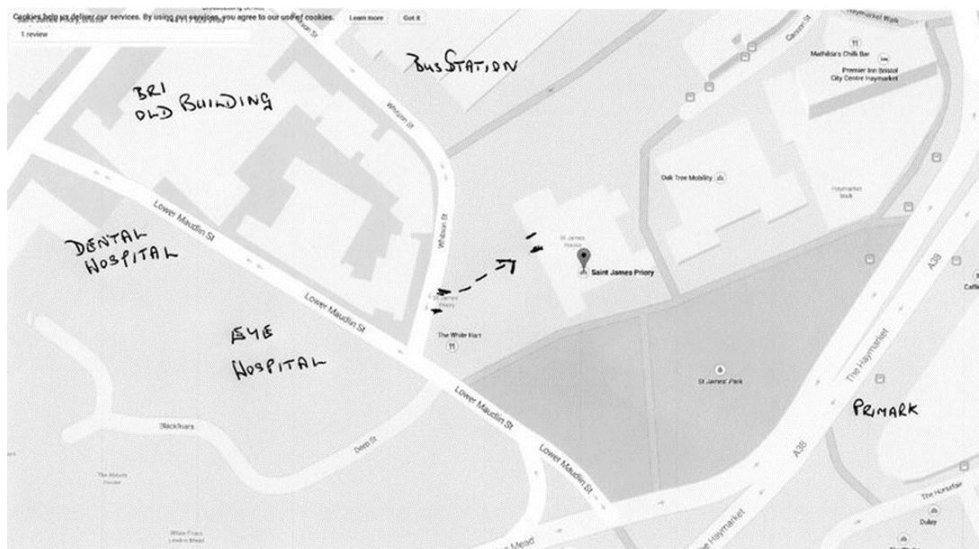
Radar Keys, for use in disabled toilets are available from: The Disabled Living Centre, Vassell Drive, Gill Avenue, Fishponds, Bristol. Tel 0117 9653651. Cost of key £5.

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.

We normally meet in St James’s Priory, Whitson Street, Bristol BS1 3NZ – just behind the Bus station at 2pm.

Bristol Clean Air Zone is now in operation for Central Bristol. For more information and to check your vehicle and/or pay the charge, please use the website www.gov.uk/clean-air-zones.

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.