

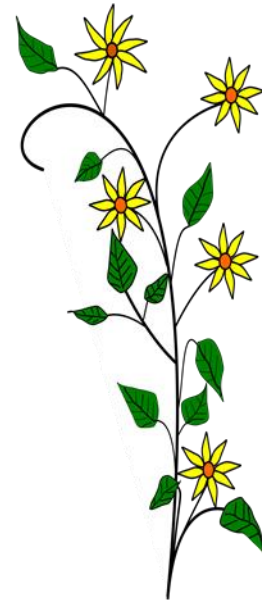
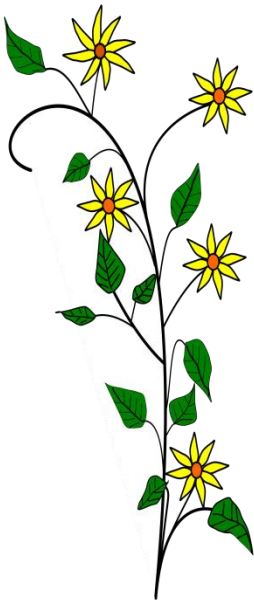


President: Prof. Raj Persad

Vice President Mr Paul Sylvester

## Bristol Ostomates Self Support Group

# NEWSLETTER – Spring 2019



A Happy New Year to you all from your Committee! We hope we can all be positive, pain free and living life to the full in 2019. We have lots in store for you! (Hopefully no Beast from the East this year).

At our December meeting Wendy Cox from RAFT (Refugee Aid From Taunton) gave us an interesting insight into where our unwanted supplies go to. Showing how they are taken to Taunton for sorting then shipped out to refugee camps in various countries. They go directly to where they are needed and are dispensed by a fully qualified team! We will continue to collect what you no longer use at each meeting and will forward it all on to Wendy. Some of you indicated you'd like to donate to RAFT so here are the Bank details: Santander Bank, Sort Code: 09 01 28. Account number 91367704.

You may remember Gill Down, the stoma care nurse from Southmead Hospital who was seconded to the CCG to sort out stoma care and prescribing in the region, came and gave us a talk on her work. Well she has nearly finished her secondment and is making her final report to the new CCG committee. There will be changes, some of the products will no longer be available on prescription, but if you NEED a product and the stoma nurses OK it you will be able to have it. You will, of course, be able to order products no longer prescribed direct from you supplier and pay for them if you so wish. There are likely to be changes in the whole stoma care operation in the region, hopefully with some more outreach clinics. Gill will be coming back to us to keep us up to date with what the final outcome is.

Back to the Christmas meeting.....



Jonathan Tait from Salts brought their product stand along and gave an update on the new Salts factory and proposed extension of the Confidence Be range. We also had a visit from Father Christmas – giving out diaries to all our members!



The Christmas tea and raffle went down well. Thank you Laura and Fiona.

Some of the Committee attended the Coloplast event at the Aztec West Hotel before Christmas with the BOSS stand several of the attendees showed an interest and we hope to see them at our March meeting.

Preparations for next year's Open Day are well under way and we will keep you updated with all the news.

We will be looking for new committee members next March at the AGM and help with refreshments as Laura is stepping down, perhaps a group of volunteers could run the refreshments to spread the load– **any volunteers?** Have a think and if you want to know more give Janet or Dave a ring and have a chat. New committee members means new ideas. It would be nice to set up a Facebook page but Janet's skills and time are limited!!

Your committee have been busy putting together a programme for next year. We have our Open Day at the Future Inn, Cabot Circus Saturday 1<sup>st</sup> of June – several companies have already booked a stand. This

will be your chance to meet reps. from all the companies, chat about problems, sample different products and keep up to date with the latest products available. Colostomy UK are coming and will be running two sessions of Chair Yoga for you to try. Places are limited so book early for the 10.30am or 12 noon sessions. We also hope to have a representation of the stoma care nurses there as well.

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.

Christina has 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. She can also take unused drugs as long as they are in sealed "wrappers or blisters". If anyone wonders where they all go and missed the last meeting the charity which takes them sends them out to third world countries and refugee camps to be distributed. So "thank you" in advance.

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](mailto:Janet.Clark@ostomy.org.uk)

Our stoma care nurse is Helen McCormack and she is usually in attendance at our meetings to give you help, if needed, and she is happy to be contacted for advice and support, do home visits to our members, if necessary, and can be contacted on her mobile telephone number 07730 956129.

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](http://www.ostomy.org.uk) let Janet know if there is anything you would like to see on it!



**Dates for your Diary**

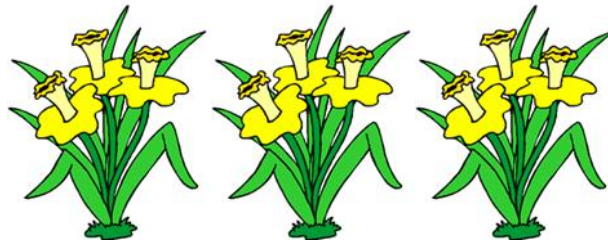
2019

**2<sup>nd</sup> March** Spring Meeting and AGM. Talk and stand by Julie Turner from Coloplast..

**1<sup>st</sup> June** Open Day at Future Inn, Cabot Circus, Bristol 10am – 1pm

**7<sup>th</sup> September** Autumn Meeting. Talk by Aileen Fraser, Inflammatory Bowel Disease Specialist Nurse.

**7<sup>th</sup> December** Christmas Meeting. Talk by Giovanni Cinque from Colostomy 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@ia-avon.org.uk](mailto:secretary@ia-avon.org.uk) Avon IA Tel: 01454 883309. Or [www.avon.iasupport.org](http://www.avon.iasupport.org)

**Urostomy Association**, National Secretary, Hazel Pixley, Central Office, 2. Tyne Place, Chipping Campden, Glos. GL55 6UG. [www.urostomyassociation.org.uk](http://www.urostomyassociation.org.uk) Tel: 01386 430130. Or e-mail [secretary@urostomyassociatio.org.uk](mailto:secretary@urostomyassociatio.org.uk)

**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:** Rob Malkin 0117 9668021, Jan Clark 01934 248114 or you can e-mail [Janet.Clark@ostomy.org.uk](mailto:Janet.Clark@ostomy.org.uk) or [chris@ostomy.org.uk](mailto:chris@ostomy.org.uk)

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

