



President: Prof. Raj Persad

Vice President Mr Paul Sylvester

## Bristol Ostomates Self Support Group

### NEWSLETTER –Spring 2020



At our December meeting we had the lovely Giovanni Cinque from Colostomy UK speak to us about his work promoting Active Ostomates and the work of Colostomy UK. I hope he inspired you to get fit and keep your brain as active as possible! We are hoping to organise another session of either chair yoga or crafts or even both! This may have to be an extra meeting in a different venue as we will need more room than the Priory has. Watch this space! We had the usual visit from Father Christmas and so lovely food – thanks team! Thanks also to Tony Garman from Dansac for providing our suppliers stand.

Our speaker at the March meeting will be Natasha Rolls, the lead stoma care nurse specialist at the B.R.I. We welcome her and her team as it is great to have their input and find out what the latest news is. We also welcome back Kim Hill from Rapidcare and White Rose as our supplier stand.



Ho! Ho! and Yum!



The March meeting is also our AGM and we are asking for some more “volunteers” to join the Committee. We meet four times a year to arrange our quarterly meetings, sort out any problems, talk through ideas, arrange Open Days and anything else that’s necessary. PLEASE let Janet know if you are interested – her phone number and email can be found under “group listeners”. Our Chairman Treasurer and Secretary are appointed by the committee, from the committee members and it would be good to share the responsibilities around! Some of us need a break to freshen up our ideas and help the group to progress.

One of our newer members, Ruth Brice, having been made redundant after being ill, has set up an online business as a Virtual Assistant – a kind of freelance P.A. Small business owners and consultants etc

outsource all their necessary, but time consuming (and often boring) tasks, like admin, competitor or client research, chasing invoices etc so they have more time to focus on running their businesses and their families. They only pay for the work done and don't have to have a fulltime employee.

The core services she offers include email, diary management, creating and updating spreadsheets, business documents and templates, project co-ordination, minute taking, admin support and data entry. So, if you know of someone who could use her services do get in touch. E mail [info@ruth-bruce.com](mailto:info@ruth-bruce.com) or Tel: 07988 497415. Well done Ruth for being so enterprising and not letting your ostomy get the better of you!



"Father Christmas" caught out with the bread pudding!!



Welcome to our new members, I hope you find the group useful! We hold a raffle at every meeting 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!



SPRING



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 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. 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 £100.00 p! 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 – 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.

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



### 2020

**7<sup>th</sup> March** Talk by B.R.I. stoma care nurse. Our Rep will be Kim Hill from Rapidcare and White Rose

**6<sup>th</sup> June** T.B.C.

**5<sup>th</sup> September.** Naomi from Amcare Group will talk on the Me+ programme and our Rep will be Geoff Jones from Convatec.

**5<sup>th</sup> December** T.B.C.

### 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, Mickleton, Chipping Campden, Glos. GL55 6UG. [www.urostomyassociation.org.uk](http://www.urostomyassociation.org.uk) Tel: 01386 430140. Or e-mail [info@urostomyassociation.org.uk](mailto:info@urostomyassociation.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:** Jan Clark 01934 248114 and Christina Hammond 07773 869503 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.

