



President: Prof. Raj Persad

Vice President Mr Paul Sylvester

Bristol Ostomates Self Support Group

NEWSLETTER –SUMMER 2020



Natasha Rolls and her Stoma Care Team, Delilah and Elena from the Bristol Royal Infirmary.

At our March meeting Natasha gave us an illuminating talk on the team's work and how they see the future of stoma care and how the new CCG guidelines for prescriptions will work for us. There will be a trial of the changes at Southmead Hospital first so it is likely to be next year before any of the B.R.I. patients will be affected. We should have annual check-ups – either over the phone or, if there's a need at a clinic. The stoma nurses will take over the prescribing from your doctors – in time! Some items won't be available to us (there are cheaper options you can purchase in the shops) – but if you need anything that is not on the new list, don't worry, you will be able to get it. They hold clinics most days so if you have a problem, give them a ring to make an appointment – or have a chat – on 0117 3427638. I had hoped to be able to include an article from Natasha, but at the time of printing she hasn't got back to me. I can put it on the website if it comes through.

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!

As you may be aware, we have had to cancel our June meeting because of the Covid 19 virus. We hope to be back up and running in September but in the meantime if you need help/information/support then do get in touch. We are starting to plan next year's calendar – is there any topic you would like to see covered in our talks? Just contact Janet or any of the Committee and we will see what we can do. We will (hopefully) be holding our Open Day again next year – do you have a preference whether it is June or September in place of that month's meeting? We have put a provisional booking with the Future Inn again as it is so central to Broadmead and the Bus Station and there is a multi-storey car park by the side.

The March meeting saw our AGM. David, our Chairman, gave his report as did John, our Treasurer. The election of the Committee followed and all those standing (David Morgan, John Batt, Janet Clark, Steve Hampson, Fiona Oates and Sue Stone) were returned as were two new members Ruth Brice and Josh Palmer – welcome all. Josh is our Facebook wizard! He has set up a closed group, which you can all join if you are on Facebook under Bristol Ostomates Self Support Group. He gave us a talk on what he was doing and is available if you need help!! The link is <https://www.facebook.com/bristolostomates/>



Josh Palmer at the AGM

Many of us are trying to stay active and fit during the lockdown and one such member is Fred Dugan who walked 100 times around his cul de sac – a total of 11 miles - in 4 days and raised £400 for the R.U.H. Well Done Fred!



We've all been inspired by "Colonel" Tom's achievements – let me know what you've been up to and we can feature it in the next Newsletter, on Facebook and our website!



As you can see, we are now holding committee meetings over Zoom! It's good to keep in touch!

Subs were due in March and our Treasurer says some of you haven't yet paid or returned the forms sent with the Spring Newsletter. Please keep him happy and let him have your dues! The forms keep your details up to date.

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 and 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.

At this moment in time we are unable to pass on surplus supplies (charities are mainly shut down) so we are having to store until the situation gets back to normal! If you have any to bring to the next meeting give Janet a ring on 01934 248114 to check we have room to take them!

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

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!



Dates for your Diary



2020

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

5th December Christmas Fun! Our talk will be by Consultant Ann Lyons from Southmead Hospital. Our rep will be Sian from Pelican

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

Radar Keys, for use in disabled toilets are available from: The Disabled Living Centre, Vassell Drive, Gill Avenue, Fishponds, Bristol. Tel 0117 9659353. 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 or chris@ostomy.org.uk

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



Have a lovely Summer – stay safe – and we look forward to seeing you all in September.