



President: Prof. Raj Persad

Vice President Mr Paul Sylvester

## Bristol Ostomates Self Support Group

### NEWSLETTER –SUMMER 2022

Welcome to our Summer Newsletter from Pat Hollis, Secretary, BOSS. This is my first newsletter in my new role – I hope you find it interesting. Any feedback or comments welcome. Below you will find a summary of our last meeting in March, details of our forthcoming meetings and news in between as well. We start with news from Southmead Hospital kindly sent by Angela Reeves, Stoma Nurse.

“Dear Boss Members

Hope you are all keeping well despite there still being a large number of Covid19 sufferers in the community. Here at Southmead Hospital, all staff continue to adhere to wearing face masks, washing hands and maintaining social distancing. At the entrance of the Brunel Building all visitors are provided with face masks and hand sanitizing gel, hopefully this will give you confidence if you attend Outpatients or are visiting family or friends. Our team has been kept busy as you can imagine, we are now seeing a larger number of routine operations again and on Saturday's lists have been created to reduce with the backlog.

The Stoma Team members consist of Claire Price Lead Specialist Stoma Nurse, Angela Reeves, Lorraine Iles, Debbie Winsler, Bridget O'Donoghue, Abii Fairburn, Chloe Guppy, Stephanie Nakamura, Kayleigh Weeks and Joy Howell. A lot of us are part time so you may not always see the same stoma nurse in hospital or at Stoma Clinic, where possible we try our best to maintain continuity of care.

For those of you who know our team Chloe is back from maternity, she had a little boy, now one years old and Kayleigh is on maternity leave; her baby daughter now three months old. We also have Lin Parkes and Sara Croft our Admin Secretaries, and Petra Brazell Wright Prescribing Clerk who will normally be your first point of contact when you phone the department on 01174140270. If you prefer you can email us on [stoma@nbt.nhs.uk](mailto:stoma@nbt.nhs.uk)

Our Stoma Clinics run at Southmead Hospital all day on Tuesday and Wednesday mornings. Cossham Hospital clinic is on Monday and Thursday afternoons. We aim to see you at a location nearest to your home, this is not always possible depending on availability within the time frame we need to see you.

We embarked on a Stoma Prescribing Project sixteen months ago; this involved Claire, Debbie and Kayleigh training to become Nurse Prescribers, Abii is currently doing her Prescribing course. Initially we took on a small number of GP surgeries in Bristol, North Somerset and South Gloucester. We are now on the final 5th phase and are up to 74 surgeries in all. There are a few GP surgeries who have opted out of the project which is a shame as our patients have all been really complimentary on how quickly they are receiving their supplies once they have ordered, often the next day. The project has also enabled us to quickly identify anyone who may appear to be having issues with their stoma or product usage and to review anyone who may have had a stoma for years and be on an outdated product offering them a review.

Speaking of stoma supplies I am sure everyone is thinking of the ostomates in Ukraine many of whom had to leave their homes with only the clothes they were stood in or at best a small holdall with personal documents. The situation is heart-breaking as it is but imagine inevitably having no stoma equipment or access to clean water to wash soiled clothes. We were so pleased to be able to donate five large packing cases of returned stock which included pouches and accessory items. A registered charity 'From Bristol with Love' takes donations at their International Centre for Ukraine in Bedminster which is then transported to Odessa. This is amazing work especially

as all are volunteers who do not just leave supplies at the border; they have a direct channel into Ukraine supporting those who are unable to leave villages or towns which have been cut off. You can follow them on <https://www.facebook.com/DinBristolCuDrag>

As do our colleagues at BRI we are constantly trying to improve our services, the pandemic has made it a real challenge to start new initiatives as we are constantly chasing our tails with the heavy workload and staff absence. We are ever optimistic that this year we will be able to achieve some long awaited goals. We are always glad to hear from you if you require advice or review 'a problem shared is a problem halved'.

Enjoy the summer, hopefully we will have some good weather which means socialising outside will be easier allowing us to meet much missed friends and even have a well-deserved holiday.

Best wishes, Angela"

Thanks Angela.

**MARCH MEETING AND AGM** Our March meeting was also our AGM. Janet gave the Chairman's report (in David's absence) and John, our Treasurer also gave his report. There were no issues raised from either. The election of the Committee followed and all those standing (David Morgan, John Batt, Janet Clark, Steve Hampson, Fiona Oates, Josh Palmer, Ruth Bruce and Sue Stone) were returned as well as new member, Pat Hollis (Secretary). Janet introduced Pat to the meeting and advised Pat would now be taking over the role of Secretary. At our subsequent Committee Meeting, David Morgan advised he would be standing down as Chairman. Steve Hampson was elected as Chairman and Josh Palmer elected as the new Vice Chairman. I am sure you will welcome Steve and Josh to their new roles.

**Subscriptions** : Thank you to everyone who paid their subscriptions. Membership remains at £6 for a single and £10 for a double for the coming year. If you have not already paid, John would be grateful if this could be settled on or before the June meeting. Please see attached reply slip for the June meeting with details.

**New Members Welcome!** We always welcome new members – come and give us a try! We just charge £1 per meeting to cover the cost of cakes and tea or coffee. Hopefully you will enjoy your first meeting and become a member!

**Sunflower Lanyards** : We gave all members a Sunflower lanyard. The Sunflower is a globally recognised symbol for non-visible disabilities, also known as hidden disabilities or invisible disabilities.

Not all disabilities are visible – some are not immediately obvious. They include autism, chronic pain, and learning difficulties as well as mental health conditions, mobility, speech impairments, and sensory loss such as speech, sight loss, hearing loss, or deafness. They also include respiratory conditions as well as chronic conditions such as diabetes, chronic pain, and sleep disorders when these significantly impact day-to-day life. Although you may not be able to see these invisible impairments and conditions, they're still there.

People living with these often face barriers in their daily lives including a lack of understanding and negative attitudes. So some choose to wear the Sunflower lanyard to discreetly identify that they may need support, help, or just a little more time in shops, transport, or public spaces.

We hope you find these useful. They will also be available at our June meeting, together with relevant literature from the Colostomy Association eg. Travel advice and certificates etc. (ready for those planned 2022 vacations!)

**Stoma Supplies to Ukraine** : Further to Angela's report above, Janet has also arranged for BOSS supplies to be given to Hospital Care and Air Worldwide. They are filling old ambulances with medical equipment to go to Poland and on to Ukraine. Southmead Hospital have given supplies direct to those collecting after Steve put them in touch.



**March Speaker :** The speaker at our March meeting was Laura Batt who stepped in at the last minute to give us a very interesting talk on hedgehogs. Below is a summary of what she said.



Hedgehogs are now on the Red Alert list and the next stage is extinction. If you find one out in the daytime it means it is ill and won't survive so needs to be rescued, put in a cardboard box wrapped in a towel and taken to a rescue centre asap. Prickles Hedgehog Rescue Centre in Cheddar are open 9 - 5 every day of the year telephone number 07806 744772 leave a message. Alternatively if the hedgehog is very unwell or injured telephone Langford Small Animal Practice on 01934 852422 after hours when a message gives you an emergency number and they will arrange to receive it and look after it overnight. If you are lucky enough to have them visit your garden then please provide some food either specially prepared hedgehog food or cat meat in jelly only and nothing with fish, or cat biscuits, again not fish. Please do not feed bread and milk. Hedgehogs are lactose intolerant and will die. Please check your garden before mowing or strimming and please don't use slug pellets, certainly NOT the blue ones which contain Metaldehyde. These were banned on 1st April 2022 and it is illegal to sell, supply or use them. Garden netting need a gap underneath as hedgehogs get trapped and will struggle to get out and by the time you find the animal, it will be too late. Take care when using anti-freeze, chemicals or any poisonous substance, keep on an upper shelf and wipe spills as hedgehogs are known to lick any liquid on the ground thinking it is drinking water. Also check your sheds, garages etc. before closing the door to ensure a hedgehog has not crept in. My details are: Laura Batt - tel: 01934 863679 or email [laura.c.batt@talk21.com](mailto:laura.c.batt@talk21.com) when I am only too pleased to talk to you. If you belong to any groups and they would like a talk on hedgehogs then please contact me.

### **2022 Dates for your Diary**



**11<sup>th</sup> June Summer Meeting.** Our speaker will be Cheryl Loy-Hancocks from u3a. u3a was founded in 1982 (and celebrates its 40th anniversary this year!) by Eric Midwinter, Michael Young and Peter Laslett who had a common belief that people in their third age could come together and learn for fun. The organisation currently has just under half a million members. Their motto is learn, laugh, live. Bristol u3a is entirely run by its members and has over 140 interest groups. In addition there are over 130 u3a groups in South West England. Cheryl will be delighted to give you more information on groups near to BOSS members.

Our trade table will be hosted by Yvonne Hayes from **Forever Living Products**.

**3rd September** Speaker and trade table is Tim Barnacle of **Penlan Medical** who will talk about Hernia Management.

**3rd December** Xmas Fun plus Speaker **Natasha Rolls, Head Stoma Nurse, BRI** and trade will be **Pelican Health Care**

**2023** dates to be confirmed shortly!

Helen our Stoma Nurse is normally in attendance at our meetings. 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 and Committee members. Details of the venue below. All meetings start at 2pm and normally finish before 4pm



**Invitation from the Ileostomy Association to BOSS Members** The Association invites BOSS members to join them on Saturday 30<sup>th</sup> July in Weston-super-Mare. This is a casual, social day with further details to follow. Interested members requested to contact the Secretary, Mr Kerr Brown, direct at [secretary.avon@iasupport.org](mailto:secretary.avon@iasupport.org) (01454 883309). Additionally a skittles evening at The Swan, Hanham on Friday 19<sup>th</sup> August. Interested members to contact Pat at [topathollis@aol.com](mailto:topathollis@aol.com) or 07855 449578.

**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](mailto:secretary.avon@iasupport.org) 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)

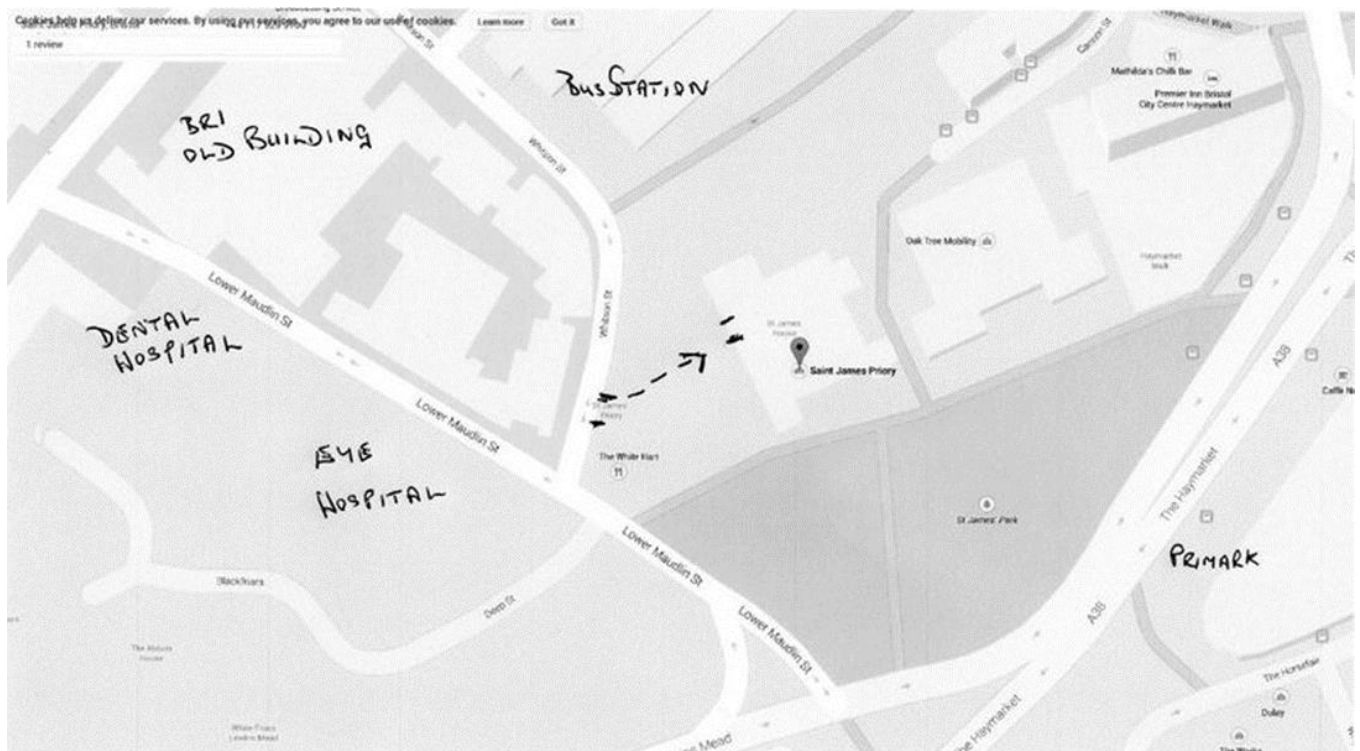
**Bladder and Bowel Community** email [help@bladderandbowel.org](mailto:help@bladderandbowel.org) or [www.bladderandbowel.org](http://www.bladderandbowel.org) .

**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](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 BS1 3NZ – just behind the Bus station at 2pm.

**How to get to St James Priory**



Look forward to seeing you all at the June meeting.

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