



President: Prof. Raj Persad

Vice President Mr Paul Sylvester

Bristol Ostomates Self Support Group

Supported by Macmillan

Macmillan Cancer Support



NEWSLETTER – SUMMER 2023

Welcome to our Summer Newsletter. To follow you will find a summary of our last meeting & AGM in March, details of our forthcoming meetings and news in between as well.

MARCH MEETING AND AGM: Our March meeting was also our AGM. Josh gave the Chairman's Report (in Steve's absence) and John gave the Treasure's Report. There were no issues raised from either. The election of the Committee followed and all those standing (Steve Hampson, Josh Palmer, John Batt, Pat Hollis, Janet Clark, Fiona Oates, Ruth Bruce and Sue Stone) were returned as well as new members, Margaret Slucutt and Christine Silverthorne. We welcome Margaret and Christine to their new roles. (David has now resigned his role as a Committee Member).

Subscriptions: Thank you to everyone who paid their subscriptions. Membership remains at £6 for a single and £10 for a couple 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! Hopefully you will enjoy your first meeting and become a member! We guarantee a warm welcome!



Stoma Supplies to Refugees including Ukraine: Janet continues to arrange for BOSS supplies to be given to Hospital Care and Air Worldwide. You can bring surplus stock to the June meeting or we can arrange collection.



March Speaker: The speaker at our March meeting was Kathy Tasker from Macmillan Cancer Support who gave a very interesting talk on the services offered by Macmillan.

Contact details are

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

For information, support or just someone to talk to, call 0808 808 00 00 or visit macmillan.org.uk.

To donate, volunteer, raise money or campaign with us, call 0300 1000 200 or visit macmillan.org.uk.

March Trade Table The trade table was hosted by Kathryn (Kayte) Archer from CUI Wear. www.cuiwear.com. Telephone 0116 262 433



Macmillan Support Grant for BOSS Following the March meeting, we were invited to apply for a Support Grant from Macmillan and I am pleased to advise that this has now been approved. In return for financial support, we need to provide regular evaluations of our meetings for the next year. We will therefore provide a 'Comment Book' at each meeting and would welcome your comments on the meetings, any suggestions for the future etc.

Summer Meeting – Saturday 3rd June 2023

We look forward to seeing everyone at the Summer Meeting. Our speaker will be Aileen Fraser, IBD Advanced Clinical Practitioner, Lead Inflammatory Bowel Disease Nurse at Bristol Royal Infirmary. Aileen's talk will include :

Symptoms of IBD and how it differs from IBS, Self-help, When to seek medical assistance, IBD Treatment at the BRI and Current research/future treatments. She will of course be happy to answer members' questions.



The Trade Table will be hosted by Melanie Timothy from AMI Suportx.

"At Suportx, we offer a wide range of specially designed Hernia support belts and garments to help you feel comfortable and confident every day. Whether you need a moderately-firm support for prevention or something more firm for an existing hernia, our team of experts is here to help you find the perfect fit for your individual needs. Contact us today to arrange a complimentary fitting consultation and explore the range of options available with Suportx. www.suportx.co.uk; 0800 917 9584"

Dates for your diary!

2nd September 2023 – Open Day at The Future Inn 1000 – 1330 hours. Entrance is free – please do come along! Separate leaflets are available for yourselves and to distribute to GP surgeries etc if possible.

2nd December/Christmas 2023 – Speaker will be Geoff Vian from the RNLI and trade table will be hosted by Kim from Rapidcare/White Rose

Santa's Christmas Gifts: It was felt the normal gift of a diary for BOSS members was not necessarily useful in this technological age! Perhaps you would let us know if you have an idea for an alternative to suit all members. (See above information about the 'Comment Book').

2024 Dates – Saturdays 2nd March, 1st June, 7th September and 7th December 2024

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



Offer of Free Samples to BOSS members from Independence Products Limited



**Independence Fusion
2-in1 Glue & Barrier Film Applicator**

“Independence Fusion offers an ideal alternative to Cavilon and other Barrier Film Applicators when extra adhesion is required, and complimentary samples have been supplied by the Company to allow Fusion to be introduced to BOSS members.

Independence Fusion is a unique 2-in-1 combination of a barrier film coupled with a robust adhesive, and has proven popular with both patients and Stoma Care professionals. Fusion has proved particularly successful in providing a one-product solution to patients who have previously had to use multiple products to secure their pouch.

As a smaller company who specialise in providing unique solutions, Independence Products are keen to ensure that BOSS members do not miss the opportunity to try this truly innovative product.”

Sample packs will be available at the June BOSS meeting. Alternatively you can contact the Company direct. Their full range of products can be viewed at www.ipl.uk.com/stoma-care.



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Spring Covid-19 vaccinations: top up your immunity

The local NHS has contacted us with the following information:

“People most vulnerable to a Covid-19 infection, including those who may have a weakened immune system, are being contacted by text message or letter and offered a Spring vaccination ‘booster’ to top up their immunity.

Dr Geeta Iyer, Clinical Lead for the local Covid-19 Vaccination Programme, says: “We are learning to live with Covid but cannot afford to be complacent. It’s quick and easy to recharge your immunity to give you the protection you need for the months ahead.”

Eligible people are encouraged to make an appointment at a GP clinic when invited, or to book an appointment at a Community Vaccination Clinic by calling 119. People can also attend a walk-in vaccination clinic with many available in the Bristol area. Latest information is online at www.grabajab.net”



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 .

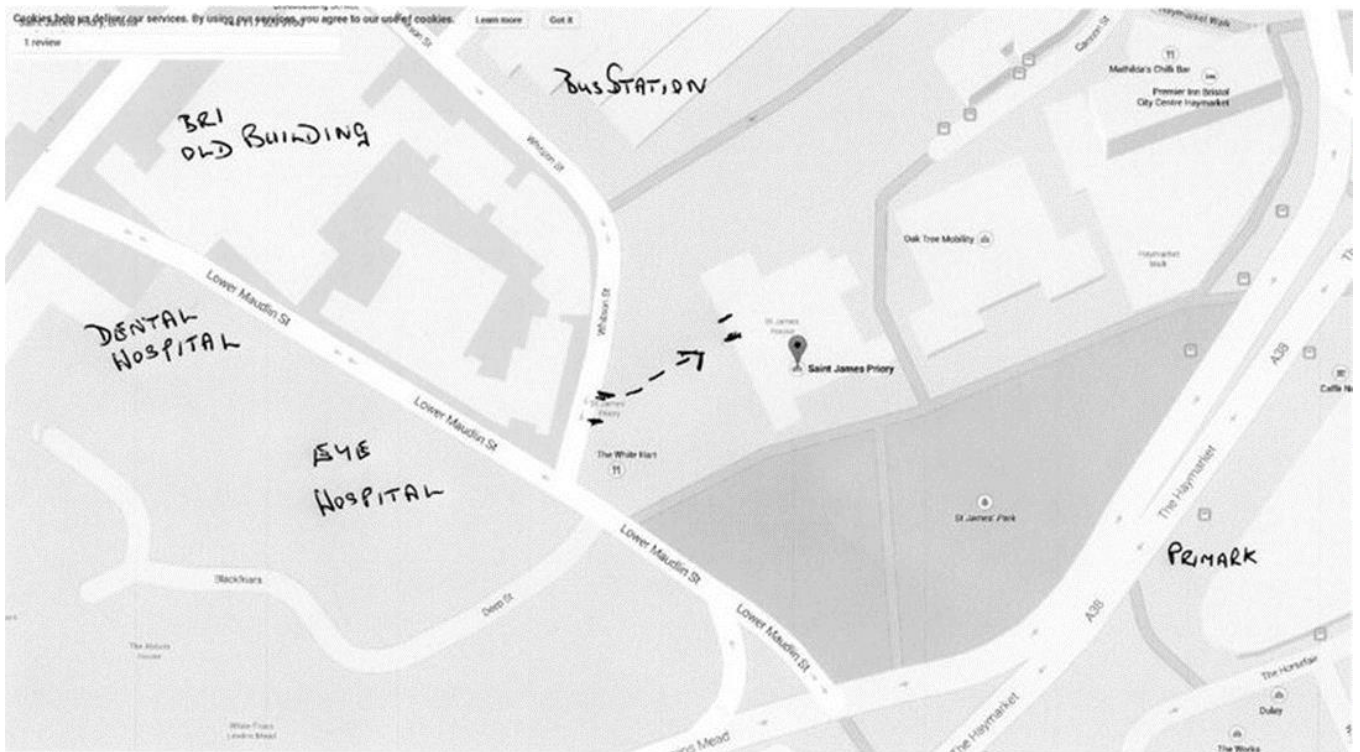
Radar Keys, for use in disabled toilets are available from: The Disabled Living Centre, Vassell Drive, Gill Avenue, Fishponds, Bristol. Tel 0117 9653651. Cost of key £5.

Our group listeners are: Jan Clark 01934 248114, 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 June meeting.

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