



President: Prof. Raj Persad

Vice President Mr Paul Sylvester

## Bristol Ostomates Self Support Group



### NEWSLETTER – Winter 2020

Hello everyone. Your committee hope you are all keeping well and wish you a very Happy Christmas! I know this is a little bit premature, but, Covid restrictions has again put paid to our December meeting. We hope we can meet again in March, but only time will tell. In the meantime, those of you who are paid up members will be receiving your diaries with this newsletter – sorry I can't provide Father Christmas to deliver them!! As I said in the last Newsletter if you have paid your membership it will be carried over for next year as well. Those who haven't renewed yet PLEASE DO – it will cover for you for next year as well and you will continue to receive this newsletter!



As you can see Ruth has written a chapter in this new book which is out now and is also involved in a Ladies Choir - **The Black Sheep Harmony Ladies Chorus Zoom Into Christmas** - Join our Ladies Christmas Choir! Thursday, 12 November 2020 from 19:15 UTC-21:15 UTC Do you enjoy singing? Why don't you join our FREE Christmas Choir project! Meet us on Zoom, starting Thursday 12th November at 7.15pm, where we'll learn 2 Christmas songs together in 4-part harmony. Free course Runs for 5 weeks on Thursday evenings 2 hour session 7:15-9:15pm Starts on Nov 12th 2020 No experience necessary Learn to sing in 4-part harmony Fun and friendly female flock! Sign-up here: <https://forms.gle/MjxpW5Wq118hdoqH7> Find out more about us at: <http://blacksheepharmony.com>

You may remember in 2018 Alexandra Mitchell came to speak to us about a research project she was doing at Bristol University. It was a survey of the dietary advice available for people with an ileostomy. The results are in! The main conclusions were 1) many people with an ileostomy didn't receive the dietary advice they needed and 2) Healthcare professionals who see people with an ileostomy should work together to ensure that clear and consistent dietary advice is provided. If you would like full details of the study the published journal article can be viewed and downloaded from the following link <http://dx.doi.org/10.1111/codi.15268>.

Your Committee are meeting on Zoom for now and are planning your programme for next year. The Open Day is booked for the 4<sup>th</sup> September 10am to 1.30pm at the Future Inn in Broadmead and the BRI Stoma team have said

they will be there and we are hoping that the Southmead team will also be in attendance. The Open Days are a chance for you to come and meet all (or at least most) of the stoma care companies and other related companies e.g. clothing and well-being etc. all under one roof. You can ask questions and order free samples of their products and generally chat to people in a similar situation to yourselves! There will be various workshops throughout the day. These Open Days help fund the group for the next two years so PLEASE put in your diary – entry is free and there is subsidised parking in the Cabot Car Park which is close by.

I am enclosing/ attaching next year's meeting dates leaflet for you and would appreciate if you could put a copy in your surgery or chemist or pass on the information to anyone you know who might need it. If I've managed to design one there will also be one for the Open Day!

As the nights grow longer and the days grow shorter it is easy to just sit in the chair and feel down. Try to go out in the fresh air – even if it is only for short walks. Smile at someone across the road or say “morning” to a neighbour – we need to be social and if you get a smile in return you know you've made someone else's day! Find something to laugh about, laughter is a great fighter against depression. Dance around the kitchen – what ever suits you! If you can find something you can do to help others, like making a cake for the old lady on her own down the road, it will make you feel good. Phone a friend for a chat. It is better than sitting in silence all day. Life is too short not to live it whatever your age so enjoy what you can where you can! If we have to go into lockdown again don't be frightened by it – embrace it – don't be beaten by it. If you drive to the shops take a longer route and enjoy the scenery. There are so many ways **you** can be in charge of **your** life – and keep the tales or photos of what you get up to coming in – I'll need plenty for the next newsletter!!

Welcome to our new members, I hope you find the group useful! We hold a raffle at every meeting (when we can have them) 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 next time we meet!

A word of caution – if you wear a hearing aid do be careful putting a mask on and off – I have found several hearing aids on the high street in Wells recently, they'd obviously been caught up in a mask and lost!

As you may be aware, we had to cancel our September meeting because of the Covid 19 virus. **We had hoped to be back up and running in December but, unfortunately, this too has had to be cancelled.** The hall isn't open and social distancing, the rule of six etc. Hopefully we can meet again in March In the meantime if you need help/information/support then do get in touch 01934 248114.

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.

We have 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. We 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, and we now have a third outlet – a stoma nurse at Weston Hospital is starting a stoma clinic in Zambia and is keen to have our spare supplies as well! 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 £100.00p! So 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 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](http://www.ostomy.org.uk) let Janet know if there is anything you would like to see on it! Also our Facebook page - the link is <https://www.facebook.com/bristolostomates/>



Dates for your Diary



## 2020

**5<sup>th</sup> December** Christmas Fun! Our talk will be by Consultant Ann Lyons from Southmead Hospital. Our rep will be Sian from Pelican **ALL UNFORTUNATELY CANCELLED.**

## 2021

**6<sup>th</sup> March**

**5<sup>th</sup> June** Consultant Ann Lyons from Southmead Hospital?

**4<sup>th</sup> September 10am-1.30pm Open Day at Future Inn, Bond Street, Bristol BS1 3EN**

**4<sup>th</sup> December** Christmas Fun!

## 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)

**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 – just behind the Bus station at 2pm.

Take care and stay safe – hope to see you all in March. If you have any concerns and want to talk – give our listeners a ring.

