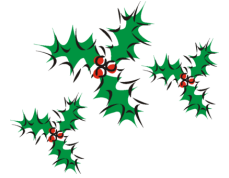
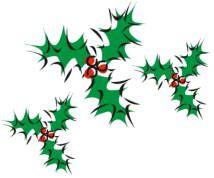




President: Prof. Raj Persad

Vice President Mr Paul Sylvester

Bristol Ostomates Self Support Group



NEWSLETTER – WINTER 2021



Views from either side of the room at the Open Day

We had 18 trade stands, stoma nurses from both hospitals and support groups represented at the event; which was welcomed by those who attended. It was a pity more couldn't come, especially as this was the first Stoma Open Day that the companies had been to since the start of the Covid outbreak. The group relies on the money we receive from the stands to run the group for the following two years! IF THEY DON'T GET SUPPORT THEN THEY WON'T COME AGAIN! It was good to catch up with old friends, have a laugh, chat and get information on new ideas and products.



Josh had a go at the raffle – which sold out!

I've had a message from Angela Reeves, the lead stoma nurse at Southmead. She respectfully requests that if you change any of your products or routines then PLEASE let your stoma care team know. They need to amend your records and now that the nurses are starting to take over prescribing the need to know what you are using. Our stoma nurse, Helen, comes to our meetings to offer you help and advice but if anything in your routine changes then please, let the relevant stoma care team know. Thank you.

As I said in the last Newsletter, I am having to stand down as Secretary due to family illness – I'll still be around and doing what I can but I can't commit myself to the day to day running of the group. The Committee are looking for new members to take the group forward - if you want the group to continue then we must have new members on the Committee to run it. We meet about four times a year as well as arriving early at the quarterly meetings to set up and then clear up! PLEASE, it would be so nice to have some volunteers come forward. You can contact me or any of the committee members. Thank you.

All contributions to the Newsletter are gratefully received! Are there any budding writers out there who could contribute?

Your Committee are still meeting on Zoom for now and are planning your programme for the coming year.

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!

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

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! Also, our Facebook page - the link is <https://www.facebook.com/bristolostomates/>



Dates for your Diary

2021

4th December Christmas Fun! Talk by the eminent surgeon, Miss Lyons from Southmead hospital and a visit from Father and Mother Christmas! 2PM St James Priory.

2022

5th March Rachel Lovegrove from Hollister will be talking about her new job within the company and bringing along the new rep for our area and their display stand.

4th June TBA

3rd September TBA

3rd December TBA

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

Bladder and Bowel Community email help@bladderandbowel.org or www.bladderandbowel.org .

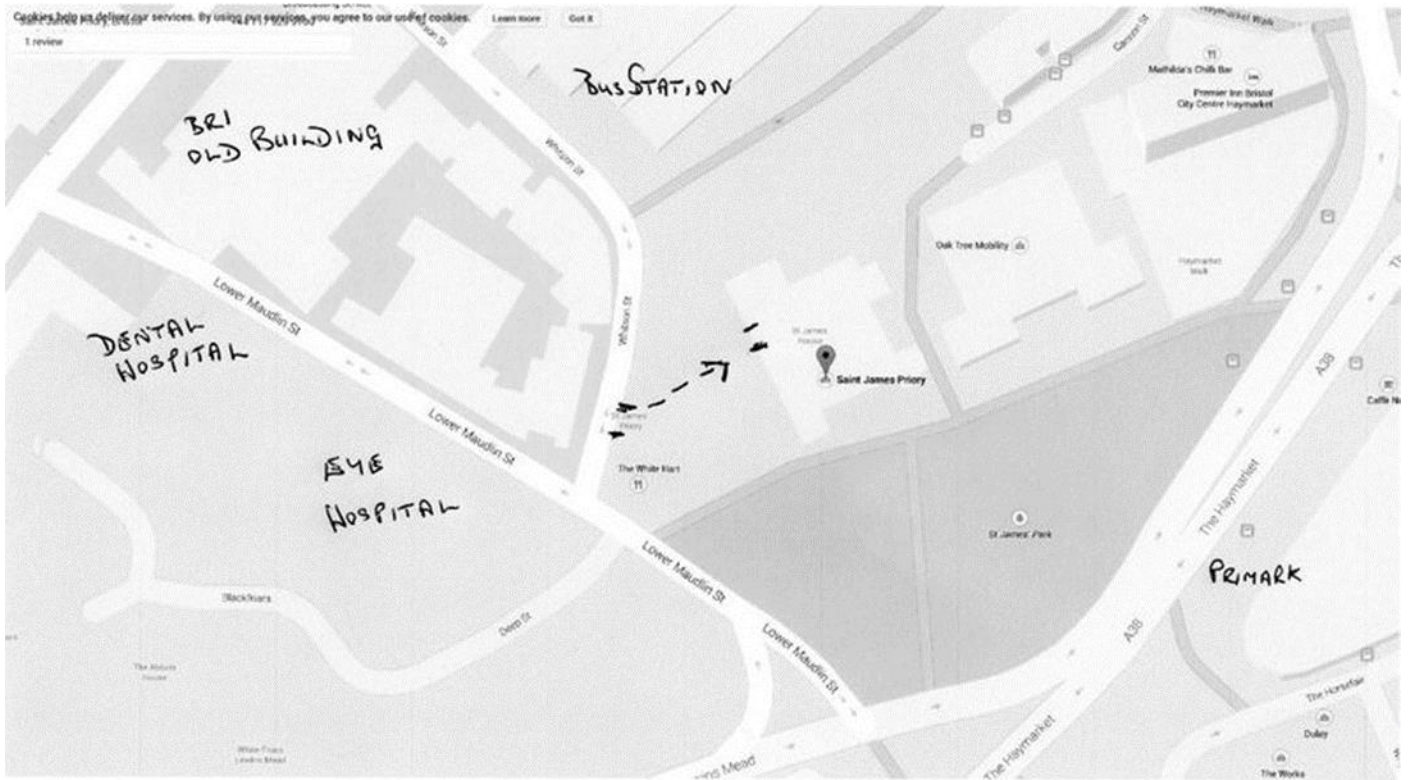
Radar Keys, for use in disabled toilets are available from: The Disabled Living Centre, Vassell Drive, Gill Avenue, Fishponds, Bristol. Tel 0117 9653651. Cost of key £5.

Our group listeners are: Jan Clark 01934 248114 or Christina Hammond 07773 869503 or Dave Morgan 01934 511020 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.

How to get to St James Priory



Take care and stay safe – hope to see you all at the Christmas meeting. If you have any concerns and want to talk – give our listeners a ring.

