



President: Prof. Raj Persad

Vice President Mr Paul Sylvester

Bristol Ostomates Self Support Group



NEWSLETTER – WINTER 2022



Welcome to our Winter Newsletter. Now that the clocks have gone back and we are facing dark evenings, why not join us for a cheerful Christmas-themed meeting on Saturday 3rd December! Included in this edition is a summary of our September meeting and also plans for 2023.

SEPTEMBER MEETING There was a good turnout for the September meeting, despite the fact that the City was packed with back-to-school shoppers and traffic was heavy. We also had the pleasure of welcoming some new faces.

Skittles Evening with Ileostomy Association I reported at the September meeting that we had enjoyed a skittles evening at The Swan at Hanham in August. The winner was from Team BOSS – Laura Batt (John’s wife) seen below with her trophy! I hope you enjoy the below photos and may like to join us on another occasion. Our thanks to Kerr and Michelle from the Association for a great evening!

NAME	UP	HOME	TEAM	TOTAL	NAME	PTS
DAVE	5	1	3	4	5	16
NEZZA	2	6	2	5	3	13
PAT	4	2	4	4	3	17
MICHELLE	3	5	3	3	4	23
SRVIC	1	3	4	3	5	21
SUS	3	2	4	3	5	22
LAURA	5	5	1	7	6	27
JOHN	1	3	3	3	3	17
CLYDIA	2	1	4	1	6	15
PERS	4	1	2	5	4	21

The Final Score!



The Two Teams



(L-R) Kerr Brown, Laura Batt and Michelle Bennett

Public Disabled Toilets run by North Somerset Council As was discussed this issue is still ongoing while we await a response from the Council and the Health Department.

Speaker The September Speaker was Tim Barnacle from Penlan Medical who gave an interesting talk on how hernias are formed and how to manage them. Tim brought along samples of his support products. If you are interested in knowing more, you can contact them at www.penlanmedical.co.uk Tel: 01778 252123 email: info@penlanmedical.co.uk.

New Members Welcome! New potential BOSS members are always welcome to our meetings. You can come and give us a try. For your first meeting we just charge £1 to cover the cost of cakes and tea or coffee. Hopefully you will enjoy your first meeting and become a member! Subscriptions for 2023 will remain at the 2022 level of £6 single and £10 couple (living at same address). It’s a bargain!

Committee Vacancy! At our October Committee Meeting, David advised that he would be resigning as a Committee member by the March AGM. We are therefore looking for a new Member to join the Committee. If you are interested

to learn more about the role, you can contact me at topathollis@aol.com 07855 449578 or any of the Committee members (other contact details below) or talk to us at the December meeting.



Stoma Supplies We do receive enquiries via the website to collect surplus stoma supplies and we are always happy to arrange collection. If you or anyone you know needs this service, you can contact Steve on stephenhampson1952@gmail.com 0786797647 (North Bristol, Yate area); John on jlbatt@btinterne.com 01934 863679 (South Bristol, Somerset) or Josh southglostomates@gmail.com (South Wales). All supplies are donated to charity for refugees including those in Ukraine.



Winter/December Meeting Saturday 3rd December Xmas Fun plus Speaker **Natasha Rolls, Head Stoma Nurse, BRI** and trade will be **Sian Nixon of Pelican Health Care**

Natasha has sent a few words ahead of her December talk. She writes

"Dear BOSS members,

I hope this finds you all well and I am sure it is a relief to be back meeting face to face.

Covid is sadly still with us in the hospital, still admissions but less to ITU, most to the respiratory wards with less severe but equally unpleasant symptoms. These patients require non-invasive ventilation such as C-PAP and are often those that progress to 'long Covid'. The teams on these wards have learnt so much and care so fantastically for their patients. Rightly ITU and A&E staff get a lot of recognition, but there are some truly 'unsung' heroes in the NHS.

So Covid is still having an impact on bed occupancy and capacity and has its impact on us too. When a member of the team tests positive we are required to stay home to prevent spread, for at least 5 days until we test negative, this is sensible and right but can impact heavily on us. Despite this we continue to strive to provide a great service and drive improvement all the time.

To re-cap, we are 5 nurses, me, Delilah, Elena, Emily and Ella, in the team with Martin answering calls, booking appointments and generally keeping us in line! Of course, we also have Lisa our community nurse who works for Coloplast but has an honorary contract with us. We cover both Weston and Bristol sites, with clinics at Weston, BRI and South Bristol Community Hospital. Any patient can have an appointment at any of these clinics subject to availability. Due to ward reconfiguration, because of Covid, we still do not have our designated clinic room but if you need to be seen at short notice, either BRI or Weston, please call and if you can get to us, we will try and facilitate a room and an appointment.

We have limited capacity for home visits and tend to try and keep these for those who are housebound.

We are catching up with our follow-up, we aim to make contact with everyone 'on our books' annually but again the pandemic has slowed this. If you haven't had contact with us, then please call and we can either do a telephone review or arrange an outpatient appointment for you.

We are aware that there are many people who have not been seen for a long time, identifying and making contact with them is challenging so if you are, or know of, one of these people please let us know. If you had surgery at BRI or Weston and are living in our locality, then please make contact.

I am acutely aware that not having had contact from us can make you feel very let down, especially in the Weston area where the service was so erratic for some time. Please trust us and make contact so we can begin to take care of you again. It doesn't have to be anything particular, we like a chat too, but to touch base and feel heard is important.

In the Spring of next year, we will begin the prescribing project, all patients registered with a GP in our locality will have their stoma care products prescribed by us. This does not affect who delivers them. I can talk about this more when I see you in December.

I am very much looking forward to seeing you all in December and hope that you all feel able to give us a call if needed, we are often booked in advance but will find you the next available slot in whichever clinic you prefer.

Take care and keep up the excellent work you do supporting each other."

Thanks Natasha

The Trade Table will be hosted by Sian Nixon of **Pelican Health Care**



"Based in Cardiff, Pelican Healthcare is a leading manufacturer of disposable medical products for the UK healthcare market. The company was formed in 1994 and from the outset manufactured disposable products for stoma care.

Part of Eakin Healthcare, Pelican Healthcare offers a wide range of innovative ostomy and continence products, including pouches, skin care products, support garments and other lines. Its sister company, Respond Healthcare, provides an award-winning prescription dispensing service, supporting the stoma and continence care community throughout the UK".



2023 DATES FOR YOUR DIARY

We are pleased to confirm the following meeting dates and programme for next year

Spring Meeting Saturday 4th March 2023 – Speaker Kathy Tasker, Engagement Lead, (Somerset, Wiltshire, Avon & Glos) for Macmillan Cancer Support – Trade Kathryn Archer, CUI Wear

Summer Meeting Saturday 3rd June Speaker Aileen Fraser – IBD Advanced Clinical Practitioner, Lead Inflammatory Bowel Disease Nurse at the BRI - Trade - Melanie Timothy, AMI/Suportx

Autumn Meeting Saturday 2nd September – Open Day at The Future Inn 1000 – 1330 hours.

Winter Meeting Saturday 2nd December – Speaker Geoff Vian, Royal National Lifeboat Institute – Trade – Kim Hill from Rapidcare

Helen our Stoma Nurse is normally in attendance at our meetings. Except for the September Open Day, 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 members and Committee members. Details of the venue below. All meetings start at 2pm and normally finish before 4pm. (Open Day at The Future Inn 1000 – 1330)

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

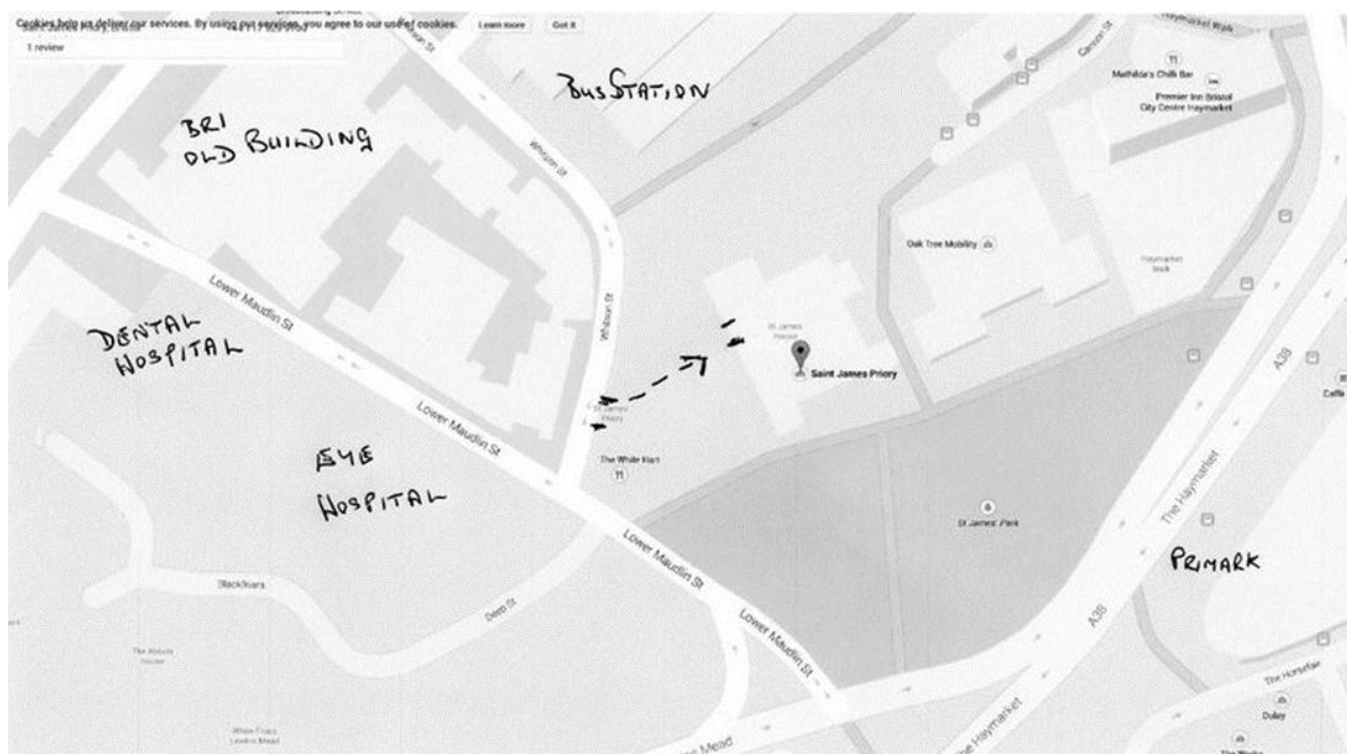
Bladder and Bowel Community email help@bladderandbowel.org or www.bladderandbowel.org .

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

How to get to St James Priory



Look forward to seeing you all at the December meeting.

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