



President: Prof. Raj Persad

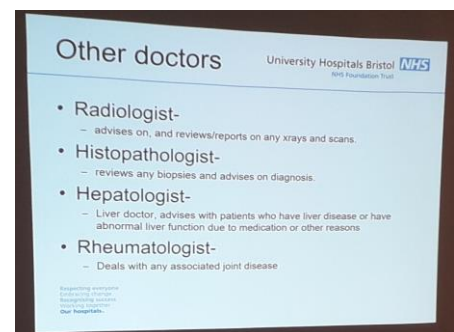
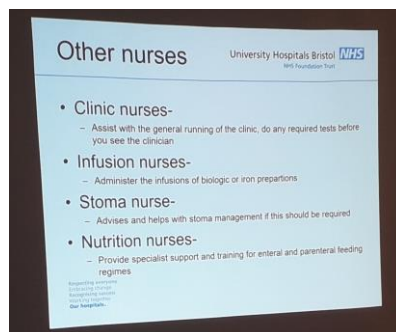
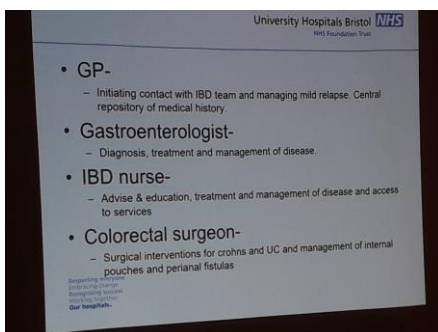
Vice President Mr Paul Sylvester

## Bristol Ostomates Self Support Group

### NEWSLETTER – Winter 2019



At The September meeting we had a very informative talk by Aileen Fraser the specialist I.B.D. nurse from the B.R.I. She gave information about all the “professionals” we will encounter at the hospital and persuaded us not to be afraid to ask questions of them all! There was also information about a clinical survey for ileostomists to complete on line – here is the reference if you have lost it - <https://sscm.onlinesurveys.ac.uk/survey-of-dietary-advice-for-people-with-an-ileostomy>



All of the above are there to help you with any problems you may have with your ileostomy and some are the same as other ostomys – just contact your team.

Jacqui Nicholls from Oakmed was our rep and I hope you all kept her busy!

## NEWS FROM BRI

“Thank you to Janet for inviting us to contribute to the newsletter and hopefully it can become a regular thing.

Things are very busy in the BRI stoma care department, but never too busy to see patients so if you feel you would like an appointment please give us a call on 0117 342 7638. If you have a specific issue, you haven't been seen for a while or just want to 'touch base' with us we'd be really happy to see you.

So now I need to introduce you to the team!!

Delilah Rooney has been with us since April 2018, she lives in Bristol and joined us from tissue viability and before that worked in ITU. She is passionate about stoma care and committed to making ostomates lives as good as they can be.

Elena Owens has been with us since September 2018 and is also a Bristol dweller, although she hails originally from sunny California. Her commitment to care of ostomates is evident and with her background in recovery and theatres she brings another element in our skills and knowledge set.

Martin is our admin assistant and will often be the man to answer your call, he lives in Bristol and there is very little he doesn't know about life in the hospital and keeping us stoma care nurses in check!

I am Natasha Rolls and I have the enormous privilege of leading this excellent team, I was a stoma care nurse many years ago in London, had a career break to have my children and returned to the profession in 2015. I was fortunate to work with Liz whom I am sure many of you will remember, she taught me a lot and I am so lucky to be continuing to learn every day.

AS a team we are committed to helping ostomates adapt to their new life, for however long they have their stoma. We all provide help with practical management, getting back to work or activity, prescription advice, emotional support and guidance on diet, hernia prevention and travel. We're also really happy to see you just to catch-up!

My 'special interest' is raising the profile of my beloved profession and working to bust the taboo surrounding having a stoma, in fact I am presenting at this year's annual conference of stoma care nurses, and I'll let you know how it goes. Delilah has studied hernia prevention and the provision of support garments and Elena is looking at developing better support for our ostomates in their sexual wellbeing so as well as general care we can offer more specialist input.

We have our own designated clinic space so we are fortunate to be able to offer appointment times Monday to Friday both morning and afternoon. So please don't ever struggle alone or 'put up with anything', we are here and are really happy to see you, give us a call and book an appointment 0117 342 7638.

Natasha Rolls, Lead Stoma Care Nurse Specialist, Bristol Royal Infirmary “

As Natasha said hopefully this will become a regular spot in the newsletter and one of the team will be coming to talk to us at the March meeting.



Welcome to our new members, I hope you find the group useful! We hold a raffle at every meeting 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.



Giovanni Cinque from Colostomy UK will be at our December meeting talking about his work with the charity and promoting being an active ostomate! We will also have Tony Gamwell with his stand from Dansac as our Rep.

Christmas is coming! Please be careful what you eat – a little of everything you're allowed is fine, but upset tums are not! Also don't forget to get your prescriptions in early for the holiday period as the stoma supply companies have a holiday as well and if you need to stock up it makes sense to do so in good time.

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.

Christina has 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. She 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. 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 £100.00 p! 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 at the moment is Helen McCormack and she is usually in attendance at our meetings to give you help, if needed. She is changing her job so will no longer be able to do home visits or take phone calls.

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!



### Dates for your Diary



#### 2019

**7<sup>th</sup> December** Christmas Meeting. Talk by Giovanni Cinque from Colostomy UK. Our Rep this meeting is Tony Gamwell from Dansac.

#### 2020

**7<sup>th</sup> March** Talk by B.R.I. stoma care nurse. Our Rep will be Kim Hill from Rapidcare and White Rose

**6<sup>th</sup> June** T.B.C.

**5<sup>th</sup> September**. Naomi from Amcare Group will talk on the Me+ programme and our Rep will be Geoff Jones from Convatec.

**5<sup>th</sup> December** T.B.C.

#### 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)

**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 and Christina Hammond 07773 869503 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.

*Merry Christmas*

