



The ileostomy & internal pouch
Support Group

IA Manchester

Registered Charity: 1039256

newsletter

winter

issue 04-09



A Word from Your Chairman and Editor

Hello
everyone
and wel-

come to this - our final issue of
your local quarterly newsletter for
2009.

This last quarter has been a
very busy one for your commit-
tee - notwithstanding the fact
that World Ostomy Day was
celebrated here in Manchester at
the Trafford Centre - one of only
four Centres in the UK that host-
ed this event. Open Days have
taken place at Wythenshawe
Forum and at The MAYO Centre
- Hope Hospital; this Centre will,
hopefully, become our focal point
for further meetings and Open
Days - including the AGM 2010.

And so we move on to this is-
sues' topics.

Membership - continues to grow and
has now reached close to 250 - and,
of course, this is the final newslet-
ter before the end of the financial
year and the due date for your next
subscriptions - January 1st 2010-
more of this further in our newslet-
ter, especially on the new subscrip-
tion payment method endorsed by
the National Executive

Your Committee meets regularly
with a variety of topics under discus-
sion; Open Days, Social Events,
Visits, Finance, etc. but most of all
we need YOUR input; please send
us your comments and letters and
emails.

Our topic this month is **Donation-**
more of this later in this newsletter.

Looking forward to your greater
involvement and participation in is-
sues of Manchester IA

Regards - *Chris Ainsworth*

NEWS FROM YOUR COMMITTEE

Journal Distribution

Your representative Committee meets several times during each quarter and in particular two to three weeks prior to a Journal distribution and Newsletter production. This ensures that incoming fresh information from National Council, projected Suppliers Open Days, developments from Stoma Care sources, etc are adequately covered and passed onto you - our membership, in each issue. If you have any information/letters/points for discussion in our local Newsletter - then please send them to the Chairman - address elsewhere, or email BEFORE the 20th of each quarter-end month;

Many thanks

NOTES FOR YOUR DIARY

12th DECEMBER 2009

Capesthorne Hall -

Siddington, Macclesfield, Cheshire, SK11 9JY

A Major event sponsored by Hollister (UK) at a prestigious location in the Cheshire countryside; this event is a promotion by HOLLISTER - en-



*titled - *Your Day Away with Hollister* viewing the latest and newest Hollister products. This event is open to all members of Manchester IA but is restricted in numbers attending. To reserve your place please register online at www.your-dayaway.co.uk or write to 'Hollister Ltd. -FREE-POST, 42 Broad Street, WOKINGHAM, Berks, RG40 1GZ' This event is Open from 10am until 2.0pm and will also feature a Fashion Show by Vanilla Blush - well-known for their online fash-*

ion and swimwear; light refreshments will be served and an attendance from Steve Nallon - Write/Director/Actor/Impressionist and One-Man show who also appeared (by voice) in the much-acclaimed television show 'Spitting Image' - further events include a performance from the Royal Northern College of Music playing traditional Christmas Carols; many of you may already have received postal information from Hollisters - and we hope to meet you there.

NOTES FROM OUR VISITING REPRESENTATIVE - MARLENE EVANS

Marlene Evans is growing our "Visiting" role and is there for anyone wishing to discuss any issues or difficulties that they are experiencing from their everyday stoma appliance. We have had one or two of our members interested in getting involved in our Visiting Services which is encouraging and already one member has attended an initial one day course and will complete the full weekend course as soon as this has been arranged by National Office.

Over the last year we have had a steady increase in referrals from local stoma nurses of patients who would like to use our visiting service and we are intending to continue our regular contact with stoma nurses to expand on our service even more

a christmas social gettogether....? sounds like a good idea....any evening from 6th December to 24th.... location ...North,South or Central Manchester ? ,ormaybe a christmas lunch ...afternoon would be a better idea...?...your ideas are helpful...just call 0161 798 8494 (answerphone) 07711578876 - (mobile) email: chairman@ia-manchester.com

KNOW YOUR STOMA NURSE

In our last issue I introduced this new article regarding contact information of your local Stoma Nurses - which commenced with everyone's favourite Stoma nursing staff at Salford Royal Hospital.

Sr Amanda Smith was at pains to point out to me - and rightly so - that she alone could not carry out this task without the help and assistance of her qualified Team - shown below.



Nichola Ellis, Sr Amanda Smith, Sr Claire Holland and Stoma Care Secretary Bernie Murray at the back.

Come along to the regular Stoma Care Clinics - Area 1 - Hope Hospital - to meet this Team - no appointment required; Clinics held during the afternoon every Thursday

Travel Notes from your Chairman

...My wife and I travel abroad several times over the year..we have cruised and flown to many far away places ...

There's no reason why all of us can't continue to enjoy now, what we did before. Those weekends away visiting friends, short city breaks or longer adventures exploring far away destinations are all possible with a little planning and the right information.

Travel Tips & Holiday Hints

A long weekend or a whole week away? A relaxing break on a beach or an active excursion in the water? There are so many decisions to be made when planning to travel away from home – but even more to think about when you're an ostomate hoping to get away.

Carrying a large quantity of supplies can make a big difference to the weight of luggage and it's always worth clarifying baggage limits with the airline in advance.

Make sure not to over pack individual pieces as the luggage may become too heavy to lift and the risk of muscle damage can increase. In case extra supplies are needed while away, ask about stoma associations or where additional equipment

can be purchased in the area.

It's worthwhile thinking about securing a note from the doctor which describes the products and medications being carried and explains what they're used for.

A separate, small travel kit containing items needed for a pouch change on board can make trips to the toilet for a change discreet as well as providing some back-up items in case luggage goes astray. If in doubt about the quality of the water supply, buy bottled water for drinking and cleaning teeth.

Before staying in a hotel at home or abroad, it's a good idea to try to make sure to get an en-suite bathroom. This will enable you to change your pouches easily, in private and at leisure, at a convenient time.

When I travel I always carry Wet Wipes for cleaning my stoma in a public bathroom, where you cannot use a sink to clean with, they can be bought in individual packets. Be sure they do not have any aloe, to interfere with the barrier seal. Hope this tip helps! Some airlines allow extra weight for medical supplies eg. Easyjet allows an extra 10kg! pack a supply in every suitcase as well as in your hand baggage just in case of lost luggage.

A True Story...

A burglar broke into a house one night. He shined his flashlight around, looking for valuables when a voice in the dark said,

'Jesus knows you're here.'

He nearly jumped out of his skin, clicked his flashlight off, and froze.

When he heard nothing more, after a bit, he shook his head and continued.

Just as he pulled the stereo out so he could disconnect the wires, clear as a bell he heard

'Jesus is watching you.'

Freaked out, he shined his light around frantically, looking for the source of the voice.

Finally, in the corner of the room, his flashlight beam came to rest on a parrot.

'Did you say that?' he hissed at the parrot.

'Yep', said the parrot, then squawked, 'I'm just trying to warn you that he is watching you.'

The burglar relaxed. 'Warn me, huh? Who in the world are you?'

'Moses,' replied the bird.

'Moses?' the burglar laughed. 'What kind of people would name a bird Moses?'

'The kind of people that would name a Rottweiler Jesus...!'

It's good to laugh sometimes!

Travel Certificates

In view of the current security restrictions being imposed on travellers, IA suggests that it is advisable for all ileostomists and internal pouch patients to carry a travel certificate with them at all times. Travel certificates are available from IA National Office for IA members (phone 0800-0184724, or e-mail info@iasupport.org), and many of the ostomy equipment manufacturers can also supply them. A Note to remember - many countries have become more popular for European travellers - make sure you have an up-to date Travel certificate with translations in Arabic, Greek, Romanian, Israeli, etc.

RADAR -

The National Key Scheme (NKS) offers independent access to disabled people to around 7,000 locked public toilets around the country. All Ostomates are entitled to a key which may be obtained free via your local Council - or by contacting your Stoma Nurse



NEW WAYS TO PAY YOUR SUBSCRIPTION

OK - Dont tell me - “you never forget” “- the cheque is in the post “, “- the bank has the standing order” - “ tell me again ..where do I send it ..?”

Its no problem ... 1st January 2010 subscriptions are due to the IA - Man-

chester and can be paid by cheque to the Treasurer

Mr C R Ainsworth

3 Hill Top Avenue, Prestwich, Manchester M25 1LL

or via a standing order to your Bank to

ia-Manchester

c/o A/c Number 51330659

HSBC Bank 40-31-24

However, a recent approved change by the IA Executive Committee in the payment and processing of subscriptions for those ONLINE ONLY has made it easier to renew your Membership. This facility is now available, but is only to be used for the payment of £8 & £12 subscriptions; however, It will include a facility to add a donation and to include Gift Aid. You will be able to pay using all the usual credit and debit card options. The system commences from December 1st and will work as follows:

What you need to do- go to <http://www.iasupport.org>

1. On the home page of the IA web site, the “**Join Us**” button will be replaced by a “**Membership**” button.

Select “**Membership**”

2. On the next screen there will be two options: “Join Us” for new members and one to **renew membership**.

Select the **renew** option.

3. Before you can fill in your personal and payment details, you will be asked to select from a drop down list the member organisation you belong to. Select “**IA-Manchester**”

4. After this, you will be taken to a screen, which is similar to the new member screen. It will include a space to add a donation and to include Gift Aid. You will be able to pay using all the usual credit and debit card options. Should you make a mistake at any time you will be given the opportunity to ‘Go Back’ to re-commence the transaction; at the end of which you will need to use ‘**Continue**’

5. At the end of the completed transaction you will receive a **Confirmation** of your payment with a reference number - make a note of this number. Please

email me should you have any queries/problems-chairman@ia-manchester.com

Donations

People within IA Manchester's Regional area might be interested in leaving money (legacy) to support basic research or just wish to make a donation at a funeral rather than flowers. Locally we can make a real difference. All donations are greatly appreciated.

ia-Manchester is a Registered Charity: No. 1039256

Cheques should be made Payable to Manchester Ileostomy Association and sent to The Chairman, Secretary, by telephoning for their address (see Telephone Numbers right)

Thank you for considering supporting medical research. One of the Organisations seeking funding on our behalf is The Medical Research Foundation which always supports additional research to that funded by the MRC, research that compliments or extends the MRC research. The charity funds are never used to replace central government funding. The Trustees use donations and bequests to do more of the medical research that the MRC does so well.

Some examples of research that the Foundation is currently supporting are:

** Funding to investigate biomarkers for colon,gastro-enterological and IBD-related disorders;*

** Additional funding for training the next generation of Stoma Nursing Teams. etc.*

Thanks to all those who have made donations and legacies from IA_Manchester

IA MANCHESTER EXECUTIVE COMMITTEE

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NACC -

**Improving life for
people affected
by Colitis & Crohn's
Disease (IBD)**

**NACC has 30,500 members, 70
local Groups and over 1,000
active volunteers. NACC's infor-
mation and support services are
available to anyone affected by
IBD:**

**Weekdays from 1pm to 3.30pm
and 6.30pm to 9.00pm.
0845 130 3344**

Advice for young people.....

Continuing IA_Manchester's initiative to maintain our resources available to the Young IA - the following is an article published by SALT's HealthCare and Stoma Care..

“So you've been told you need a stoma.....

This information has been designed for young people with IBD (Inflammatory Bowel Disease) specifically and covers all aspects of your life after stoma formation e.g. what you can eat, activities you can do, what happens on holidays - but there are other resources available to you, so please discuss this with your stoma/specialist nurse. You may wish to contact IA-Manchester using one of the addresses inside this Newsletter - always in strict confidence

After you were told you needed to have a stoma, you may have felt confused, angry and you may have not really known what it meant.

You will probably have heard some people saying that you needed to wear a bag. You may have thought: “Does that mean I am going to have a shopping bag to poo into?”, “What will the bag look like?”, “Do I get to choose the bag?”, “Where will the bag be?”

As a teenager, you may think that the adults around you do not understand what your issues are about having a stoma. The healthcare professionals managing your care will have seen many young people who required a stoma and will be able to help you and your parents. You must ask them questions. If you wish to meet or speak to a person your age who has had a stoma, please discuss this with your stoma/specialist nurse and they will try to arrange this for you.

You may initially find it easier by using messaging options.

There are also support groups available for you to join, to help you cope with your stoma. You can either attend meetings that are arranged locally or use the internet to join discussions via chat rooms or forums.

(You will probably be able to navigate this better than most adults, but please use caution and if there is anything on a site that concerns you, discuss it with an adult.)

contact: chairman@ia-manchester.com