

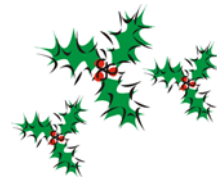
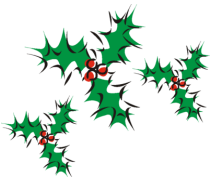


President: Prof. Raj Persad

Vice President Mr Paul Sylvester

Bristol Ostomates Self Support Group

NEWSLETTER – Winter 2017



We had a stand at the Cheddar Health Fest again and received a few enquiries.

We will be attending the Bristol Hospitals' Stoma Open Day on Saturday 18th November in the M Shed, Wapping Road, Bristol BS1 4RN. 10am – 1.30pm – see you there! There is a form to be sent back at the end of this newsletter.



Our September meeting had Helen Bracey giving an excellent talk with her Ostomy Apron! We now know how everything works! Our supplier was Hollister.

Our Christmas meeting will see Jonathan from Salts back with us with some new additions to their range. We will also have our usual quizzes and the tea and cakes will have a festive theme.

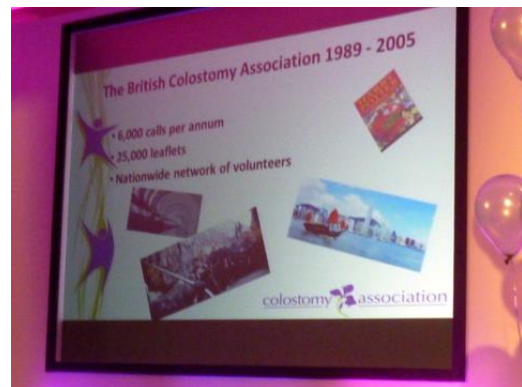
Remember to look after yourselves over the Christmas period and keep hydrated!! We have arranged a varied programme for you again next year and hopefully a trip over to Pelican in Wales.



Helen in her ostomy apron. Quite gory isn't it!



A group of us attended the Colostomy Association's Open Day in September. There were lots of suppliers' stands to visit and an interesting look back over the history with the name changing from The Colostomy Welfare Group to the British Colostomy Association, then to The Colostomy Association and then – from that day it became "Colostomy UK" to bring it up to date!



There was an informative talk on peristomal hernias and whether to operate or not (case studies showed that the benefits don't last), what material should be used as a patch. There is a pilot study into all this at Bristol University – you can check the website cipher-study@bristol.ac.uk for more information .





If any of you go to an Open Day for one of the other stoma types, please let me have a report so I can pass it on in the Newsletter.



Some of us went to a skittles match with the Ileostomy Association – we won! With Laura and Steve tying for first place – Steve won the play off. It was a good evening with a buffet supper.

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 now has another 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.

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 janclark.whistlewind@sky.com .

Our stoma care nurse is Helen McCormack and she is usually in attendance at our meetings to give you help, if needed, and she is happy to be contacted for advice and support, do home visits to our members and can be contacted on her mobile telephone number 07730 956129.

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.



Dates for your Diary

18th November 2017 Stoma Patients Open Day M Shed, Wapping Road, Bristol 10am-1.30pm.

2nd December 2017 Christmas Meeting. Details – all things Christmasy!! Supplier's stand Jonathan Tait from Salts.

3rd March 2018 Peter Martin will talk on Travel Insurance. Supplier Shan Nixon from Pelican.

2nd June 2018 Talk by Convatec Me + programme and they will also be the supplier in attendance.

1st September 2018 Helen Brqcey returns with another fascinating talk. Supplier will be Kim Hill from Rapidcare.

Useful Contacts:

The Colostomy Association, 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. Anne Derrick, Peverill House, 1-5 Mill Road, Ballyclare, Co. Antrim, BT39 9DR 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 Pixey, Central Office, 18 Foxglove Avenue, Uttoxeter, Staffs. ST14 8UN

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: Rob Malkin 0117 9668021, Jan Clark 01934 248114 or you can e-mail chris@ostomy.org.uk

We normally meet in St James's Priory, Whitson Street, Bristol – just behind the Bus station at 2pm.





University Hospitals Bristol
NHS Foundation Trust

You are invited to attend a Patients Open Day
by your Stoma Care Team
from
Bristol Royal Infirmary

Come and meet the Stoma Care Team on:
Saturday 18th November 2017
From 10:00am—13:30pm
M Shed Bristol
Princess Wharf
Wapping Road
Bristol BS1 4RN

(car parking: Wapping Wharf, Harbourside, Bristol, BS1 6UD)

On the major bus routes into Bristol City

Attended by all the major railway companies and many more

X

RSVP: On or before 10th November 2017

Please send all replies back to:

IAO Stoma Care Department

Level 8, Bristol Royal Infirmary

Marlborough Street

Bristol BS2 8HW

Name:

Address:

Number Attending:

Sorry cannot attend / can attend: