

Notts & Derbys IA Newsletter

June 2011

Breakaway Charity Event

This year's annual fund-raising event by the Bess of Hardwick Angling Club on 9-10 July will be in aid of Breakaway, the charity that provides weekend activity breaks for young people with bowel and/or bladder diversions/dysfunctions and their families. Lots of fun from 3.30pm on the Saturday for anglers and non-anglers alike! See www.nottinghamshire-ia.org.uk/news.htm for details.

Be a model to others!

Ostomy Lifestyle are looking for volunteers of all ages, shapes and sizes to model their latest underwear and swimwear at their show in Birmingham in November aimed at presenting a positive image of stomas to the world. For details, go to <http://ostomylifestyle.org/content/underwear-swimwear-show-2011>

Have you renewed your subscription for this year?

If not, please set up a standing order with your bank, or renew online at https://www.iasupport.org/join_renew.aspx or by posting a cheque payable to Nottinghamshire IA to the Treasurer at 44 Rolleston Drive, Newthorpe, Nottingham, NG16 2BD

Do we have your up-to-date details?

If you change address, tel no, email address etc, or undergo further surgery please let us know so that we can make sure you get the most relevant information – email secretary@nottinghamshire-ia.org.uk or phone 01332 840957.

IA National Council 2011

Notts & Derbys IA was represented by our Chair, Fiona Harrison, our Treasurer, Pete Lord, and our Pouch Group Rep, Rio Diedrick at this year's National Council held at Windsor on 9/10 April. They got a number of ideas from the workshop sessions that they will be developing over the coming months to add to the support we provide to members in our area. And from one lecture on how stoma care can be improved through collaboration they learned that 60% of stoma patients experience skin problems yet half are unaware it is a 'problem'. So we should all check with our Stoma Care Nurse occasionally to see if it's worth changing our appliances etc. The Brian Brooke Lecture on ileostomy function and dysfunction was given by Dr Simon Travis, Consultant Gastroenterologist at the John Radcliffe Hospital in Oxford who mentioned that adding 1 tsp of salt to a 500ml bottle of sports isotonic drink makes an excellent rehydration formula. (For full write-up go to www.nottinghamshire-ia.org.uk/news.htm)

Events Roundup

16 members and friends met up at the Attenborough Nature Reserve, Nottingham on 7 May to walk the 2-mile Kingfisher trail. For a fuller account, go to www.nottinghamshire-ia.org.uk/events.htm If you missed it, don't fret! - join us instead on 31 July for a walk around the grounds of Wollaton Hall in Nottingham (meet at 2.30pm in the main car park). And join your fellow members for an informal relaxed social evening at the Pitcher & Piano, Nottingham at 8pm on 25 August – and claim your free drink! Bring a guest too if you want.

Younger members (that's the under 40s) might also like to check out the Young IA Weekend to be held this year at York on 2-4 September (see details at www.iasupport.org/young_events.aspx).

“Then Life Took Control”

This publication, 'Then Life Took Control: A Journal from Sickness to Wellbeing', shares author Sam Shakes' experiences of having Ulcerative Colitis, surgery, and the challenges towards acceptance of living with, & managing a stoma. It shows how there is life after surgery & wellbeing! Copies may be purchased at www.thenlifetookcontrol.co.uk where extracts can also be read.