



Dear Members,

Spring will soon be with us and still no sign the dreaded Covid-19 virus is going away soon, in fact a new strain has been detected and is spreading faster than the first, The past 12 months for all has been sheer misery never seen before.

As I write this editorial the whole country has been placed in lock down and may me be February/March before restrictions are lifted slightly, A massive vaccination program has started, this should relieve the situation, I do hope so!

Christmas.

Apart from being in tier 3 of the lock down during the Christmas period I hope you all managed to see your loved one's over the festive period - Denise & myself self isolated as I could not take any risks with my immune system so low due to my treatment for Crohn's, But we kept in touch with the family by hosting a Zoom family meeting, I also ran a quiz, and that was great fun.

Brian Clark OBE.

IA-Manchester committee work very close with Merseyside-IA and exchange newsletters & general information. Nigel Morley (chairman/secretary) and myself attend each others meetings when possible .An article shown in the Merseyside-IA summer newsletter featuring one their members, Mr Brian Clark OBE, caught my eye. About his ups and downs with his struggle with type 2 diabetes. Full story on page 3.

Competition No:3.

Guess the photo image number 2, this was not an easy one, I had lots of different answers, but was won by John, a member from Kearsley, see page 3 for the full write up. Competition 3, is a lot easier. I had just one lady member that took part in the. Competition, come on girls have a go and show the lads how it's done, your name will always remain anonymous, unless you want to see your name in lights.

Cartoon.

Sorry to disappoint members that like a chuckle at the cartoons, due to lack of space I have had to give it a miss in this issue.

Annual subscriptions.

Most of our members pay annually, and a few have the annual subscription anniversary date when they first joined - If joined July you pay July. The subscriptions problems experienced from our members that had missing payments seem to be on track with less non payment problems cropping up.

ZOOM Meeting.

With the Covid-19 virus spreading even more with a new strain, and no signs of the virus going away for at least the next three/four months. IA-Manchester committee have decided to hold a Zoom video conferencing meeting on 20th March 2021. This will be open to members and the medical profession. It is hoped to arrange for about six manufactures representatives - a stoma nurse (if available, they are under great pressure at the present) and a guest speaker .

If any member is new to this technology - it is free to use but, you will need to have a PC, or a smart /notepad and smart phone with Internet connection. See page 3 for more details.

Mr Christopher Ainsworth.



It is with deep sadness that I have to announce the passing of our past chairman and treasurer 15th November 2020, at the Broughton House Military care home Salford.

I know I' am a little late informing you all, but when I received notification from Valerie his wife the winter newsletter had already been sent for printing.

There will be a short tribute for Chris in the IA spring journal, and a full tribute with pictures shown on page 2.

Best wishes,
Paul, newsletter editor.

Mr Christopher Ainsworth. 1941-2020. (Past chairman/treasurer) IA-Manchester.

It was so sad when Valerie his wife informed me that Chris passed away on the 15th November 2020 at Broughton House military residential home Salford after a long illness.

Chris had spent many months at Salford Royal Hospital for his treatment before he became a resident at Broughton House Salford where he was made comfortable.

Val wishes to make it known that the death certificate shows that he had “Matastic Melanoma” stage -4.

The cremation was held at Radcliffe cemetery Manchester on the 27th November 2020, attended by family members only, with a lock down in place preventing the IA-Manchester committee from observing even at a distance.

No flowers as requested by the family, but donations would be accepted for ‘cancer research’ or towards the residents of Broughton House, the IA-Manchester committee choose to give a donation of £50-00 to Broughton House helping the old soldiers residing there.

Chris was a member of IA-Manchester for 15 years up to the closing down of the committee at the end of September 2018 when it was decided to become a branch.

Chris was known as a bit of a whiz kid and keen on computing. In 2007 he set up the first IA-Manchester WEB site and launched the newsletter the same year. In 2009 he was elected as chairman when Ian Hay had to step down as chairman due to ill health, soon after Chris became treasurer later that year.

Born in Manchester on the 10th January 1941 being one of five children, he attended North Manchester Grammar School achieving “A” level English and Latin.

On leaving school he was employed at a design centre in Trafford Park and helped to design articles for the “Aswan Dam” Egypt.



1958 saw young Chris now seventeen joining the Army “The Royal Regiment of Artillery” he rose to the rank of WO2, Sergeant Major and was later made signals instructor in the same regiment. He served in three other countries, Germany, Northern Ireland, and Aden. Was awarded with a long service medal with two bars, South Arabia bar and Northern Ireland bar. De mobbed January 1981 after serving twenty three years.

While serving in Germany, Christmas 1960, Chris met Valerie, introduced by a close friend, next year 1961 they were engaged, and married 31st March 1962. They were blessed with five children, twins Karen & Debbie and sons Nick, Jon & Gareth.

His many hobbies were drawing and writing in Italics. Chris was also involved with the local Amateur Dramatics, acting, directing, and stage lighting engineer.

Chris and Val spent many happy holidays in their motorhome “Daisy” visiting England, Spain and France when ever they could. Other organisation interests are “Institute of Leadership Management” and of course the Ileostomy & Internal Pouch Association.

“Sadly missed along life’s way, quietly remembered every day...No longer in our life to share,
But in our hearts, you’re always there”

Paul, chairman IA-Manchester.



Brian Clark OBE, Merseyside-IA Committee Member.

The ups and downs of this popular person.

Brian Clark OBE, 82, is a retired engineer and widower with two daughters and lives in Southport, Merseyside. He was diagnosed with type 2 diabetes in 2005. After following a low-carb diet his weight dropped from 15st 11lb to 10st 8lb, and he has stopped taking medication for type 2 diabetes and high blood pressure.

After he got back from a cruise in 2018, his GP, Dr David Unwin, phoned Brian excitedly and asked what had he been doing, as his blood sugar had come down and he had lost a few pounds.

He told the doctor he had been eating well on the cruise, having more protein such as lean meat and fish, and more vegetables than usual, as well as less bread, pies and pastries. It was then that he suggested to Brian the low-carb diet.

Brian had suffered with type 2 diabetes for 13 years and had been on insulin injections for almost all that time. And his health had deteriorated quite a bit.

As a young man Brian was a champion runner, but gave up athletics when he started work and developed unhealthy habits, including smoking and a liking for pies and chips. He took no formal exercise and thought he was getting enough by being on his feet at work.

When Brian retired, he became a carer for his late wife, didn't get much time to look after himself and take exercise, so his weight crept up.

By 2016, he weighed around 15st, so at 5ft 5in tall, and was quite plump — BMI was 38.4, which made him 'obese'. Didn't feel well, either and had no energy. Blood sugar was also high, and he seemed to need higher and higher doses of insulin.



After Dr Unwin's call, Brian decided to give the low-carb diet a go.

It was a very different way of eating — previously breakfast would have been fruit juice and a sugary cereal with milk, but switched to tea, a piece of cheese and an apple, or Greek yoghurt with berries. Once a week he treated himself to a traditional English breakfast. This was not too dissimilar to how he had eaten on that cruise. He also stopped taking sugar and sweeteners in tea and coffee and gave up drinking all types of fruit juice.

For lunch a two-egg omelette with mushrooms, or smoked fish with steamed green vegetables is the norm. Dinner would usually be avocado and prawns, a salad with chicken or cured meat followed by berries with Greek yoghurt or cream. He made the effort to include vegetables with every meal, so the diet was much more varied.

Brian exercised once a week, and now with his personal trainer has an hour a week workout. Becoming a lot fitter, stronger, with more energy, people remarked that he looked ten years younger, and he felt it.

As well as losing the weight, he has come off insulin and diabetes tablets, and with a steady blood pressure of 118/68, being told is what you'd expect in a 25-year-old. He was so proud to be told this. Brian a living proof that it's never too late to change bad habits.

Brian Clark OBE.

Z O O M M E E T I N G .

You must have a have a computer/laptop/notebook or smart phone to take part.
Open to all IA-Manchester members' stoma care nurses and medical professionals.

The Coronavirus may be with us for some time yet, perhaps summer, or even later according to the government. With this in mind the committee hope to hold a ZOOM Video Conferencing meeting -To be held on

Saturday 20th March 2021, 10-12 noon.

6 manufacturers' representatives will be invited - A stoma care nurse (if available) to answer any problems, guest speaker plus the IA-Manchester members who wish to take part.

If you wish to take part in this new adventure for IA-Manchester there is no need to install the full ZOOM app. But If you have not used ZOOM before you will have to register, the service is **FREE** for members who wish to join.

Members' wishing to take part in our ZOOM meeting please submit your details to:

Secretary: marlene.evans@iasupport.org or phone: 0161 790 9380.

Or Chairman: paul.stott@iasupport.org

Nearer the time you will be sent via e-mail your log on details, your meeting URL: meeting ID: and pass code to join.

See the ia-manchester WEB site on how to set up and use the **FREE ZOOM app. And smart phone setup >**

<https://www.manchester-ia-branch.org/18-3-2020.html>

Chairman - Webmaster -
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Secretary & visiting
Co-ordinator:
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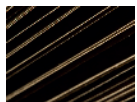


Open days and events:
Anne Cross.
Email:
anne.cross@iasupport.org



Guess the photo Competition. No:2

The photo competition shown in the winter issue of the newsletter - guess the photo image was before being greatly enlarged. Here are a few of the answers > LP record, carpet, oily rag, cushion, spiders web.



The winning answer was 'The open end of a book' This was won by IA-member John from Kearsley, near Bolton. With travel restrictions being in place the

committee decided to send John a voucher instead of Wine or chocolates, here you see John with his prize, a Tesco gift voucher.



Out of all the members that took part, there was only one lady, Come on girls show the lads how it's done!!

Guess the photo Competition. No:3

A new challenge for our members, the picture this time is a close up, I have chosen this especially for the ladies, but the lads are also welcome to take part. Once again there will be a prize of either wine (red or white) or chocolates (dark or milk) There can only be one winner. the first member to give the correct answer will be the winner - The competition will start 1st March and finish on the 31st . Please do not enter before the 1st March, your answer if correct will not be valid. (This gives members that receive their copy of the newsletter late a fair chance)



No clue this time it is so easy.

Send your answer to: Marlene . phone: 0161 790 9380.
Or email: marlene.evans@iasupport.org
or to editor at email: paul.stott@iasupport.org

Subscriptions.

A few of our members have been sent reminder letters regarding non payment of subscriptions, many have said they have paid, yet still have had a reminder. The biggest problem has been with the wrong details given to the bank or on the cheque sent to our head office at Rochford Essex. Most of our members are now back on track and up to date with subscriptions.

Many members have a due date for subscriptions from the 1st January.

But for those members that have joined in the past 2 years will have their due date when they first joined. Example 1st March - 1st July

The correct details for payment are shown below, If you are still having problems please contact, Marlene (secretary) by phone: 0161 790 9380 or by Email: marlene.evans@iasupport.org or info@iasupport.org

SEE BELOW HOW TO PAY

S u b s c r i p t i o n s 2 0 2 1 .

Renewal subscriptions can be paid using any of the details below please - either online, by standing order or via cheque sent to IA national office. Subscriptions are due annually please. If you have yet to pay 2020 subscriptions please arrange to do so ASAP to continue your membership.

Under 60 years of age as at 01.01.2021: £15 PA. Over 60 years as at 01.01.2021: £10 PA.

Please send a cheque made out to **IA BRANCH POOLED**. (Make sure you put your name and address is on the back.)

* Send to: IA National Office, Danehurst Court, 35-37, West Street, Rochford, Essex, SS4 1BE. *

Or pay on line at <https://www.iasupport.org/membership/renew>

If you want to pay by standing order please go to your bank and cancel previous orders and instruct the bank to make a new standing order payable to :

The Co-operative Bank, PO Box 250, Delf House Southway, Skelmersdale WN8 6WT.
Sort Code: 08-92-99; Account No: 65854408. Account Name: IA Branch Pooled.

You can also download a standing order form from <http://www.iasupport.org/membership>

* PLEASE DO NOT USE ANY OTHER ADDRESS OTHER THAN IA NATIONAL OFFICE'S ADDRESS ABOVE *