



President: Mr Jonathan Epstein, Consultant General & Colorectal Surgeon Salford Royal Hospital.



Dear Members,

I would first like to welcome new member Pamela from Macclesfield. any help Pamela please contact Marlene our trained IA Support Volunteer Co-ordinator, address on back page.

**Another year gone!!**

Time has passed rather quick this year, It does not seem 12 months since I was writing the winter newsletter and looking for images for the Christmas edition.

I hope members tried to get away for a few days during the year with the on/off covid restrictions, I did manage to get away for a few days each month from May to September, but wherever myself and Denise went we wore face masks as we both have a low immune system.

**51 Years Later, by Anne Cross a committee member.**

A moving article of the trials and tribulations Anne has endured in the last 51 years. Thanks for this brilliant article Anne. see page 2. *Have you a story to tell like Anne? Please get in touch addresses back page.*

**Spot the ball.**

This competition is getting more and more popular with our members, another Lady winner from the Autumn issue. And a double prize money with competition 5 in this issue to £20-00, see page 3.

**Coffee Morning at IRLAM Heritage Centre situated on platform 1, at the station.**

After 20 months we are finally back to our coffee mornings and open days, not the same when using ZOOM, there is no live atmosphere. This new venue for Manchester-IA is a fantastic place to visit when you have had your chat and a cuppa you can wonder round the station. One special place to visit is the signal box brought all the way from Keighley Yorkshire.,All the levers for the the signals and points work, but obviously not connected to the main line,but you can work them. For our open day's when we invite manufacturers representative showing their latest products will be ideal using the 1<sup>st</sup> floor at Irlam Station , this hopefully will be taking place April/May 2022.

**More Coffee Mornings.** The committee intend to have coffee mornings in other locations **North, South, and East Manchester**, but that will be next year - We are on the lookout where we could hold these events. CAN ANY MEMBER HELP?, we need locations with easy reach with a good transport system and good parking near the venue, locations shown above. Please contact Marlene or myself . Address's on the back page.

**Manchester-IA WEB site.**

The committee have decided to close down the Manchester-IA site and transfer a few of the main articles to the Main IA WEB site early January 2022. The new page on the main IA-WEB site will have links > **Hospitals, Stoma Care Departments, Events, Newsletters, Manchester IA support volunteers, About us**,More links could be added at a later date.

To open the Manchester page go to > <https://iasupport.org/about/local-groups/> look for the Manchester link.



Take Care, Paul, Newsletter Editor.

IA - Manchester Committee, Paul, Marlene and Anne, Wish you all a merry Christmas and a prosperous & Covid free New Year.

Paul, Chairman / Newsletter editor.



## ANNE CROSS - 51 YEARS LATER

It's almost like yesterday when I think about it (which isn't often). Three years of mild illness, not definite whether Crohn's or colitis, three weeks in hospital in November 1969 when steroids seemed to have done the trick and all was normal again.

I married with medical approval December 1969 and then Wham! February 1970, aged 27 and two months into married life a massive flare up of infection, bleeding, abscesses and finally a fistula sealed the decision to operate. The medics had struggled for nine weeks with me in hospital trying everything they knew to prevent me having surgery but in the end there was no choice if I didn't want to die.

Having never even known what a colostomy was up to that point, I was devastated to find out what was going to happen. I was in emotional turmoil wondering what my new husband would think, my family, friends, and my teaching colleagues. My perception of myself (never having been ill since childhood and with a very nice body) was that I would be a freak and second rate human being. In the end though, with no choice, the operation (panproctocolectomy with ileostomy) was performed on April 7<sup>th</sup> 1970...



Many tears were shed. I had lost four stones in weight and looked like a stick. With a body riddled with infection it was a risky procedure and in fact the enormous abscess in the wound post operatively caused healing problems and adhesions. The perineal wound had to be packed for some weeks and did not heal properly for 14 months. However, after I began to see that there was hope of recovery as I improved I decided that it was not going to break me and that I would give it my best shot to live as normally as possible. I slowly got back to being able to walk as being in bed for so long had made this difficult. I was fortunate to have a surgeon who knew about the Ileostomy Association and post operatively he arranged a visit from the secretary, Joyce Fitzpatrick, for which I am eternally grateful.

There were no stoma care nurses in those days and ileostomies were not common so to talk to someone with life experience of an ileostomy was a godsend. We talked about food, clothes, marital relations, having children, sport and I was able to contact her if anything cropped up that I wanted to talk about. It was roughly 2 years though before I felt normal and that everyone was not looking at my stomach. I joined IA and am extremely thankful for its support over the years.

In everyday life I determined not to talk about my "affliction" and in general don't tell people I have an ileostomy but it has been good to learn about and discuss ileostomy matters at IA meetings and I've made many good friends.

I was given 2 Salts black rubber bags after the op. – one worn and one to be ready when a change was needed. (Some people likened them to a hot water bottle!) Scrubbing out the used bag in readiness for the next change was the order of the day. The adhesive was liquid latex which was smoothed on to flange and skin and when dry the two were pressed together.

In light of today's disposable bags this seems a clumsy procedure but it was efficient and used to keep the bag on for up to 4 days. (I still have the original bag to remember!) Now of course I use disposable and by trial and error with many different bags over the years have found one that suits me perfectly. I am now able to keep my skin nice and keep the bag on for 6 or 7 days which means my life is very normal and the half hour I spend cleaning, airing, thoroughly washing and drying the peristomal skin when I do the change is well worth it.

I wasn't able to have children because of adhesions in the Fallopian tubes but God is good! We adopted two gorgeous boys and have 6 lovely grandchildren.

I have camped in fairly primitive conditions and have travelled all over the world and still do (aged 78) and have found no problem whatever travelling by plane. I have taken school trips abroad and shared rooms with colleagues who never knew I had an ileostomy. I used to swim and play tennis but now try to walk at least 2 miles a day for exercise. Life can still be good with an ileostomy! Thank you medics and IA.

I do hope that this little story will encourage some of you and do contact me if you like a chat.

Contact details on back page of the newsletter.

*Anne Cross.*



## Competition, No: 4 Spot the Ball result

Winner of the 'spot the ball' shown in the Autumn Newsletter is long standing member Patricia from HIGHER BLACKLEY, Manchester.

Submitted numbers are > A7 **F7**,

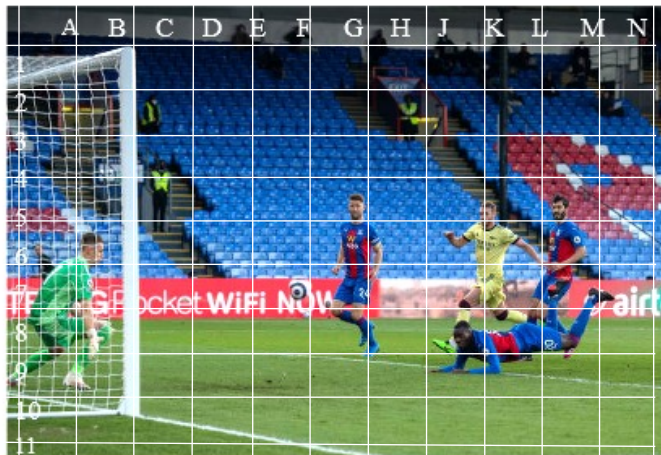


H7, K7, L7. - With **F7** the winning square, see ball on the red strip on the Picture. Patricia must have 7 as her lucky Number, This has paid off for her. Here you see Patricia holding her Tesco voucher.

Spot the ball No: 5 will be as easy with a little more squares. but with a double Christmas bonus, the voucher will be for £20.00.

Come on, have a go, but do not enter before 1<sup>st</sup> December 2021, entries close on the 31<sup>st</sup> December 2021. Results will be shown in the Spring 2022 edition

Paul, Newsletter editor. **PS. we have to give all our members an equal chance to win. Some members are late receiving their journals and newsletters, hence the starting date.**



## Competition No: 5 Spot the Ball Christmas Special.

The game shown for the Spot the Ball competition is Wolves verses Everton, not sure of the date,.

there are 182 squares where the ball might be. you are allowed 5 goes

How to play >,Example, If you think the ball is in square D-3 , answer,the ball position is in square D-3 and my second choice is box G-5, until you have entered your **5 entries**. Send your answers to secretary,

Marlene Evans: phone:0161-790-9380. Or E-mail:

[marlene.evans@iasupport.org](mailto:marlene.evans@iasupport.org)

also newsletter editor

E-mail: [paul.stott@iasupport.org](mailto:paul.stott@iasupport.org)

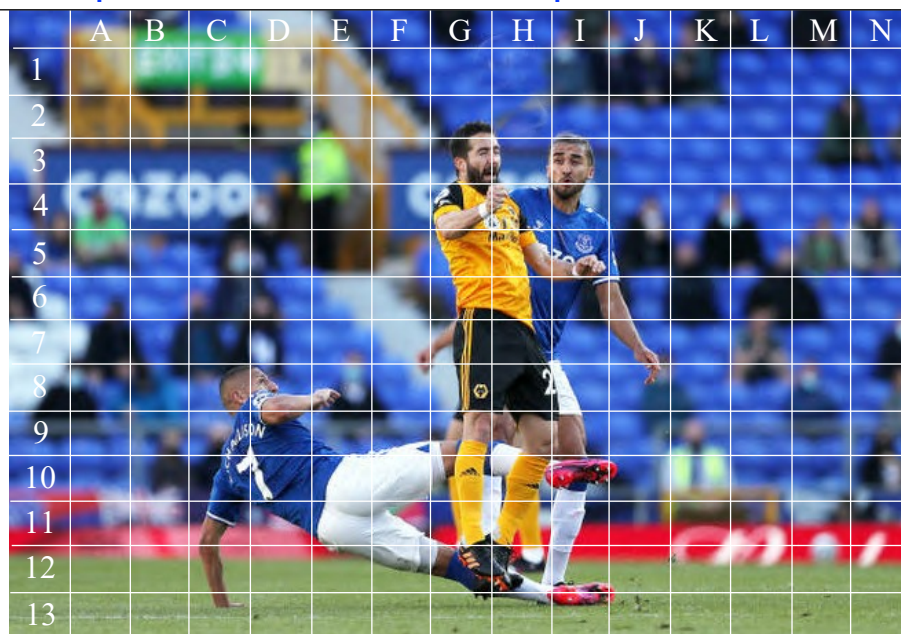
First with the correct answer where the ball is located will be the winner.

The prize a shopping voucher. Competition will be open from 1<sup>st</sup> December till the 31<sup>st</sup>, please do not enter before this date as your entry will be void.

Have a go!! You could be lucky and with the £20.00 buy those extras for Christmas.



Paul, newsletter editor.



[December Open Days. \(Members please come along\)](#)

**Wednesday 1<sup>st</sup> December 2021 from 2 to 4 PM**

**NORTH MANCHESTER SUPPORT GROUP MEETING. At,**  
Victoria Hotel, Hollinwood Avenue, Chadderton, Oldham, OL9 8DE.

Organised by Julie Williams Colorectal Nurse.

With Appliance Support by,  
Sarah Mallen, Coloplast Limited.

[IA-Manchester will be on hand with the latest information.](#)

**Tuesday 14<sup>th</sup> December 2021, from 2 to 4 PM**

**STOCKPORT STOMA SUPPORT GROUP MEETING. At,**  
The Alma Lodge Hotel, 149, Buxton Road Heaviley,  
Stockport, SK2 6EQ.

Organised by, The Stoma Care Nurses.

With Appliance Support from Sarah Mallen, Coloplast Limited.

[IA-Manchester will be on hand with the latest information.](#)

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Open days and events:  
Anne Cross.  
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## MANCHESTER-IA Coffee Morning

Saturday 11 th December 2021.

At Irlam Heritage Centre, Station Road, Irlam,  
M44 5ZR.



Please come along and meet new and old friends with a FREE coffee or Tea, If you wish to bring along a friend, please do. If you have never visited Irlam heritage centre you are in for a surprise, there is plenty to see once you have had your drink and chat. For instance, have you ever been in a signal box?. you have the chance to look round and pull the signal and points levers, plus instruments that connect the signal box to others signal boxes, plus old machinery once used, going back to the late 1800's

### TRANSPORT

#### How do I get there?

Two trains an hour pass in both directions, Liverpool Lime Street and Manchester Oxford road.  
Buses pass the station approach are No's 67, and 100.  
Car parking - Ample parking with disabled bays, parking no time limit or charge.

### NEED HELP?

Marlene our Secretary/IA Support Volunteer Co-ordinator will be on hand to answer your questions.

All being well an I B D or stoma nurse may be in attendance?



**Space is limited, will you please reply to, [marlene.evans@iasupport.org](mailto:marlene.evans@iasupport.org)**

Or Phone 0161 790 9380 **if you wish to attend.** Thanks, Paul, chairman.



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

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 2021 subscriptions please arrange to do so ASAP to continue your membership.

Under 60 years of age as at 01.01.2022: £15 PA. Over 60 years as at 01.01.2022: £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, Danhurst 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 :

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