



Ileostomy & Internal Pouch
Association

Registered Charity

IA-MANCHESTER

NEWSLETTER



Issue 01 - 2022.

WEB Site: <https://manchester.iasupport.org>

SPRING 2022.

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



Dear Members,

Past Year.

Last year (2021) was a very trying time for everyone with Covid-19 restrictions playing havoc with cancellations of social events and holidays, at Manchester-IA we did not have any face to face open days until December when a coffee morning at Irlam Railway Heritage Centre took place, members who had planned to attend were put off by the virus, but a coffee tally of 30 cups of coffee/tea made it all worthwhile.

Members who have been unfortunate to have had the virus I hope you have not suffered any long term problems. As I write this leader page the new strain 'Omicron' is causing havoc with staff shortages at Hospitals, transport and work places caused by having to quarantine for 5 days, thus making staff shortages a lot easier to cope with.

Members.

We wish to welcome one new member, Gwynth, from Bramhall Stockport, any help please do not hesitate to contact us.

New Committee member.

We have a new committee member at Manchester-IA, Mrs Sophie Kennedy. Her role will be our social media Co-ordinator updating our new Facebook page keeping you all informed as the Manchester-IA WEB site will have closed by the time you read this newsletter.

Spot the ball.

The Winter newsletter edition of Spot the ball had many entrants as the Christmas prize had been doubled to £20-00, we had two members with correct answers where the ball was located, but the first with the correct answer had to be the winner according to the rules. With 'Spot the ball' competition being a popular feature in the newsletter the committee have decided to continue with it for the foreseeable future.

Open days/Coffee mornings.

With the present situation with the Covid virus there have been no planned events at the present time, but I do want your suggestions where we will be able to hold a coffee morning in areas – North, West, East, and south of Manchester having good parking with easy to reach via local transport.

FACEBOOK page and Manchester-IA WEB site.

With the closure of our Manchester WEB site we have relocated to IA's main site – You will find us here >

<https://manchester.iasupport.org>

Sophie our social media Co-ordinator has set up our own FACEBOOK GROUP at >

<https://www.facebook.com/groups/293252486035956>

Once you log in just answer 3 simple questions, when completed it is then passed to the administrator for approval this takes only a few minutes. Manchester-ia have 97 members with Emails who will benefit by keeping you up to date with events and news taking place in and around the Manchester area. And not forgetting those with no Email address, you will still be able to read and receive all information via the Newsletter and the birthday card notelets that are sent within the card.

Anna Hoole, what a shock!!

You may remember Anna, soon after her operation in 2019, wrote an article for the Journal about her trials and tribulations leading up to, and after her Ileostomy operation, this was featured in journal No: **248, Summer 2020** issue -An update on her progress featured in our Newsletter **Autumn 2020**. Now Anna has wrote a further riveting article on page 2, with another great article called 'What a Shock' this is first class reading by Anna and not to be missed.

Best wishes to you all, from the Manchester committee:

Paul – Marlene, Anne & Sophie.

What a Shock!!! By Anna Hoole.

It's nearly two years since my ileostomy operation and following on from my last update, I feel the best I have in years. So much so, that I am delighted to announce I am pregnant... with TRIPLETS!!

Prior to the surgery, fertility and UC had not been an easy road for me, having had 3 failed rounds of IVF and then having to stop the process entirely due to the medication I was prescribed. When I was diagnosed with UC at 28, I had no idea what lied ahead for me and the effects it could have on fertility and my chance of having children.



In the early years after being diagnosed with UC, my condition was stable, however as soon as I started treatment to start a family, it took a turn for the worse. There were no discussions with medical professionals highlighting the potential issues around fertility and options available to me, such as freezing my eggs in case UC/medication negatively affected my fertility.

I was 34, having private IVF and was told that I was a poor producer of eggs and the quality wasn't great either. I was heartbroken, as I knew that I always wanted children, but my dreams of this happening were now shattered. I was sure UC had negatively affected my eggs as there were no fertility issues in my family; both my mother and sisters conceived without any problems.



My colitis continued to worsen, and at the age of 36, I was put on immune suppressants and was told that I could not attempt to conceive because of this medication. I knew there was always the option of adoption, but for someone who was desperate to carry a child, it was a hard pill to swallow.

Over the next year, my colitis worsened even more, and the decision was made for me to undergo surgery. After the procedure, I rebuilt my strength and adapted to my new medication free life, I honestly hadn't felt as good in years! I then began to think more about children and options available to me. I knew my egg quality was poor, so I decided to look for an alternative and found embryo adoption in Spain; this is where remaining embryos from other people's IVF treatments are put up for adoption to give them a chance at life, and for people like me who were infertile to be given a chance to be a mother.

On 11 November, I had two embryos transferred into my womb and a few weeks later found out I was pregnant with triplets. (One if the embryos split into 2)

I am still early on in the pregnancy and will have some challenges ahead but all in all, I feel elated and ready to tackle anything that is thrown at me.

In hindsight, if I would have known the effect UC was to have on my fertility, I would have seriously considered freezing my eggs whilst in my twenties, and to have discussed having surgery sooner with my consultant. However, I do believe we all have our own paths in life and I wouldn't change where I am for the world.

I wanted to share my story to highlight the issues between UC and fertility, especially with those who's dream it is to start a family in the future. Many thanks.

Anna Hoole.

Spot The Ball Competition No. 6. Crystal Palace verses Arsenal

The game shown for the Spot the Ball competition is Crystal Palace verses Arsenal, not sure of the date,. there are 156 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

also newsletter editor

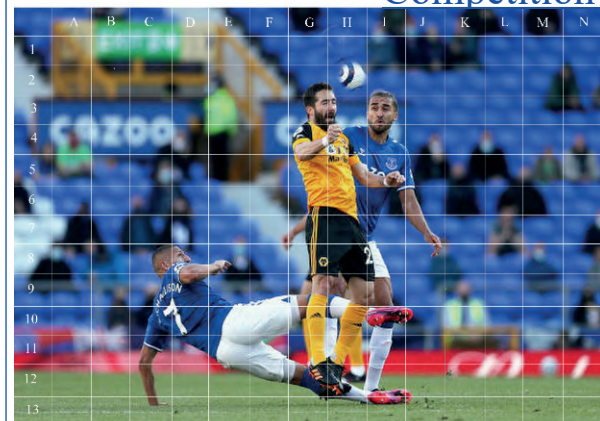
E-mail: paul.stott@iasupport.org

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

prize a shopping voucher. Competition will be open from 1st

March till the 31st, please do not enter before this date as your entry will be void. Have a go!! You could be lucky and win the £10.00. Paul, newsletter editor.

Competition Result No:5, Spot the Ball.



This competition drew in more interest than of late with the prize voucher of £20-00, a Christmas bonus.

Winner of the 'spot the ball' shown in the Winter Newsletter is long standing member Charles from SALE, Manchester.

Submitted numbers are > B2, B12, **H2**, E1, A11. - **H2** being the winning square Below you see Charles on the right being presented with his TESCO voucher by Salford Royal stoma care specialist nurse Ben Mc Dermott at our Coffee morning at Irlam heritage station 11th December 2021.

For many years Charles entered 'The Spot the ball in the .

' Manchester Evening News' without even a hint of a win. Winning this 'Spot the Ball' has made up for all those bleak years.

Charles has been retired for the past 5 years as a Primary School teacher, Although he is not a Manchester-IA committee member he has done sterling work as a 'One2one volunteer for the past 10 years (visiting or giving advice via the phone)

The competition had two members Charles (below) and Christine from BAGUALY Manchester who gave the correct square H2, but as the rules say the first to give the correct square would be the winner, Have a go at competition 6, Christine you seem to have your eye on the ball.

Come on everyone have a go, but do not enter before 1st March 2022, entries close on the 31st March 2022. Results will be shown in the Summer 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.



IA-Manchester - Branch Committee

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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 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 go to your bank make 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>

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Manchester-IA Coffee morning, 11th December 2021.

This event was held at Irlam Station Heritage centre situated on platform 1 side of the station.. A few members did attend despite the Coronavirus threat...At short notice Sarah Mallen senior representative from 'Coloplast' brought along a few samples for our members to browse over. A presentation was held for the 'Spot the ball' winner Charles from Sale Manchester by Ben McDermott senior stoma care nurse from Salford Royal Hospital. In all It was good get together to meet old and new friends.

Marlene & Anne showing member the latest hand outs from IA



Sarah from Coloplast (right) and Sophie committee member



Anne and Sophie IA-Manchester committee



General chat by members & Coloplast in the background.



OPEN DAY ALMA LODGE HOTEL STOCKPORT, 14th December 2021.

This event organised by senior representative Sarah Mallen 'Coloplast' and nurses from the Stoma department at Stepping Hill hospital Stockport. The event was well attended, Coronavirus did not stop the large attendance, in fact ran out of chairs, I estimated 60+ guests. A flower arranging display was demonstrated with fresh cut flowers to the delight of all the guests attending, in all 5 displays were made and at the close of the meeting the flower arrangements were raffled off, I was one of the lucky one's.

Sophie and Anne



Sarah Mallen and guest



Paul.