



Dear Members,

As I write this editorial the dreaded COVID seems to creeping back making plans that we had in place at Manchester-IA thrown into disarray, our coffee morning planned for 23<sup>rd</sup> July at Heaton Moor Methodist church Stockport had to be canceled 15 days prior to the event due to members having second thoughts to attend. I informed members of the cancellation with Email accounts, and committee member Anne Cross waited outside the church on the day of the venue in case any of the remaining members we were unable to contact turned up. Other events that did take place before the COVID numbers increased , Open day by North Manchester Hospital stoma nurses on 29<sup>th</sup> June at Chadderton, and on the 12<sup>th</sup> July by Stockport Stoma Support Group and Coloplast Ltd at Alma Lodge Stockport, both events represented by committee members Anne Cross and Sophie Kennedy. See Sophie's excellent report on the two events on page 3 & 4.

### **Shock and Joy!!**

Featured in the spring edition we reported that Anna Hoole was given the news that she was having triplets after having IVF treatment in Spain, the follow up story of the birth and special treatment is featured on page 2, this same article will be featured in the autumn edition of the IA journal, but with different images.

### **Spot the ball.**

A new spot the ball competition no 8, with 120 squares is featured on page 3 far easier than the previous. Result of Spot the ball no 7, there was no outright winning square, so the nearest was declared the winner, see page 3.

## **NEW BROCHURES FROM THE ILEOSTOMY & INTERNAL POUCH ASSOCIATION.**

### **New One 2 One Support Literature & Promotional Materials.**

*[1] Contact IA. [2] What is IA. [3] One 2 on Support. [4] Families and carers. [5] Application form for the DVD "It's my life .....Just Different" ( If you require any of the above brochures please order direct from, National Office Freephone: 0800 0184 724 or Email: [info@iasupport.org](mailto:info@iasupport.org) )*

### **BOOKLETS.**

[1] How will an ileostomy affect me? [2] Going Home - for all round support for an ileostomy. [3] Closure of a loop ileostomy. [4] Ileoanal Pouch Surgery. [5] Going Home - for all round support for an internal pouch. [6] Is that a new pouch you've got? [7] Is that a new pouch you've got? [8] Body Image. [9] Exercises for Ostomates. [10] Ileostomies and Eating Habits. [11] Staying Hydrated - Ileostomy And Internal Pouch. [12] Me & My Stoma - Colour & Learn. [13] Travel Tips. [14] Travel Certificates. [15] Dementia with an ileostomy. [16] Vitamin B12 Deficiency. [17] Welcome Packs

When a new member joins IA online, the following is sent to them in the A5 size blue folder With a Welcome letter:

*(If you require the above booklets contact, National Office Freephone: 0800 0184 724 or Email: [info@iasupport.org](mailto:info@iasupport.org)) Please state which booklet/booklets you require.*

Best wishes to you all , from the Manchester Committee:  
Paul – Marlene, Anne & Sophie.

## Shock and Joy!!

We first learned at Manchester-IA that one of our members Anna Hoole was expecting triplets following IVF treatment in Spain. From day one we have been given regular updates by Anna, her story leading up to the pregnancy is shown in our spring 2022 newsletter.



[http://manchester.iasupport.org/wp-content/uploads/sites/39/2022/03/Manchester\\_Mar22.pdf](http://manchester.iasupport.org/wp-content/uploads/sites/39/2022/03/Manchester_Mar22.pdf)  
When we knew Anna had given birth by “C” section at the Royal Oldham Hospital the committee arranged for a special card to be sent, not a card you can get off the shelf and had to be ordered on line, The committee also decided to send Anna an M&S gift card for £25-00, to spend on the triplets, Arthur, Ned and Bertie.

Here you see Anna with the triplets greeting card and M&S voucher.

### Anna’s Story Leading up to the Birth.

We’re over the moon to welcome our beautiful triplets; Arthur, Ned and Bertie. They are all healthy boys and weighed 2lb15oz, 2lb 12oz and 2lb 8oz at birth.

My pregnancy went amazingly well up until 22 weeks, when I started being repeatedly sick which led to hospitalisation on three occasions with dehydration. Initially, the cause was unknown however eventually it was put down to a blocked stoma as a result of pressure from my growing uterus.



I spent 20 days in hospital unable to eat or drink and was put on Total parenteral nutrition (TPN - fed nutrients directly in into the vein bypassing the gastric tract) and given the dreaded NG tube. The bowel surgeons visited and I discussed a catheter being inserted into the stoma to help keep it open. This was performed and immediately I felt relief. I had a 30mm catheter in my stoma for the remainder of my pregnancy which wasn’t fun but I was grateful that it worked and kept me and our boys safe and well.



It is fairly uncommon for the pressure from the uterus to affect the stoma in this way and I put it down to having multiples. However, if anyone finds themselves in this position, the catheter is definitely an option to explore.



Our boys were born on the 25th of May by ‘C’ Section. The birth went amazingly well and we take our hats off to the NHS and the Royal Oldham Hospital in particular who were just incredible. The surgical and nursing team during the ‘C’ section were amazing (5 people for each baby and a team of 10 plus for me) and made me feel safe throughout the procedure.

Our boys were whisked away by the incredible NICU team and placed in incubators and were given oxygen. In less than 24 hours, they were breathing on their own and going from strength to strength. The boys are now bottle feeding and have nearly doubled in weight and will hopefully be home soon.

After the birth, I kept the catheter tube in for a further 24 hours. When I took it out, my stoma immediately started working as the pressure from the uterus had dramatically reduced. I was beyond relieved and finally started to reintroduce a normal diet.

I wanted to share my experience, not to worry expected mothers, but make them aware of the catheter procedure and how effective it was for me.

Although the latter part of the pregnancy wasn’t what we expected, we are so happy that we decided to have a family and all the difficulties were worth it when we met our beautiful boys. We can't wait to welcome them home.

## Spot the Ball Competition No. 8, Tottenham verses Aston Villa.

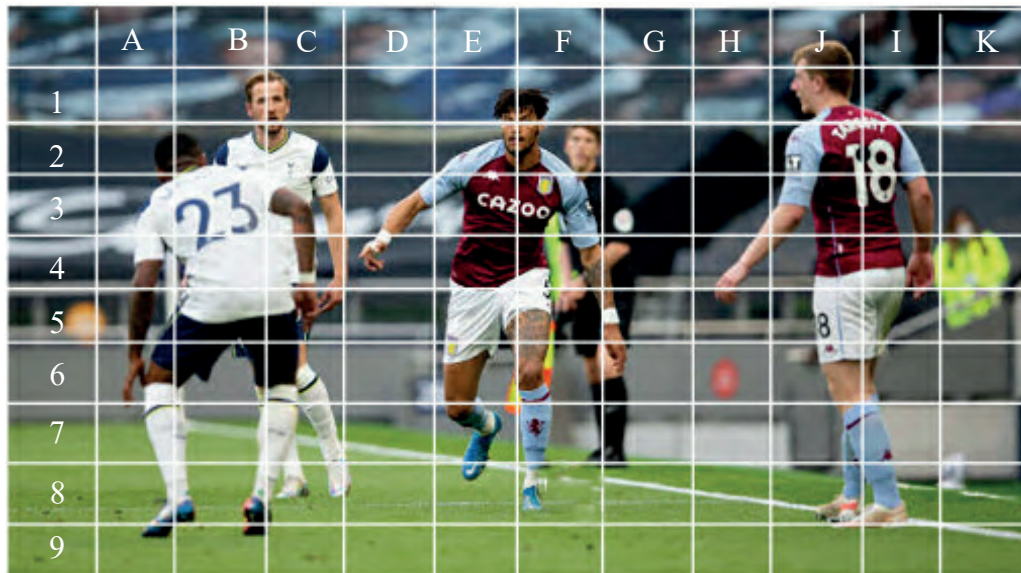
Spot the ball no 8 is between Tottenham Hotspur & Aston Villa. There are 120 boxes for you to choose where the the ball may be located. This is a simple competition to find the ball, anyone with an eye for football will get this easy.

Prize as always is a voucher for £10.00.

Rules are easy you have 5 goes at where you think the ball is located, If you think the ball is in box A-1, And so on until you have used your 5 goes. Competition runs from

1<sup>st</sup> to the 30<sup>th</sup>, of September, please do not enter before the 1<sup>st</sup> September or your entry will be void, this is to give members who have problems with their post a fair chance. If there is a tie, the winning box is the one that reaches us first. send your winning entry to. **Secretary:** [marlene.evans@iasupport.org](mailto:marlene.evans@iasupport.org) Phone 0161-790 9380.

Or Newsletter editor: [paul.stott@iasupport.org](mailto:paul.stott@iasupport.org)



Good Luck, Paul, newsletter editor

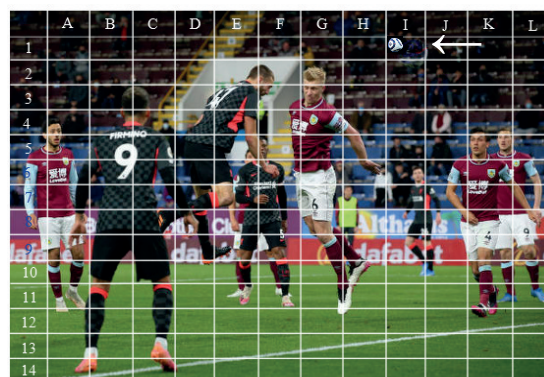
## Spot the ball competition No:7 winner.

This was a tricky one to work out, I did say do not go for the obvious route where the ball may be and it threw many of you off course that entered.

No outright winner, but one member was the closest, Ronald from Altrincham, Ron is a relative new member of only a few months, but he did make the effort to have a go and it paid off for him - He submitted numbers, G11-G16-F2-H1-F5. The actual box was I-1. Nearest square to I-1 was H1.

Ron was delighted at his first attempt and his Tesco £10.00 voucher is on the way to him.

Due to technical problems Ron was unable to upload the photo taken of himself holding his winning voucher.



Paul chairman/newsletter editor.

## [Patient Support Meeting by Stoma Care/Colorectal Nurses North Manchester General Hospital](#)

Two of our committee members, Anne and Sophie, attended the Patient Support Meeting held on the 29<sup>th</sup> June at St Herbert's Church Parish Centre in Chadderton. The event was hosted by the Stoma Care/Colorectal Nurses from North Manchester General Hospital in conjunction with Pelican Surgical Supplies. As it was a new venue

it was more difficult for attendees to find but once we found St Herbert's Church, the Parish Centre was next door with plenty of parking. It was a well-attended event with about fifty people there. The nurses gave a talk for about 30 minutes and then we heard from Pelican,

Colostomy UK, which also had a stand, and then Anne gave a good overview of what we at the IA can offer to anyone with an ileostomy or internal pouch. Afterwards we had many visitors to the stand who chatted to us and took literature that they could read at home.



[Continued on page 4.](#)

## IA-Manchester - Branch Committee

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## Subscriptions 2022.

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>

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

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### Afternoon Tea at Alma Lodge Stockport.

Anne and Sophie also attended the Afternoon Tea hosted by Coloplast at the Alma Lodge Hotel in Stockport on the 12<sup>th</sup> July. This was a much more informal event with Tea, Coffee and sweet and savoury snacks provided. Attendees were encouraged to meet fellow ostomates whilst having the opportunity to watch summer flower arranging sessions, receive free aromatherapy hand massages, or chat to us on our stall or Coloplast on theirs. This event probably saw a similar amount of people although the room was much bigger so people could sit around a number of different tables to chat. We had a lot of people attending our stand and a lot of varied, interesting and informative conversations were had.

All in all both events were very enjoyable and it is always good to chat to fellow ostomates and hear about their experiences in an informal environment. We hope to meet many more of you at these events in the future.

Author and Photos,

[Sophie Kennedy](#), Social media/merchandise Co-ordinator and committee member Manchester-IA.



Sophie manning the Manchester-IA display.