

Community Ostomate Group

**You are invited to the Heywood, Middleton and Rochdale
Stoma Support Group at,
The Education Centre (Rear of Carders Court) 23 Ivor Street,
Castleton, Rochdale OL11 3JA at 2pm- 4pm**

Dates for your calendar

Travelling with a Stoma: Thursday 14th September 2023

Whether you're on a 6 month round the world cruise, a weekend away or simply going out for a meal, just don't let worries about your stoma hold you back. *Get tips and ideas from other people with a stoma and share yours.*

Each event will also include:

- Free refreshments.
- Access to advice from a Specialist Nurse.
- Support, help and advice from others with a stoma.
- Guest speakers related to each topic.
- Ample free parking/wheelchair access.

Please note: no company representatives will be present at the meetings!

***For more information, please contact
The Bladder & Bowel Service Tel: 0300 323 9840***