



Dear Members,



First I wish to welcome two new members Alison from Heald Green Cheshire, and Pauline from Cheadle Hulme also from Cheshire, any problems Alison and Pauline do not hesitate to contact Marlene our One2one Co-ordinator details back page. (We are here to help)

SPOT THE BALL No. 8.

No outright winner of the autumn newsletter no one even came close. This competition has been carried forward with a bumper £20-00 prize voucher, see page 3.

HIDDEN DISABILITIES.

Sunflower scheme for staff and patients now live at Fairfield People with a hidden disability can now make their disability more visible thanks to a new scheme. See page 3.

QR code for the IA-Manchester newsletters.

So easy now to read all newsletters for the past two years by scanning the QR code.



STOMA SUPPORT GROUP

You are invited to the Heywood, Middleton and Rochdale Stoma Support Group, all details on the back page.

Hospital Recovery. Special report by our President, Mr Jonathan Epstein, Consultant General & Colorectal Surgeon Salford Royal Hospital. See page 2.

Anna and Triplets Update. See page 2.

Her Majesty Queen Elizabeth II 1922-2022.

On holiday in Gloucestershire is where we first heard of the sudden death of our Queen on 8th September 2022. Visiting Worcester the next day Denise (my Wife) signed the book of condolence at the Town Hall on behalf of the two of us.

We often stay at the mediaeval town of Tewkesbury where we holiday every year. At the 1121, Abbey I signed their book of condolence on behalf of Manchester-IA. *(We thank you for all the 70 glorious years that you have carried out your loyal duties in good and the not so good times. Manchester-Ileostomy & Internal Pouch Association).*



Did you know?

Manchester-IA branch member addresses cover approximately 110 square miles. This is why we are keen to try to have a coffee morning in the following areas, north-south-east and west of Manchester to give our committee a chance to meet you all. If you know anywhere where we could hold such a meeting please let us know. A good place for parking and near public transport would be ideal, plus catering facilities that is ideal for Coffee/Tea. Contact Marlene at 0161 790 9380. Or E-mail: marlene.evans@iasupport.org

Manchester-IA Committee, Paul, Marlene, Anne and Sophie Wish you all a Merry Christmas and a Prosperous & Covid Free NEW YEAR.

Hospital Recovery.

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

It is little more than two and a half years since the COVID-19 virus emerged and began to dominate every aspect of healthcare. When I last wrote for this newsletter we were just emerging from the worst of the pandemic and the vaccination programme was beginning to become established. The NHS had done its very best under incredibly difficult circumstances. As a bowel surgeon I had worked to continue essential operating for patients with cancer or deteriorating health due to inflammatory bowel disease or intestinal failure while in managerial roles helping with organisation, staffing and maintaining training for junior doctors.

Hospitals are no longer dealing with large numbers of patients needing oxygen and ventilation because of coronavirus but are having to deal with a different set of challenges. COVID-19 has not gone away and everything we do has to respect this still highly transmissible virus. We are very aware of the risk of patients becoming unwell with severe chest infections around the time of surgery and so organisation of beds and screening of patients remains very important.

Waiting lists have grown dramatically due to the combination of reduced activity during the worst of the pandemic and reduced capacity due to exhausted staff leaving the Health Service. In addition, it seems many patients didn't present to their doctors with symptoms as they would have normally and are coming forward now with more advanced conditions. Recent figures describe over seven million patients on the waiting list for treatment. This summer has felt like a winter as hospital bed are routinely filled to maximum capacity. Thousands of patients who had waited over two years for treatment have now had their operations but there are still thousands of patients waiting over a year.

We will have to balance the needs of patients waiting for many months with urgent cases that cannot wait in an environment where there are fewer surgical beds than before the pandemic. Issues around pay and conditions generate a reluctance for NHS staff to take on additional work. We are trying innovative ideas with a surgical hub at Rochdale that specialises in high volume low complexity procedures to give a great service to patients and trying to maximise activity but there is a concern as Winter approaches that the combination of flu season, COVID and expanding waiting lists will further challenge the NHS.



Jonny Epstein.

The boys are 5 months old now, how did that happen!?! - Update from Anna on Triplets, Arthur, Ned, & Bertie.

Having battled with a milk allergies and very bad reflux the boys have finally settled and are feeding well and are now up in their own bedroom. They are all smiling and reaching all their developmental goals and are turning into very cheeky chappies. The four hour feeding schedule is working nicely giving me and my partner some much needed down time.

My stoma is working perfectly and I've even managed to avoid a hernia which is a miracle given I carried triplets. Im still 'drug free' and i'm eternally grateful to Steve the stoma for allowing me to live my life and be the best mum I can possibly be to my beautiful boys. I'm back at the gym three days a week building my strength and fitness and enjoying the much needed 'me time' for the one hour I'm away from my beautiful boys.



We're getting out and about for walks and baby massage classes and we're looking forward to our first Christmas together as a family.

You can follow me and the boys on > insta-Triplets_mystoma_andme

Anna.

Spot the Ball No 8, Tottenham V Aston Villa - re run.

Due to there being no outright winner in newsletter issue 3 22, I have re entered the Spot the ball no 8 again between Tottenham Hotspur & Aston Villa.

There are 99 boxes for you to choose from where the the ball may be located. This is a simple competition to find the ball, anyone with an eye for football will spot where the ball is easy. Prize for the competition is a £20-00, gift voucher this will

come in handy for that little extra for Christmas. For those members that have already had one try in the autumn edition with competition no, 8 you are free to have another go. 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 1st to the 31st, of December, please do not enter before the 1st December as 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 winner will be the member with the correct result that reaches us first. send your winning

entry to. Secretary: marlene.evans@iasupport.org Phone 0161-790 9380. Or Newsletter editor: paul.stott@iasupport.org

Good Luck, Paul, newsletter editor.



Hidden Disabilities Sunflower scheme for staff and patients

now live at Fairfield People with a hidden disability can now make their disability more visible thanks to a new scheme. Owen Williams, our chief executive, officially launched our Hidden Disabilities Sunflower scheme at Fairfield General Hospital in June.

The sunflower is a globally recognised symbol for non-visible disabilities, also known as hidden disabilities or invisible disabilities. As part of the scheme, Bury Care Organisation introduced Hidden Disability Sunflower lanyards and wristbands for people to wear. This means that those with a hidden disability can now make their disability visible to those around them while in hospital.

Hidden disabilities can include autism, chronic pain, and learning difficulties as well as mental health conditions, mobility, speech impairments, and sensory loss such as speech, sight loss, hearing loss, or deafness.

Sunflower information posters have been put up around the hospital and in clinical areas to raise awareness and show support.



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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, Danehurst Court, 35-37, West Street, Rochford, Essex, SS4 1BE. *



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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

Welcome Meeting: Thursday 17th November 2022

Discuss what other topics you would like and help shape the future of your group so that it meets your needs and expectations. *Together we can develop a group that helps people who are about to have surgery, just had surgery or surgery several years ago*

- Free refreshments.
- Access to advice from a Specialist Nurse.
- Support, help and advice from others with a stoma.
- Guest speakers related to each topic.

Please see below for up and coming events from the Heywood, Middleton and Rochdale Stoma Support Group for year 2023.

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

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