



Dear Members,

By the time you receive this newsletter in June the weather should be a lot warmer and more settled.

Those of you who like to get away may have already booked a few days holiday, Denise and I have booked a few days and hope to take in North Wales, Melton Mowbray and the Cotswold's on different months, with both of us having appointments at Hospital we have to fit in best we can.

### Open day Bury.

Arranged by the Stoma nurses at North Manchester hospital and COLOPLAST. See page 2 for photos of the event.

Open day at Bramhall Park Golf club 4<sup>th</sup> May arranged by the Nurses at Stepping Hill Hospital and COLOPLAST, with the same speaker Sophie Medlin dietitian as at Bury. By the time you receive this newsletter the event will have taken place, but hope to show a few photos as the team from IA-Manchester will be in attendance.

### Courtesy calls.

An update is shown on page 4.

### Spot the Ball.

This will be competition No. 10, this is the easiest competition I have set, see also the winner of the spring Competition on page 3.

### IA-Manchester open days.

The last committee meeting we discussed open days and the way that Covid has changed the way that members attitudes have changed attending open days are very wary attending events resulting planned events having to be canceled.

All events organized by the committee have to be planned at least 4 months in advance, locating an area and booking the hall/hotel and inviting a speaker and appliance manufacturers to show their products, if only 3 members say they are attending this would be a waste of time and effort for any manufacturers to set up.

What we intend to do as an alternative is to be present at all the open days that nursing staff and manufacturers will be holding until further notice.

Marlene has contacted all manufacturing representatives to send details to our committee for all their dates when they next have such an event.

Zoom meetings were also discussed, and we would like your views on this sort of meeting. Contact Marlene for your views.

### IA AGM and Information day (Theme Stronger together) at Kenilworth 28/29 April 2023.

This included 4 workshops with the following titles.

- (1) 'Living with an internal pouch'
- (2) 'Eating and drinking without a Colon'
- (3) 'How would you describe your skin around your stoma?'
- (4) 'Working life with a chronic illness'

### Inspire Award.

This is awarded to the group that have achieved the most over the past year, IA-Manchester was mentioned, but the winner of 2023 was Birmingham-IA. Carolyn Stammers' gave the the award pictured on the left.



On page 4 there are a few photos of the dinner/dance with light entertainment by Michael Bublé impressionist.

Thank you, Paul, Marlene, Anne & Sophie, the Manchester team.



Stoma Care Support Meeting hosted by the North Manchester Stoma Care Nurses and COLOPLAST.

This took place at the Village Hotel Waterfold Business Park Rochdale Road Bury on the 15<sup>th</sup> March 2023.

IA-Manchester committee members were present Paul, Anne and Sophie handing out the latest brochures. The main speaker was Sophie Medlin from the Channel 4's "Know your S\*\*T" The Q and A's were quite surprising and the many members learnt a lot from Ms Medlin, I have had an Ileostomy for the past 43 years and I was surprised at some of the answers.

By the time you receive this newsletter another such session will have taken place this time at the Bramhall Park Golf Club Stockport.

Here are a selection of photos from the Bury event.



Village Hotel Bury



Sophie Medlin



Nurses, Clair & Lisa each end Sophie and Sarah from Coloplast



Dawn, Lisa, Sarah, Sophie & guest Rob Grant.



Guest Rob Grant and Sophie & Anne. IA-Manchester.

COLOPLAST and Stepping Hill Stoma care support. At Bramhall Park Golf Club 4/5/2023.



Sophie Medlin & Sarah Mullen



Coloplast UK rep Vanessa, Sophie & Anne IA-Manchester.



enjoying a cuppa before the talk starts



Sophie, Paul & Anne IA-Manchester.



A Cuppa Waiting for the talk to start



Coloplast UK rep Vanessa showing an appliance

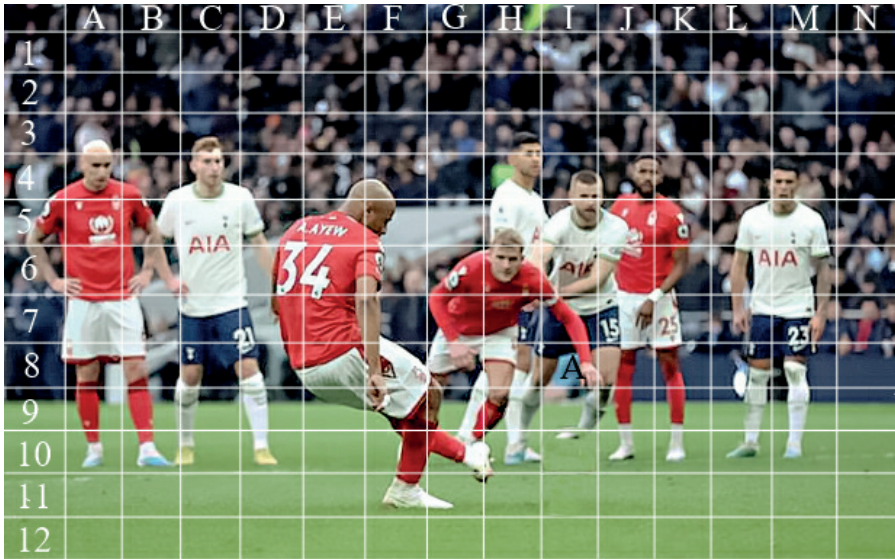
A well attended meeting with lots of Q & A's from the audience after an excellent talk by Sophie Medlin the resident dietitian who captivated the audience, Light refreshment was laid on by the host senior COLOPLAST representative Sarah Mullen & a good turn out of 40 +..

Communication.

For the past 2 years I have been adding a note with all birthday cards showing if you the member have an E-mail address or non. At the last count we have 103 with E-mails, It is far easier to communicate with members with E-mails giving you all the information on all events taking place in and around Manchester. If you have an E-mail that we could use it would save an awful lot in postage. I know that many members have no computer/smart phones and are unable to communicate via E-mails, but you will still be able to receive your Newsletter and Journal in the usual way.

Contact Marlene at: [Marlene.evans@iasupport.org](mailto:Marlene.evans@iasupport.org)

Spot the Ball No. 10 Tottenham Hotspur V Nottingham Forest 11-3-2023 result. 3 - 1.



There are 168 boxes for you to choose from where the ball may be located, this is easier than version 9, you do not have to be a keen football fan for this one. Prize for the winner is a £10.00 voucher. Rules are easy, you have 5 goes at where you think the ball may be located.

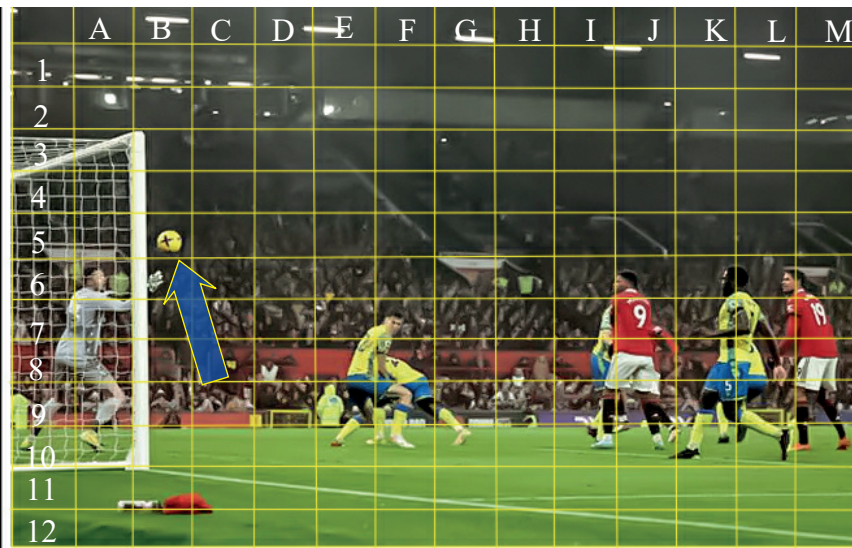
If you think it is in square A-1, and so on until you have chosen the 5 squares of your choice.

Competition runs from 1<sup>st</sup> June 2023 to the 30<sup>th</sup>, Please do not enter before the 1<sup>st</sup> June or your entry will be void, this is to give those members a sporting chance that have a poor postal service. If there is a tie, the winner will be the member with the correct given result that reaches us first. Send your winning numbers to...

Secretary: [marlene.evans@iasupport.org](mailto:marlene.evans@iasupport.org) or Phone: 0161-790 9380. Or Paul at: [paul.stott@iasupport.org](mailto:paul.stott@iasupport.org)

Have a go, you could be a winner. Paul, newsletter editor.

Result & Winner of Spot the Ball Competition No. 9



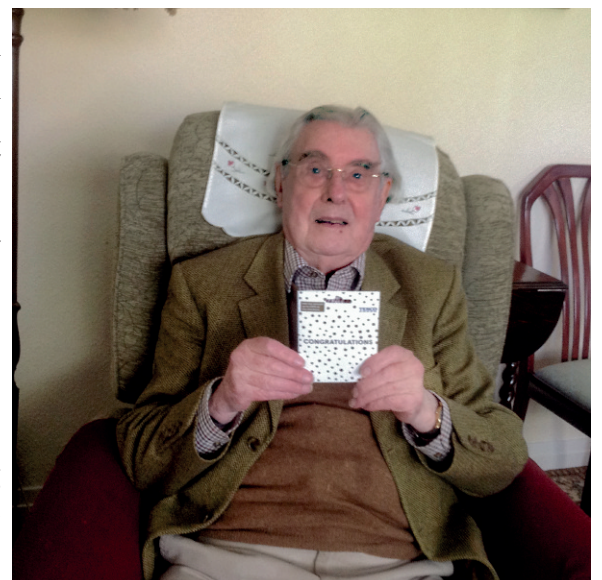
Plenty of near misses which surprised me as this was one of the easiest of competitions I have set so far.

Peter from Nelson Lancashire was spot on with his winning square **B5**, his other entries were D-4, B-6, B-7 and B-4. Peter reports that he likes to watch all ball sports particularly football and rugby, he also likes to read and always has a book on the go.

His health problems started July 1976. A very hot summer and the

Olympic Games were in full swing. It was an emergency operation and had a perforated bowel, he says he was lucky to have survived, Peter spent time in the intensive care unit and then on the surgical ward at Burnley General Hospital. Later was told that he had Crohn's Disease. It was quite a shock but never let it rule his life, and just got on with it.

Peter has travelled widely having been to Australia five times including the Outback. He will be 85 in May and is going to celebrate with a river cruise on the Danube. Peter intends getting a good bottle of wine with his voucher, and settling down with a good book. Here you see Peter relaxing in the chair with his voucher. Paul, newsletter editor.



IA-Manchester - Branch Committee

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Subscriptions 2023.

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 2020/21 subscriptions please arrange to do so ASAP to continue your membership.

Under 60 years of age as at 01.01.2023: £15 PA. Over 60 years as at 01.01.2023: £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 \***

Courtesy calls.

I mentioned in the last newsletter that we would be contacting members to ask your views on how you would like to see how best we could serve you and what changes you would like to see, those contacted are their replies below. IA-Manchester covers 110 square miles and we asked if a coffee morning was arranged in your area would you attend, reply> A few members would attend, but a few members had no transport.

If you had problems with your pouch leaking and skin weeping, would you contact - The Stoma nurse or ask our One2One volunteer Marlene. This was a 50/50 reply.

Members were asked, Would you like to see any new features in the Newsletter - Reply, all agreed OK as it is and looked forward to reading the Newsletter and Journal.

You all agreed that you look forward to your Birthday cards and all local information enclosed.

To date we have just scratched the service contacting members and we will be touch with many more of you in the coming weeks.

Of Note. All members were grateful for contacting them and having a chat, we the team very much enjoyed listening to you. Paul.

Photos of Dinner and Dance 29<sup>th</sup> April Kenilworth.

