



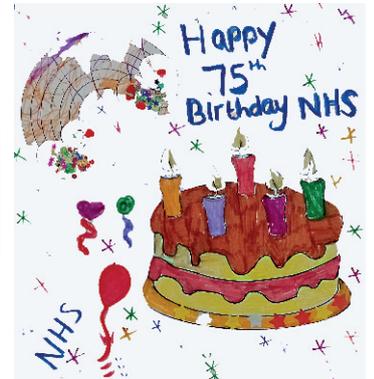
Dear Members,

First a big Welcome to our new members that have joined in the past months.

- (1) Benjamin, from Hale Barnes.
- (2) Rodney, from Holmes Chapel.
- (3) Tracey, from Blackpool.
- (4) Brian, from Great Sankey.
- (5) Roger, from Stockport.
- (6) Jacqueline, from Littleborough.



George Cross



Manchester/Liverpool Airport.

Problems encountered travelling by air by our members, see Page 4.

Travelling with a Stoma

Heywood, Middleton and Rochdale Stoma support group, Page 2.



Active Ostromates Swimming Sessions

Heywood Sports Village, West Starkey Street, Heywood OL10 4TW. Page 2.



Spot the Ball No. 11,



Little more tricky than of late having 304 boxes, with the larger box number I have increased the winnings to £15.00.

See also the winner of competition No .10 all on Page 3.

Coffee Morning.

The Committee intend to hold a coffee morning at some time in October South of Manchester perhaps the Stockport area. If any member can recommend a suitable venue for this event we would be extremely grateful, once we have a venue and a date/time I will E-mail all members who have registered their Email details with us.



Courtesy Calls.

Many of you have been contacted by our team already, but there are more members yet to call. The replies from you so far have been very positive and gives our team what we need to plan in the future from your feedback given.



Committee Member.



IA-Manchester are a committee of four and would like a further person to share our voluntary work, all travelling expenses are paid - interested? Contact Marlene or Paul, contact numbers are at the top of Page 4

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

"What we really need is someone who has super powers"

Active Ostomates Swimming Sessions

Saturday 14th October 2023 Greater Manchester – Heywood Sports Village.

VENUE

Heywood Sports Village, West Starkey Street, Heywood OL10 4TW. 5pm to 6pm. Confirm your place by completing the form here

<https://www.colostomyuk.org/active-ostomates/swimming/>



Can you swim after stoma surgery?

Yes you can! Stoma Bags are waterproof, and you do not need a special stoma bag to go swimming, but if the bag has a filter just pop a filter cover on before entering the water. Here are our top tips for ostomates about returning to the pool.

Find swimwear you are comfortable in

Finding swim wear that you feel comfortable in is possibly the most important and crucial part of being able to get back into the pool. If you feel comfortable in your swimwear, you will feel confident getting into the pool. Bright colours and patterned swim wear tend to make people feel more confident as it makes any outline of a bag less visible.

Try your swimwear in a mirror

If you are still anxious, try your swimwear on in a mirror. This should make you realise that your bag won't be visible to other people in the water.



Does your bag need a filter cover?

Before you go swimming, you need to check if your bag needs a filter cover on the top. If it does, these stickers will come in you a box that your bags arrive in. They are circle stickers that fit over the filter at the top of your bag. It prevents any water from entering the bag whilst you are in the pool.

Drying/Changing your bag after swimming

My biggest piece of advice would be to use a disabled changing room when you are getting dressed after your time in the pool. More often than not, these changing rooms will have either a hand dryer or a hair dryer that you will be able to use on your bag. Drying the bag for a minute or two will allow you to keep the bag in place if there is no output in it. If the bag needs changing, then just perform the change as you would if you were at home. Then pop the bag into one of the nappy bins provided in the changing rooms. Always carry extra supplies in case you are somewhere where supplies may not be available.

Enjoy being in the water

Last but by no means least, enjoy your time in the water. Be proud of yourself for overcoming an such a big obstacle. Just remember that nobody will see your bag so there is no need to be worried.



Compiled by Paul, IA-Manchester chairman.

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.

Topic: Travelling with your Stoma Thursday 14th, September 2023.

Whether you are on a 6 month 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.*

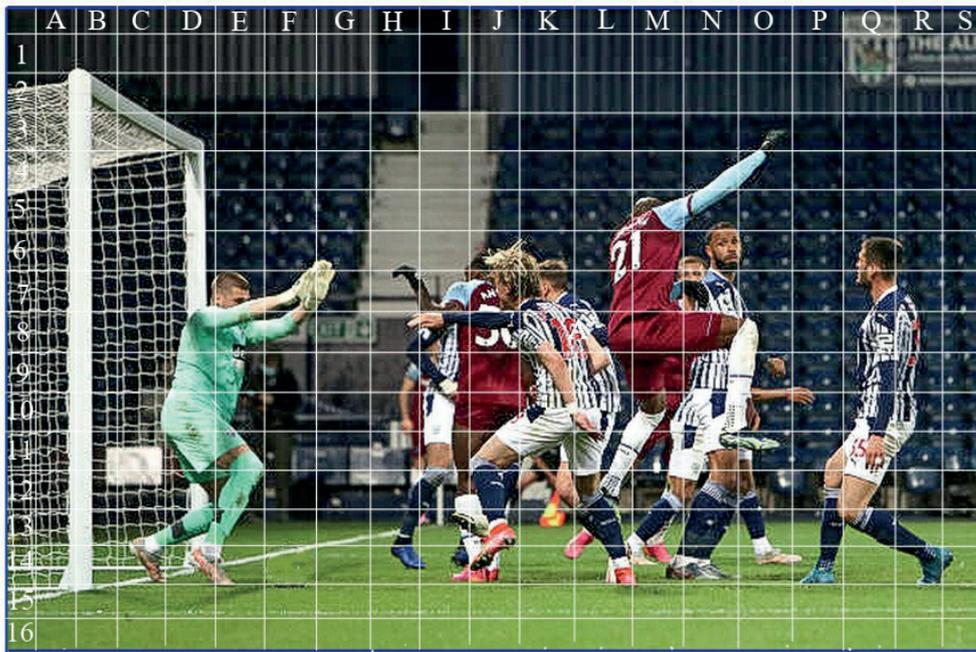
Each even will include Free refreshments.

- 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.



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

Spot the Ball No. 11 West Brom V West Ham.



304 squares

Spot the Ball no. 11 is a tricky one with a total of 304 squares, but follow the trajectory and you are on a winner. With this being a tricky one I have made the prize £15-00, with a choice of either a Tesco or a Morrisons voucher. Rules are easy, you have 5 goes to locate which square the ball is located, for example: A-1 and S2, and so on, these are not winning squares so do not submit them.

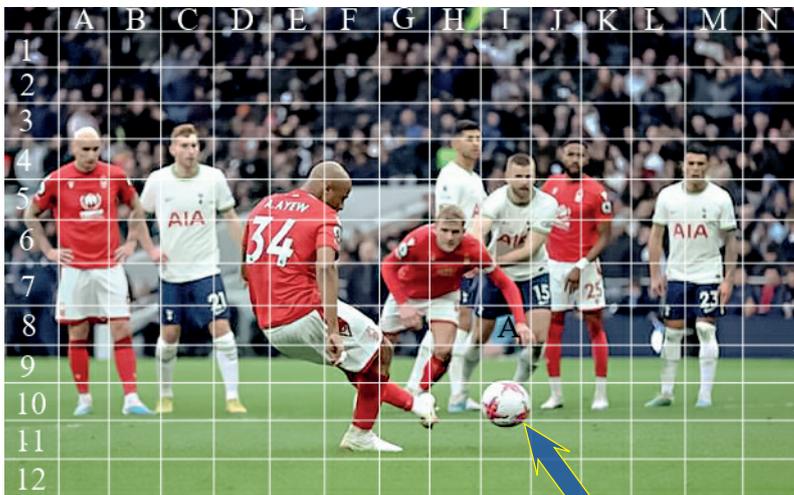
Competition runs from 1st September to the 30th, please do not enter before the 1st September as your entry will be void. This is to give all members an equal chance especially those living out in the sticks. When

you submit your entry you may have the winning square, but leaving it late to reply you may lose out. Send your entries to secretary: Marlene Evans phone: 0161 790 9380. Or E-mail: marlene.evans@iasupport.org

Also newsletter editor at E-mail: paul.stott@iasupport.org

Good luck Paul.

Result & Winner of Spot the Ball Competition No. 10



Plenty of near misses which surprised me as this was one of the easiest of competitions I have set so far, but there was another member who guessed the correct square, but it is the member who submits the correct entry first who is declared the winner.

Again Peter from Nelson Lancashire was spot on with his winning square **I-10**, his other entries were H10 **I10** J10 M9 L9. Peter returned from his river trip with Saga just in time to read his newsletter and submit his entry for Spot the Ball.

Peter lives in Nelson about a mile from the centre of Nelson and not far from Boundary Mill.

Having had his ileostomy since 1976, and after the East Lancs branch closed Peter joined the Manchester branch. It is easier to get into Manchester by the Whitchway bus which has a frequent service.

Peter looks forward to IA open days if it is convenient, but at 85 he is not too good at walking any distance so he reluctantly limits his activities, this also includes attending his favourite football club any more.

Here you see Peter relaxing in his favourite chair holding the Tesco voucher, no doubt Peter has already chosen what he is going to do with his voucher going off his last report, a nice bottle of wine and a good book to read while enjoying that glass of wine.



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 2021/22 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 ***

NOTE: If you find that your three monthly journal and newsletter has not arrived you may be in arrears with your payment, but reminders are sent out twice before you are finally removed from the mailing list.

Extra Security at Manchester/Liverpool Airports.

Due to more stricter security searches in the last 6 months I have had reports from three of our members being embarrassed far more than they have experienced before. The worst example was an 89 year old gentleman member who has flown at least 30 times since his Ileostomy being subjected to an embarrassing strip search in public at the security stage at Manchester.

I have looked into why the extra security - *Apparently the pouch is being used to smuggle drugs through customs even though the person has no reason to wear an appliance due to an operation requiring a pouch.*

It was agreed at our last committee meeting that we liaison with Manchester Airport to form a 'Disability Awareness Committee, this task is being undertaken by Marlene (secretary) - (Merseyside-IA hold such a meeting with Liverpool Airport every six months)

There are ways that may help you get through security. (1) By wearing a 'Sunflower Lanyard' this can be obtained free from most Supermarkets and at Manchester Airport. (2) An alternative is to carry a 'Travel Certificate' there are two to choose from, with members who have an '**ileo-anal pouch**' and one for members with an '**Ileostomy**' both certificates are obtained from **Marlene (Secretary)**, see contact details at top of page page - or at one of our **open days** where you can also pick one up. Information enclosed in the booklet is in ten languages and must be signed by your doctor.



Your Feedback.

If you have travelled from either Manchester or Liverpool I would like your feedback on your experiences that it may be shared with other members, your name will never be revealed, it is ammunition to confront the airport security staff what our members are facing - I will also add your comments in our winter newsletter, again in strictest confidence.

Mail me at: paul.stott@iasupport.org