



Ileostomy & Internal Pouch  
Association

Registered Charity

# IA-MANCHESTER.

## NEWSLETTER



Issue 1 - 2024.

WEB Site: <https://manchester.iasupport.org>

spring 2024

SECRETARY and One2one Volunteer: Marlene Evans, Phone: 0161 790 9380.- Email: [marlene.evans@iasupport.org](mailto:marlene.evans@iasupport.org)

Dear Member,

The Manchester team wishing you all a Happy New Year.

### Innovation Award.

Birmingham - Merseyside and Manchester. See page 4.

### Private Group.

Our own IA-Manchester members private forum. See page 4.

### Spot the Ball.

At last we have a winner, see page 3.

### New One2one support literature and Promotional Materials. page 2.

The Salford High Output MDT (multidisciplinary team) At Salford Royal, see page 2.

### Chameleon buddies.

Please donate your surplus Ostomy products to Kenya, here is the link what and where to send, also the 'The Stoma Swimmer' see WEB site for more information.



<https://chameleonbuddies.org.uk/our-programmes/#>

Chameleon Buddies WEB Site. Registered Charity Number : 1199430

Registered Charity Address : 16 Royal Oak Gardens, Alnwick, Northumberland, NE66 2DA



Website: <https://chameleonbuddies.org.uk>

<https://www.bbc.co.uk/iplayer/episode/m001v881/the-stoma-swimmer>

BBC iPlayer. The Stoma Swimmer, 27 minute video.

*Watch out for big changes in the Summer Edition of the Newsletter.*

Paul and the Manchester team.

## Open Day

You and a guest are cordially invited to our Stoma Care open day

Butterworth Hall New Street, Milnor, Rochdale, OL16 3PQ.

Thursday 7<sup>th</sup> March 2024. 2 to 4 pm.

### Community Ostomate Group - Topic stoma hernias.

- Free refreshments.
- Access to advice from a Specialist Nurse.
- Support, help and advice from others with a stoma.
- Guest speakers related to each topic.
- CUI Wear
- Also CUI to give a presentation on Hernias.



**IA-Manchester will be attending with all the latest brochures, come along and have a chat.**

## 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    TITLES.

- |  |  |                                     |                              |
|--|--|-------------------------------------|------------------------------|
| [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] Is that a new pouch you've got? |                              |
| [6] Body Image.                                      | [7] Exercises for Ostomates.                             | [8] Ileostomies and Eating Habits.  |                              |
| [9] Staying Hydrated - Ileostomy And Internal Pouch. | [10] Me & My Stoma - Colour & Learn.                     |                                     |                              |
| [11] Travel Tips.                                    | [12] Travel Certificates.                                | [13] Dementia with an ileostomy.    | [14] Vitamin B12 Deficiency. |
| [15] Welcome Packs                                   |  |                                     |                              |

When a new member joins IA online, the **Welcome Pack** is sent to them in the A5 size blue folder along 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.

Paul, Newsletter Editor.

### The Salford High Output MDT (multidisciplinary team)

Salford Royal Hospital Mayo building on the 16th, November 2023, the place for A multi - disciplinary approach in the management of high output stomas facilitated by experts from Salford, which is a National Reference Centre and recognised as a centre of excellence for the treatment of complex bowel diseases.



Professor Gordon Carlton hosted the event, nine professionals took part, Surgeons, Stoma nurses, along with kidney, dietitians, and mental health, and Intestinal failure consultants.



The event was well attended in a packed room full of medical professionals from all corners of the country.

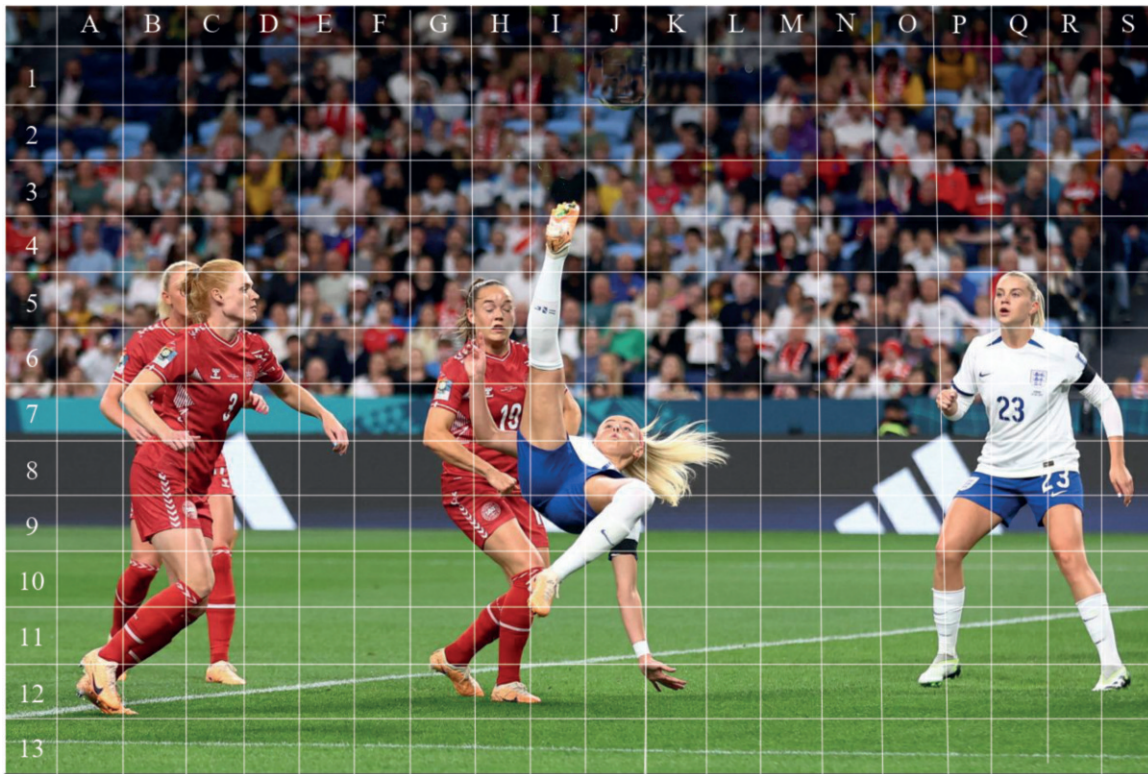
IA-Manchester was invited to attend with committee members, Paul, Marlene & Sophie to distribute the latest brochures.

Sophie handed out brochures relating to the nursing professionals and A 4 wall posters for their medical centres and clinics.

After a short Questions and Answers the event closed at 4.15 pm.

Paul, Chair.

## Spot the Ball No .12 - Ladies World Cup Football - England v Denmark.

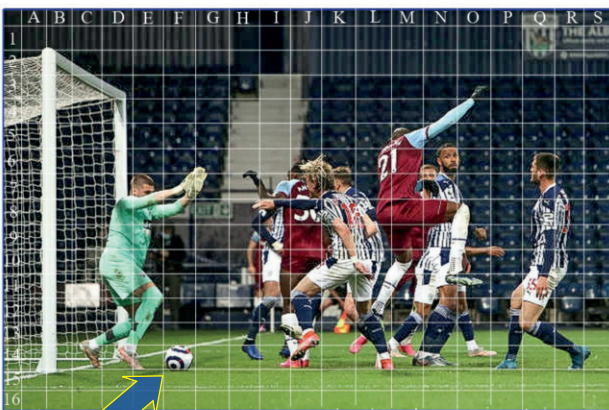


Spot the Ball no. 12 is a very easy one with a total of 260 squares, follow the trajectory and you are on a winner. With this being the first of the new year I have made the prize £15-00, with a choice of either a Tesco or Morrisons voucher. Rules are easy, you have **5 goes** to locate which square the ball is located, for example: A-1 and S-2, and so on, these are not winning squares and do not submit them.

Competition runs from 1<sup>st</sup> March to the 31<sup>st</sup>, please do not enter before the 1<sup>st</sup> March 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 as the winner is the first with the correct answer. Send your entries to secretary: Marlene Evans phone: 0161 790 9380. Or E-mail: [marlene.evans@iasupport.org](mailto:marlene.evans@iasupport.org) Also newsletter editor at E-mail: [paul.stott@iasupport.org](mailto:paul.stott@iasupport.org)

Good luck ! Paul.

## Winner Spot the Ball 11 & 11A.



Peter from Nelson was spot on with his winning square **F-14**, his entries were F-12, F-13, **F-14**, G-12, G-13.

Hobbies are.

He likes all ball games, perhaps this is why he picked the winning square, and he also likes to read and always has a book on the go.

He loves to play bridge at the Brierfield bridge club and tries to play as often as he is able. He said it keeps his brain active, If you like playing cards then find a bridge club in your area which offers a beginner's

course you will find it is a good social outlet.

After a short spell in hospital suffering from a severe bout of gastroenteritis. Feeling fragile after his stay in hospital Peter decided the need to charge his batteries and booked a cruise from Southampton with Fred Olsen to the Canary Islands.

Peter informs me this has done a world of good. And his Tesco voucher has come in very handy to purchase a new kettle instead of his favourite tittle, wine.

Here you see Peter playing his ace card and holding the Tesco voucher.



## IA-Manchester - Branch, President and Committee.

**President.**  
Mr Jonathan Epstein.  
MBCChB MD FRCS,  
Consultant & Colorectal  
Surgeon, Salford Royal  
NHS Foundation Trust.



**Chairman,**  
Newsletter editor, &  
Greeting card administer:  
Paul Stott.  
Email:  
[paul.stott@iasupport.org](mailto:paul.stott@iasupport.org)  
Also, IA-Manchester members private forum.



**Secretary / One2One Volunteer**  
Co-ordinator:  
Marlene Evans  
Phone: 0161 790 9380  
Email:  
[marlene.evans@iasupport.org](mailto:marlene.evans@iasupport.org)  
Also, IA-Manchester members private forum.



**Meet & Greet:**  
Anne Cross.



Email:

[anne.cross@iasupport.org](mailto:anne.cross@iasupport.org)

Also, IA-Manchester members private forum.

**Social Media (Facebook)**  
& Merchandise  
Co-ordinator:  
Sophie Kennedy.



Email:[Sophie.kennedy@iasupport.org](mailto:Sophie.kennedy@iasupport.org)

IA-Manchester members private forum., Admin.

**Committee Member**

Christina Starkie.



Email:[christina.starkie@iasupport.org](mailto:christina.starkie@iasupport.org)

Also, IA-Manchester members private forum.

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

### S u b s c r i p t i o n s 2 0 2 4 .

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 01.01.2024: £15 PA. Over 60 years as at 01.01.2024: £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 \***

### The Innovation Award

Each year at the IA Information day event a presentation is given to a member organisation for their achievements , called 'The Innovation Award' this is given to the branch that inspires us all. For 2023, Birmingham-IA was awarded the trophy. Two Member organisations in the North West were mentioned out of 46 member organisations. Manchester & Merseyside, Manchester: for sending out birthday cards to our members and for an increase in referrals for One2one support, and attending a number of open days. Merseyside: for their involvement with the Liverpool Airport accessibility forum, and for members completing One2one support training.  
Paul. Newsletter editor.

### IA-Manchester members private forum.

We have highlighted our private Facebook Group in our previous newsletters but thought it may be easier for you if we sent through a link for you to click on. It only takes a few seconds to join. Please click on this link -  
<http://tinyurl.com/IAMFacebookGroup>

QR code



When you join you will be kept up to date on events and able to have discussions about your experiences. Members, committee members and stoma nurses are all part of that group so far and we would like to grow to include as many of you as possible, to date we are a group of 20, and growing from strength to strength.

This notice will be replicated to members who have registered their E-mail details with IA-Manchester.

Thank You, *Sophie*, Social Media Co-ordinator.