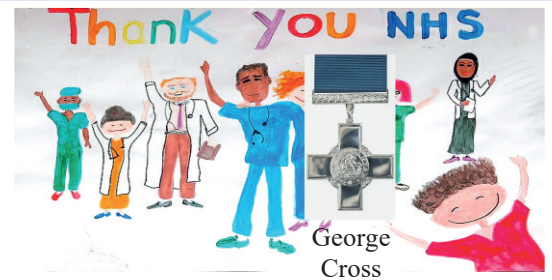




Dear Members,

Have you noticed the new newsletter heading?
We are now called 'Greater Manchester-IA'.
Another Member Organization has joined Manchester, namely Wigan-IA.
Manchester now covers 140 square miles, see map below.
Our Manchester team welcome all our new members from Wigan-IA,
hoping to meet up with you at one of the open days soon.



Welcome to New Members: Sandra from Northwich, Cheshire, and Patricia from Hyde, Any problems Sandra / Pat, we are here to help by contacting our One2One volunteer member Marlene Evans. Please see contact details above.

EVENTS and INTERESTS

Rochdale Care Organisation - Open Day. See below.
Hollister Wellness day at Wigan, see below

Contacting Ileostomy & Internal Pouch Association.

Twitter: <https://twitter.com/iasupport>

Facebook: <https://www.facebook.com/iasupport>

E-Mail: info@iasupport.org

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

Greater Manchester-IA WEB site: <https://manchester.iasupport.org/>



If it ever stops raining and we see the sun again don't forget to keep hydrated - see IA's *Staying Hydrated* leaflet for effective hydration. Don't end up like I did on a drip, I can do without that!!

Thank you all for your support Paul and the Greater Manchester IA team, Marlene, Anne, Sophie & Christina.

Rochdale Care Organisation
Northern Care Alliance NHS Foundation Trust
 Open Day,
 You and a guest
 are cordially invited to our Stoma Care open day on:
 Thursday 20th, June 2024 2 to 4 PM
 Community Ostomate Group
 Alkrington Community Centre, Hadfield Road, Middleton
 M24 1TQ

TOPIC: Diet and Nutrition.
 Free Refreshments
 Access to Advice from a Specialist Nurse.
 Support, help and advice from others with a
 stoma.
 Guest speakers related to each topic.

Greater Manchester-IA will be attending
Please come along and support us

HOLLISTER Wellness Day .
 AT
 St Peters Pavilion
 Hurst St, Hindley, Wigan, WN2 3DN
 Date Wednesday 26th June 2024 Time 10-2pm.
GUEST SPEAKER.:
Victoria Danson
 Founder of Crohns and colitis support group
 Lancashire
 Light refreshments will served on the day tea,
 coffee, biscuits
 Stalls displaying products relating to having a
 stoma and well being.

Greater Manchester-IA will be attending
Please come along and support us

AGM and IA-Information Day Report held at the Hilton Hotel Heathrow Airport 19/20th April 2024.

By Committee members, Anne Cross and Christina Starkie.

AGM day Friday the 19th company law members and board members attended, this year Paul (chair Manchester) was unable to attend and new committee member Christina Starkie took on the role of company law spokesperson on behalf of Greater Manchester-IA, where future IA strategy was discussed.

A few notes from the AGM:

It was noted that Ben McDermott, Senior Stoma Care Nurse at Salford Royal Hospital had been named Stoma Nurse of the year. He was involved in 'High output stoma days' held at Salford Royal Mayo building, (Article shown in the Spring newsletter 2024 edition).



IA strategic plan:

- More E-mails are being used rather than paper.
- The new journal editor is looking into more inclusively within the LGBTQ+ Community and information in other languages.
- Needing more staff to increase the awareness of IA within the social media and advertising.
- Improving and expanding services: working party to look at membership specialist care rehabilitation, developing the One 2 one support service, stoma care advice line, counseling and Mental Health Care and welfare Grant System – Financial Assistance for people.
- Roy Bustin has been employed to strengthen the volunteer area, working with dormant areas to help find volunteers.
- Research area - widening this group with new people being involved and widening the research interests .
- Advocating on members – supporting employers and employees.

INFORMATION DAY

Saturday Information Day. There was a full interesting and informative programme of talks and workshops attended by Anne and Christina.

The programme included the following topics:

- [1] The gut barrier and illness, - Professor Gordon Carlson.
- [2] Kidney protection for people with Ileostomies and pouches, - Shelagh Bickerton, Lead Clinical Nurse for acute kidney injury.
- [3] Let's talk about sex, - Nicola Dames (patient researcher)
- [4] Working life with a chronic condition, - Sam Wilkinson Lee (Business psychologist)
- [5] Patient experience of pre-operative Stoma education - Dr Gabrielle Thorpe.
- [6] To pouch or not to pouch - pros and cons of Ileoanal pouches - Richard Lovegrove and Abi Patel (consultant colorectal surgeons)
- [7] THE BRIAN BROOKE LECTURE; "Cell therapy Looking beyond drugs to treat inflammatory bowel disease" Professor Peter Irving Consultant Gastroenterologist - son of Professor Miles Irving former national president and president of Manchester-IA for 10 years.

There were 4 workshops.

- [1] Making the most of pouch life.
- [2] Healthy living without a Colon.
- [3] Creating calm.
- [4] Working life with a chronic condition.

The day closed with a Q and A speaker panel. All the talks were excellent. NOTE: They are all available on the [National Website as podcasts are worth listening to.](#) (When I have the link I will inform members)



Info cake is shared out to members

A visit to the many stands of the manufacturers showing their latest products, and requesting samples during the lunch and coffee breaks. The evening was outstanding and enjoyed by all.

PRESENTATIONS.

THE ASPIRE AWARD, PRESENTED FOR OUTSTANDING WORK FOR THE BEST MEMBER ORGANISATION.

Surrey IA won the 'ASPIRE' award, but Manchester can be proud to be one to be the 1st runner up.

Manchester achieved the runner up with the following attributes>

- [1] For their aim to arrange open days in each corner of their area.
- [2] For carrying out courtesy calls to their members and for setting up a members' only forum on Facebook.
- [3] For overall excellent efforts to stay in touch with their membership.
- [4] For contacting Manchester Airport Accessible Travel Forum (MAAF) and informing them of the issues their members were having when using the airport

West Yorkshire IA and Merseyside IA were also runners up.

ENTERTAINMENT

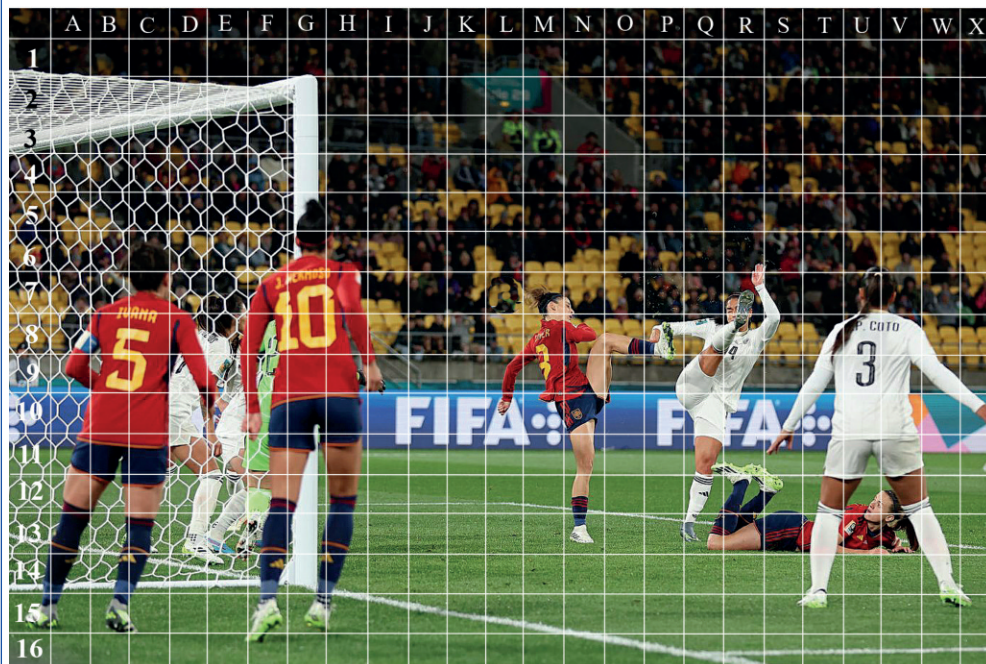


The evening ended with an ABBA / Queen Tribute band and many joined in with the dancing.

We met and chatted to people from other branches. And all in all it was a most worthwhile and enjoyable evening. Anne/Christina.

Compiled by Paul, Newsletter Editor.

Spot The Ball No. 13, Ladies World Cup, Spain v Costa Rica.



Spot the Ball no. 13 is a tricky one with a total of 384 squares. Follow the trajectory and you are on a winner. With this being a little tricky I have kept the prize of £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 1st June to the 30th, please do not enter before the 1st June as your entry will be void. This is to give all members

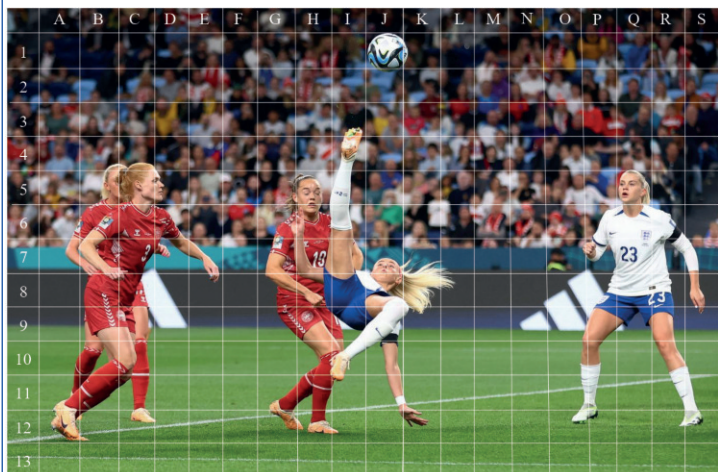
an equal chance especially those living in the wilderness. When you submit your entry you may have the winning square, but leaving it late to reply you may lose out as the winner is the first with the correct answer

Send your entries to secretary: Marlene Evans phone: 0161 790 9380. Or E-mail:
marlene.evans@iasupport.org Also

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

Good luck ! Paul

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



Benjamin from Altrincham Cheshire is the winner of Spot the Ball No 12, With the winning square J-1. This was the only number Ben submitted when he could have had up to 5, you were lucky there on your choice.

Ben is married with 2 children, Works as a safety consultant in the Nuclear Industry and in his spare time he plays badminton, golf and taxis the kids around...

I had my Ileostomy around 2 years ago and it has only been a hugely positive turnaround with me managing to enjoy my time with family and friends following many years of struggles.

Having heard of my competition exploits, I fear the kids have earmarked the winnings for Easter eggs with my Tesco voucher so will see whether I can sneak a piece of chocolate or two.

3 Paul, newsletter editor.



Greater Manchester-IA, President and Committee.

President.

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



Chairman,
Newsletter editor, &
Greeting card administrator:
Paul Stott.
Email:
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Also, Manchester members private forum.



Secretary / One2One Volunteer
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Also, Manchester members private forum.



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

Email: Sophie.kennedy@iasupport.org

Manchester members private forum., Administrator



Committee Member

Christina Starkie.

Email: 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 2022/23 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 ***

CliniMed Patient Meeting

Held at the Middleton Golf Club on Monday
25th March 2024.



Kiran showing new products

were enjoyed by a group of about 15.

A new range of appliances for the Ostomate was displayed from CliniMed and demonstrated via on screen projection by their representative Kiran. Coffee / Tea and light refreshments

Greater Manchester-IA was on hand with all the latest brochures.

Paul, chair.



Anne and Paul

CliniMed Patient Meeting

Held at the Brentnall Suite, The Guildhall
Stockport. On Monday 30th April 2024.

Another patient meeting from CliniMed attended by a group of about 14, Kiron from CliniMed had many samples to show the guests attending. A video was shown for stoma patients on how best to exercise by just sitting on a chair.

I spoke to Greater Manchester- IA members who had travelled from Macclesfield and Hyde.

All were very happy how we at Manchester were conducting events and the recent chat to members by our committee was a big hit .

I signed up a new member, Pat from Hyde who has had a Ileostomy for 14 years.

Here you see Paul & Kiran from CliniMed.

Paul.

