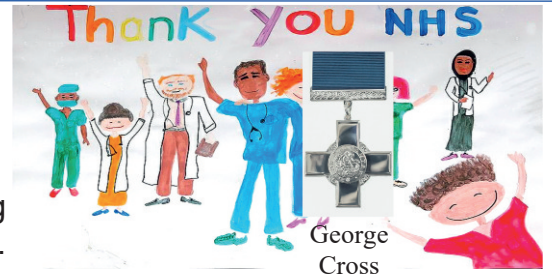




Dear Members,

First, I wish to welcome new member, Caroline from Bramhall Cheshire. Any problems Caroline please contact us, all details are on the back page.

Thanks to all the members who sent their good wishes during my stay in hospital. I am slowly getting back to normality after spending many weeks in hospital. I was hospitalised 4 times, in total 65 days. In July I was admitted as my Crohn's flared up resulting in a high output from the stoma. I was taking 16 tablets of 'Loperamide Hydrochloride' and 8 'Codeine Phosphate' a day, making little difference, only giving me stomach cramp; 'Codeine' sending me do-lally! If you read the autumn newsletter, you will have seen me being attended to by one of the nurses during my stay in July. August, I was admitted again with pneumonia – then in September I was rushed to hospital with sepsis. And to top it all when visiting my GP in October, I passed out, another trip in the ambulance, I was diagnosed with an intermittent heartbeat AF (Atrial Fibrillation) – and discharged on 6 November, and now convalescing at home. I lost two and a half stone while in hospital and am slowly getting my appetite back having had little to eat whilst in hospital. I was certainly glad to see the back of 2024. I wish to thank the Manchester team Marlene, Anne, Sophie and Christina who rallied round organising open day events.



Birthday cards to our members: I always make up a three-month batch of cards with a posting date on the back, and my wife Denise made sure they were posted on time.

Being hospitalised, I was unable to accompany Marlene on the forum meetings at Manchester Airport, but she did an excellent job putting together her report (*see winter 2024 edition*).

My thanks again go to Marlene for putting together the winter newsletter at very short notice.

I was hoping to add another 'dedication' to the staff at Salford Royal L-2 Ladywell building. I did not have the space, so will have to see what the summer edition has lined up. (*When you do read DEDICATION Part 2, be prepared for what I found out in the 65 days on L-2 what nurses have to go through on any one shift*).

[Rochdale Ostomate Group Open Day](#). Alkington Community Centre, Hadfield Road, Middleton M24 1TQ.

Date & Time: 13th March – 2 to 4pm

[IA Information Day: 5 April 2025](#). Page 2, details how to apply. Venue at Double Tree by Hilton Hotel, Manchester Airport.

[Stoma-friendly station toilets](#). See page 2.

[HYDRATION & ILEOSTOMY](#) There is a survey that will take 20–25 minutes to complete and can be accessed via the QR code.

[Spot the Ball No. 15, Arsenal V Manchester United](#) see page 3. Also the winner of Spot the Ball 14 Philippines v Morocco. (The winner was given out with the 2024 winter issue, but more info and photo are now shown).

[Join our committee , Member required, see page 3.](#)

[HELP!](#) One of our members is looking for the best travel/holiday insurance. If you can help, please contact Marlene at the address on the back page.

Best wishes to all our members, Paul, Marlene, Anne, Sophie, and Christina.



IA Information Day: 5 April 2025.

Our annual Information Day is on 5 April. As ever, it will be a packed programme designed to help those seeking advice and support on all things ileostomy and internal pouch. Event details are now available on the IA website - please go to <https://iasupport.org/infoday25> and scroll to the bottom of the page to view the 'Information Day Programme'. As in previous years, a gala dinner will be held for those who wish to join us after the Information Day, from 7pm.

Venue:

Double Tree by Hilton Manchester Airport, Outwood Lane, Manchester M90 4WP

Information Day is on Saturday 5 April, 9am – 5pm

Any members wishing to attend please download the application form here, <https://iasupport.org/infoday25> or QR Code.



Stoma-friendly station toilets



In recent months, various local news reports have highlighted upgrades to train station accessible toilets to make them stoma friendly. New features include shelf space, full-length mirrors, extra hooks to hang belongings, disposal bins and back rests. Stoma-friendly toilets have opened so far at stations including London Paddington, Bristol Temple Meads, Liverpool Street, Reading, Leeds, Middlesbrough, and across the South Eastern railway network.

HYDRATION & ILEOSTOMY ONLINE SURVEY

Could you spare a little time to help health researchers with an important project, investigating hydration?

An ileostomy can significantly impact health and wellbeing. For example, ostomates may be more likely to experience symptoms of dehydration, which may then lead to other health problems over time.

Researchers at the Nutrition Innovation Centre for Food and Health have developed an online survey investigating hydration knowledge, attitudes and practices in people with an ileostomy.

They invite you to take part if you are currently living with an ileostomy, are aged 18+ years and are a resident of the UK or Ireland.

The survey will take 20–25 minutes to complete and can be accessed via the QR code opposite. Please note that all views and opinions are valid, and there are no right or wrong answers. By completing this survey, we are assuming that you are consenting to participate in this study, however you are free to leave the survey at any time.



Hydration & ILEOSTOMY

Researchers at the Nutrition Innovation Centre for Food and Health (NICHE) have developed an **online questionnaire** investigating **knowledge, attitudes & hydration practices** in people living with an ileostomy

We want to hear from you if...

- You are currently living with an **ileostomy**
- You are **18+ years old**
- You are resident of the **UK or Ireland**

If you meet these criteria and would like to take part, please access the questionnaire* using the QR code (below)

*Estimated time to complete: 20-25 minutes

Niamh Magee (PhD researcher)
Email: Magee-N20@ulster.ac.uk
Dr Chris Gill (P.I.)
Email: C.Gill@ulster.ac.uk

Ulster University
Biomedical Sciences, Ulster University, Coleraine BT52 1SA

Spot the Ball No. 15, Arsenal V Manchester United.

This spot the ball is rather tricky, but it has fewer than usual squares, only 140. Do not follow the trajectory on this one! If no outright winner, I'll pay out the nearest.

With this being the first competition of the new year, I have made the prize again at £15-00, with a choice of either a Tesco or Morrisons voucher.

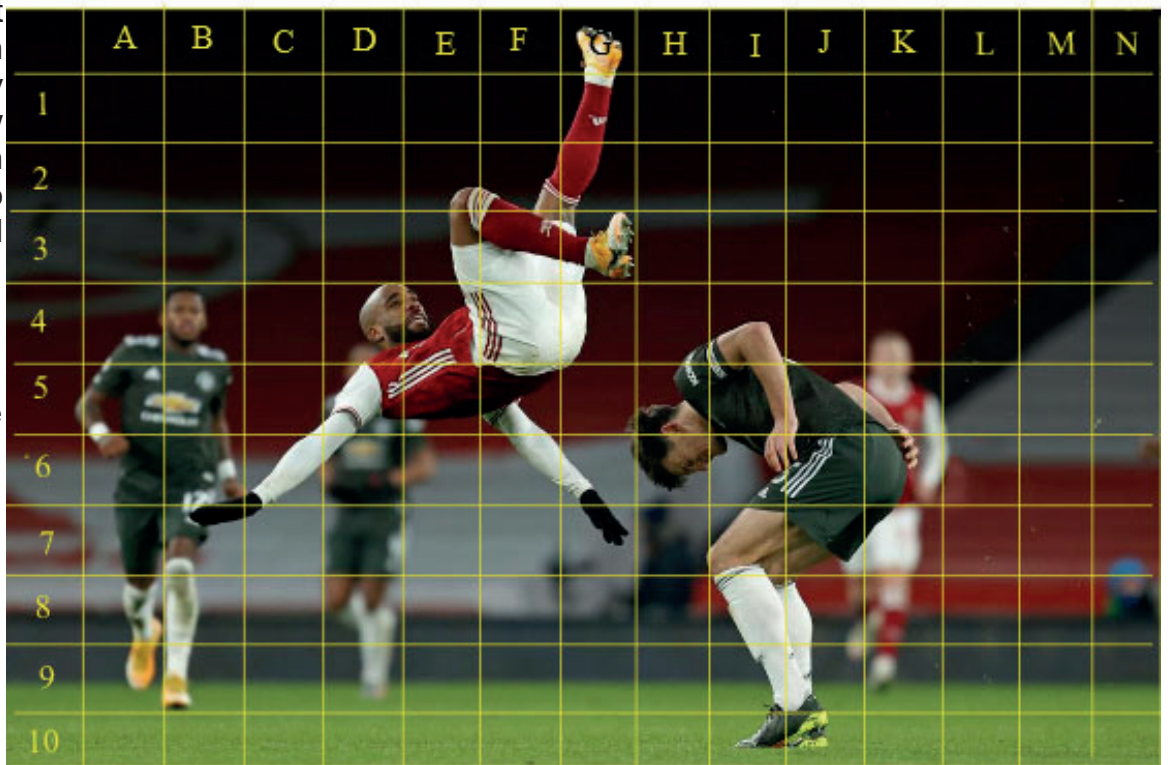
Rules are easy: you have **5 goes** to locate which square the ball is located,

for example: A-1 and S-2, and so on. Please note, those are not the winning squares so do not submit them. Competition runs from 1st-31st March. Please do not enter before 1st March as your entry will be void. This is to give all members an equal chance, especially those living out in the countryside. Please submit your entry promptly, as late entries may mean losing out. The winner is the first with the correct answer. Send your entries to secretary:

Marlene Evans - Tel: 0161 790 9380 or email: marlene.evans@iasupport.org

Also newsletter editor at email: paul.stott@iasupport.org

Good luck! Paul.



Winner Spot the Ball 14

Benjamin from Hale Barns was spot on with his winning square with a lucky guess by only submitting just one number, **M-1**, with help from his children. He said: "All credit goes to Gus and Maria as they were the ones who chose the square (agreed on just the one square!) so I just went with their guess. We've used the voucher for some well earned treats for the kids, and maybe my wife and I will get one or two..."

Paul.



The Committee Welcomes New Members.

WE NEED YOU.

If you would like to contribute as a Committee Member, All expenses are paid and will take very little of your time - please contact Secretary at email:

marlene.evans@iasupport.org

or Phone: 0161 790 9380.

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:
paul.stott@iasupport.org
Also, Manchester members private forum.



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



Meet & Greet:
Anne Cross.



Email: anne.cross@iasupport.org
Also, Manchester members private forum.

**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, but reminders are sent out 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 5 .

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 2023/24 subscriptions please arrange to do so ASAP to continue your Membership .Under 60 years of age as at 01.01.2025: £15 PA. Over 60 years as at 01.01.2025: £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

Wigan Stoma Support Group

Sophie and Chris attended the colorectal/stoma support group on 31st October 1.00-3.00pm. Held at St Judes Rugby club, Keats Ave, Worsley Mesnes, Wigan WN3 5UB

All the latest brochures of our ileostomy and pouch information leaflets were well received and lots of good conversations followed.
The guest speaker gave a talk about her health journey.

Refreshments were served throughout and there was a bar open if anybody wished to have other drinks.



Gtr Manchester-IA display

Good turnout for the health talk.



This support group is held the last Thursday of every month starting in 2025. If you would like to pop along, please contact your specialist stoma nurse at Wigan.
Dates are: 27th March, 24th April, 29th May, 26th June.

Sophie.