



Ileostomy & Internal Pouch
Association

Registered Charity

Greater Manchester - I A

NEWSLETTER



Issue 2 - 2025.

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

Summer 2025

Hon: SECRETARY and One2one Volunteer: Marlene Evans, Phone: 0161 790 9380.- Email: marlene.evans@iasupport.org

Dear Members,

Another packed edition for you, the article about dedication 2, promised in the last issue will be in the Autumn issue. I could have filled 6 pages on this occasion, but I am limited to 4.

Our committee meeting today (26.4.25), was the final meeting for member Anne Cross who has stepped down after 50 loyal years with the Greater Manchester-IA. A presentation by Professor Carlson our IA president relayed to members and delegates her achievements in those 50 years, then presented Anne with wine and flowers during the recent INFO day at the Double Tree by Hilton Hotel Manchester Airport. See Anne's story on page 2.

Our new committee member is Mr. Charles Flannery who is a One2one volunteer. Charles retired as a teacher a few years back, but this has given him more time to go walking, visit the theatre, take holidays abroad and keeping his two grand children amused, he recently joined as a volunteer for the Aviva studios in Manchester, and to top that he visits schools for his charity work.

INFO day 2025, my thoughts of the event is on page 2.

A new Spot the ball No. 16 Everton V Wolves is on page 3.

Winner of the Spot the Ball No. 15, on page 3.

Wigan Stoma Support Group Open Day, event on page 3.

Many members have asked for the best travel insurance, a list recommended by our head office is shown on page 4.

The newsletter is always prepared for publication at least 4/5 weeks ahead of the launch date, in this case, 1st June 2025.

Best wishes from the Manchester Team,

Paul, Marlene, Sophie, Christina & Charles.



Ileostomy & Internal Pouch
Association

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Registered Charity: 1172338 (England and Wales) and SC048658 (Scotland)

President: Professor Gordon L. Carlson CBE BSc (Hons), MB ChB (Hons), MD, FRCS, FRCS(Gen), FRCSEd (Ad Hom)

ANNE CROSS.

In recognition to Anne Cross serving the Manchester committee for over 50 years a special presentation by Professor Carlson of flowers and her favorite wine was given at the IA info day evening event.

Here is Anne's story.

Dear members,

After 55 years with a stoma and 50 years on the committee Paul has asked me to write a little about those years before I retire from said committee.

Aged 27 and newly married I was devastated by my surgery and took nearly 2 years to adjust mentally and emotionally. A supportive husband and the knowledge that I would have died without the op helped. Pathology could not say whether I'd had Crohn's disease or colitis. I was given 2 black rubber bags fastened with strong rubber bands which were worn alternately, the soiled one having to be scrubbed out! They were quite efficient and stayed in place for about 4 days. (Now of course I use disposables and have developed a routine whereby they stay on for a week.) I was visited in hospital by Joyce Fitzpatrick, secretary of IA and consequently joined the association. I am so grateful for their help and support as this was pre SCNs. Going forward I was asked to become Visiting Officer and as I really wanted to help fellow patients served in this capacity for 35 years. I visited patients in virtually every hospital in Greater Manchester and in their homes. I spoke regularly about life with an ileostomy to nurses training to be SCNs at the then Hope hospital and to Professor Irving's medical students at Manchester University. I organized several visiting courses for anyone wishing to be a visitor and later was a "guinea pig" testing out the AQA course which became compulsory for would be visitors. I even chaired a workshop about visiting at a National Council Meeting.

I really enjoyed those years and was able to share and give reassurance to many people. Ten years ago, my role changed and I was Journal distributor for a short time and afterwards until now I help with Open days and do again what I like best - listening and talking to stoma patients.

Outside visiting I had a job as a secondary school French teacher and took many school trips abroad. I help with several church groups, I have traveled all over the world, eat most things (avoiding nuts and crunchy fruit and veg), wear fashionable but not skin-tight clothes, drink wine and the best thing- have loved bringing up our 2 adopted sons. In younger days I went regularly to the gym and have climbed some quite steep hills including the Pyrenees.

Nowadays I walk most days (only about a mile!) and do word games, cross-words and studious.

I am blessed that life has been good and fulfilled. I never expected to live this long after the near-death experience in 1970 but God knows best! I wish you all well and give grateful thanks to IA for all its support and friendships formed over the years.

Anne.



My thoughts on Information Day 2025.

When we heard that the 2025 AGM and INFO day was to be in Manchester and that Greater Manchester-IA was to be the host, the team sprang into action as to what we could best to help. Leann gave us the task to register all members and delegates arriving for the event the team Paul, Marlene, Anne and Christina, made the task easy as we had different rolls to play.

The workshops [1] 'Solutions to internal pouch problems' [2] 'How to feel OK when you are not OK'

[3] How to get the support you're entitled to at work' [4] 'Let's talk more about sex', the Manchester team managed to attend all the sessions as the same lectures was given morning and afternoon all of them were all very interesting and each lecture was not too long.

The Bryan Brooke Lecture: This year is, Mr. Dominic Slade FRCS. Subject, 'Parastomal Hernia' – Developing a service that meets patient needs'. The lecture was most informative and gave a new insight at what can be done for patients with a hernia.

The evening events began with dinner, then the innovation award presented by Carolyn Stammers, this year won by West Yorkshire-IA,

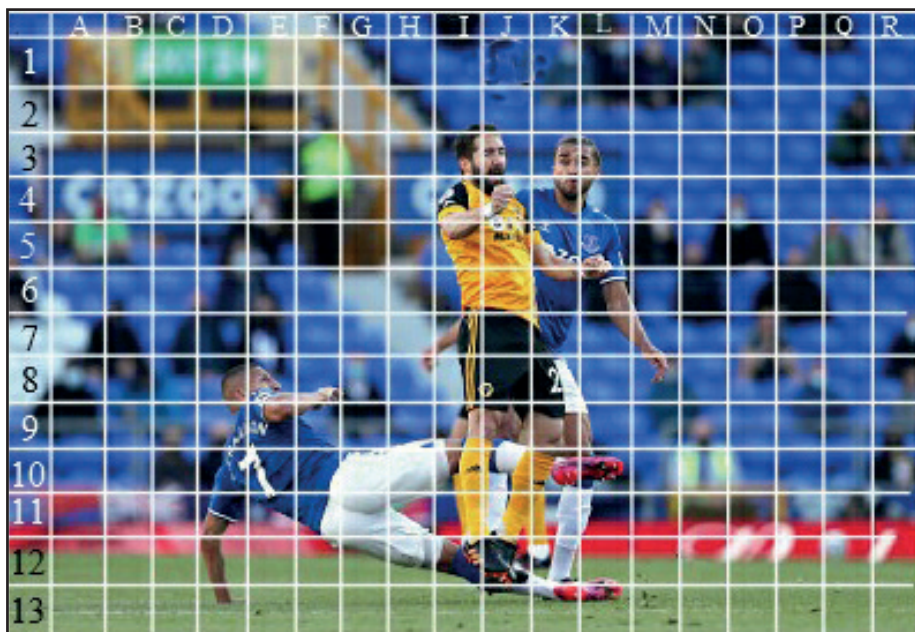
A special presentation by Professor Carlson for Mrs. Anne Cross for her many achievement's during her 50 years as committee member for Greater Manchester-IA.

Evening entertainment 'Line Dancing' and many able members enjoyed the many routines and moves until the close.

Paul Stott, Chair Greater Manchester-IA.

Spot the Ball No.16, Everton V Wolves.

There are 234 boxes for you to choose from where the the ball may be located. This is the easiest 'Spot the Ball' competition so far, anyone with an eye for football will spot where the ball is easily, Prize for the competition is a Tesco or Morrisons £15, gift voucher Rules are easy, you have 5 goes at where you think the ball is located. If you think the ball is in box A-1, And so on until you have used your 5 goes. Competition runs from June 1st to the 30th, please do not enter before the 1st June as your entry will be void, this is to give members who live in remote parts of the country a fair chance, and other areas where post is a problem.. If there is a tie, the winner will be the member with the correct result that reaches us first. send your winning entry to.



marlene.evans@iasupport.org or phone: 0161 790 9380. Or newsletter editor at: paul.stott@iasupport.org

This was a tricky 'Spot the ball' with many of the members nowhere near the winning square. Ben and his mother Helen looked very hard at the picture and came up with their set of numbered squares, K3, J6, M5, H7, **L6, L6 being** the winning square

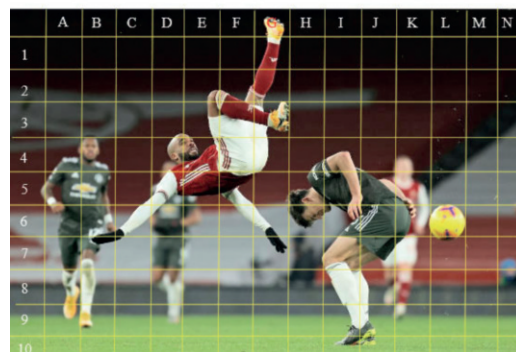
What helped with the winning number was the football skills that Benjamin (age 10) has, He is a Manchester City football fan & he himself plays for Longford Park Blues Junior Football Club (he plays on the right wing). He really enjoys having a go at 'Spot the Ball' when the IA newsletter arrives and he is very happy that he has helped his mother to win!



Benjamin has always been really supportive of his Mum (Helen), who, for as long as he can remember, has had a stoma.

For Benjamin it is just a part of his mum that 'helps make her better'. Benjamin hopes to spend the voucher on some Easter treats and or maybe put it towards some Lego!

Man united v Arsenal



Wigan Stoma Support Group Open Day.

Anne and Christina attended the colorectal/stoma support group on 24th April 2025 from 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 was on display and was well received and lots of good conversations followed. There was also a session of Bingo also. A good turn out of approximately 50 members.

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

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.



Greater Manchester-IA, President and Committee.

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



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Manchester members private forum., Administrator

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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

TRAVEL INSURANCE

When travelling abroad, it is important to have the right type of travel insurance. This info from the insurance company. Many of our members have obtained satisfactory cover at reasonable costs from the following companies but it is useful to shop around for the best offer.

[1] World Travel Insurance Tel: 01892 833338 www.worldwideinsure.com Email: sales@worldwideinsure.com

[2] All Clear Travel Insurance Tel: 0808 281 3571 www.allcleartravel.co.uk Email:
info@allclearinsurance.com

[3] Staysure Tel: 0808 281 2820 Sales www.staysure.co.uk Tel: 01604 552 925 Customer Services
Email: info@staysure.co.uk

[4] Insure and Go Tel: 0808 281 0037 www.insureandgo.com Email: customer.services@insureandgo.com

[5] Columbus Direct Tel: 0800 056 0809 www.columbusdirect.com

Free Spirit Travel Insurance Tel: 02392 419 080 www.freespirittravelinsurance.com Email:
contact@freespirittravelinsurance.com

[6] Direct Travel insurance Tel: 0330 880 3600 www.direct-travel.co.uk Email: enquiries@direct-travel.co.uk

[7] Freedom Travel Insurance Tel: 01223 446 914/01223 454 290 www.freedominsure.co.uk
Email: services@freedominsure.co.uk

[8] Post office Limited 0330 123 3690 www.postoffice.co.uk

If you are a regular traveller, it is worth considering Annual Travel Insurance cover. Some useful contacts for this are Barclays Bank, Marks & Spencer Bank (underwritten by Aviva Insurance Limited),