



Ileostomy & Internal Pouch
Association

Greater Manchester - I A

NEWSLETTER



Issue 3 2026.

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

autumn 2026

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

Dear Members,

First to welcome 7 new members: Jean from Urmston, Hilary from Oldham, Scott from Urmston, Andrew from Brooklands, Kimberly from Altrincham, Catherine from Prestwich, Lindsay from Knutsford and Patricia from Stockport.

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Spot the Ball No. 18a Liverpool V Tottenham. No winners, re-entered now version 18a

Wigan Stoma Support Group Open Day. Good turn out and assisted by my wife Denise and Emma. Page 3.
who would like to join our committee. Details on Page 3.

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Pouch Information Day, 3 October 2026

Leonardo Royal Hotel, 245 Broad Street, Birmingham B1 2HQ 10am-4pm (registration from 9am).

Advanced booking required: tickets £10 (non-refundable) If you have an internal pouch or are considering one, come and meet the experts! The event will comprise presentations, discussion with experts, and the opportunity to learn more about pouches, both from a medical and lifestyle perspective. This is the place to address any concerns you may have and hear from those who have undergone surgery. Our hope is to provide the facts, advice and support to help you make an informed decision on whether a pouch is right for you. Lunch and refreshments included. Booking in advance is required to allow us to manage numbers, and we will be closing booking around 10 days before the event to finalise numbers with the hotel. Please book early and don't miss out! In the event of being unable to complete your registration online,

please contact IA National Office on 0800 0184 724 who will assist with booking. Book your place today at:

pouch.iasupport.org/pouchday26

IA's UK airports survey now closed

Last summer, IA invited ostomates to take part in our survey to discover their experiences of UK airport security. The survey followed numerous complaints from members about insensitive treatment which IA is working to change. Thank you to everyone who participated. IA will now take these findings to the Civil Aviation Authority in a bid to influence the regulator to improve standards. Carrying an IA Travel Certificate (free of charge from National Office on 0800 0184 724 or info@iasupport.org) can give added confidence at the airport. You can also download the CAA Medical Device Awareness Card, to support any potential interaction you may have with UK airport security personnel.

*Best wishes from the Manchester Team,
Paul, Marlene, Sophie & Charles.*

Ileostomy and Internal Pouch Association is a company limited by guarantee.

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President Professor Gordon L Carlson CBE, Bsc (Hons), MD, FRCS(Hen), FRCSEd (Ad Hom)

Hydration tips: keep your kidneys safe in the heat

Remember those record-breaking temperatures in the last week of May? Many people with an ileostomy or internal pouch can find themselves at greater risk of dehydration during hot spells because the body can't absorb water the same way it usually does. With increasingly common heatwaves here in the UK, hydration is important to consider at home as well as abroad.

IA's summer hydration tips You may need to increase your intake of the types of fluid below if you are sweating heavily or your stoma output is higher than usual. If your output is normal for you and you're not feeling thirsty, that's a good sign you're drinking enough. But if your output increases or thirst kicks in, switch to electrolyte drinks. Good options include:

- Oral rehydration solutions such as St Mark's, Dioralyte, O.R.S
- Full sugar sports drinks (not diet or zero versions)
- Coconut water
- Diluted full sugar squash with a pinch of salt
- Milk (if not lactose intolerant)



Check your urine. Pale straw yellow= well hydrated. Dark= drink more. Your appliance may need changing more often - heat can affect the adhesive seal. Store spare appliances somewhere cool - heat degrades the adhesive.! If you feel dizzy, have no urine output for 6+ hours, or can't keep fluids down, contact your GP or call 111.



To better understand how to support your hydration and protect your kidneys, IA offers kidney health and hydration leaflets, available to download from our website.

<https://iasupport.org/>

Improve your journey with an IA Travel Certificate



Travel Certificate
For people with an ileo-anal pouch



<https://manchester.iasupport.org>

Travelling soon? Don't forget IA offers free-of-charge travel certificates which, in multiple languages on the same leaflet, explains that the bearer has a stoma bag or internal pouch.

Showing the travel certificate to staff at security checkpoints can help minimise potential anxiety at major transport hubs, and serve as a reminder to staff that any inspection they make should be done with sensitivity.

If you have a complaint about treatment at any UK airport, please contact the airport in the first instance. If you are dissatisfied with their response, you can take it further through the UK Civil Aviation Authority.

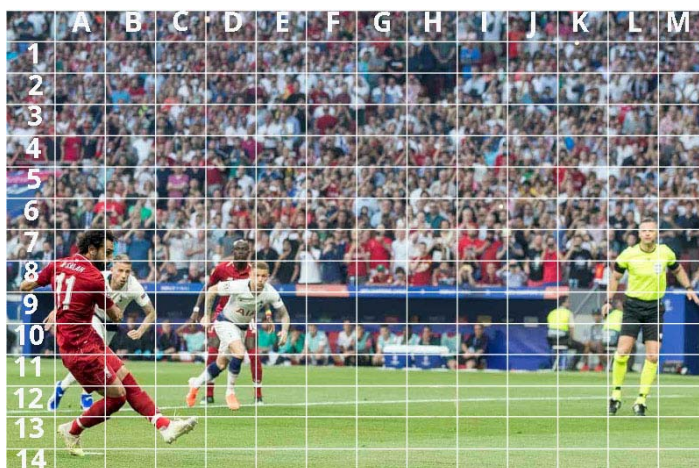
To request a free IA Travel Certificate, please call: 0800 0184 724 or email: info@iasupport.org



Travel Certificate
For people with an ileostomy



<https://manchester.iasupport.org>



Spot the Ball No. 18a Liverpool V Tottenham.

•**NO WINNERS for the S-T B 18, resubmitted.**

There are 182 boxes for you to choose from where the the ball may be located .This is one of 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 a Tesco or Morrisons £15, gift voucher. Rules are easy, you have 6 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 6 goes. 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 members who live in remote parts of the country a good 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

Wigan Stoma Support Group Open Day.

Paul and Denise attended the colorectal/stoma support group on 28th May 2026 from 1.00-3.00pm. Held at St Judes Rugby club, Keats Ave, Worsley Mesnes, Wigan WN3 5UB



Paul and Denise at the IA stand

All the latest brochures of our ileostomy and pouch information were on display and was well received and lots of good conversations followed. There was also a session of Bingo. 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.



Eyes down for a game of Bingo

This support group is held the last Thursday of every month starting in 2026. If you would like to pop along on the next meeting , please contact your specialist stoma nurse at Wigan. Gillian.M.Blakeley@wwl.nhs.uk



Wigan Stoma Nurses, Emma Greenwood second from left

I wish to thank Emma Greenwood (Stoma and Pouch Care Specialist Nurse} who came along to help and signed up a new member.

Paul.

Greater Manchester IA.

Greater Manchester Branch of the Ileostomy Association are seeking any member of the Manchester Branch who would like to join our committee. This would involve being present at any of the open days, handing out brochures and helping with general queries and attending committee meetings.



WE Need YOU!

Travelling expenses will be paid for all events.

If interested: please contact our secretary by phone 0161 790 9380.- Email: marlene.evans@iasupport.org

Or Chairman E-mail: paul.stott@iasupport.org

Greater Manchester-IA, President and Committee.

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



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Greeting card administrator:
Paul Stott.
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paul.stott@iasupport.org
Manchester members private forum., Administrator



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



Committee Member.

Charles Flannery
One2One Volunteer



Social Media (Facebook),
Merchandise & Events
Co-coordinator:
Sophie Kennedy.



Email: Sophie.kennedy@iasupport.org
Manchester members private forum., Administrator

Email:
charles.flannery@iasupport.org
Also, Manchester members private forum.

**SPACE FOR OUR NEW
Committee Member**

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 6 .

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 2024/25 subscriptions please arrange to do so ASAP to continue your Membership .Under 60 years of age as at 01.01.2026: £15 PA. Over 60 years as at 01.01.2026: £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 Open Day.



Colorectal/stoma support group On Thursday 24 th September 1.00-3.00 Pm contact > Gillian.M.Blakeley@wml.nhs.uk
Held at St Jude's Rugby club, Keats Ave, Worsley Mesnes, Wigan WN3 5UB



Greater Manchester-IA in attendance with all the latest brochures of our ileostomy and pouch information. Refreshments served

Trafford Stoma Support Group. (Support Group Members Only)

At Parish Centre St John Henry Newman Parish community centre ,
1, Davyhulme Road Davyhulme M41 7DS

on

Wednesday 14.10.2026 at 10.00 am

Refreshments served



IA-Manchester will be on hand with all the latest brochures.