



The Jejunostomy & intestinal pouch
Support Group

IA-MANCHESTER

Issue 3 - 2017 **NEWSLETTER** Autumn 2017



Published by: IA-Manchester - Charity No: 1039256. WEB site: www.ia-manchester.com



CHAIRMAN'S CHAT

Once again I welcome you to the Autumn edition of our quarterly Newsletter. August is now over and I hope that everyone has enjoyed some fine 'sunshiny' days over this holiday period. Since we last met Val and I and our motorhome "Daisy" have 'strayed' down to the Somerset coast- to Bristol, and even to a couple of lovely sites just to the North of Bury – Ashworth Valley and Burrs Country Park. As I compose this editorial we are planning to travel South once more to Wiltshire and to Dorset – visiting family. Many people ask us – aware that we live out of the Motorhome for weeks at a time – what is the attraction.? First of all our travelling experiences were born with our children many years ago when I – as a soldier – lived in Germany and with an older motorhome we travelled as far as Yugoslavia to the East/ France, Germany, Spain and Italy to the South and Holland to the North; now with our children living away from Manchester and providing us with 11 grandchildren – and recently our 6th great-grand son -'Daisy' provides us with the means to visit and enjoy our family. Well, you might ask, how do I manage with a Stoma? Not a problem if planning and preparation are carefully taken and managed prior to each trip.

So, onto IA business – the move towards the re-structuring of IA and the subsequent moves for our membership becoming a Branch of IA National, certain actions now remain with your Committee to 'Adopt' what is known as our 'Transfer Agreement'. Your Committee are constantly kept in the picture as to the activities required – and also in the best interest of the Membership – in formalising this transfer sometime early in 2018. Please be assured that there will always be a 'voice' for Manchester IA within the IA National. Finally, our bank – HSBC- through which a large number of you provide your subscriptions via standing orders, etc., has changed both the Bank Sort Code AND the IA Manchester Bank Account numbers. This WILL NOT affect any members continuing their subscription annually as the bank will already have transferred the details of your Subscription payment to the new Account

Regards ... *Chris Ainsworth*

What do you call your Stoma, besides a few choice words when problems arise?

Here are a few that are used by optimists

1. Stoametta, 2. Bashful, 3. Nureyev - Nuri for short, 4. Sidney the stoma and bobby the bag,
5. Louie Viton, 6. Mr Uheba, 7. Bilbo, 8. Firby, 9. Mona, 10. Sid, 11. Rudolph, 12. DLM, 13. LIL Buddy,
14. Ruby, 15. Poppy, 16. Winnie, 17. Pedro, 18. Dammit, 19. Roma, 20. Erupt, 21. George, 22. Izzy, 23. Tom
24. Bob, 25. Eric, 25. Dave, 26. Reus (Africans name for Giant), 27. Stewart. 28. Bubbles, 29. Lily,
29. Tomas (anagram), 30. Mellissa, 31. Timothy, 32. Lola, 33. Squirtle, 34. Joey, 35. Stella, 36. Fred,

My Stoma is called Fred and have used the same name for the last 38 years.

While waiting at a Park and Ride bus stop a few years ago I had the dreaded problem of a leak, I turned to my wife and said 'I will have to sort Fred out' and both went back to the car, but not before I had some funny looks from the people waiting at the bus stop, must have thought I was going to sort someone out beside the pouch!

If you have any stories to tell, or have an unusual name you have given your stoma, let me know and I will publish it in the Winter Newsletter, I will not mention your name if requested not to do so. Paul, Newsletter Editor.

Please send your story to: email webmasteratpstv@virginmedea.com

Using products other than pouches to help the skin around the stoma.

[1] Adhesive remover, wipes or spray.

Will help to remove the adhesive from around the stoma.

[2] Paste that comes in a tube, uses are – to fill in any dents or dips in the skin around the stoma you can also put a flange over the adhesive and the pouch over the flange for extra protection.

[3] Barrier sprays – this will form a protective barrier if the skin is tender.

[4] Extenders or flanges are adhesive strips to use on the outside of the pouch for extra security.

Most of the above products are given out free at trade fairs or as samples in the IA 3 monthly journal.

If you are unsure of which product is best for you, consult your local specialist stoma care nurse at the next drop in clinic.

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"THE OPERATION WON'T LEAVE A SCAR, WILL IT, DOC?"

Have you registered your
E-mail yet?
If not go to our WEB
Site
Home page & Members

RADAR - National Key Scheme

National Key Scheme - the disability network key which will open 9,000+ locked toilets around the UK. Some local councils will provide this key free, or for a small charge.

The Committee Welcomes New Members.

WE NEED YOU



If you would like to contribute as a Committee Member please contact our secretary

Mrs Marlene Evans.

Tel: 0161 7909380.

Mail: secretary@ia-manchester.com

REMINDER Subscriptions.

Once again may I remind you that Annual Subscriptions were due for 2017 - from

January 1st 2017.

Under 60 years of age as at 01.01.2017 = £15 p.a. Over 60 years - same date; £10 p.a.

Please send a cheque made out to 'Ileostomy Assoc. Manchester'

To: **Mr Chris Ainsworth - Chairman**
IA

3 Hill Top Avenue, Prestwich, Manchester M25 1LL.

(Note there is no change to standing orders/Direct Debits, etc)

The Drink of Ostomy Champions

By Susie Harrison, RD.

First published in the ia-manchester newsletter December 2007.

Water is the most important nutrient, yet it is often the most neglected. Water is essential for every metabolic function in the human body, and lack of an adequate amount will result in less than optimal performance, fatigue, and impaired metabolism. As little as a 2% water loss from the body causes a noticeable decline in strength / power, Precision, speed, endurance, aerobic capacity, and temperature regulation. How much water is enough? Eight cups a day, or 64 oz., plus additional amounts to compensate for losses through sweating during exercise. Although this may sound like a lot of water to someone not accustomed to drinking water, rest assured that once you start drinking plenty of water, your thirst mechanism becomes active, and you will crave water frequently. Remember though, that thirst is normally a very poor indicator of hydration. A person typically will consume only two-thirds of his or her water needs when drinking according to thirst.

Also, our thirst regulating mechanism declines with age, which is why the elderly are at such high risk of dehydration. Therefore, it is a good idea to drink to satisfy thirst, and then drink a bit more. Drinking plenty of water will enable you to exercise at higher levels and for a longer period of time, therefore burning more calories.

In order to assure an efficient workout, follow these guidelines for fluid consumption before, during, and after your workout:

Two hours before exercise - 16 oz. of water immediately before exercise - 8 oz. of water

During exercise - 4 to 8 oz. of water every 15 to 20 minutes up to 26 oz. per hour.

Weigh yourself before and after a workout, and replace each pound of weight lost with 16 oz. of water.

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78 Liverpool Road, Eccles, Manchester, M30 0WA.

Tel: 0161 789 4957. Mob: 07737 446 310.

Email: cleasbys@virginmedia.com