

**W**elcome Members to this late year edition of our Newsletter. Autumn goes by quite quickly until some saucy broadcaster reminds us "... And Winter draws on..." - (or have I misspelt that ?) Many of you will no doubt have made the most of our pitiful Summer - but what an Indian Summer we enjoyed at the beginning of October. I was well-recovered from my bout of hospitalisation by this time so many thanks to those of you who sent your kind regards on my speedy recovery. Blackpool, by the way, is the IA's intended venue for our two-day National Council for 2012; on 21-22 April Situated on the North Shore of Blackpool the Barcelo Imperial Hotel will be hosting this 2-day event covering a multitude of topics and items of IA Membership interests

Currently your Treasurer, namely myself(!), is busy balancing our books and satisfying our Masters' including The Charities Commission, that all is well within our coffers; as it should be. This quite a busy within the IA Members Organisations - due to our Financial Year-ending taking place at the end of October, This Newsletter Edition covers news of one of our Member's sterling efforts in Fund Raising and his National Television Debut - Ted Selby - an inspiration to us all. Also we have an article from Marlene Evans - Committee Member and representative for our visiting and Pouch members.

I have made a mention in this edition as I did in the previous issue that in order to rationalise the membership subscriptions - with a definitive year end - All Current Members subscriptions for 2012 will be due on the or before - **1st January 2012.**

New Members, who have joined since July 2011, will have their subscriptions carried over to 2012 and their next subscription payment date will be on, or before, January 2013. (Those members will be informed with the receipt of this Newsletter) Those of us who have the internet available may well have noticed the update and improved layout of [www.ia-manchester.com](http://www.ia-manchester.com) - the Manchester IA Members web site. This has been due to the accomplished and sterling work of one of our Members - Mr Paul Stott of Irlam. Already having set himself up as an intrepid web site manager and constructor - he is now our official Webmaster and we are very grateful for his 'voluntary' efforts in looking after our web site. If anyone feels they would like to add content to the site, or suggest items or a future addition, please do not hesitate to email Paul on his contact email address and discuss.

Finally, may I say on behalf of your Committee - that we wish everyone a Happy and pleasant Christmas and a Prosperous and Healthy New Year in 2012. As a special thank you to our Membership please find enclosed a gift of a wall calendar for 2012.

... *Chris Ainsworth*

**CHAIRMAN - Manchester ia**



**RADAR - The National Key Scheme (NKS)**

RADAR - The National Key Scheme independent access to disabled people to around 7,000 locked public toilets. All Ostomates are entitled to a key which

### ONLINE MEMBERSHIP UPDATE



It is quite sometime - in fact over three years - since I carried out a Membership Database update. One of the major changes that has occurred is our usage of the Internet. Many of us are now 'online' and quite possibly now have an email address. In processing and sending out newsletters and other information more and more organisations are using the email system to cut down on mailing charges. For instance this Newsletter - in an easily down-loadable format - can be sent to all members at a fraction of the cost of using the postal services. Attachments to emails - such as useful adverts and other local information can be given a link placed inside the email for the user to use to access. The savings - over a yearly period - could be quite considerable. If you have visited the IA-Manchester web site you will have seen the Letters/Newsletters of many of our previous Newsletters now available to download in .pdf format. To bring my database of email addresses for Members up-to-date may I ask you to send an email to: [chairman@ia-manchester.com](mailto:chairman@ia-manchester.com) Just write 'update' in the subject line and - on receipt I will then add/check/update your e.address in my address and contact list.

There are many useful Ostomy-related web-sites on the Internet containing a wealth of useful and interesting information- such as:

<http://www.ostomylifestyle.org>

[www.stomawise.co.uk](http://www.stomawise.co.uk)

<http://www.ostomy.org/>

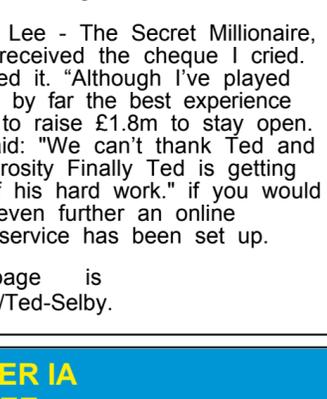


### LOCAL IA MEMBER REACHES HIS GOLDEN FUNDRAISING TARGET

The following is an edited transcript of an article in a local newspaper - following a Channel 4 Programme featuring one of our Members **Ted Selby** - Unsworth - Bury

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Veteran entertainer **Ted Selby** has reached his golden £50,000 fundraising target with the help of a secret millionaire. Ted was handed £16,000 from celebrity hairdresser Lee Stafford after appearing on the Channel 4 programme "The Secret Millionaire". Ted, of Sunnybank, Bury has donated the money to Bury Hospice in Radcliffe. The 87-year-old, who has been performing concerts in nursing homes for the past 11 years, gave his Benefactor a tour of the hospice who was touched by his passion for fundraising. Sadly, Ted, who has been a Member of Manchester IA for a number of years, was forced to cut back on the number of shows earlier this year after he was diagnosed with bowel cancer, which has now spread to his lungs.



**VETERAN ENTERTAINER: Ted Selby, front, at a recent concert at Walshaw care home**

Ted said: "When I was introduced to Lee - The Secret Millionaire, I had no idea who he was. When I received the cheque I cried. It was marvellous and I never expected it. "Although I've played professionally all of my life, this was by far the best experience yet. "Each year Bury Hospice needs to raise £1.8m to stay open. Claire Warner, from Bury Hospice, said: "We can't thank Ted and Lee enough for their enormous generosity. Finally Ted is getting the recognition he deserves for all of his hard work." If you would like to boost Ted's fundraising total even further an online donation page and a text to donate service has been set up.

The online page is [www.justgiving.com/Ted-Selby](http://www.justgiving.com/Ted-Selby).

## MANCHESTER IA COMMITTEE

**Chairman & Treasurer:**  
**Mr Chris Ainsworth**  
Tel: 0161 7988494  
[chairman@ia-manchester.com](mailto:chairman@ia-manchester.com)



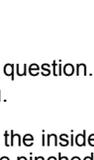
**Secretary: Mrs J Rose**  
Tel: 01204 535407  
[secretary@ia-manchester.com](mailto:secretary@ia-manchester.com)



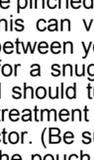
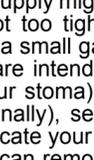
**Distribution: Mr Tom Fleming**  
Tel: 01706 822643



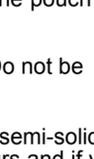
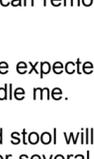
**Visits: Mrs. M. Evans**  
Tel: 0161 790 9380



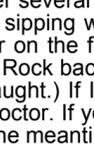
**Committee: Mrs Anne Cross**  
Tel: 0161 442 9856



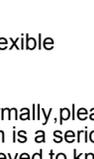
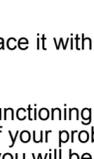
**Exhibitions and Appliances**  
**Mrs Val Ainsworth**  
0161 798 8494



**Newsletter**  
**Mr Chris Ainsworth**  
Tel: 07711578876  
0161 798 8494



**(Ex-Officio)**  
**(Webmaster)**  
**Mr. Paul Stott**  
Via Website



**There are many companies committed to producing quality appliances of all types.**

**If you would like to try their products then you can contact them for a sample.**

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|----------------------------------|--|
| <b>Braun 0800 163 007</b>        | <a href="http://www.bb Braun.co.uk">www.bb Braun.co.uk</a>                   |
| <b>Bullen 0800 269 327</b>       | <a href="http://www.bullens.com">www.bullens.com</a>                         |
| <b>Coloplast 0800 220 622</b>    | <a href="http://www.coloplast.co.uk">www.coloplast.co.uk</a>                 |
| <b>ConvaTec 0800 282 254</b>     | <a href="http://www.convatec.co.uk">www.convatec.co.uk</a>                   |
| <b>Dansac 0800 581117</b>        | <a href="http://www.dansac.co.uk">www.dansac.co.uk</a>                       |
| <b>Hollister 0800 521377</b>     | <a href="http://www.hollister.com">www.hollister.com</a>                     |
| <b>Marlen 0121 708 4580</b>      | <a href="http://www.marlenhealthcare.co.uk">www.marlenhealthcare.co.uk</a>   |
| <b>Oakmed 0800 592786</b>        | <a href="http://www.oakmed.co.uk">www.oakmed.co.uk</a>                       |
| <b>Peak Medical 800 652 0424</b> | <a href="http://www.ucihealthcare.co.uk">www.ucihealthcare.co.uk</a>         |
| <b>Pelican 0800 502 7471</b>     | <a href="http://www.pelicanhealthcare.co.uk">www.pelicanhealthcare.co.uk</a> |
| <b>Salts 0800 626388</b>         | <a href="http://www.salts.co.uk">www.salts.co.uk</a>                         |
| <b>Welland 0800 036 0100</b>     | <a href="http://www.clinimed.co.uk">www.clinimed.co.uk</a>                   |

### What's Normal... ?? Answers from Your Stoma to You

#### An Article from Ostomy News

What is normal for my stoma? This is a frequently asked question. Here are some answers from your stoma to you.

My colour should be a healthy red. I am the same colour as the inside of your intestine. If my colour darkens, the blood supply might be pinched off. First make sure your skin barrier/wafer is not too tight (this can vary according to the barrier type, as some require a small gap between your stoma and the barrier material, while others are intended for a snug fit where the wafer material actually touches your stoma). If I should turn black (very unlikely - but it happens occasionally), seek treatment AT ONCE. Go to an A & E if you cannot readily locate your doctor. (Be sure to TAKE AN EXTRA POUCH ALONG so you can remove the pouch for doctors to examine the stoma.)

I might bleed a little when cleaned. This is to be expected. Do not be alarmed. Just be gentle please, when you handle me.

If I am an ileostomy, I will run intermittently and stool will be semi-solid. If you should notice that I am not functioning after several hours and if you develop pain, I might be slightly clogged. Try sipping warm tea and try getting in a knee-chest position on the bed or on the floor. (Have your shoulders on the floor and your hips in the air. Rock back and forth in an attempt to dislodge any food that might be caught.) If I do not begin to function after about an hour of this, call your doctor. If you cannot locate him/her readily, go to an emergency room. In the meantime, I might have begun to swell.

Remove any pouch with a tight wafer and replace it with a flexible one with slightly larger stoma opening.

If at any time, you doubt that your stoma is functioning normally, please seek help. The cause needs to be evaluated. If your problem is a serious one, it needs to be corrected. If it isn't serious, you will be relieved to know that your stoma is alive and well.

### NATIONAL POUCH INFORMATION DAY

#### Marlene Evans - IA Committee

This year this notable event was held in Manchester on Saturday 12th November at Kings House Conference Centre which I attended and found extremely informative and helpful and gave the opportunity for IA members to chat with other 'pouchers' and members of the medical profession.

John Mullins - National Pouch Co-ordinator (who organised the day) welcomed everyone and gave details on the agenda for the day.

First presentation was given by Jane Hughes - Colorectal Surgical Registrar from Salford Royal Hospital which was titled 'A Surgeon's perspective'. This covered why the pouch was developed as an alternative to a permanent ileostomy. Gold standard treatment for patients with ulcerative colitis (not Crohns). First introduced in 1972 and now usually J shaped. Operation usually in 2 or 3 stages to avoid complications. 90% success rate and 10% failure. Complications were discussed including pouchitis and possible fertility issues in women. After this presentation Jane offered members to ask questions and there = was a very good response

This followed with a second presentation from Vicky Kenyon - Senior Colorectal Specialist Nurse also from Salford Royal on "Aftercare and Complications." This was extremely informative and helpful and she gave out a useful handout and should anyone wish to receive a copy please let me know and I will send you one

After lunch a presentation was given on visiting and pouch visitors

Following on came a lively discussion on personal experiences and the day ended with a section on diet and pouch function which gave members the opportunity to share their experiences and solutions to their various problems.

Marlene Evans  
Visiting Co-ordinator IA Manchester  
e - [marlene.evans@virginmedia.com](mailto:marlene.evans@virginmedia.com) - Tel number - 0161 790 9380

### IA MANCHESTER MEMBERSHIP - SUBSCRIPTION RENEWAL

**Once again - as Treasurer, I have to mention the poor response by some Members, currently over 6 months outstanding, with 2011 membership Subscriptions**

**£8 (over 60) and £12 (under 60) are now due on /before 1st JANUARY 2012.....**

...OR online at : [www.iasupport.org/subscriptions](http://www.iasupport.org/subscriptions)  
---OR .....a cheque direct to myself :

'Treasurer - IA', 3 Hill Top Avenue, Prestwich,  
Manchester M25 1LL'

**Cheque made payable to 'IA MANCHESTER'**

.....OR .....by Direct Debit - Make Payment to

**HSBC Bank - 2-4 St Anne's Sq, Manchester M2 7HD**

**HSBC BANK SORT CODE: 40.31.24**

**ACCOUNT NUMBER: 51330659**

**COPY THESE DETAILS AND TAKE IT TO YOUR BANK**

**PLEASE NOTE:- IA Members should renew their subscriptions promptly to ensure continued receipt of your IA Journal and local news. With effect from 1st January 2012 ALL subscriptions will be due- irrespective of your initial joining date. In future - new members who join IA Manchester between 1st January and 30 June each year will be required to pay for the full year. Members who join after 1st July until 31 December will not be required to pay a full subscription until the following January but will receive the normal issue of Journals.**

**REMEMBER: £8.0 = 0.15p per week and £12.0 = 0.23p per week**