



Welcome Members and once again, a special Welcome to those new members who have joined in the past few months - this is probably your first 'live' journal and we hope the first of many.

Many members joined us at our Annual General Meeting last week and I and my Committee thank you for your support. We are sure that you enjoyed this special event and the support we received from the Stoma Care Team at Salford and from the Stoma Appliance Suppliers who came to this Meeting. But more especially, and from the enthusiastic comments I have since received from members, the excellent responses and explanations given by our President Professor Gordon Carlson during his superb Question and Answer Session at the close of the Business Meeting.

Social Events: I mentioned at the meeting that we are planning a number of social events, or gettogethers or less formal gatherings than the traditional group meetings, where we can meet in a relaxed environment. Apart from the day trip which I mentioned at the AGM - more information inside- we have also discussed with our local Stoma Care team the possibility of holding an informal talk and discussion on aspects of stoma care. Watch this space....

There have been a number of changes to our Organisation and Committee changes which will be explained later in this Newsletter. We are always seeking keen and interested volunteers for help in organising events, etc.

Apart from this year's major events as HM The Queen's Diamond Jubilee; 2012 Olympics, etc., - there are the lesser - but just as important events such as Open Days and Sponsored Presentation events at various locations around our Membership area. We will try and keep you informed of these events as they occur, within these pages or in our website.

Finally- my Summer photo is one from Mexico - where Val and I enjoyed our Golden Honeymoon On the Riviera Maya- more inside...

.. Chris Ainsworth - Chairman

PROPOSALS FOR MEMBERS VISITS/ DAYS OUT AND FORUMS

During a recent Committee Meeting and further mentioned at the AGM we discussed the proposal that if sufficient members agreed - we could hold a Members Day-Out and Gettogether with a visit to Cheshire Oaks and The Blue Planet Aquarium on the outskirts of Ellesmere Port, Cheshire. Transport and pick up points would be arranged and a competitive entry charge to The Blue Planet would be arranged.

Lunch would be arranged at one of the Outlet Restaurants at a suitable cost

Blue Planet is home to over 100 living displays including Europe's largest collection of sharks, offering a whole world of underwater discovery.

CHESHIRE OAKS DESIGNER OUTLET:

Situated in England's North West close to Historic Chester and between the cities of Manchester and Liverpool, Cheshire Oaks is the largest Designer Outlet in the UK, where you'll find many famous name stores with designer savings up to 60% off every day of the year.

Proposed Day out for members and guest on the Thursday 19th, July 2012

If you are interested please contact Secretary Val Ainsworth

By Phone: 0161 7988494 or...

E-mail: secretary@ia-manchester.com

Following on the excellent Q & A Session held at the AGM and the obvious problems and questions that were put to Professor Carlson it would seem we could benefit from further arranging an informal Membership/Stoma Team Forum get together at a convenient location and time to suit as many as possible of the Membership.

PLEASE LET YOUR SECRETARY KNOW OF YOUR INTEREST IN EITHER OF THESE PROPOSALS ABOVE- OR, MAYBE YOU HAVE AN IDEA FOR A MEMBERSHIP SOCIAL/FORUM/EVENT, etc.

TRAVELLING WITH A STOMA

During this period of the Holiday Season I shall try to explain some of the intricacies and complications of travelling with a stoma experienced mostly by myself but some anecdotes from well-travelled Ostomists.

Many of you will be used to seeing my ongoing articles about 'Travels with Daisy' - our Motorhome. Last year we completed over 10,000 miles around the UK and, apart from an incident which involved me returning for hospitalization towards the end of last year, most of our travels have been stoma-problem-free. Providing you maintain sufficient stocks of your your stoma appliance supplies and sufficient medication to last your holiday plus at least one more week, you should have no trouble.

In my case, the sudden onset of dehydration whilst travelling around Dorset - the reason for which I didn't discover until I was examined in North Manchester General Hospital- highlighted the problems of keeping a constant watch on your liquid intake. This very item was highlighted by Professor Carlson at the recent AGM when he spoke about the anomaly of becoming easily dehydrated by taking in TOO much liquid. Having a thirst, maybe during hot weather or from strenuous or fairly active pastime doesn't necessarily mean, that as an Ostomist we must intake a 'long cold drink' to clear the thirst. As an Ileostomist we naturally create very fluid outputs and by adding further watery liquid to our input means that more liquid will be lost in our output. The very nature of this cycle of drink intake/output creates the beginnings of dehydration. The same goes for fluids - dehydration won't just slow you down, it's also dangerous. But what about electrolytes? You've probably never been told you need them, and it's almost certain you may not even know they help keep body chemistry in balance. But how critical are they to performance?

Electrolytes aren't just essential for optimal performance; they're critical for any kind of performance. The truth is, you should be just as concerned about replenishing them as you are with replacing lost fluid. Electrolytes are minerals that, when dissolved in water, break into small, electrically charged particles called ions. Present wherever there's water in your body (think blood, cells and cell surroundings), electrolytes regulate your body's fluids, helping to maintain a healthy blood pH balance, and creating the electrical impulses essential to all aspects of physical activity. So what about salt? Many people know sodium and chloride are among the body's most important electrolytes (both help "excite" nerves and muscles), but don't think dousing your food with table salt (sodium chloride) is the only key to proper electrolyte replacement.

Consider these other key electrolytes:

Calcium - aids muscle contraction Magnesium - aids healthy cell function Potassium - helps regulate pH balance Phosphate - helps regulate pH balance

Thus, for strenuous exercise, long walks in warm weather, over-active gardening, etc. we tend to empty our systems of sodium and these other important electrolytes. Please don't run away with the idea that I think we are all Olympic Athletes - we are just normal human beings with a system that needs to compensate for a lack of the necessary means -(the colon) - to utilise our water/liquid/salt intakes.

So what is the effective replacement - or safety net- for our particular 'problem'? Luckily, replenishing lost electrolytes isn't difficult, and because electrolyte balance is tied to hydration (remember, electrolytes need water to do their job), sports drinks are often recommended as the most efficient form of replenishment, although certain health drinks -Lucozade, etc. - may also do the trick. Coke, Lemonade, etc. are gaseous and also contain high quantities of sugar - best avoided in quantity. To avoid dehydration, certainly whilst on a hot/warm holiday beach try to drink at least two cups (16 ounces) of fluid one to two hours before a spell on the beach. Mid-day or, as I used to be told when on active service in the Middle East - if you can walk on your shadow it's time to get indoors! Try to consume five to 10 ounces of fluid - a further cupful - as an advice note: caffeinated beverages, such as coffee, teas and colas, are not recommended for optimal hydration. These fluids tend to pull water from the body and promote dehydration.

Anyway - back to our travels so far this year - as those of you who attended the AGM will have heard Val and I celebrated our Golden Wedding Anniversary on 31 March but took two weeks holiday - a Golden Honeymoon - in Mexico from 10 -14 April. "Travelling with a Stoma" departed on a long haul - 11-hour flight from Manchester Airport non-stop to Cancun International Airport in an Airbus 330 - with about 300+ other passengers. It is always better in these situations to have a small 'bite' rather than go for a full breakfast- some time before embarking because it's difficult to get to the loos as you are called to the departure gates and when the aircraft is loading passengers and then sits on the tarmac for a further 30 minutes before taxi-ing for take-off. This being a 'huge' aircraft the loos were on the floor below and using them was never a problem for the whole flight. I carried my multi-language stoma travel card and also kept my immediate supplies in my hand luggage in the event of a 'change'. A very smooth through transit via Emigration/ Departures. Actually Val was singled out to go through the 'Body Scanner' at Manchester - not me! That makes a change!

Arrival at Cancun was fairly 'lame' compared with other International Airports - just a matter of follow the crowds. The holiday was an all-inclusive stay at a four-star resort on the Maya Riviera some 20 kilometres south of Cancun on the Caribbean sea front. With temperatures in the high 20s and with warm sea water and white sands so inviting, on many days I swam - suitably attired - in this warm ocean. Wave currents were strong so I became very aware of ensuring the strongest waves weren't putting any strain on the fixative adhesives on my pouch. Completely water proof and secure I needn't have worried. There are certain activities I wouldn't have been allowed to take part in and it's worth knowing that with an Ileostomy you wouldn't be allowed to swim with Dolphins! But Val did! They are very sensitive creatures and act a little like puppies in their friendliness.

Returning home to Manchester's dreary weather and having missed our Annual IA AGM at Blackpool it was time to prepare to catch-up and prepare for our own AGM on the 12 May.

More to follow on"Travels with Daisy!"...

*****Remember*****

Travel in the UK with your RADAR Key and the world is your Lobster! The key that opens many doors - in Disabled Loos!



RADAR - The National Key Scheme (NKS)

Independent access to disabled people to around 7,000 locked public toilets All Ostomates are entitled to a key which may be obtained free via your local Council - or by contacting your Stoma Nurse

MANCHESTER IA COMMITTEE

Chairman & Treasurer:
Mr Chris Ainsworth
Tel: 0161 7988494
chairman@ia-manchester.com

Secretary: Mrs Val Ainsworth
Tel: 0161 798 8494
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
Mrs Jane Rose - Bolton
01204535407

Exhibitions and Appliances
Mrs Val Ainsworth
0161 798 8494

Newsletter
Mr Chris Ainsworth
Tel: 07711578876
0161 798 8494

(Webmaster
Mr. Paul Stott
Via Website

Manufacturers

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.

Braun 0800 163 007 www.bbraun.co.uk

Bullen 0800 269 327 www.bullens.com

Coloplast 0800 220 622 www.coloplast.co.uk

ConvaTec 0800 282 254 www.convatec.co.uk

Dansac 0800 581117 www.dansac.co.uk

Hollister 0800 521377 www.hollister.com

**Marlen 0121 708 4580
www.marlenhealthcare.co.uk**

Oakmed 0800 592786 www.oakmed.co.uk

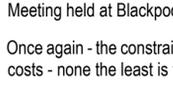
**Peak Medical 0800 652 0424
www.ucihealthcare.co.uk**

**Pelican 0800 052 7471
www.pelicanhealthcare.co.uk**

Salts 0800 626388 www.salts.co.uk

Welland 0800 036 0100 www.clinimed.co.uk

Annual General Meeting - 2012



Held in the Rivkin Lecture Theatre in the Mayo Centre the Committee hosted a most successful Meeting culminating in an excellent Q & A Session led by our President Professor Gordon Carlson. A number of relevant and stoma-related questions were given to the Professor from members of the meeting, who responded with just as important and thought-provoking answers. In attendance of some 30 Members were able to chat to Representatives from appliance suppliers - Oakmed, Ostomart, Dansac, Coloplast and CUIWear.

The Chairman outlined the affairs of the Membership covering Finance/ Administration and future ideas for events. The Secretary gave a round-up of the her activities since taken on the Office and also outlined the previous year's Open Days/Exhibitions. Our Visiting rep also gave a summary of her previous year's visits as well as a brief summary of the events at the IA Annual General Meeting held at Blackpool in April.

Once again - the constraints of Charity Organisation Cash Flow is having an impact on our National IA Memberships Administration costs - none the least is the latest rise in Postal Charges - and changes are in hand - more of which later in this Newsletter.

SOME PHOTOS FROM THE ANNUAL GENERAL MEETING 2012



IA MANCHESTER MEMBERSHIP - SUBSCRIPTION CHANGES

The following Motion was passed by the Delegates at the IA Annual General Meeting Held at Blackpool in April this year which will affect ALL IA Members with effect from January 1st 2013

Subscriptions from that date will be increased as follows

New Annual Subscription from 1st JANUARY 2013.....

Over 60yrs - £10 and under 60 yrs - £15

This is an increase of £2 per Member over 60 and £3 per member under 60

(Previous: £8 (over 60) and £12 (under 60)

Members who currently have a Direct Debit or S/O currently with their Bank for the payment of their subscription must inform the Bank to change this amount to the new Subscription charges to take effect on January 1st 2013

Other wise - you may continue to make a subscription payment as follows: online at : www.iasupport.org/subscriptions

---ORa cheque direct to myself :

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

Cheque made payable to 'IA MANCHESTER'

.....ORby 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

Payments will remain the at same frequency : Subscriptions will always be due on Jan 1st.

Try to make your payment as near as possible to 1 January each year. New Members joining before June 30 2012 will pay for the remainder of the year upto and including December 31. The next subscription payment will be due Jan 1st 2013. Members joining after July 1st will have their membership payment carried over to the following year 2013 December 31

New Annual Subscription from 1st JANUARY 2013.....

Over 60yrs - £10 and under 60 yrs - £15