



The ileostomy & internal pouch  
Support Group

# IA Manchester

Registered Charity: 1039256

newsletter

winter

issue

03-10



**EDITORIAL:**  
Christmas is fast approaching and it seems hard to believe the year has gone so quickly; this newsletter issue

is the perfect chance to reflect on what has been a busy year for everyone. There has been an influx of new members and I personally am thrilled that ileostomists and those with pouches, continue to join our Membership. Certain highlights stand out for all of us in our own personal lives- For me it was this year's National Council held at Leicester and the mind-boggling advances highlighted and displayed by Prof Neil Mortensen – President – a jaw-dropping lecture highlighting the advances made in keyhole surgery with particular emphasis on ileostomies and stoma procedures. This lecture was entitled 'Back To The Future' and presented very much a futuristic view of innovative surgery that is in fact only just around the corner. Which

leads me on to my theme this issue of 'Innovation'.

On a personal basis, I would like to say a big thank you to those members who have supported our functions throughout the past years– but more so to my hard working Committee who have worked tirelessly to make sure that you, the membership, enjoy our gatherings and are kept up-to-date with current news items. I would like to wish everyone – fellow-ostomists, their families and friends - well for the coming year and hope everyone has a pleasant and happy Christmas.

As always, if you should see me on your travels, pop over and say hello.

This month I have highlighted a couple of events hopefully taking place in, or not far from, your local areas – and details of these Open Days appear on pages further inside. Chris Ainsworth

CHAIRMAN - Manchester ia

Thought for the Day: Seen recently in a Medical Trade Journal.  
A comment from an Editorial Contributor:  
***" Not only do I know how to use a semicolon,  
I have a semicolon"***

## DATES FOR YOUR DIARY



## OAKMED OPEN DAYS

Stoma Care Open Days for Rochdale Community Stoma Care and  
North Manchester General Hospital Stoma Care.

1<sup>st</sup> December 2010 at the Richmond Hall, Lomax Street,  
Rochdale, OL12 0JR, 11 am until 3 pm

8<sup>th</sup> December 2010 at the Bower Hotel, Hollinwood Avenue, Chadderton,  
Greater Manchester, OL9 8DE from 11 am until 3 pm

RADAR - The National  
Key Scheme (NKS) offers  
independent access to disabled people to  
around 7,000 locked public toilets around the  
country. All Ostomates are entitled to a key  
which may be obtained free via your local  
Council - or by contacting your Stoma Nurse



## **IA MANCHESTER MEMBERSHIP**

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### **SUBSCRIPTION RENEWAL –**

**Once again that time of the year has arrived –  
Subscriptions**

**£8 (over 60) and £12 (under 60) will be due on  
1st JANUARY 2011**

**Payment can be made 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**

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**Or by Direct Debit**

**Make Payment to**

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

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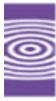
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**Reminder!- IA Members should renew their  
subscriptions promptly please to ensure continued  
receipt of your IA Journal and local news.**

**Please Note- Only Subscription Paid Members will receive the journal ‘Spring 2011 ‘**

**Published in February 2011**



**RADAR**  
the disability network

RADAR - The  
National Key  
Scheme (NKS)

In the last issue I  
published an article on  
RADAR Keys – I trust for  
those who could obtain this

facility you are pleased; you have already made progress. If you are, or have been, having difficulty please let me know. As you know from my ramblings I travel extensively with my wife in our Motorhome – ‘DAISY’. I think I have found the most southerly disabled RADAR entered loo in England – below the Lighthouse on Portland Bill – in Dorset! Now I intend to find the most Northerly – Easterly – Westerly and off-shore RADAR-key entered loos! – on the Islands of the British Isles! If you know of a more remote RADAR operated loo - then tell All! - Let me know !

MORE RAMBLINGS - recently - and despite the cold weather - Val and I and “Daisy” - our 2-berth Transit Motorhome have just returned from 8 days travelling the Jurassic Coast from Lulworth to Swanage and the Isle of Purbeck. Our primary intention was to deliver the Xmas presents for our children and grand-children who live in Wilts and Dorset. As we came away from Swanage - through the picturesque village of Corfe Castle the residents were decorating ALL the houses in the village with Christmas lights strung from house to house in preparation for the large influx of Winter visitors who regularly holiday at this time of the year in this hugely attractive County. Our travels are lessened at the moment and Daisy is ‘winterising’! Plans though are already afoot - or should I say - ‘aboard’ - for 2011!!

## 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. B

Braun 0800 163 007 [www.bbraun.co.uk](http://www.bbraun.co.uk)

Bullen 0800 269 327 [www.bullens.com](http://www.bullens.com)

Coloplast 0800 220 622 [www.coloplast.co.uk](http://www.coloplast.co.uk)

ConvaTec 0800 282 254 [www.convatec.co.uk](http://www.convatec.co.uk)

Dansac 0800 581117 [www.dansac.co.uk](http://www.dansac.co.uk)

Hollister 0800 521377 [www.hollister.com/uk](http://www.hollister.com/uk)

Marlen 0121 708 4580 [www.marlenhealthcare.co.uk](http://www.marlenhealthcare.co.uk)

Oakmed 0800 592786 [www.oakmed.co.uk](http://www.oakmed.co.uk)

Peak Medical 0800 652 0424 [www.ucihealthcare.co.uk](http://www.ucihealthcare.co.uk)

Pelican 0800 052 7471 [www.pelicanhealthcare.co.uk](http://www.pelicanhealthcare.co.uk)

Salts 0800 626388 [www.salts.co.uk](http://www.salts.co.uk)

Welland 0800 036 0100 [www.clinimed.co.uk](http://www.clinimed.co.uk)

## **A Article submitted by Your Chairman**

### **An Update on "Arrangements under Part IX of the Drug Tariff"**

The new arrangements, as announced in April 2009 The Amendment Regulations - The National Health Service (Pharmaceutical Services) (Appliances) (Amendment) Regulations 2009 - will come into effect on 1 April 2010. They can be found on the Office of Public Sector Information website. Where pharmacies and appliance contractors supply appliances, these amendment regulations make provision for new essential services including emergency supply at the request of the prescriber, and for certain appliances, a home delivery service, provision of wipes and disposal bags and provision of specialist advice. Appliance contractors will also be able to offer repeat dispensing and will be required to operate a system of clinical governance, similar to pharmacies.

Changes to the Drug Tariff from 1 April 2010 are needed to take account of new fees and allowances associated with the new arrangements. There will also be a reduction of reimbursement prices of some appliances listed in Part IX of the Drug Tariff. To support PCTs, as well as pharmacy and appliance contractors, in implementing these changes, DH has commissioned NHS Primary Care Contracting to develop guidance and run joint workshops with the Centre for Pharmacy Postgraduate Education in the new year. To find out more please visit the NHS Primary Care Commissioning website.

A transitional period of nine months from 1 April 2010 gives pharmacies and appliance contractors sufficient time to ensure they are able to comply with the new terms of service by 31 December 2010.

## **INNOVATION**

It never ceases to amaze me the speed at which children – especially my own grandchildren, - adapt to new technology. Innovation it seems creeps up on us with annoying speed and regularity; yet younger ones take it in their stride. Many of our long-term members talk to me of the strange appliances and medical ‘aids’ they had to put up with in the early days – yet here we are – some of us new to the ‘game’ such as myself – (a mere ten years into an ileostomy) – and finding it difficult to conceive of RUBBER POUCHES?

Products and their advancement don't stand still and these days there is a wider variety of choice – possibly more than we know what to do with. Many times I am asked if a particular product is ‘better – more fitting – more comfortable – lighter (!) – can be worn longer, etc, etc.’ ? I only wish I could advise. At the end of the day the best people to ask are the appliance manufacturers and their distributors. Our sponsored Open Days at which Suppliers Reps are in attendance are probably the best source of information- contacted by phone or their Company websites. Our own Support Organisation – IA Head Office – are always there to help – and their address – for those who are web oriented and internet ‘savvy’ is [www.ia-support.org](http://www.ia-support.org) - otherwise please contact myself or one of the Committee Members through the addresses highlighted in this newsletter and we will do our best to help.

It is 40 years since a man stood on the moon - it also 40 years since we had rubber stoma appliances that needed washing for their re-use. Who has advanced more ? NASA or Stoma Appliance Manufacture ? Why not write to me of your particular gripe - we could all share this

Whilst trawling the internet I found this fun story on an Ostomy link site in New Zealand - Enjoy and laugh a little...!

## Getting Married

Jack, age 92, and Gill, age 89, living in Auckland, are all excited about their decision to get married. They go for a stroll to discuss the wedding, and on the way they pass a chemist shop and Jack suggests they go in.

Jack addresses the man behind the counter:

"Are you the owner?" The pharmacist answers, "Yes."

Jack: "We're about to get married. Do you sell heart medication?"

Pharmacist: "Of course we do."

Jack: "How about medicine for circulation? Medicine for rheumatism?"

Pharmacist: "All kinds " Jack asks: "How about suppositories?"

Pharmacist: "You bet!"

Jack: "Medicine for memory problems, arthritis, and Alzheimer's?"

Pharmacist: "Yes, a large variety. The works.."

Jack: "What about vitamins, sleeping pills, antidotes for Parkinson's disease?"

Pharmacist: "Absolutely.." Jack asks : "Everything for heartburn and indigestion?" Replies the Pharmacist: "We sure do..."

Jack: "You sell wheelchairs and walkers and canes?"

Pharmacist: "All speeds and sizes."

Jack: "Adult incontinence pants?"

Pharmacist: "Sure." Jack continues - "How about ostomy appliances?"

Pharmacist: "Just about all brands"

Jack: "Then we'd like to use this store for our wedding presents list..."

IA MANCHESTER IS SEEKING A KNOWLEDGEABLE AND KEEN WEB SITE ENTHUSIAST TO MANAGE IA-MANCHESTER.COM

THIS ESTABLISHED WEB SITE NEEDS SOME LOVING CARE AND WE ARE SEEKING A DEDICATED MEMBER WITH SUITABLE HTML/WEB-BUILDING EXPERIENCE TO CONTACT

in the first instance for a chat

CHRIS AINSWORTH

CHAIRMAN IA  
BY EMAIL AT

[chairman@ia-manchester.com](mailto:chairman@ia-manchester.com)

### Healthy Diet

A healthy diet contains a mixture of different foods, including plenty of fruit and vegetables and cereal based foods such as bread, rice and pasta. Protein rich foods like meat and dairy products should be eaten in moderation and foods containing high levels of fat, salt and sugar should only be eaten occasionally.

### Individual Differences

Whether they have had stoma surgery or not, some people find that certain foods do not agree with them. The best way to establish this is to observe the effects your food intake has on you and then, if necessary adapt your diet.

It is often worth trying a food several times before eliminating it completely. It may also be worth re-introducing it at a later date to see how it affects you.

## IA - MANCHESTER EXECUTIVE COMMITTEE

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**The Committee welcomes  
New Members**

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

**Secretary**

**Telephone above or  
email**

**[secretary@ia-manchester.com](mailto:secretary@ia-manchester.com)**

## *T'was the night before Christmas*

T'was the night before Christmas and all through the flat,  
There was general confusion, including the cat.  
The bathroom was strewn with the ostomy ware, that I had abandoned with utter  
despair  
The courage I'd had in the hospital bed, to follow instructions, has suddenly fled,  
It all looked so strange, and uncommonly new, I swore I would never know quite  
what to do.  
Now which goes to which? And what sticks to what? I fumbled each step, with my  
nerves overwrought.  
And then in my anguish, I went to my room, to settle my brains for a night full of  
gloom.  
With a household a flutter in holiday matter I shut out the sound of excitement and  
clatter,  
When out in the hallway, I heard from below, The sound of a voice with a jolly,  
"Hello!"  
As I peeked through the door, up the stairway she came, And she smiled when she  
saw me, and called me by name.  
And I, in my wonder, just couldn't believe that ostomy visits were made Christmas  
Eve  
And then in a twinkling, she put me at ease, and said she would lessen my anxieties.  
She was dressed in all white, in a form-fitting sheath, with nary a sign of what lay  
underneath.  
So trim and well-groomed, a delight to behold, no one would suspect, unless they'd  
been told,  
That standing before me, so calm and serene, was the very first ostomate I'd ever  
seen.  
Her manner so friendly, with faith and good cheer, soon gave me to know, I had  
nothing to fear.  
My questions, like leaves in a hurricane, flew, and with each knowing answer, my  
confidence grew.  
Then under her guidance, each part fell in place, As I conquered the problem I'd just  
failed to face.  
And all of a sudden I knew I was free, To live just as normal and happy as she  
For only an ostomate is really akin, to the fears and frustrations that lie deep within.  
Her time and the friendship so willing to give,  
Will keep me remembering as long as I live. !