



The Ileostomy & Internal Pouch
Support Group

IA-MANCHESTER

Issue 1 - 2017 **NEWSLETTER** Spring 2017



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



SOME NOTES FOR THE NEWSLETTER

Since I last wrote to you in our newsletter a lot seems to have happened within our local Member Organisation. Your Committee and I trust that you and yours had a pleasant, enjoyable and Happy Xmas and New Year with Family and Friends. As I have mentioned before, Val and I travel around the country in our Motorhome – ‘Daisy’ – to visit our family and their children. This Xmas we spent a week in the Cotswolds and a further week in Herefordshire with a large family gathering – a rare event !

However, most importantly, of course, is the movement being made towards the IA Re-Structuring – and in this event may I thank those members who have returned their Voting Return and the selection of their choice from those available for the future of IA Manchester. Although we have submitted our Committee decision to IA Head Office – the major debate will be taking place at the National Council meeting – to be held in Bristol – at the end of March. Later – at our AGM – to be held in May we will once again take a Meeting vote of those present in order to comply with our statutory Constitution Rules.

At this point I would like to thank Paul Stott – our Webmaster and the moving force behind not only the Website – www.ia-manchester.com – but also Paul has taken on board the production of our Newsletters. Lately much praise has been forthcoming for the content and information held on the website as more and more of us become ‘internet-savvy’. Have you visited it yet ? Well done , Paul. Membership has remained, more or less, around the 205 – sadly we have lost a few but also new members continued to join. Please be aware, if not already done, that Subscriptions are due for 2017.

Finally, I am pleased to announce that IA Manchester, in collaboration with The UA, have made a substantial donation to the Dermatology department – Dr Calum Lyon and Stoma Care Department at Salford Royal Foundation NHS Trust Hospital for the purchase of a [Hyffrecator](#) machine which will be of great benefit to the stoma patients who are experiencing skin problems.

Kind regards to all –
Chris Ainsworth
Chairman Manchester IA

[RECIPE CORNER](#)

Pancake Day (Shrove Tuesday 28th February 2017).

PANCAKE MIX YEAST METHOD.

Ingredients:

225 grams (8 ounces) of plain flour,
pinch of salt,
.568 litres (1 pint) of milk (warm)
15 grams (½ ounce) of sugar,
1 egg (optional)



7 grams (¼ oz) of fresh yeast or dried yeast (best results with fresh yeast and given free from any of the supermarkets baking fresh bread) Note: If using dried Yeast one sachet will be enough.

Method:

Put sugar and yeast to melt,
Mix flour and salt in a bowl, add melted yeast and beat well , then allow to stand, when cold beat in the egg and a little lemon juice then cook in the normal way.
in memory of Confectioner, Catherine Elizabeth Stott , 1909 - 1964.

This method has been tried and tested many times the yeast makes the pancake much lighter.
Paul.

[Welcome to our NEW LOOK Newsletter.](#)

Chairman Chris Ainsworth has been the editor of newsletter for many years now and has asked me to take over the role.

He has done sterling work editing the newsletter four times a year and now wants to concentrate on his two main roles as Chairman and Treasurer.

[Ideas I have for the Newsletter.](#)

I have already started with [RECIPE CORNER](#) If you have a tried and tested recipe for our members please E-mail me, [Summer newsletter deadline is](#)

1st May-2017. To: webmasteratpstv@virginmedia.com

[Another idea members unusual experiences, and tips to share.](#)

[Also Stoma Hospital/Clinic reports.](#)

If any member has another topic let me know.
Look forward to your replies.



Thanks,

Paul, ia-manchester committee member, webmaster, and newsletter.

IA Manchester Executive Committee

Chairman / Treasurer:

Mr Chris Ainsworth.

Tel: 0161 7988494.

Mail: chairman@ia-manchester.com

.....

Secretary / Visiting:

Mrs Marlene Evans.

Tel: 0161 7909380.

Mail: secretary@ia-manchester.com

.....

Distribution:

Mr Tom Fleming.

Tel: 01706 822643.

.....

Exhibitions:

Mrs Anne Cross.

Tel: 0161 7988494.

.....

Member Secretary:

Mrs Val Ainsworth.

Tel: 0161 7988494.

.....

Webmaster / Greeting Cards / Newsletter.

Mr Paul Stott,

For Contact Details,

webmasteratpstvr@virginmedia.com

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

Make a Note for your Diary

IA Manchester Annual General Meeting. Saturday 13th, May 2017.

Venue

Mayo Building Salford Royal Hospital.

TIPS FROM ILEOSTOMATES: BLOCKAGES

swallowing.

Remember to always chew your food properly.

Drink plenty of liquids. The shorter your bowels the higher the chance for blockage. For example, you stand a greater chance to experience problems if you have an ileostomy .

Be careful when **eating oranges (or any other citrus fruit)**, since the membranes can cause severe blockage, instead, you can try canned fruit where the membranes are much softer.

Avoid fresh raw pineapple - it may cause severe blockage.

About oranges: you can try slicing the orange into thin slices (leave the peel on) - then cut the slice into half-moons to eat. This breaks up the membranes very well. This works for any citrus fruit

Fresh veggies (onions, lettuce, celery, carrots, tomato etc.)

nuts, mushrooms

and other hard-to-digest foods may cause

blockage as well. It is not the same for everyone. You should carefully try and see how it works for you.



RADAR - National Key Scheme

National Key Scheme - the disability network key which will open 9,000+ locked toilets around the UK.



The National Key Scheme (NKS), previously known as the **Royal Association for Disability Rights (RADAR)** Scheme, was developed because some public toilets designed for disabled people had to be locked to prevent damage and misuse. This has been countered by their being locked separately from other toilets. The scheme aims to provide disabled key holders with independent access to the toilets provided for them and increases the likelihood of the facilities being in a usable state.

In addition to public conveniences, toilets for disabled people are provided by a wide range of other public, voluntary and commercial organisations who have joined the scheme, and facilities can now be found in shopping centres, country parks, railway and bus stations, bars, motorway service areas and sports venues. Some local councils will provide this key free, or for a small charge.

[Registering your E-Mail.](#)

Due to the high cost of postage, (sending out just 200 letters the cost would be £110-00) all we ask if you could please register your E-mail with your local branch, Namely :
ia-manchester,

By registering you will be kept up to date with all the latest events as they come available.

Please Contact ,Chairman: Chris Ainsworth. E-mail: chairman@ia-manchester.com

An easy way to do this is to visit our WEB site at: www.ia-manchester.com

On the opening page (Home Page) you will find the [MEMBERS ONLY PAGE](#)

Here you have a choice to fill in the questioner or just register your E-Mail address

Obviously not all members have a computer or an E-mail address. Never fear you will still be able to get your Free copy of the IA Journal and Newsletter every 3 months.

[SUBSCRIPTIONS 2017](#)

Once again may I remind you that Annual Subscriptions were due for 2017 - from
January 1st 2017.

Many of you have now set up a standing Order with their Banks to pay into our accounts with
HSBC Banking -

and these have now been received. Remember, to receive your quarterly Journal you need to ensure that your subscriptions are on time. 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)

Newsletter: Sponsored by [Brunlea Surgical Supplies](#).

Phone: 01282 686800 Freephone: 0800 834 712 Fax: 01282 686801

E-mail: info@brunleasurgical.co.uk WEB: <http://www.brunleasurgical.co.uk/>

F a s t a n d F r i e n d l y S e r v i c e

