



The ileostomy & intestinal pouch
Support Group

IA-MANCHESTER

Issue 4 - 2017 **NEWSLETTER** Winter 2017



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Chairmans Chat,

Welcome, Loyal Members and Friends to this our final Newsletter of 2017

Suddenly we are well into Winter as cold weather and dark nights are upon us. Most importantly now is the time to review your stoma supplies and medication as we approach the holiday period and the restricted delivery timings. Most suppliers will be delivering up to the holiday period, but make sure you have enough supplies to last into the New Year.

I am now in a reflective mood....I have realised that I have been a Committee Member for some 10 years now and apart from taking on the mantle of Chairman and later that of Treasurer, also in that time I established a web site ...www.ia-manchester.com...,and now under the management of Paul, our Webmaster, I have seen it grow to become quite a strong link with both you, our loyal Membership, our local NHS Trust Stoma Care Teams as well as many interested possible future Members. With the backing of my small, but willing, Committee Members we will seek to carry forward Manchester IA into 2018 under our new title of Manchester IA Branch ..

We wish you All the Best for the forthcoming Festive Season and a prosperous look forward in the New Year

**Chris Ainsworth
Chairman & Treasurer**



Dundee Cake - Ideal for Christmas.

Ingredients

grated zest of 1 orange , grated zest of 1 lemon , 225g plain flour (8 ounces), 1 level teaspoon baking powder . 150g (5 ounces) spreadable butter) 150g golden caster sugar (5 ounces) 3 large eggs.

1 dessertspoon milk, if needed . 175g currants (6 ounces) 175g sultanas (6 ounces) .50g (2 ounces) glace cherries, rinsed dried and cut into halves . 50g (2 ounces) mixed candied peel, finely chopped 1 level tablespoons ground almonds

For the topping:

60g whole blanched almonds (2 quarter ounces)



Method

Sift the flour and baking powder into a roomy mixing bowl, add the butter, caster sugar and eggs, and, using an electric hand whisk, combine them for about 1–2 minutes until you have a smooth dropping consistency. If it seems too dry, add a dessertspoon of milk. Next fold in all the other ingredients: currants, sultanas, cherries, mixed peel, ground almonds and orange and lemon zest. Now spoon the mixture into a 18 cm (7 inch) prepared cake tin), buttered with base and side lined, spreading it out evenly with the back of the spoon. Then, carefully, arrange the whole almonds in concentric circles over the top do not press them in. Pre-heat the oven to 170°C, gas mark 3, place the cake near the centre of the oven and bake for 1¼ hours until the centre is firm and springy to touch. Allow it to cool before taking it out of the tin. Dundee cake keeps very well in an airtight tin and tastes better if it's kept a few days before cutting.

Members only Birthday cards

For the last 2 years IA-Manchester have been sending out greeting cards to all members, if you have not received yours yet the reason could be simple, We may have your name and address but not your birth date.

Forthcoming information

Inserted in the greeting cards are: All the up to date activities in the area, open days, annual general meetings, etc: and if you have access to the Internet, our very own web site

At www.ia-manchester.com

It is easy to make sure we have your details correct – by Phone - secretary Mrs Marlene Evans 0161 7909380 E-mail: secretary@ia-manchester.com or Mr Chris Ainsworth Phone 0161 7988494 E-mail: chairman@ia-manchester.com or At our WEB site www.ia-manchester.com go to the home page and click on Members Only Page and update your details.

NOTE: ALL INFORMATION RECEIVED WILL BE FOR THE EXCLUSIVE USE FOR IA-MANCHESTER ONLY.

A Follow up report for the Hyfrecator Machine from Zoe Yarwood & Benjamin McDermott Specialist stoma Care Nurses at Salford Royal Hospital

Hyfrecator at Salford Royal

At Salford Royal the stoma care nurses run monthly specialist dermatology and stoma care clinic with Dr Lyons a consultant dermatologist with a specialist interest in peristomal skin diseases. They have set up a specialist service for the treatment of stomal and peristomal granulomas using local anaesthetic and curette and cautery.



Granulomas are a lesion or papules that grow on the surface of the stoma or more commonly at the junction where the bowel joins the skin. The main cause of this is where the faecal or urine content comes into contact with the skin, we call this irritation.

Granulomas can be extremely painful and can bleed very easily making it difficult for a new pouch to adhere to the skin effectively. Treatments such as silver nitrate are widely used but are not always effective if the granulomas are too large.



Zoe

Two of the stoma nurses at Salford Royal Zoe Yarwood and Benjamin McDermott have been trained by Dr Lyons to remove granulomas using local anaesthetic and curette and cautery. They are the only stoma care nurses in the UK that provided this treatment.

The funding provided by the ileostomy association and Urostomy association for a Hyfrecator machine which is an instrument the size of a large pen and is used to cauterise any bleeding, has been instrumental in developing this service further as they have now been able to run a nurse led clinic alongside Dr Lyon to treat patient with granulomas more rapidly and more effectively as the granuloma is treated directly with immediate results allowing appliances to adhere to the skin better preventing leakages and reducing patient distress, helping patients return to their daily life and maintaining their psychosocial well-being.



Ben

Ben.

IA Manchester Executive Committee

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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.



“Sorry about the two scars, We had your X-ray upside down for a while”

Subscriptions.

Once again may I remind you that Annual Subscriptions are due for 2018 - from January 1st 2018.

Under 60 years of age as at 01.01.2018 = £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)

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