



**NEWSLETTER Winter 2014** Issue 02-14



**WELCOME MEMBERS** to this our final newsletter of 2014. And what a momentous time we have had. Many of you will have wondered after the last dramatic warning letter I sent a few months ago.. Worried wether we were in fact disappearing? It has been a fact that managing the administration of Manchester IA was becoming a problem...But following discussions with our IA National Secretary - Anne Demick, who you will remember attended our last AGM, I have accepted that we can continue with a depleted Committee with lesser administration without affecting our responsibilities to the Membership.

You will read elsewhere in the journal of local MO's who are unfortunately having to close down and request that Members accept the administration of a nearby Organisation or cease their Membership altogether of the IA, I for one was unhappy to place our membership in this position and so, here we are carrying-on - as they say! We have had to make certain changes and you will see later that our Committee has depleted to just the 5 of us hopefully maintaining as possible the administration it may mean that we meet only once per year at our statutory Annual General meetings - but the journal and news of Open Events,etc, Will appear in Newsletters - with as much up-to-date news as possible being broadcast on our WEB site.

The new Committee organisation is published in this Newsletter - with contact information.

Although my wife Valerie has stepped down from her years as Secretary - Marlene has filled the breach of Secretary and my thanks go to both for their passed and present commitments ....Read on..

And a Happy Christmas and New Year to all. Chris A.

News from your Committee  
Subscriptions and Journal Distribution

**£1000 NATIONAL DRAW 2015.**

Information on this draw is fully covered on each book of tickets enclosed win the journal and Newsletter package.

Please complete the ticket stub attached to each book and send your ticket stub & cheque for £5.00 to the Secretary at the address on the attached slip, If you would wish a further book please contact The Chairman - 0161 7988494

**SUBSCRIPTIONS 2015.**

Once again we are reminded that Annual Subscriptions will be due for 2015 from January 1<sup>st</sup> 2015

Many of you have set up a Standing Order with their Banks to pay into our Accounts with HSBC Banking - Annually on, or about's,

1st January each year.

Remember, to receive your quarterly Journal you need to ensure that your subscriptions are paid on time;

Under 60 years of age as at 01.01.2015 = £15.00 p.a,

Over 60 at the same date; = £10.00 p.a.

Please contact The Chairman/Treasurer - if you wish details of how to set up a Standing Order.

**FREE RAFFLE**

You will find a strip of 5 raffle numbers in your newsletter/journal package.. A free draw for a Xmas hamper and a 2<sup>nd</sup> and 3<sup>rd</sup> prize will be made before Xmas and the winners will be notified ! Keep your tickets handy, all winners will be published in our next Newsletter.

WE WOULD LIKE TO THANK PELICAN MEDICAL SUPPLIES FOR THEIR KIND DONATION OF THIS HAMPER.

# 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 address above.

## ILEOSTOMY MEDICATION ABSORPTION CONCERNS

### IMPORTANT MEDICAL FACTS

Due to the absence of the Colon and often altered transit time through the small intestine, the type of medication taken is carefully considered by your GP when prescribing for a person with an Ileostomy.

Medications in the form of coated tablets or time-release capsules may not be absorbed and therefore no benefit received. A large number of medications are prepared in this way.

After Ileostomy surgery you should never take laxatives, For a person who has an Ileostomy, taking laxatives can cause severe imbalance.

Transit time through the digestive system varies with individuals, If food passes through undigested, be aware that this may be a sign that nutrients are not being absorbed properly. Prolonged incidents of decreased absorption may lead to various nutritional deficiencies.

# RADAR KEYS FOR LOCKED PUBLIC CONVENIENCES.

Are you aware that you can obtain a key to access thousands of toilets across the country that are designed for those with special needs? An Ileostomist has Special Needs - you should have access to Locked/Disabled Loo's - Read on to learn more about these keys - called RADAR keys - and how to request one.

**What are RADAR keys?** In the United Kingdom, the London - based Royal Association for the Disability and Rehabilitation - or **RADAR** – offers a key that provides selected individuals with immediate, independent access to locked, public toilets. These toilet facilities are often more spacious and can have helpful features such as mirrors, hand railings, and lower toilets and sinks. Access to these toilets can make travel and everyday life easier for people with physical, sensory, or learning disabilities, as well as those with physical and mental health challenges - whether permanent or temporary. People with Ostomies are eligible to receive RADAR- keys.

**Why are they needed?** The RADAR scheme, also known as the National key Scheme (NKS), was developed because some public toilets designed for people with special needs were being damaged and misused. To prevent this, these toilets were separated from other public toilets and equipped with locks. The Scheme allows key holders to access these toilets and also increases the likelihood that the toilets will remain usable.

Where are they locked, Public Toilets? A wide range of public, voluntary, and commercial organisations have joined the Scheme and are providing these types of toilet facilities. They can now be found in many places, including shopping centres, country parks, railway and bus stations, libraries, motorway service areas, and sports venues. Currently, there are over 8,000 NKS toilets around the UK. RADAR publishes a Key Scheme Guide which lists all of the toilets fitted with the NKS lock throughout the country. How does one get a RADAR key?

If interested, ostomists can apply for a key via the RADAR website or by telephoning RADAR (020 7250 3222) They can also obtain a key through their City/Town council. In addition, an ostomist's dispensing contractor (DAC) can apply for a key on his or her behalf.

As of this writing, keys cost £3.50 each, but are sometimes available at no extra charge. A declaration of need form may have to be completed.