



The ileostomy & internal pouch
Support Group

I A - Manchester

Registered Charity 1039256

NEWSLETTER Spring 2013, issue 020



HELLO MEMBERS and

Welcome to this first Newsletter for 2013-I trust everyone had as enjoyable a Xmas and New Year as Val and I and our Family, and friends.

Currently Val, your Secretary, is busy organising our Annual General Meeting - which will be taking place -once again- in The Mayo Centre of Hope NHS Trust Hospital. More details are inside; however a further Formal Letter of a Notice of an AGM will be sent to all Members nearer the date.

But do NOW make a note of the date of this Meeting as we would love to fill the Meeting Room with as many Members as possible,

Many of you have made mention of a possible meeting place in other parts of our Regional area. Your Committee and I have looked long and hard at seeking a possible meeting place in the South of our region - perhaps Wythenshawe, Altrincham, Sockport; as well as in the OL postcode areas of Oldham, Rochdale, etc.- including Whitefield, Bury and Radcliffe. Of course, the biggest stumbling blocks are the costs for the hire and provision of a suitable hall with easy access, good local transport facilities and the use of kitchen facilities, etc. As well as all that - we also look for premises that we could use on a week-end day, preferably a Saturday. We are always open to suggestions for future Members gettogether meeting of an informal nature to talk and chat with friends and Stoma Care team Advisers and Speakers.

So, can YOU help ? Do you know of a suitable location/hall/etc. In or near your location? We would gladly look at any possible suggestions you may have in mind. Just let Val know of a contact name/phone/location on:

secretary@ia-manchester.com.

Or tel:0161 7988494.

Chris Ainsworth - Chairman



**Meet
Your
Local
IA
Team**

**Meet
Your
Local
Stoma
Team**

**Meet
And
Chat
With
Friends**

ANNUAL GENERAL MEETING

MAKE A NOTE IN YOUR DIARY

PIN THIS TO YOUR

KITCHEN CALENDAR

IA MANCHESTER AGM WILL

TAKE PLACE ON SATURDAY

18TH MAY 2013

MAYO BUILDING

SALFORD ROYAL

HOSPITAL

STOTT LANE

SALFORD

**It is hoped to have Visitor Talks and Presentations
DIET MANAGEMENT**

STOMA CARE TEAM

**An Illustrated Presentation of
"TRAVELS WITH A STOMA"**

TIPS FROM ILEOSTOMATES:

BLOCKAGES

Remember to always chew your food properly **swallowing**. **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.

TREASURERS NOTES

Unfortunately -I have to say -'Here We Go ' Once again, I have to emphasise that the Membership Subscriptions have increased slightly due to a Motion that was agreed and passed at the National AGM held At Blackpool in May 2012

Subsequent Subscriptions from January 1st 2013 are now as follows:

**Age Over 60 (as at 01/01/13) £10
Age Under 60 (as at 01/01/13)...£15**

Payment for this subscription may be made by the following Means:

**A Standing Order Mandate -Contact your Bank
OR Payment by Cheque - to:**

**The Treasurer IA Manchester 3 Hill Top Avenue,
Prestwich, Manchester M25 1LL**

Well Done to over 60% of the membership who have currently submitted their Annual Subscription- Thank You for your timely contributions. Remember - as a Registered Charity we rely solely on Subscriptions and Donations for our Annual Income

INCLUDED WITH THIS NEWSLETTER IS A BOOK OF RAFFLE TICKETS FOR THE NATIONAL DRAW 2013 - A DRAW WORTH A THOUSAND POUNDS TO THE FIRST PRIZE WINNER AND MANY OTHER CASH PRIZES TO RUNNERS-UP -

ALL FOR THE COST OF £5 PER BOOK.

IF YOU WISH TO TAKE PART PLEASE COMPLETE THE COUNTERFOIL SECTION WITH YOUR NAME AND ADDRESS • REMOVE THE TICKETS AND ENCLOSE THE STUBS AND A £5-CHEQUE IN AN ENVELOPE AND SEND TO THE ADDRESS ATTACHED TO THE FRONT OF THE BOOKLET:

Mrs M Evans, 67 Normandby Road, Worsley Manchester M28 7TS