



Newsletter

Supporting ostomists with Colostomy, Ileostomy, Urostomy & Mitrofanoff

Issue 39

Summer 2020

HMRC No: XT28425

Here is what some of our members have been doing to keep themselves busy during Lockdown



Brian and Sally Jefferies have been busy crafting



Bridget Head has been making cards



Ken and Pam Edwards exceptionally large Jigsaw and in the Garden



When we can all get together again it will be interesting what you have all been up to. Although it has been unusual times, it has been a time of reflection, doing those little jobs and bigger ones around the house, some have coped better than others. Some energetic members could have been exercising online with Joe Wicks or doing meditation, artworks, or yoga.

Contact

For further information about the Group – or anything featured in your newsletter - please contact the Secretary, Karen Berryman, on the details below.

Mobile: 07799 863766

Email: info@wessex-stoma.co.uk

Website: www.wessex-stoma.co.uk

Remember, you can also 'Like' us on Facebook and follow us on Twitter and keep up with everything that is going on!



Chairman's Piece

It is beginning to be a long time since we all met, but these have been extraordinary and unusual times. Not just in our country but throughout the world, to have all been in lockdown and some having to be shielded has been like something out of a Sci-Fi movie, but the virus has been real and although we are gradually coming out and restrictions relaxing a little, we must all still take care and stay safe, as the virus has not yet gone away completely.

We have tried to keep in touch with you one way or another and I know you have been talking to one another also, which is what the group is all about, giving support to one another, even though we have not been meeting.

When we do meet again, and we are working towards meetings in some form or another, we must still follow hygiene and social distancing regulations. We are hoping to have a meeting in the open air at Roberts Farm Shop at Britford but we will be limited to numbers and groups of six. We are also still planning to have our AGM on Friday 2nd October. Again there will be strict social distancing and with the present regulations (which may change) you will have to bring your own drinks. But it all depends when the halls open for business as they must follow strict guidelines before letting us use them. Also, there may not be a raffle, and any membership fee must be put in an envelope with your name on.

I am afraid that we have had to **cancel the trip to the seaside and the Craft Fair**. As for the Christmas Dinner and Pantomime we are still waiting for information. I only wish I could be more specific, but guidelines change every week, and we can only work towards our goals, but the goal posts can be moved at any time, depending on flare ups. This is a serious virus and we cannot take any chances with members, but if we can have meetings and events safely we will.

I hope that some of you have been taking part in the online Yoga, Art Classes and Meditation and Mindfulness sessions that ColostomyUK have been putting on. Details were in the bulletins we sent out. They are being extended so go on the ColostomyUK website to get details. They are good. I have tried them and will be doing the Meditation and Mindfulness sessions again when they begin on 16th July for eight weeks. Has anyone made squares for the ColostomyUK quilt?

We will keep you informed and updated with information and I am sorry we cannot be more specific, but we are in changing times, and hopefully next year we can make a new start.

Take care and stay safe, keeping in touch is very important whether it be by phone, letter, Skype or Zoom.

Ken Edwards. Chairman

STOP PRESS

Government Public Toilet Bill

I did last week watch Parliament Today on the today and to my surprise the debate was on the Public Toilet Bill, for accessible toilets.

Last week the Government Public Toilet Bill, went through Parliament, the bill aimed at improving accessible toilets and changing places plus encouraging Local Authorities, to improve and provide more public toilets.

Local Authorities can get rate relief, encouraging them to improve and build more toilets. Also, to put £30million in the budget for accessible toilets and changing places toilets throughout the country and help for health authorities to provide changing places toilets and improving accessible toilets in hospitals.

The message is gradually getting through.

Ken Edwards—Chairman

Secretary's Spot

Like all of us I have recently been resurrecting old hobbies and pastimes. I do not usually knit or crochet in the summer months but this year I have pulled out old patterns and my stash of wool. I belong to a group called the Crafty Girls and we make things to sell for the Wiltshire Air Ambulance funds. The photo shows a few examples of quirky stuff which appealed to me. The strangest was a knitted dice which I will add a loop to hang from a driving mirror. Ladybirds, teddies, mice, octopuses and a tiny crab have used up lots of time. Dave and I read each other stories whilst the other makes stuff. Len Deighton and Dick Francis are two authors we have read recently but we have just started on "Toast" by Nigel Slater (any relation Michael?). Dave has always enjoyed making models from a very young age and he says he has been practising for lockdown for years. He says it is just like being a teenager again!



Our garden has never been so well looked after. I started growing more veg than just the usual tomatoes. Dwarf beans, runner beans, carrots and spinach have been lovingly sown from seed and tenderly watered meticulously morning and evening. Our credit card bill has plummeted. We have spent more time chatting to neighbours and sharing. A neighbour kindly gave me some bread flour having bought it in bulk (18 kgs) on the internet and I reciprocated with weekly delivery of sticks of rhubarb. Feels like the 50's again!

Karen Berryman - Secretary

AGM

FRIDAY 2nd OCTOBER 2,00PM

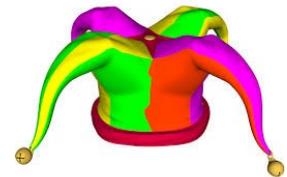
Bob Blandford Scout Hall. Wilton

This will be our first real get-together since lockdown, social distancing will apply, and you will have to bring your own food. drink, those paying membership can they put it in an envelope with your name on, there will be a raffle and please bring correct money £1 per strip there will be a bucket to put your monies in, please feel free to wear a mask in your prefer

Arthur's Jokes!

Here are just a few of 'Arthur's Jokes' to make you chuckle...

The seven Dwarves have been told that from Monday they can meet in groups of six
one of them is not Happy



1. The fattest knight at King Arthur's round table was Sir Cumference. He had too much pi.
2. I thought I saw an eye-doctor on an Alaskan island, but it turned out to be an optical Aleutian.
3. She was only a whisky-maker, but he loved her still.
4. A catapult was confiscated from an algebra class, because it was a weapon of maths disruption.
5. No matter how much you push the envelope, it'll still be stationery.
6. A dog gave birth to puppies near the road and was fined for littering.
7. A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
8. Two silk worms had a race. They ended up in a tie.
9. A hole has been found in the nudist camp fence. Police are looking into it.
10. Time flies like an arrow. Fruit flies like a banana.



Message from Pam Edwards Welfare Officer

Dear All

Well, in this strange times, life goes on, all trying Hard to stay safe and well. We have tried to keep in touch with as many as we can ,and sent out bulletins to keep you updated and working towards this Newsletter.

We realise it is a long time to not get together but we are always here for a chat and help.

We are trying to get an outdoor venue with toilets that some can meet safely as our halls and Tesco will not be open for a while (even if you bring your own picnic and chairs).

I've tried to keep up with cards .etc, hope I haven't missed anyone out .

I had a letter because of my Crohns so had to shield so have not been out until recently then still not allowed to go to shops. Cheryl who displays at our Craft Fairs has helped me out with cards. Sorry if they have not been up to standard as I'm using up what's left in my box (if you have any spares I can always use them).

We have several members to pray and think about . Mel and Lee. Kathleen, Mike Beck, and Jane ,Michael Slater (who by the way is now a granddad, so congratulations to Mike and Jean). Also Liz Hibbs and Naomi

Again please do not worry about paying membership this can be done at the first meeting you will be able to attend still only £5 . Lets hope we can get together soon

Although I cannot visit anyone at present please phone or email if you want a chat

Pam Edwards 01722 335351.. 07798 808437

Email; nana.pam.edwards@gmail.com

Michael Beck information

As you all know Michael has had the Virus and been really ill he is now almost recovered and moved in with Daughter Jane and his address is 3 Manor Cottage, Fifield Bavant, Broadchalke, Salisbury, Wilts, Tel; 01722 780832



Committee meeting on Zoom

The committee has been on Zoom to keep on top of how things are going at this meeting we were joined by Libby Herbert of Colostomy UK, to advise on regulation and guidance during Covid 19 lockdown. And what Colostomy UK were doing with online activities.

Mother Natures Timepieces

Dandelions evolve, Mother Nature decrees
Mesmeric ghostly figures these
Bright golden Flowers .whose colours then freeze
Mesmeric, ghostly figures these
From downey white globes, each parachute flees
Mesmeric, ghostly figures these
With whirling twirls. Up through the trees
Mesmeric, ghostly figures these
Balletic fairies dance, on a whispering breeze
Mesmeric, ghostly figures these
Silently pirouette with graceful ease
Mesmeric ghostly figures these
As dawn becomes dusk. Sweet memories
Mesmeric ghostly figures these
When eventide falls tranquillities
Mesmeric ghostly figures these

Kathleen Allen

Recipe - Coffee Kisses

Ingredients

170g Self-Raising Flour
85g Butter or Margarine
55g White Sugar
1 egg yolk
1 large tsp of liquid coffee (or
dissolve 1sp of instant coffee in
boiling water)

ICING

55g Very Soft Butter
120g Icing Sugar
Few drops of Vanilla Essence

Method

Mix the flour, butter and sugar until mixture has breadcrumb-like texture. Add the egg and coffee and mix again to make a firm dough.

Pre-heat oven to 190c or Gas Mark 5. Take teaspoons of the mixture and roll into small balls. Place on baking sheet leaving space between each one as they'll spread, and bake for 15 minutes. Remove and allow to cool.

To make the butter icing place the soft butter in a bowl and beat in enough icing sugar to make a thick butter cream icing. Add the vanilla essence.

Once cookies are cool, spread half of them with butter cream and top with the rest to make sandwiches. Dust with icing sugar.



IN THE GARDEN WITH JANE

The last three months have been strange and extraordinary for us all in many different ways. The lockdown has made us think about what's important and what we do and don't need to or can live without. It has been worldwide, nationwide, local and personal.

For many people the time at home has meant hours to spend in the garden they were not expecting. And nature has flourished in the meantime with it. For seasoned gardeners it has meant not being able to source or buy seed potatoes, onion sets or vegetable seeds of any kind! As supply stores and online shops were emptied by excited first-time vegetable growers and bedding plants became virtually non-existent and things became rarer, I heard of some unscrupulous vendors taking advantage. A friend saw a tray of geraniums priced up at £58!

Yet somehow here we all are, socially distanced but surviving.

The rain fell for a while after a mild winter, and then the sun shone...and shone. Flowers forgot their timelines, daffodils burst out early, germanica iris which should be flowering now have been and gone. An extremely late frost knocked back quite hardy plants like cranesbill geraniums. If this has happened to you, you could try a "Chelsea chop" cut them down by a third to a half and you may get a second late flush, the flowers won't be as big but they will at least give some colour.

The weather conditions have also meant that trees and shrubs have gone crazy with their foliage. Trees are so full I can't ever remember seeing them so lush. It's lovely but can be overwhelming. One of my clients is surrounded by trees and said she feels they're marching in on her!

On a more personal note my own circumstances have changed somewhat too. I am now renting a small cottage for myself, Elmo my dog, the cats and later on to be joined by my father. It's a small cob terraced cottage, but the garden is wide open for design, it's an almost blank canvas.

A small courtyard front garden, half done by previous tenants, another at the back, then two sheds (TWO sheds!!) which lead out to a massive expanse of lawn all waiting to be made into flower beds, shrubbery and veg plots. I have permission to make it my own, so a hugely exciting project for the summer!

A friend has donated me their old summerhouse and another has offered to put it up. I will keep you informed of progress, the ups and downs (downs? Surely not!) and tell you how it's going. I've managed to bring lots of plants with me, and family and friends are babysitting others ready for when the plots emerge. The whole garden is fenced and secure so Elmo can run around happily whilst I toil the soil.

It's been a strange time, but we are still here. The slogan "keep calm and carry on" springs to mind (especially as I shop for three people, having queued with my trolley waiting to be admitted to an almost empty supermarket, and follow the arrows and stand in the footprints. But somehow the thought of the old "normal" jostling with the great unwashed as they contemplate a can of tuna for half an hour.... makes the queue just fine! Stay safe and be aware, but remember to stop and smell the roses, they are beautiful.

A heartfelt Thank You

I would like to take the opportunity in this first Newsletter, after our enforced Lockdown, to thank all of you who kindly sent or gave their best wishes to me both while in Hospital and after being discharged following a Stroke. Special thanks to my wife Jean and my family and to Ken and Pam Edwards, Liz and Arthur who have continued to keep in close touch ever since. This just goes to show the benefits of belonging to an organisation such as ours you are never really alone once again. Thank you all. It will always be appreciated.

Michael Slater

CONGRATULATIONS

We must congratulate Jean and Michael Slater on becoming grandparents and our editor Emma an Auntie. Their daughter Lisa gave birth to a baby girl, Adaline, on 24th June and mum and baby are doing well.

And we have immensely proud grandparents.

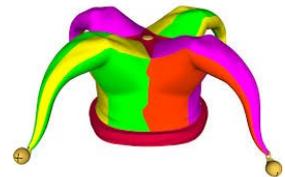
Share your Lockdown stories with us

We'd love to hear your Lockdown stories. If you would like to share them in the newsletter then please email them to editor@wessex-stoma.co.uk or post them to:

'The Editor, Wessex Stoma Support Group, 55 Wishford Road, Wilton, Salisbury, Wiltshire, SP2 0JG'

And, because we all need cheering up right now...

Arthur's Jokes!



- * Atheism is a non-prophet organization.
- * A sign on the lawn at a drug rehab centre: 'Keep off the Grass.'
- * A vulture carried two dead racoons onto a plane at Heathrow. Stewardess: 'Sorry, sir, only one carrion allowed per passenger.'
- * Two hydrogen atoms meet. One: 'I've lost my electron.' The other: 'Are you sure?' The first: 'Yes, I'm positive.'
- * I sent ten puns to friends, hoping that at least one would make them smile. (No pun in ten did.)

ACTIVE OSTOMATES

WALKING BRISKLY FOR 10 MINUTES COUNTS AS EXERCISE

Search Active 10 to download the free app today, and start walking your way to a healthier lifestyle

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. It's sometimes overlooked as a form of exercise but brisk walking can help you build stamina, burn excess calories and make your heart healthier.

You don't have to walk for hours either. A brisk 10 minutes daily walk has lots of health benefits and counts towards your recommended thirty minutes a day of exercise.

If you're not very active but are able to walk then start slowly and think about increasing your distance gradually.

You can also get more information on walking from the NHS ACTIVE 10 website.

Remember doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some and gradually build up to the recommended amount and be active on most, preferably all, days of the week.

10 tips to keep your mind active

It's also really important to try and keep your mind active as well.

Here are 10 tips that will give your brain a workout and get your juices flowing.

- ◆ Enjoy an daily puzzle or crossword
- ◆ Opt for mental arithmetic rather than use calculator
- ◆ Read more
- ◆ Play mind-stretching games like bingo, bridge, chess or computer games
- ◆ Start an online course
- ◆ Bake a cake and get creative in the kitchen
- ◆ Try writing, It could be a daily diary, your memoirs, or a short story
- ◆ Stay in touch with friends and family, Remember to pick up the phone
- ◆ Have a clear out or spring clean
- ◆ Listen to podcasts or audio books

We all have days when we feel life is getting on top of us. The 'every mind matters' website from the NHS is a great starting point.

STAY ALERT. STAY SAFE. SAVE LIVES

Coronavirus LOCKDOWN Stories

WHAT HAVE WE BEEN DOING? IN THEIR OWN WORDS.

This is how lockdown was spent in the McGrath home! We are both gardening all the time as we had to start the garden here, after tree removal as all were lost to times past. Joe finished the design last year, just as he was off to Hospital for his surgery. Of course, when he had recovered, it was all go again. More garden design, more plants, a few trees add the veg, add Janet pointing to where to plant everything and you have the picture. Then the builder came to make our patio. And stopped halfway, no more materials!! So, we waited until end of May for finish...We waited for the new grandchild. Stephen is 52 and Cristina is not 21! Due on June 6th, she was still small, and decided to be born 4 weeks early. So, it was in and out of Hospital. Whipps Cross for a few visits. Yes, she managed to wait a week longer!! And was born on 15th May. What a relief. Then she went home with Cristina 4 days later. Olivia Rose. Well for her size 5lb, she could be heard all over London. Obviously hungry but needed food 2-3 hourly. Granny could not help, when will we see her...?? A bit worrying all that.

Then we fell to pieces. I tried to make Yorkshire puds with self-raising flour adding salt, then I realised the flour was the wrong sort, and I tried to make it into a cake, and redo the pudding batter. It all got muddled up and the cake was dreadful – although the birds enjoyed it—even after putting peach slices into the centre, for the sponge cake. The puds were hard but the gravy was useful here. I thought I am going doolally. Then Dear Joe got into a digging frenzy last week at the house front, and put his spade straight through the main Gas pipe!!! The emergency Gas team arrived in under the hour to repair. It only affected us, thank goodness. We have not received the bill yet...I think I need an outside carers meeting, definitely!!! Have been knitting baby garments. all too big of course...The lockdown for Joe, 12 weeks, finishes next weekend!! We wish you all a merry few week more...

Janet and Joseph

In GOOD COMPANY

Reconnecting with people. Fittleworth want you to know that you are not alone, particularly at this time when we're all continuing to physical distance from one another.

Fittleworth talk to over 2000 to over clients every day and understand how challenging it can be to manage a long-term medical challenge. So earlier this year they launched a series of podcasts which are all about loneliness.

These open, honest and informal conversations are hosted by BAFTA, award winning broadcaster vocal coach and Crohns & Colitis UK Ambassador Carrie Grant.

Download their support materials and listen to the podcast at

www.fittleworth.com/ingoodcompany

Contact

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