



Newsletter

Supporting ostomists with Colostomy, Ileostomy, Urostomy & Mitrofanoff

Issue 53 - Winter 2024

Inside this issue...

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Christmas
with the
Wessex
Stoma
Support



Stoma Nurses' piece

The artworks in the Stoma department have been funded by Wessex Stoma Support Group and the Stars Appeal



- * Recipes
- * Gardening
- * Health & Diet
- * What's coming up this year?



Contact

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

Tel No.: 01980 590599

Email: info@wessex-stoma.co.uk

Website: www.wessex-stoma.co.uk

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Chairmans Message

Happy New year to you all. I hope that you all had a good Christmas and are ready for the new year. You will see that from the pages of this newsletter we did have a busy Christmas period, but I hope very enjoyable to all who attended the events.

A few of us attended a small reception in the new stoma department with which we were all impressed. There is a report in the newsletter, and following talks with Michelle and the stoma nurses, I raised the Ostomists' agenda (copy in newsletter) and hope we could go forward with some kind of working together to achieve some if not all the aims. Quite a lot are already being achieved and we are lucky in Salisbury to have a Stoma department that is very helpful, but there are still some items that I believe need addressing. However, to get discussions going, Michelle is going to set up a Patients Participation group of which we will be part of, which will be a start. I would like to look at the agenda and welcome your comments and opinions.

Colostomy UK are conducting a national survey as part of their strategy to make sure they are there for everyone who has a stoma and supporting the needs of all ostomates. We have emailed all those who we have email for and urge you to take part. For those not contacted, details are in the newsletter.

Karen will be distributing a questionnaire at the next meeting re the Primrose group (carers group) to find out how you would like to see the group support the carers.

We do seem to be asking a lot of questions of you all both locally and nationally. But we all want to make sure we are providing the support that you require.

Although this year is going to be a little different from past years, as I mentioned in the last newsletter, we do have a full year to look forward to, with speakers, suppliers, events and some fun. Please make a note of the dates at the back of the newsletter.

We continue to sign up new members to the group, please make them feel welcome at our meetings. *Ken Edwards*

Pasta with Tomato Sauce

Karen Berryman

I am a fan of Nina Conti the ventriloquist, but I had not realised she was the daughter of actor Tom Conti (who was in Shirley Valentine and many other films and plays). I also had not realised that Tom was of Italian descent and an enthusiastic cook. I saw him cooking this dish and pronouncing the ingredients in Italian. It is true that sometimes I really like to cook and other times I take the easy way out. You could just open a tin of spaghetti hoops or add a shop-bought sauce to some boiled pasta, but if you had these ingredients to hand it really does give your taste buds a zing and if you have some home-grown tomatoes, then all the better.

Ingredients for two meals

- Pasta – linguine is good as the sauce clings nicely to the pasta, but any pasta would do
- 6 medium sized tomatoes
- 3 cloves of garlic - seems a lot but you take them out of the sauce before you serve it
- Some olive oil for frying the garlic
- Salt and pepper
- Teaspoon of sugar

Carefully drop the tomatoes into a bowl of hot water and leave for a few minutes until the skins split. Take out of the water and slip the skins off. Mash, blend or liquidise the naked tomatoes.

Peel the garlic and cut in half.

Gently fry garlic in olive oil for a few minutes until soft but not brown.

Add the blended tomatoes and cook gently for 5 minutes.

In a separate pan bring some water to the boil and add your pasta – follow the guidance on the packet for how long, as it depends if it is dried or fresh pasta.

Hook out the garlic cloves – there will be six pieces. Add your salt and pepper and a teaspoon of sugar to the tomato sauce. (I would personally add some fresh chopped basil which I grow on my kitchen windowsill, but Tom did not do this).

Drain your pasta and plate up, spooning your tomato sauce over. You can top with a slight dusting of grated cheese.

Buon appetito!

IN THE GARDEN WITH JANE



Happy new year to you all! 2024 arrived in a flooded downpour followed by more seasonal chilled frozen ground, so it's been difficult to do much outside, the ground being so saturated it couldn't take any more water and then rock hard with frosts.

I tend not to dig the ground at the moment to protect the roots swollen with moisture and easily damaged. Likewise pruning in frosty weather is not great for shrubs or bushes.

It is a good time, however, to make plans with new year "ideas". I shy away from "resolutions"

as I feel they put pressure on me to achieve. Ideas can be bandied about, done or not done, and no one fails.

I have decided to branch out and grow some different things this year. I've bought some crystal cucumber seeds. I ate some in a salad last summer and they were delicious. A little strange looking being round and yellow, but very tasty.

I've also splashed out on two heads of perpetual kale in the hope it's already quite large so might survive the hordes of partridge who descend around the autumn and winter. At the moment they're tucked up in pots in the greenhouse as they were surprisingly expensive so will be cosseted until the spring.

I always imagine I will keep a notebook of all my planting and any observations of how they perform and their species names. This is a pipe dream, I never quite get around to it, and sometimes move things around to new locations. But I do think I will try to mark where I plant bulbs in future as although I don't always remember what or where I've planted things so it's a nice surprise, it's also not as good when they pop up in the middle of a newly planted perennial!

I would like to expand my wildflower border to attract more insects and wildlife, especially bees, and I want to make my flower beds a more interesting shape. They are already curved, I'm happy for straight to be great in other people's more formal gardens, but in mine I find bendy is trendy.

I have already tidied my pond and made it look bigger by pulling back the grass growing across it, but later I will dredge the bottom some to make it deeper and kinder for things living in it. The actual pond is full to the brim with all the rainfall. The water butts are overflowing, and every container left outside has filled itself, so watering won't be a problem for a while at least!

The bulbs planted last year are starting to show signs of life with a promise of colour to come and the exciting prospect of remembering what I've put in!

In my last piece I said I was experimenting with cardboard. The bits on the compost heap have done really well, keeping the weeds at bay and helping stuff to rot down. I put the last lot of grass clippings on top to weight it down. The veg plot is a work in progress as I had to put logs or stones on it. I need to have mulch in future I think to go on top. It has kept the weeds down, however. The little green monsters are already popping up in the uncovered areas.

I will soon be planting seeds in the greenhouse, will start next month. Last year I planted broad beans straight into the ground which was a disaster and made a great treat meal for the partridges who visit in numbers. This year I will bring them on in the greenhouse first. Speaking of birds, my bird table has been a huge success this winter. It's located in my small front garden and the cats love watching it from the window bench. One day I counted over 20 birds eating there.

Along with feeding the songbird population, a few weeks ago I was called to rescue a baby hedgehog who was found on someone's doorstep. I really thought he was dead, but rather than break that news I brought him home and saw one tiny movement in a leg. Hot water bottle and towels and 3 hours later he'd thawed out enough to take a syringe of cat meat mashed in warm water. He weighed in at 200gms (8ozs in old money) and to successfully hibernate he needed to be a minimum of 800gms. Consequently, he is living the winter in a dog crate in my kitchen! He has asked to be called twiglet and now weighs in at an impressive 425gms. The cats are enthralled, and some spend their time trying to drag his food bowl to the edge of the bars so they can steal his food, even though it's exactly the same as theirs in their own bowl. I guess that theft is more exciting than just eating supper.

My friend has called my house a waif and strays' refuge and says she hopes an orphaned elephant doesn't wander by or it'll be indoors in no time!

But for now, whilst it's cold and wet, I'm sitting by the fire and making my plans for the coming season. My seeds are bought, packed and ready to sow in the next few weeks and old perennials will be tidied too ready for the burst of new growth which heralds the return of the spring...and off we go again full of wonder and enthusiasm to see what will come up to surprise us.

Keep warm and dreaming.

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1. T.G. Eakin Laboratory Testing Summary report, ostomy seals 2023 (Data on file) EA-005483-ST

The Ostomist Agenda

This is what we propose to work on and to use a start for discussion with the appropriate medical departments your views and thoughts will be most welcome. Some is already the norm.

As someone who is going to have a stoma I expect

- To be introduced to a specialist nurse who will be looking after me after I have got my stoma and who will talk to my GP about me and my needs with a stoma.
- To have all the implications of having a stoma explained to me including how I get my stoma supplies and the kinds of problems that can arise with a stoma, including the risk of hernia and the use of support garments.
- To have access to services to support my well-being especially the period when I am adjusting to the idea of life with a stoma.
- To have a chance to talk to someone like me who have a stoma.
- To be introduced to my nearest Stoma Friends Group and helpful social media.

As someone who has recently had a created, I expect.

- To be shown how to change my bag.
- To be advised about how and what I should eat and what I should be careful of eating.
- To have access to services to support my psychological well-being especially in the period when am adjusting to life with a stoma.
- My GP and my practice nurse to know that I now have a stoma and that I may need help and advice.
- To be referred to an appropriate exercise programme to support my recovery from surgery.
- To have daily checks following my discharge from hospital until I feel confident.
- If I have a temporary stoma to know when I will be readmitted for a reversal.
- To have someone who is a specialist with stomas come and see me at home until I am happy with my stoma, and confident with my stoma, my appliances, and my accessories.
- My stoma prescription to be set up with my GP and to be able to order my supplies in the way that is easiest for me and to receive them within 4 working days of ordering.

As someone with a stoma I expect

- To be able to contact someone who can advise and help me even at weekends and in the evening.
- Not to have to travel to the hospital every time I have a problem with my stoma.
- My GP and practice nurse to be able to offer me some basic advice and help when I have a problem with my stoma.
- To be seen by a specialist nurse at least once a year to review my stoma and the appliances and accessories that I am using.
- To have access to services to support my psychological well-being with any problems relating to my life with a stoma.
- To be offered the most up-to-date and effective appliances and accessories which suit me best and my stoma.
- To be able to get into hospital quickly when I really need to.
- To be told when and where my nearest Stoma Friends Group meet and about any helpful social media groups that I can join.
- To have my Stoma friends group supported.
- Help for my Stoma Friends Group in promoting Stoma Health and Well Being Days which benefit the whole community.



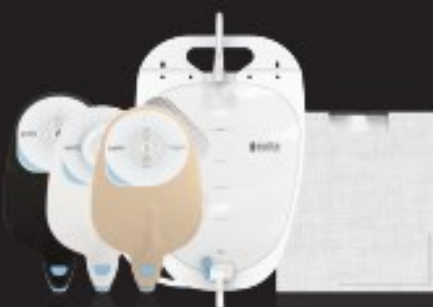
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Another Busy Christmas period enjoyed by all



We held our annual Christmas Dinner at The White Hart Hotel and the good food and company was enjoyed by all.

We were joined by guests Leanne Wood from Colostomy UK, Laura Hayes-Payne from Irwin Mitchell and Rebecca Colbourne from Salts healthcare.



We were grateful to Pauline Woodward to putting together the Christmas Hamper, and to Tesco Extra for providing all the contents, also everyone else who provided Raffle prizes.

This annual event is one of the highlights of our year, at which we can say a thank you to the suppliers that have supported us throughout the year.

Christmas Meeting with Carols



An enjoyable afternoon was held at our Christmas Party with carol singing with St Thomas's Church Choir and followed by good refreshments and cakes. Everyone entered into the Christmas Spirit. We even had a hamper in the raffle donated by Irwin Mitchell.

Also, present was Maria Manousi from SportX, Torq from Pelican/Respond and Rebecca Colbourne from Salts.



Trip to Pantomime, Dick Whittington, at Salisbury Playhouse.

Christmas Tree Festival at St. Thomas' Church



This year's tree at the St. Thomas's Christmas Tree Festival was designed by Brian and Sally Jefferies to whom we are grateful for their work in doing the tree this year.

The theme for the tree this year was recycling of medical equipment and packaging and to encourage the people of Wiltshire to return medical equipment to Salisbury Hospital thus supporting the hospital and saving money.

Stoma Department

As most of you will know by now, the Stoma

Department has moved to an all-purpose department rather than the cramped area they had before, and, in fact, had for a number of years.

A few members attended a viewing with tea and biscuits to look at the new facilities.

We provided funds for the artwork.



The artworks in the Stoma department have been funded by **Wessex Stoma Support Group** and the **Stars Appeal**



www.wessex-stoma.co.uk
01722 335351



www.starsappeal.org
01722 429005

Salisbury stoma team update

It's been a busy few months for the stoma team at the hospital! Here's a snapshot of what we've been up to!

Suzie and Tanya attended the Association of Stoma Care Nurses national conference in October in Brighton where they were able to network and share ideas with other stoma nurses across the UK. There were a variety of clinical speakers as well as a young father telling his story about the very complex care of his baby son. This was probably the most impactful take away from the conference and it was so interesting to hear about his experiences first hand.

Michelle was thrilled to have the opportunity to give a presentation at an International spinal injury conference in October, spreading the word about how transforming having a colostomy can be after a spinal injury.

The team will be attending a regional stoma nurse meeting in Bournemouth in March. This is the first time that this meeting has been held for several years. It is an invaluable way of understanding how other teams work and it provides the opportunity to share best practice and the exchange of ideas.

What we spend most of our time doing of course is seeing patients, before their surgery, teaching them after their surgery, and seeing them in the early weeks and months as they adapt to their bodies working in a new way. After a long break due to Covid, we have started up our 'annual' community review clinics again. These reviews will be held at our lovely new department at the hospital. Please be patient, we will be working through one surgery at a time and we will get round to everyone (eventually!). Please remember you can contact us at any time to arrange an appointment if you have a stoma-related problem.

Speaking of our new department, we welcomed members of the Wessex stoma support group to an open afternoon with tea and biscuits. It was lovely to be able to show off the lovely artwork that was part funded by a generous donation from the support group. Thank you!

We want our stoma service to be responsive to what our patients need, and so Michelle has instigated two focus groups. As a result of one with inpatients in our spinal unit, she has been busy pulling together a short video which will give these patients more information about the option of having a colostomy. The second focus group has identified other ways we could develop our service, and more work will be done as a follow up to this.

Finally, a date for your diaries! We are really excited to tell you about our open day to be held at Salisbury Guildhall on 15th May. We look forward to seeing many of you there!

Michelle, Suzie & Tanya
Stoma Care Clinical Nurse Specialists
Salisbury NHS Foundation Trust
01722 429256 sft.salisburystomacare@nhs.net

Dietary and Nutritional Advice for Ostomates No 4

Continued from last newsletter.

Why are vitamins and Minerals important?

There are 14 different types of vitamins which are essential for the normal growth and health of humans. There are two types of minerals -major minerals such as sodium, potassium; and trace elements such as zinc, iron and copper. Minerals are continually used by the body and therefore need to be replaced regularly (e.g. Calcium for healthy bones and teeth, sodium and potassium for the nervous system).

Vitamins and minerals can be found in fruit and vegetables, and you should try to eat at least 5 small portions a day.

What should I eat following surgery?

Immediately following surgery, the bowel may take a little while to settle down and foods may travel through the digestive system a little faster than normal (loose frequent stools). In the first 2-3 weeks following surgery, therefore, it might be advisable to stick to a low fibre diet.

Including protein foods help wound healing and carbohydrates give you energy and help thicken output.

How will I know which foods will cause and upset to my system?

You will not know until you try, but generally do not introduce too many things at once. Try new food, one at a time. Your output will vary depending on what you eat, and you will soon get to know what is best. If it causes an upset, avoid it for a week or two and try it again. Do not be put off your favourite foods - you may find that it will be alright next time around. It is better to experiment with your food rather than avoid something completely. What suits one person does not suit another, so the advice is that sensible trial and error is the order of the day. If you are in doubt, seek further advice.

Should I eat food that contains fibre such as vegetables and fruit (colostomists & Ileotomists)?

Fibre products such as fruit and vegetables can cause you to pass a lot of wind and also may come through your system fairly quickly at first. When this happens it won't harm but it may mean that you have to change or empty your pouch more often. In the early days you should try to introduce only one vegetable or one type of fruit at a time so that your system is not overactive and so that you know what your tolerance level is of any one food.

Will I be able to drink alcohol?

Beers, wines, ciders and sherry can affect the consistency of output for colostomists and ileostomists. Also fizzy drinks can increase the production of wind. Generally, it is fine to drink alcohol in moderation. Ideally you should spread your alcohol intake over a week with one or two free days.

What should I eat to prevent constipation (colostomists)?

If you have a colostomy, it's always a possibility to become constipated if you don't eat enough foods with fibre or if you don't take in enough fluids. Medication such as painkillers can also sometimes cause constipation. Generally, to reduce the risk of constipation, eat regular meals, increase fibre intake, increase fluid intake, increase exercise (done slowly with care after the operation).

If you still experience problems, you should contact your stoma care nurse or GP for advice.

All the information is taken from stoma advice leaflets. However, because we are all individuals and have a variety of stomas there are some foods we should be careful of including in our diet.

In brief, please follow the advice of your stoma nurses when it comes to thinking about which foods and drinks are best for you.

We are lucky to have three expert stoma nurses at Salisbury District Hospital.

Secretary's Spot

I am sitting at the kitchen table surrounded by vases of flowers. A lovely bunch of daffodils and a beautiful bouquet of roses. So, by the time you read this I am hoping spring is around the corner. We have planned some varied activities for our Wilton meetings during the year, including "Play your Cards Right," a talk on keeping safe by the Fire Brigade, games of Boccia, and a 60's music Sing-a-Long session. There will also be a session given by Irwin Mitchell on Benefits which will be at our AGM Thursday 6th June session. We have this session on a Thursday so that the Salisbury District Hospital nurses can come along to give us a talk on medical developments that may affect us. All our other meetings will be on Saturdays. We look forward to seeing you soon.

Please ring Karen - 01980 590599 or Ken/Pam 01722 335351 if you need any information.
Karen Berryman

HOW A MOMENT OF MADNESS BECAME MY

SUMMER PROJECT by Michael Slater

It was late May and my daughter Emma and I were around the veggie patch in the garden. At the same time our lovely neighbours Paul and Gemma were at the bottom of their garden discussing an old chicken shed that Paul had been given for a project Gemma was working on. She was insistent that the old tatty shed was not big enough for what she had in mind. I just managed to hear what she said (earwiggling) and without thought called across "would you be willing to sell it to me". Paul replied no, but you can have it I will bring it across for you. He asked me what I wanted it for and I just blurted out "I'm going to build a summer house". Thankfully Paul's partner came to my rescue and said that Paul is a very experienced and industrious engineer. Paul agreed to help with the design to my specifications, and to do the heavy lifting, while I the gofering which every building project needed. I dismantled and cleaned up the old shed and rebuilt the framework incorporating new wood with the advice and help of Paul.

We worked together through the summer whenever Paul had time to spare, sometimes late into the evening and so it grew, as did a very good and firm friendship between Paul, Gemma and ourselves. Finally by the beginning of September the summer house was completed structurally as did our friendship grew and strengthened. We had a summer house warming party just before Christmas on a frosty evening with nibbles and wine and beer of course. Paul has been very generous and calls it OUR project but he did the hard work and was the brains in designing and building and all my thanks go to him (also to Gemma for lending her partner to my summer project aka my "moment of madness"

This is a recipe taken from a very old cookery book

Lemon Cornflake Cake

1 pkt lemon jelly
¾ pint water
1 small can of evaporated milk
For the Cornflake Crust
3 oz cornflakes
1 tsp ground cinnamon
2 oz margarine
2 oz sugar
1 tbsp golden syrup
Grated chocolate (optional)



Grease a 7 inch flan tin or shallow pie plate, dissolve jelly in 1/4 pint boiling water, add ½ pint cold water, mix well and leave in a cool place. Crush the cornflakes and mix with the cinnamon. Heat the margarine, sugar, and golden syrup together, allow to boil for 1 minute then stir in the cornflake mixture and stir until all the flakes are well coated. Line the pie plate with the cornflake mixture, and press flat and around the sides of the dish, leave to cool. When the jelly has cooled and beginning to set whisk it until frothy and then stir in the evaporated milk and whisk again until light and fluffy. Pile onto the cornflake mixture and sprinkle with grated chocolate.

Jean Slater



If you have a story you would like to put in the Newsletter, please email it to editor@wessex-stoma.co.uk

Thank you

WELFARE

To all the Wessex Stoma Family

I hope that Christmas went well for you all. Let's hope 2024 is also a good year for us all.

I realize a lot of us are ailing at present and waiting for hospital appointments. Till then, take care and look after yourselves in this cold weather; drink plenty of warm drinks and keep yourself warm and keep taking the tablets as instructed.

If you want a chat, ring me and if you need help, please ask.

PRIMROSE GROUP

Raffle time at the tea



Last year those that went did enjoy themselves, having a chat and tea but numbers have been dwindling so we have decided to give it a little break. We will more likely have a summer tea at the Britford Farm shop.

Please let me know your wishes whether you would like to continue at Roberts, have some at Tesco community room or anywhere else.

This is a time for carers to get together so let me know your wishes and we will see what we can arrange.

Thank you.

Pam.

MEMBERSHIP

We have had a very good year with membership subscription this year. Thank you for all of you have paid up.

Thank you.

We have decided to keep membership at £5 in the coming year and will be due at the AGM on June 6th.

RAFFLES

I wish to thank all those that bring raffle prizes to the meetings and in between and who have purchased tickets.

It does raise a good amount of money for the group and helps to keep the group afloat.

Thank you, let's keep it going in 2024!

COLOSTOMY UK

Colostomy UK, as part of their strategy, want to make sure that they are there for everyone who has a stoma, supporting the needs of ostomates and empowering them to lead full and fruitful lives without fear of discrimination or prejudice.

For them to do this, they need to know what people think about life with a stoma, their services and whether they believe their campaigns are tackling the right issues, so they are launching a new Beneficiary Survey which can be found here:

<https://freeonlinesurveys.com/s/ColostomyUK>

Karen has sent the email to those online and I urge you to complete the survey please as they want to be able to get feedback from as many people as possible. It should take about 20 minutes to complete.

Thank you.



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Calendar for 2024

Tesco Community Space, Southampton Road, Salisbury, SP1 2NY

Tesco Saturday Apr 6

Tesco Saturday August 3

Tesco Saturday October 5

Note – the Tesco meetings are relaxed with no speakers and mainly tea and chat.

Full Meetings

Bob Blandford Hall, 1 Queen Street, Wilton, Salisbury, SP2 0AL

Wilton Saturday 2 Mar

Wilton Saturday 4 May

Wilton Thursday 6 June – AGM

Wilton Saturday 7 September

Wilton Saturday 2 November

All our meetings are relaxed, friendly affairs where everyone can mingle, chat and share information. We are very often joined by speakers of all kinds and stoma care suppliers, and the occasional activity for members to join in.

Family and friends are welcome to join us.

SDH Stoma Open Day – Guildhall Salisbury Wednesday May 15

WSSG BBQ Saturday July 20 Red Lion Heytesbury 12.30 for 13.00

WSSG Christmas meal Friday December 6 at White Hart, Salisbury 12.00 for 12.30

Christmas Tree Festival Nov/Dec date to be confirmed