



# Newsletter

Supporting ostomists with Colostomy, Ileostomy, Urostomy & Mitrofanoff

*Issue 57 - Winter 2024*

See more about our Christmas 2024 activities and much more inside.

HMRC No: XT28425



## Contact

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

Tel No.: 01980 611978 or 07584 574311

Email: [info@wessex-stoma.co.uk](mailto:info@wessex-stoma.co.uk)

Website: [www.wessex-stoma.co.uk](http://www.wessex-stoma.co.uk)



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& X (formerly Twitter)



Editor's note: Please remember, everything contained in this newsletter is suggestions/opinions only - always consult your GP or stoma nurse before changing your routines or if you need any medical advice.

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- Tickets cost just £1 a week
- Chances to win up to £25,000
- Play weekly, or just play the Super Draw!
- Support us in 2025

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## CHAIRMAN'S MESSAGE

Can I start by wishing you all a happy and healthy New Year. Christmas, it always comes and goes very quickly then it is all back to normal.

We have had a rather hectic time since the last newsletter with the Christmas Dinner, which was enjoyed by all, the Primrose Group Christmas Tea, and the New Year party, which I am afraid I had to miss owing to my brother passing away, but I believe you all enjoyed Mike Slater's Quiz. He is a good Quizmaster we will have Play your Cards Right somewhen during the year.

I would like to mention the Christmas Tree Festival thank Brian and Sally for their creation this year. As you will see in the report, the festival did very well raising over £22,000.

Sadly, we have lost a few members since the last newsletter: Teddy Fellowes, Sharon Hallis, and Paddy Archer. Our prayers and thoughts go out to their families and they will be missed by us.

You will see in the newsletter that we are continuing with the swimming sessions at the Leisure Centre at the Hospital. Although we have only booked February and March, we will be extending this with further funding from Colostomy UK. But we are waiting in the Leisure Centre to give us dates from April and do hear that those that attend really enjoy it.

Since my last report I have attended a Mitrofanoff Patient Day in London and had a couple of Teams meetings with folk wanting to start new groups, and two zoom meetings with Colostomy UK volunteers. I believe it to be good to be in contact with other groups and encourage others to support those with stomas.

You will see in the newsletter that there is a survey for those that have problems with pancaking etc, please take part if you can as these surveys can be very useful.

Otherwise, please take care. There are still a lot of funny viruses about, and hopefully all the storms will pass, and we will start to see the shoots of spring,

***Ken Edwards***

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### Secretary's Spot

Happy new year everyone. Hope this year will be a good year for all.

Brian and I had a quiet new year at home with a couple of friends and we played board games, ate cheese and biscuits and had a wee dram or two, three or maybe even more. Very enjoyable.

The Christmas tree in St Thomas had good reviews (hope you came out to see it) and Brian has in mind the design for the 2025 Christmas tree, thanks to Karen Berryman for giving him the idea. All will be revealed at a Tesco meet where you can create your own Christmas ornament to adorn said tree, and the theme will be revealed towards the end of this year.

We were not able to attend the Wilton new year meeting due to having contracting the horrid flu lurgy that has been doing the rounds, Brian has still got it, not as bad as it was initially. I know a lot of people have had or got it. Hopefully we will see you all fit and well at the next meeting in Wilton.

With the Wilton meetings in mind, if you have any suggestions of anyone, or groups who would be of interest and could come along and give an interesting talk to our members or a form of entertainment, please do let me know.

*All the best*

*Sally*



## Sport and Fitness after Stoma Surgery no.3

### Calf raises

Stand tall. Keeping your shoulders relaxed and your arms down by your sides, breathe in and push up on your toes.

Breathe out, engage your pelvic floor and slowly lower yourself down.

**TIP: Try not to lean forward. Think of rising up in a straight-line. Repeat x 5**

### Relaxation

**(Use a thick mat on the floor or lie on the bed)**

Lie down on your back with your legs outstretched. Allow your toes to drop to the sides, have your arms (palms up) just a little way away from your body into the mat. Take your breathing deep into your tummy, and just allow some time for your muscles to relax.

### Walking

Walking is the ideal choice for everyone and can be as gentle or as brisk as you wish.

After your surgery, walking will get your system moving and may help recovery.

Take things step by step to begin with and build up slowly, perhaps aiming to go a little further each day.

When you're fully recovered, walking longer distances and more briskly is a great way to stay fit. Why not try joining a rambling group or a Walking for Health programme?

**For more information on Ramblers visit**

**[www.ramblers.org.uk](http://www.ramblers.org.uk) or call 020 7339 8500**

**To find your nearest Walking for Health activity visit**

**[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk) or call 020 7339 8541**

### Running and Jogging

If you were a runner prior to surgery, there's no reason why you can't continue after your operation. You will just need to build up slowly. If you are new to running, you can follow a 'beginners' programme just like anyone else.

Be aware though that you will need to work hard on your core stability – more so than someone who hasn't gone through abdominal surgery - to stay injury free, so ask a physiotherapist or qualified running coach for advice.

**To find your local running club or search for suitable routes, you can contact**

**Run England on 0121 37 6543 or visit their activity finder at**

**[www.runengland.info](http://www.runengland.info)**

## CHRISTMAS TREE FESTIVAL



Our Christmas Tree at the St Thomas Christmas Tree Festival was created by Sally and Brian Jefferies, to whom we are very grateful. A little different this year but it did create and interest. The festival this year raised over £22,000 giving each of the three charities just over £7,000.

### LEGACY

It is with grateful thanks that we acknowledge a donation of

£200.

In Memory of

Paddy Archer

## STOMA NURSES

### OPEN DAY

## SALISBURY GUILDHALL

WEDNESDAY 14<sup>TH</sup> MAY

2.00PM TO 4.00PM

Meet the stoma nurses and suppliers



## IN MEMORY OF

### Teddy Fellowes.

Teddy Fellowes passed away just before Christmas. Although he didn't have a stoma, he was a strong supporter of the group and will be greatly missed by members with his cheerful chat.

Our condolences and thoughts are with Trish.

### Sharon Hallis (Bassam)

Sharon was a fairly new member of the group and although only attending a few meetings, was a great supporter of the group financially and will be missed. Our thoughts and prayers go out to Sam.

### Paddy Archer

Paddy has been a member for a number of years and a very good supporter of the group, always enjoying a good chat when ever she attended the meetings. Our prayers and thoughts go out to Richard.

Our thoughts and prayers go out to all the families, and they will always be remembered by the group, and we will always be grateful for their contributions and friendship to the group.





## CHRISTMAS DINNER AT THE WHITE HART HOTEL - FRIDAY 6TH DECEMBER 2024

We held our Annual Christmas Dinner at the White Hart Hotel, and it was enjoyed by all. We are grateful to Irwin Mitchell for providing the Christmas Hamper for our free raffle.

We were pleased to have Ria Robinson from Colostomy UK, Laura from Irwin Mitchell, and Jenny from Medicareplus as our guests.







The White Hart Hotel  
Friday 6<sup>th</sup> December  
2024  
Everyone enjoying  
themselves



## Stoma care nurses update

We have been kept very busy over the past months for various reasons, one of which is that we have been without admin support due to the retirement of our lovely receptionist Jane. Jane is thriving and having lots of fun as a lady of leisure! After several months of muddling along without Jane, we are delighted to let you know that we have appointed Sue to help us with our admin tasks. Sue started with us a few weeks ago and she has hit the ground running! She is doing a great job and proving very efficient and friendly.

We are lucky that we can attend various training courses over the next few months. Suzie and Tanya will be attending blood analysis and abdominal assessment courses in April and May and Michelle is attending a parastomal hernia update in Manchester. The Association of Stoma Care Nurses' annual conference is in Cardiff this year, we will keep you updated about this nearer the time.

We have a new carousel leaflet stand in our waiting area with lots of patient information leaflets to take away. This is proving very informative while people are waiting for their appointments.

We have also been carrying out much more teaching over the past months, both in hospital for ward staff as well as in the community with care agencies. We continue to regularly have student nurses and pharmacists shadowing us, usually for half a day so that they can better understand the service that we offer and learn more about caring for people with a stoma.

To improve efficiency, after many years of hard work, we have been granted the permissions that we need to make changes and add items to stoma prescriptions without input from GPs. This is currently for selected GP practices only, with the hope that this will be rolled out for all surgeries over time. This will help to streamline our service and save on both our time and valuable GP time.

Please note the date below for exclusive swimming sessions for those with a stoma. These sessions are currently free thanks to the generous support of the Wessex Stoma Support Group and Colostomy UK. These sessions enable anyone with a stoma to enjoy exclusive use of pools, equipment and changing rooms in the Hospital Leisure Centre, off The Green inside entrance B. Further dates are planned but to be confirmed.

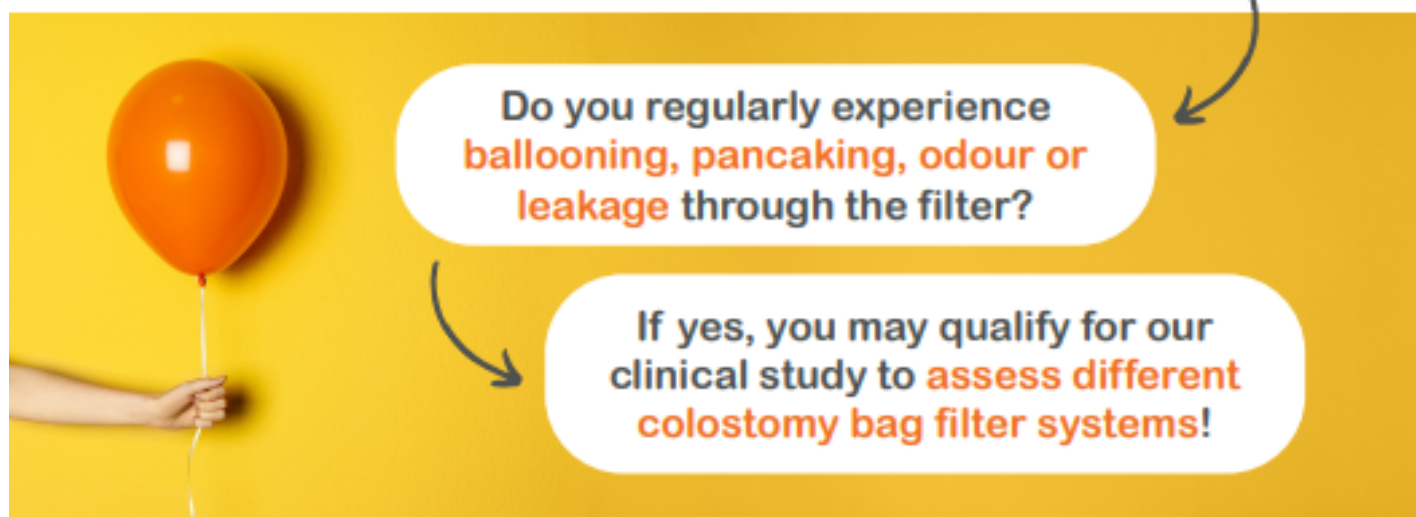
Sunday 23<sup>rd</sup> March 1:15-2:15pm

Please pass this information on to others and we hope that many of you will benefit!

Best wishes Michelle, Suzie and Tanya



# Do you have a colostomy?



## Study Information:

- 29<sup>th</sup> November – 30<sup>th</sup> April 2025
- 3 week (21 day) study
- Assess different colostomy bag filter systems
- Complete a short questionnaire after each colostomy bag change

## Eligibility Criteria:

- Over 18 years old
- Have a loop or end colostomy for at least 6 months
- Experience filter-related complication such as ballooning, pancaking, odour or leakage through the filter in a 7 day period
- Use a closed, 1 piece flat colostomy bag

Visit our  
website!



## To take part or find out more

T: +44 (0) 121 333 2015

E: [info@cssinstitute.co.uk](mailto:info@cssinstitute.co.uk)

Please contact the CSSI and quote the study name - **BREEZE-01**  
IRAS Project ID 345346

## Message From Pam Edwards

Happy New Year to you all. The Start of 2025. If when you are tidying you have some unused cards you do not what please give them to me.

Get well, Birthday, Thank you, and Sympathy, male or female, it will save us buying, as we do like to send cards to whoever, and it does seem to be appreciated,

Thank you for all the raffle and tombola prizes for 2024. We do make a lot of money to help keep the group going. I will accept anything if you wish to donate in 2025.

So, a **big thank you** for all your support and help throughout the year.

### PRIMROSE GROUP

The Primrose group is a tea party for the carers and bereaved members, those you care for those with a stoma, and those who have lost their partners, and still wish to be a member.

It is held at Roberts Farm Shop in Britford, just off the Bournemouth Road, going from Salisbury.

Those who have been before enjoying the company and cream tea.

You should soon have an invite, and if you don't wish to attend, please let Pam know. Also, Pam would like to know who is attending before each date to help with catering.

Time of the tea is **3.00pm to 4.30pm**, and we have a £1 raffle to help towards costs.

**DATES FOR 2025:    Wednesday 12<sup>th</sup> March.**

**Wednesday 4<sup>th</sup> June**

**Wednesday 17<sup>th</sup> September**

**Wednesday 10<sup>th</sup> December Christmas Tea 2.00pm to 3.30pm**

**(Please note change of time)**

## WELFARE

Get well and healthy, all those that are poorly, low or waiting for ops.

The weather has been so bad with rain, storms, so please be careful and keep warm and dry, and only go out when you can safely.

Even so enjoy the early flowers coming out snowdrops etc.

If you need a chat please ring me or Jo

**Pam 01722 335351 or Jo 01747 820239**

## MEMBERSHIP

Thank you to all you have paid up this year. Every £5 helps us keep the group going and pay for those little extras. We have had a record amount this year so thank you.

The next time membership is due is at the **AGM on June 7th**





# In The Garden with Jane



So here we are, Christmas is long over, winter is allegedly on its way out and leaving us (I don't know who says that?) and supposedly spring is round the corner. I've not seen a huge number of snowdrops as yet, hoping they've not rotted in all the standing water.

There has been so much rain, and wind, and then more rain. The ground is totally saturated and can't take another drop of water, even though it tries.

I hope none of you have suffered in the storms, both the one we couldn't pronounce and the one we could! I am currently writing this whilst housesitting. There was such a massive thunder lightning storm after the second storm it knocked out the circuit on the electric gates, so I was imprisoned for about 5 hours before being released back into the wild. I then went to feed another friend's chickens and ducks to find the roof of her yurt had blown off and flooded the interior. A mini nightmare ensued but finally was all sorted and to a certain extent calm was restored!

Given the appalling winter weather, it's been almost impossible to get anywhere near the garden. I did manage a sweep just before Christmas to tidy up some of the more ungainly perennials and do a weed through. Picked in some runner beans for seed before the worst of the wet weather which are drying in a paper bag ready for the coming season. The seeds I saved last year did better than those I bought so fingers crossed for a better season to come. I do still have a few onions left and some leeks in the ground. My perpetual kale is certainly not very perpetual having been visited by several hundred visiting partridges over the winter.

At least the bad weather means it's acceptable to snuggle up on the sofa by the fire and hunt through all the seed and bulb catalogues, make outlandish plans and have great ideas for the coming season, then redo them to be a bit more realistic. But keep the outlandish ones on the back burner. You never know!

The thing is it doesn't matter if these plans come to fruition or not, the fun is in the imagining.

So right now, soil work is all on hold, but a good idea is to make sure all wet leaves and moss are swept off of paths, patios and walkways as they can get very slippery if left. I have water butts and barrels overflowing and no need to top up the pond at all either!

This is also a good time to check pot plants, of which I also have way too many (along with cats, but more of that later!) check if they are repotting or tidying up, clean leaves that have got winter weary (dust and bits of tinsel?). They don't need much water this time of year but possibly moved to a lighter spot or windowsill as light is in short supply right now.

I love succulents and greenery plants, but I do have a gorgeous bromeliad which flowers every year.

I also have a cat that randomly does a bit of indoor gardening and another who even more random, will decide a plant is evil and hence must be punished, which is why I have several duplicates too.

I like to group plants together indoors in larger containers. I planted an indoor garden up in an old jam saucepan and surrounded it with a variety of other pots I've collected from various places. It makes a good variety of shapes and sizes. I've even potted up favourite mugs that have lost a handle or got a chip. Also, with grouped collections there's a bit of safety in numbers if you happen to be a bit of greenery! Hoping spring is around the corner for us all, we so desperately need some sunshine.



# Calendar for 2025

**MAIN MEETINGS BOB BLANDFORD SCOUT HALL  
WILTON, SALISBURY, SP2 0AL 2:00pm to 4:00pm**

**Saturday 8<sup>th</sup> March**

**Saturday 10<sup>th</sup> May**

**Saturday 7<sup>th</sup> June**

**(Annual General Meeting)**

**Saturday 6<sup>th</sup> September**

**Saturday 8<sup>th</sup> November**

## **Tesco Coffee and Chat afternoons with activities**

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

**2:00pm to 4:00pm**

**Saturday 5<sup>th</sup> April**

**Instant Masterpiece painting with Anastasia**

**Saturday 9<sup>th</sup> August**

**Saturday 11<sup>th</sup> October**

**JULY - BBQ - To be Arranged**

**DECEMBER CHRISTMAS DINNER - 12:00 for 12:30pm**

**The White Hart Hotel**

**FRIDAY 5<sup>TH</sup> DECEMBER**

**IN THE SWIM. SWIMMING SESSIONS**

**Salisbury District Hospital Leisure Centre**

**Sunday March 23<sup>rd</sup> 1.15pm to 2.15pm**

**Stoma Nurses Open day, Salisbury Guildhall**

**Wednesday 14<sup>th</sup> May, 2:00pm to 4:00pm**

Please tear out this page and display on your fridge or wherever.