

SUPPORT GROUPS IN THE UK

LOCATION	CONTACT DETAILS	NAME OF GROUP	TELEPHONE NUMBER	EMAIL ADDRESS	WEB-SITE
CHANNEL ISLANDS					
Guernsey Ostomates	Luci Deane	Guernsey Ostomates	01481 236 077	Lucideane58@gmail.com	
Jersey	Fiona Le Ber	Jersey Ostomy Society	01534 445 076	jerseyostomysociety@gmail.com	
ENGLAND					
Berkshire	Ted Wingrove	Reding Bowel Cancer Support Group	0118961 8297 or 07974 790558		
		WAMS (Windsor, Ascot, Maidenhead & Slough Stoma Support Group)	0118 939 1537	wamsstoma@gmail.com	
Bristol	Pat	Bristol Ostomy Self Support (BOSS)	07855 449578	info@ostomy.org.uk	www.ostomy.org.uk
Buckinghamshire		High Wycombe Stoma Support Group	0800 318965		
		Milton Keynes Stoma Support Group (MKSSG)		support@mkssg.org.uk	
	Carla	You Are Not Alone Stoma Support Group – Chesham	07846 354918	carlawright0502@gmail.com	

Cambridgeshire	Alan Wright	Peterborough Stoma Support Group – Ostomistics	01354 653 290 Or 07836 661 102		www.ostomistics.org
Cheshire	Stoma Nurse	Countess of Chester Hospital Stoma Support Group	01244 366 170		
		Crew & District South Cheshire Stoma Group	01270 560 471		
	Louise or Joan	Warrington Ostomy Stoma Group	01925 454 813		
Cleveland		Oops Group	01642 944 324	Stees.stoma@nhs.net	
Co Durham	Maureen Davidson	Bishop Auckland Stoma Care Group	01388 818 267	rdavidson816@gmail.com	
	Margaret Clothier	Darlington Support Group	0191 333 2184		
	Lynn Ridley	Durham Stoma Support Group	0191 333 2184		
Cornwall	The Secretary	Cornwall & Plymouth Bowel Cancer Support Group	01872 241 145	cbcsginfo@gmail.com	www.cornwall-bowel-cancer-support-group.co.uk
	Mandy Rowe Or Henry Kendall	Lanhydrock Ostomist Group	01726 832 642 01208 850 986	Murphy.rowe781@btopenworld.com h.kendall380@btinternet.com	
Cumbria	Marie O'Connor	Grange Cancer Support Drop In	01539 533 279		
	Stoma Care	Stoma Support	01228 814 179		

	Nurse	Group North Cumbria			
Derbyshire		F.I.S.H.Y.S (Friendship, Information, Support & Help for Young Ostomates) (age 18 – 45)		fishysderbyshire@gmail.com	
	Jackie Sally Chester Gary	Mercia Inside Out Stoma Support Group	07919 002 612 07500 441 442 07779 218 245		
Devon		Devon IA		devon@iasupport.org	
	Janice	Mid Devon Ostomy Support Group	07923 975 051	janice234ford@gmail.com	
	Rita	Plymouth & District Bowel Cancer Support Group	0785 557 1840	admin@plmdistbcsg.com	
Dorset	Beryl Anderson	Colostomy Urostomy Pouch Ileostomy of Dorset – CUPID (Bournemouth)	01202 483 303		
	Jenny Pipe	Colostomy Urostomy Pouch Ileostomy of Dorset – CUPID (Poole)	01202 740 440		
	Colin Clare	Colostomy Urostomy Pouch Ileostomy of Dorset – CUPID (West Dorset)	01305 853 238		

Essex	Alan Marshall	Connect	01279 411 830	comeconnectwithus@gmail.com	
	Paul Fox	Mid Essex Stoma Support Group	01245 441 894		
	Brian Waller	N.E.S.S (North Essex Stoma Support)	01206 540 449		
	Stoma Care Team	Optimistic Ostomates	01702 385 158		
		Steps – Stoma Essex Patients Support	01268 451 937	stepsessex@gmail.com	
Hampshire		Replummed Stoma Support Group			www.replummed.me
		Solent Ostomates Support Group (S.O.S.)	07527 707 069	solentostomates@hotmail.co.uk	
	Caroline Or Karen	Southern Ostomy Group	07756 819 291	southernostomygroup@hotmail.com	
	Nicki Beare	The Hampshire Ostomates Support Group	07771 558 458	hampshireostomatesgroup@gmail.com	
	Ian Gapp	Waterside Stoma Support Group	07710 288 785	langapp13@gmail.com	
	Mrs Jo Stacey	Wessex Urology Support Group	07910 786 978		
Hertfordshire		Ostofriends Stoma Support Group (Potters Bar)	07596 748 376	ostofriends@gmail.com	
	Judy Colston	Stevenage Ostomistics	0795 775 4237	neilcolston@btinternet.com	

Isle of Wight	Sarah Capon & Sarah Varma	Optimistics	01983 534 009		
Kent	Malcom Jones	Ashford Stoma Support Group	07709 534 463		
	Tracey Or John	Dartford Ostomy Group Support (DOGS)	07779 155 846 07948 974 350	dogs-uk@hotmail.com	
	Carolyn Fullager	Dover Stoma Friends Group Support	01304 821 132		
	Tracey Or Helen	GOGS (Gravesend Ostomy Support Group)	07779 155 846 07710 780 958		
	Judy or Kirsty	Maidstone Stoma Support Group	01622 224 305		
	Tracy Or Helen	M.O.G.S. (Medway Ostomy Group Support)	07779 155 846 07710 780 958	mogs-uk@hotmail.com	
	Shelly	Sheppey Ostomy Group Support (SOGS)	07714 734 194	sogs-uk@hotmail.com	
	Heather	SWANS Stoma Support Group – Swanley	07711 445 312	heather601@virginmedia.com	
	Kathy	Thanet Stoma Buddies Support Group	01843 291 825		
	Cathy Chitty/ Mags Donovan	Tunbridge Wells Stoma Support Group	01892 632 323		
Lancashire	Calum	Bowel Buddies	07463 880 652		

	Or Vine House	Preston	01772 793 344		
	Blackpool Teaching Hospital Stoma Care Dept	Kangaroo Klub Blackpool Stoma Support Group	01253 956 620	crc-stomanurses@bfwhospitals.nhs.uk	
	Julie Meadows	North Manchester & Bury Stoma Support Group	0161 720 2815 Or 07774 263 563		
	Sandra Peet	Phoenix Bowel Cancer Support Group	01772 683 790	sandrapeet7@aol.com	www.phornixgroupbvh.com
Leicester	Janet Cooper	Kirby Ostomy Support Group Colostomy, Ileostomy & Urostomy in Leicestershire	07464 957 982	kosg2013@btinternet.com	
London	Sue Berry Or John Amos	Bowel Cancer Support Group	01737 553 134 020 8668 0796	john.amos@sehc.org.uk	
		Bowel & Other Cancer Support Newham	020 8553 5366		
	Irene Fernandes & Glyn Fontaine	Homerton Hospital Bowel & Support Group	020 8510 5318 07785971120		
	Lauren King	Newham Stoma Support Group	020 7055 5576		
	Regina Raymond	Rectangle – Colorectal	020 7472 6299		

		Cancer Support Group			
	Chritina & Lisa	South Woodford Support Group	020 8535 6563		
	Ifrah Mohamed Or Viki Palmer	Time 2 Talk	07463 838 718 07894 276 986	mybodysauthor@gmail.com	
Merseyside	Helen	Bowel Cancer & Stoma Support Group (BeCauSe Group)	07948 10 955	becauseliverpool@gmail.com	
	Sue	I.C.U.P.S	07742 237 013		
	Bob Martin	St Helens Cancer Support Group	01744 345 365	contact@sthelenscancersupportgroup.org.uk	
Middlesex	Barry Or Bob	Inside Out Stoma Support Group	07811 084 514 07777667367	chair@iossg.org.uk bob@iossg.org.uk	www.iossg.org.uk
Norfolk	Sandra Hutchings	James Paget Ostomy Support Group	01502 585 955		
		Kings Lynn Ostomy Friendship Support Group	01553 775 698 01553 674 962 01553 768 271		
	Sylvia Hughes	STARS (Stoma And Reconstructive Surgery Social Support Group)	01263 733 448	sylvia.ruth.hughes@gmail.com	
Northamptonshire	Trish	Northampton Ostomy Support Group	07801 316 403 Or Evenings 07703 188 386		

Northumberland	Bobbie Minshull	Berwick Ostomy Support Group	07714 479 320		
	Marie Douglas	Hexham Ostomy Group	07941 433 600		
		Northumberland Cancer Support		members@northumberlandcancersupportgroup.co.uk	
Nottinghamshire	Tore & Nickey Norman	North Notts Stoma Support Group	01773 715 460		
	Robin Ford	Nottingham QMC Stoma Support Group	0115 778 6463	hello@nottingham-stoma-support-group.uk	
	Jenny / Kate or Mrs B Heath	Nottingham Stoma Support	0115 962 7736 0115 966 3073		
Shropshire	Irene Constable	B.O.T.S (Bums on Tums)	01691 238 357		
Summerset	Shane Green	Stoma Heros Support Group	07802 428 074	shane@stomaheros.com	
Staffordshire	Moira Hammond	County Stoma Group	07788 402 195	cm.hammond@ntlworld.com	
Suffolk	Ian Denison	East Suffolk Ostomy Group	01473 684865		
	Jessica Pitt	West Suffolk & District Stoma Group	01638 515 525		
Surry	Lindsay, Trevor or Sheena	Epsom & District Stoma Support Group	01372 735 925		
		Guildford Stoma Support Group	01483 571 122 Ext 2558		
Sussex	Virginia Keefe	Brighton & District Support after Stomas (SAS)	01273 723 775		

	Stoma Care Team	Chichester Stoma Support Group	01243 831 527		
	Vicki Blaker	East Sussex Stoma Support Group	0300 131 4603	esh-tr.stomacaredept@nhs.net	
	Jane Quigley	The Ostomy Friends Group	01323 417 400 Ext 4552		
	Tina Walker	West Sussex Princess Royal Stoma Support	01444 441 881 Ext 8318		
Tyne and Wear	Stoma Care Nurse	Gateshead Stoma Patients & Carer Support Group	0191 445 3152		
	Jane Barnes & Amanda Logan	South Tyneside Hospital & Community Stoma Support Group	0191 404 1000 Ext 2908		
	Michele Downey	Sunderland Support Group	07704 949 30	micheledowney@outlook.com	
Warwickshire	Bob	Warwickshire Stoma Support Group	07564 680 803	nuneatonstoma@aol.com	
West Midlands	Michael Jamson	Birmingham IA	0121 355 2745 / 07842 555 070		www.birmingham.iasupport.org/events
	Martin	Coventry Stoma Support	07947 385 643	coventrystoma@btinternet.com	
Wiltshire		Swindon IA			www.swindon-ia.org.uk
	Karen Berryman	Wessex Stoma Support Group	01980 590 599	info@wessex-stoma.co.uk	www.wessex-stoma.co.uk
Worcestershire	Brendon Drew	Kidderminster & District Colossus Support Group	01299 400 843		
Yorkshire		Acorn Ostomy Support Group	07580 693 155 (After 6pm)		

	Sue Hall	Airedale Stoma Support	01535 646 373		
	Stoma Nurse Celia Utley (chair)	Barnsley Bottoms Up Stoma Support Group	01226 432 528 01226 284 262		
	Stoma Care Nurses	Behind You (Calderdale & Huddersfield Bowel Cancer Support Group)	01484 355 062		
	John Whelpton	Bottoms Up (for urology & colorectal Cancer Patients)	07974 657 146	midyorks.bottomsup@gmail.com	
	Lisa Hall	Bradford Stoma Support Group	07552 276 747		
	June	Dewsbury & District Stoma Support Group	07884 003 945	dews.ssg@gmx.com	
	Judith Smith & Mary Hugil	Hambleton & Richmondshire Ostomy Support Group	01609 764 620 07736 295 131		
	Linda Castle	Leeds Bowel Cancer Support Group	0113206 5535		
	Stoma Care Team	Scarborough Stoma Support Group	01723 342 388		
	Jackie Butterworth	Second Chance Ostomy Yorkshire	07544 882 353	secondchanceostomyyorkshire@gmail.com	www.secondchance-ostomyyorkshire.org
	Pete Smith	The Hull & East	07989 565 335		www.hercosg.org.uk

	or Pete Rennard	Riding Colostomy Support Group	07939 518 642 01482 793 966		
Wirral		Wirral Support Group	07956 216 218		
Isle of Man	Heather Norman	IOM Bowel Cancer Patient & Carer Group	07624 480 973		
Northern Ireland County Antrim	Audrey Steele Emma Dunn	Belfast City Hospital Stoma Care	028 9504 5941		
County Armagh	Claire Young Lynn Berry Tanya Garvie	Craigavon Area Hospital	028 3756 1845		
	Bernie Trainor	Daisy Hill Hospital Support Group	028 3756 2932		
	Adrian Ewing	North Down Stoma Support Group	07850 741 511		
	Hazel Or Matina	Ulster Hospital	028 9055 0498		
Londonderry	Mary Kane	Causeway Support Group	028 7034 6264		
Republic of Ireland County Mayo	Marion Martyn	Mayo Stoma Support	0353 94 902 1733		
Dublin	Olwyn Ryan	Bowel Cancer Support Group (ICS) Dublin	03531 800 200 700 03531 231 0500		
Scotland Ayrshire	Hugh Strathearn	Ayrshire & Arran Stoma Support Group	07837 464 376		
	Maggie	Stoma Care & Recovery (SCAR)	01294 271 060 0781 773 6147 01294 557 478	maggie13@sky.com	
Greater Glasgow	Morag	Glasgow	0141 779 1322		

	Sinclair Jackie McChesney	Stoma Support Group	01505 324 052		
Moray	Meggie Or Kathleen	Moray Stoma Support Group	01343 552 449 07789 684 285		
Scottish Borders	Fiona Gentleman	Stoma Support Group	01450 371 063	r.gentleman@sky.com	
South Lanarkshire	Val McNeill	South Lanarkshire Stoma Support Group	07935 19924	valmcneill20@hotmail.com	
West Lothian	Western General Stoma Team	Bring Your Own Bag Support Group	0131537 1000		
Wales Aberystwyth	Shirley Jones	West Wales Stoma Support Group		westwalesstomagroup@gmail.com	
Conway	Hazel Lesley	North Wales Ostomy Support Group	07976 817 246 07828 837 325		
Gwent	Phillippa Lewis	Cwmbran Ostomy Support Group (COSG)	01633 791 339 Or 07504 713 069		
Mid Glamorgan	Chair	CASS Colorectal & Stoma Support Group	01685 877 144		
Pembrokeshire	Rosemarie Rees Paton	PSA Pembrokeshire Stoma Association	01437 532 473		
Powys	Helen Davies	The Bracken Trust Cancer Support Centre	01597 823 646		
Rhondda Cynon	Domenica	Royal	01443 443 053		

Taf	Lear	Glamorgan Stoma Care Support Group			
Swansea	Glynis Jenkins	Swansea Ostomy Self Help Group	01792 418 245		