

INSIDE OUT

Support Group Meeting 29th Feb

Yet again a brilliant turnout with apologies for the rather formal setting but rest assured next time we should be back to the comfy sofas!

The meeting focused on a talk by Clare Bossom on the different types of stomas as many of us know all there is to know about our own type of stoma but little, if anything, of the other types. Obviously this knowledge will help us when we visit patients. The talk also gave us all a chance to ask Clare questions about what conditions may necessitate each type of stoma. Everyone enjoyed the talk greatly and appreciated Clare taking the time especially as she was suffering from the dreaded flu!

We also welcomed the Brent North PCG's who came after our invitation to learn more about the group.

Bob then explained to us our potential involvement with Cancerlink who have offered counselling training if we can get at least 15 people willing to volunteer. Obviously this training will help anyone hoping to visit patients and anyone interested in signing up should contact Clare Bossom or Bob at his address (see contact list). We hope to get more information as to what this involves at the next meeting.

Bob also confirmed that we will be able to learn line dancing at our Sept meeting so I, for one, am worried as I have 2 left feet!

Next Meeting

Will be held in Medawar Room, Level 3 (will be signposted), St. Mark's on 23rd May to include a presentation from Solveig Wilson (Social Worker) on Counselling.



Travel Insurance

A reputable travel insurance policy will usually suffice and indeed on doing a little ringing around, all the companies I spoke to said that their policies would cover people with ostomies but that this must be disclosed when purchasing the policy. You should check for exclusions such as 'pre-existing medical conditions' or 'against doctor's advice'. Before setting out familiarise yourself with the procedure for obtaining medical aid and for making a claim.

The British Colostomy Association recently advertised an offer they have with Lewis Insurance Consultant or Folgate Insurance. They can arrange cover for lost appliances up to £250 and treatment. For more details contact the BCA on their freephone number, 0800 328 4257

Also, remember if you are travelling within the EC you are entitled to free medical treatment. To claim you must have a completed form E111 from your post office.



Calling all members, nurses, doctors, consultants - this newsletter needs you!

Thought of something? - Don't put it off send it to me today - letters, articles medical and non medical, questions for other readers, poems, amusing or interesting stories - anything you feel may interest others to: Susan Tuck
13 Osborne Road, Redhill,
Surrey, RH1 2HX

Poetry Corner



Ode to the Stoma Nurse!

Your stoma nurse is your best friend,
 She treats you right from end to end.
 Always the teacher, forever the nurse,
 She helps you get better, never worse.
 If bowel or bladder, her care's the same,
 Your stoma's welfare is her aim,
 To have it flow when it should flow,
 And keep it's healthy rosebud glow.
 She gets you right back on your feet,
 She goads, cajoles you, always sweet,
 While all the while she teaches you
 That life's worthwhile to start anew.
 "The stoma means a new beginning."
 She tells you, "Now's the time for winning,
 And rush to join the joyous throng,
 That celebrate life's happy song."
 "Visit," she says, "Go tell your story."
 Please keep it simple and save the glory,
 To help the patients gather hope,
 And find new ways to help them cope.
 But, goes your stoma on the blink,
 The nurse is there, quick as a wink,
 To poke it, soak it, daub it with goo,
 And when she's done your stoma's like new.
 To sum it all up, a friend indeed,
 A shining light in time of need,
 The stoma nurse takes care of you,
 As only your very own mother would do.

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 Cape Cod Ostomy Association newsletter.



Surfing the Information Superhighway?

If so, why not visit

www.ostomyinternational.org

This is the site of the **International Ostomy Association**
 with lots of useful information, links to other ostomy
 sites as well as a very good discussion forum where you
 can post messages/questions which other ostomates
 around the world will read and respond to.

When we view things from space,
 Our perceptions change
 As to how things are
 They are no longer as they were

Viewed from the Moon's perspective
 The earth rises to the moon
 We are used to standing upright
 And more often look down or around
 In space being physically upside down
 Things don't look the same from there

There again you could be sideways on
 Where horizontal takes on a whole new meaning

With the rate of change increasing
 Even more than it has to date
 As we move over into a new millennium
 Our whole world view may be turned 'upside
 down'
 Perhaps a future shock sufferer
 You feel it has already

Changing horizons, different vistas
 In the European middle ages things
 Changed almost imperceptibly over 500 years
 Things were as they were expected to be 'the earth
 was flat'

People would say, the world is like this
 Things happen this way, and people still do say
 From space depending from where you view
 You have totally different worlds

Looking outward into the universe
 As we cross over into the new millennium
 So many things are no longer the same view
 And different widening horizons
 Will rapidly come into being
 Changing our perceptions with them

Can we ask the question, what is everlasting?
 What has the touch of eternity about it?
 Will it be love, compassion, happiness, truth?
 Will these take on wider horizons?
 Will our personal restrictive vistas of them stretch
 as far as eternity?

Karen Daniels

Quote of the Quarter

Happiness is a journey, not a destination.
 Work like you don't need the money, love
 like you've never been hurt and dance like
 no one's watching.

Anon

Letters to the editor

REPLY TO MITCHELL

Congratulations on a superb newsletter. I have found it most enjoyable to read. I am writing after reading Mitchell's interesting millennium pursuits! I was sorry to hear that he had problems. I thought he and others may be interested to know that "Can't Wait" cards are available from most appliance manufacturers or through local stoma care nurses. These cards are like a credit card which say "Can't Wait" and "This person has a medical condition which requires them to use toilet facilities urgently." It means that you shouldn't have to go into detail about your stoma and that wherever you are you should have access to a loo (unless you're up a mountain!) If you require a card please contact me. The other point that may be useful is that RADAR (Royal Association for Disability and Rehabilitation) provides keys to disabled loos, for a minimal fee. The address is: 12 City Forum, 250 City Road, London EC1V 8AF Tel 0171 250 3222

I have not had any feedback from anyone to say if they are useful or not. Perhaps you could inform us through the editor.

Clare Bossom
(Clinical Nurse Specialist Stoma Care)

P.S. Is it worth Mitchell writing to the ambulance services regarding the problem he had?

SLOGAN FOR LIFE

Thank you for my issue of Inside Out. I wondered if the following might be of interest to the newsletter. Years ago I used to visit a little teashop overlooking the river at Richmond. The Proprietor must have been very fond of dogs because the walls were closely hung with pictures of dogs, mostly comical ones and one had a little caption on it which read as follows:-

**"Said old mother terrier to her pup,
In all life's adversities keep your tail up"**

I've always remembered this saying in my troubles. Give my kind regards to Clare Bossom, she was very kind to me.

Phyllis Parker

RESEARCH PROJECT

Can you help?

I am a lecturer in Applied Psychology at Liverpool John Moores University in England and I am about to start working toward my PhD. I have had a stoma since I was two days old (nigh on 35 years now!). My interest lies in how people who have passed through adolescence with a stoma feel about their self and their body when compared to those who receive a stoma later in life.

The project is based around two stages, the first consisting of informal interviews to identify key elements of people's experiences of having a stoma as an adult compared with those as an adolescent. Here I am anticipating speaking to around 15-20 adult ostomates consisting of those who have had one since childhood/adolescence and those who received one as an adult. Based upon my findings from the first set of interviews I hope to conduct a series of more focused interviews and have volunteers fill in some questionnaires to try and measure any differences between the adolescent/adult experiences/effects of having a stoma – these will include the usual measures such as self-esteem and body-image satisfaction etc., but I'm also particularly interested in whether people feel they are the same person after the surgery and any issues that THEY themselves feel are important rather than what other researchers have said should be important. The main focus is on identifying where and how the adolescent experience is different to the adult one.

I would also be interested in comments from anyone on how you feel having a stoma may have changed how you feel about yourself and your body- for example, do you feel as if you are the same person? Has it altered how you feel in social situations? All comments will be totally anonymous.

If you would be interested in taking part, then please contact me at the address below so that I can give you more information.

Best wishes,

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Centre for Applied Psychology,
Henry Cotton Campus
15-21 Trueman St, Liverpool, L3 2ET
Email: K.R.Shortt@livjm.ac.uk
Telephone: 0151 231 4233

Useful Contacts

Chairperson of Inside Out Group - Bob Azevedo-Gilbert
33 Methuen Close, Edgware, Middlesex, HA8 6HA

Ileostomy & internal pouch support group
01245 224 294

NACC
01727 830 038

Urostomy Association
0800 018 4724

British Colostomy Association
0800 328 4257



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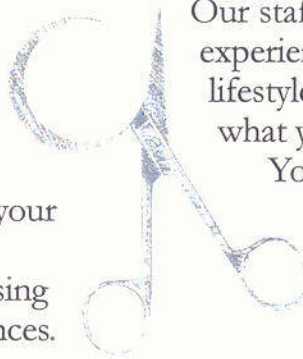
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**Want to join
the support group?**

If you have a colostomy, ileostomy or a urostomy and you would like more information, please complete the form below and send it to:

Clare Bossom c/o Stoma Care Department, St Mark's & Northwick Park Hospital, Watford Road, Harrow, Middlesex, HA1 3UJ



Name _____

Address _____

Postcode _____

Telephone _____