

# INSIDE OUT

## Hello Friends!

Well, haven't we been busy this quarter with one thing after another.

First, we had the Bowel Awareness campaign in April. Inside Out, Macmillan nurses and the Stoma Care Dept of St Mark's, with good local paper coverage, were able to highlight the constant need for everyone to check themselves regularly for cancer.

Next came the Monte Carlo Extravaganza Charity Night and what a night to remember. Everything went very well, as you will see from the pictures overleaf. The Mayor of Harrow Mr R Currie and his lady wife were kind enough to come on the night and had an enjoyable evening. I personally would like to thank everyone that took part to make the night as entertaining and enjoyable for all those who came along, especially those who got up on the catwalk – it took a great deal of courage and I applaud you. May I also take the opportunity to thank the following companies for their donations - Nestle, Apollo Leisure, QPR, Penguin UK, Debenhams, MCC, Bekonscot Village, National Maritime Museum, Harrow Leisure, Waitrose, Imperial War Museum, Quainton Railway Society, London Transport Museum, Kew Bridge Steam Museum, Watersmeet Theatre, Brentford FC, Barclays, RAF Hendon, Hollister, Respond Plus, Convatec and Radio Northwick Park who provided us with their time and music for the evening. If I have left anyone out I'm sorry but thank you for all your help and time you gave freely to help make the night as memorable as possible. We achieved a staggering £600.

Our next big event was the Open Day at St Mark's, where manufacturers and suppliers came to show their new wares. We had strawberries and cream for everyone. Quite a few people came and spoke to Diane Owen, Barry Kindred, and Martin Noble or myself at our stand. Overall there were about 150 people who came along. Well-done Clare!

We now have an information leaflet that can be left in doctor's surgeries, outpatients and chemist printed by Salts. It allows people to read in the comfort of their own home and tells them there is someone out there who can be of help.

Our coffee mornings are going so well that we have decided to do one every 2 weeks, still changing the days, this will start on Wednesday 12<sup>th</sup> September.

We will also have on every other fortnight a manufacturer or supplier to come along and tell us about their products or services. The first will be on 24<sup>th</sup> September

Hope you all have a great summer.

**Bob**

Chairperson of Inside Out

### **DIARY DATES**

***Coffee, advice and chat mornings  
10am to 12pm***

*Tues 28<sup>th</sup> August  
Wed 12<sup>th</sup> September  
Mon 24<sup>th</sup> September  
Thurs 11<sup>th</sup> October  
Wed 31<sup>st</sup> October  
Mon 12<sup>th</sup> November  
Thurs 29<sup>th</sup> November  
Tues 11<sup>th</sup> December*

### **2002**

*Mon 7<sup>th</sup> January  
Tues 22<sup>nd</sup> January  
Wed 6<sup>th</sup> February  
**Volunteers needed and welcome***

### ***Meetings***

*Dr Simon Gabe Tues 11<sup>th</sup> Sept 2001  
Dr Max Pitcher Tues 4<sup>th</sup> Dec 2001*



# MONTE CARLO EXTRAVAGANZA CHARITY



*Major Currie helps to  
pick the Prizewinners*



*Sister Annie Driscoll tries  
her luck*



*Your Chairman*

*Two of the brave models  
strutting their stuff!*





# Letters to the editor

Dear Inside Out

I just thought I would write to say how delighted I was at winning two raffle prizes on 19<sup>th</sup> June.

Unfortunately I was unable to attend the social evening, so I was thrilled on the Wednesday when Bob came to outpatients to hand over the prizes. It particularly seemed all the more fitting that I have now moved on to Portsmouth, so it was a lovely parting memory.

We have lived in Stanmore and more recently Pinner for the past 5 years yet never taken the opportunity to visit the RAF museum at Hendon. My husband, mum, dad and myself had an enjoyable visit to the museum the following Sunday with the tickets I had won and my parents as OAPs had free admission. We spent hours there and were very impressed with their exhibits. Certainly well worth a visit.

The second prize of a night's free accommodation for two we haven't used yet. It is our wedding anniversary in a week's time and hopefully we can put it to good use then. So thank you very much for making me a prizewinner.

I will miss Outpatients at St Mark's dearly but I am thankful to have worked there and be privileged to meet so many wonderful people.

Kind regards

**Liz Cawsey (Healthcare Assistant)**

## THANKS

Dear Inside Out

The Mayoress and I would like to thank you for the invitation to attend your charity night. It was a pleasure to be there seeing so many people enjoying themselves. Would you please pass on our appreciation to all concerned in making us so welcome and please forward our thanks to the models who were excellent. Thank you also to the MC for the final solo performance on stage.

With best wishes

**R W Currie  
Mayor**

## Poet's Corner

*My Dear Sister Titty, Are you feeling pretty shitty?*

*It really can't be fun cause they've taken your colon*

*Did they ask before they took, any goodbyes, one last look?*

*But really don't be sad the whole thing had gone bad,  
it's better out than in and now they've put it in the bin*

*From where it can't escape they sealed it up with tape  
and now you're on the mend,*

*Please don't miss your colon friend*

*Fiona Smith*

## FEELING HOT, HOT, HOT!

### SUMMER SUGGESTIONS FOR APPLIANCE STORAGE

Be careful where you leave those extra appliances. Very high temperatures can develop when a closed vehicle is left in the sun, especially at the beach or in an exposed parking lot. Appliances, which are not properly protected may be unusable, and it may be at a time when you need them the most. If you must leave your supplies in a closed car for an extended period, put them in an insulated bag or cooler and keep the container covered and out of the direct sunlight. This method may not guarantee total protection but should provide adequate short-term protection for day trips.

Don't keep a large quantity of supplies on hand, especially in the summer. Let your supplier store them - hot and humid weather can damage appliances.

**Bill Capman  
Worcester Ostomy Association (USA)**





### Useful Contacts

#### **Chairman of Inside Out Group**

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#### **Editor of Newsletter**

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#### **Ileostomy & Internal Pouch Support Group**

0800 018 4724

**NACC**

01727 830 038

#### **British Colostomy Association**

0800 328 4257



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



Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Postcode \_\_\_\_\_

Telephone \_\_\_\_\_

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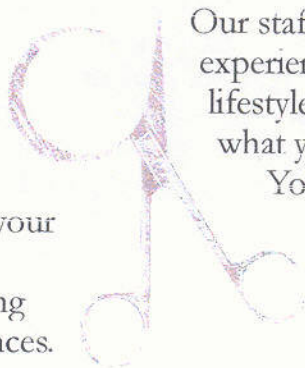
Fittleworth are an independent supplier of ostomy items. As well as stocking a wide range of stomacare products, we offer a free cutting service.

Your 'personal' pattern, together with any other requirements, can be delivered right to your door.

We are established market leaders in dispensing ostomy prescriptions and customising appliances.

Our staff have the knowledge and experience to help you enjoy a better lifestyle by listening carefully to what you tell us.

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