

INSIDE OUT

Hello Friends!

Just to bring you up to date with what has been happening since the last newsletter.

- ☺ First we have had to say goodbye to Celia Myers, who will be missed by all those who knew her. We presented to her, on behalf of all of you, two pieces of Wedgwood (see letter and photograph on page 3). We wish her well in her retirement.
- ☺ We have also had to say goodbye to Clare Bossom, who is having her baby in November. We presented her with Mothercare vouchers and a bouquet of flowers. We hope to see her back in the summer of 2002.



- ☺ Jenny, Bridget and Sarah are the stoma nurses, plus Jo has come back as the pouch nurse.
- ☺ You should all have received the standing order mandate with the last newsletter. I have received a few back, but it would be helpful if those of you who have not, do so in the near future as it takes time to set up the system in the bank. Thank you

Bob

Chairperson of Inside Out

A POSITIVE ATTITUDE WINS THE DAY!

Are you worried about your appliance showing under your clothes, or your stoma protruding enough to show? People today lead busy lives at a fast pace. Everyone is very concerned with their own happenings. Aren't you? By the way, what is the colour of your bus driver's hair? Did the sales clerk wear a dress or slacks today? What colour was the bank teller's tie? Give up? Then forget about uncalled-for worries and enjoy your every day. Remember... your attitude about your image will affect the attitude of your family and friends. The first step on the ladder to adjustment must be taken by YOU!

Useful Contacts

Chairman of Inside Out Group

Bob Azevedo-Gilbert, 256 Merlins
Court, Alexandra Avenue, South
Harrow, HA2 9BZ
020 8426 5203

Ileostomy & internal pouch support group

0800 018 4724

Urostomy Association

0800 018 4724

NACC

01727 830 038

British Colostomy Association

0800 328 4257

WRITER'S CORNER

Rumour has it that the doctor removed one of your parts. The same rumour said that they didn't take out your heart. So you can still love.

Also, none of your mind was removed, so you can still dream of sunshine and flowers.

Apparently, they left your family and friends. So you still have someone to care for and someone to care for you.

Did the surgeon remove your grandchildren's laughter? Did he leave you your lips to smile with? Your nose to smell the morning air? Your ears to hear the birds singing? Your eyes to see the evening sunset surely, he didn't touch your soul, that belongs to God. If he left you all of these things, did he remove anything really important?

Remember what Hubert Humphrey, also an ostomate, once said, "it isn't what they take away from you that matters, it's what you do with what you have left that counts."

Via Chicago's "The New Outlook", via OAB bulletin, Nov/99.



Book Review

**"Living with a Stoma" by Dr Craig A. White. Published 1997 by Sheldon Press
ISBN 0-85969-754-1 £6.99**

This book deals with the practical and psychological aspects of life with a colostomy, ileostomy or urostomy.

The opening chapters deal with the 'medical mechanics' of different types of stomas and describe the hospital experience. The various medical tests which may be done and the stoma operations are all explained.

A chapter entitled 'The stoma care routine' tells you everything you need to know about appliances (bags), describing the different types and how to change them etc. This chapter also contains an excellent 'leakage troubleshooting guide' and helpful charts to use when trialling new appliances.

The following chapters deal with the emotional aspects of life with a stoma. As the author is a clinical psychologist by trade, these are explored in depth often using a workbook-style 'question and answer' approach. Techniques for overcoming anxieties and depression are also suggested.

The effects stoma surgery may have on relationships are discussed openly. A chapter entitled 'Sex, intimacy and stomas' addresses the personal questions we are often too shy to ask, as well as the questions we most frequently do ask. There is also a chapter offering sound advice on lifestyle and diet.

Overall rating? 9 out of 10. Essential reading for those facing stoma surgery and old-time ostomists alike.

Review by Azmina Verjee

Letters to the editor



THANKS

Dear Inside Out

Thank you so much for the beautiful flowers and Mothercare gift vouchers. The vouchers have already been extremely useful buying 'bits and pieces' that the baby will need. Thank you all for your kindness and good wishes. I will let you know the news!. Good luck to you all and keep up the good work

Love and best wishes
Clare Bossom

Dear Bob and Friends

Well – what can I say except a huge ‘thank you’ for the lovely retirement tea party. The afternoon will be a long and lasting memory. The gifts are so lovely and I will take them to South Devon as they will look stunning in the dining room. It was so nice to see so many friends I would like to say – love to all of you

Celia



WHERE ARE YOU?

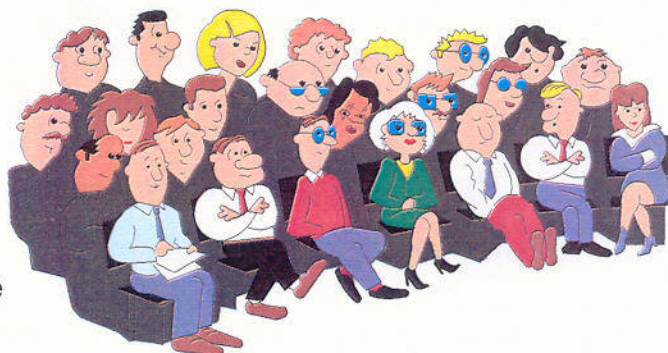


Dear Reader

I waited and waited, but nobody came! If you are reading this letter then you are either a member of the ‘Inside Out’ Group or a prospective member.

This group was set up to help people/patients who have or are going to have stomas. Coffee mornings were set up for out patients, as well as members, to meet and chat with other people with stomas (realising that they are not alone) and representatives of the various manufacturers. These mornings are getting very popular and hopefully patients are finding them beneficial.

As well as the coffee mornings the ‘Inside Out’ group committee arranges four or five evening meetings a year when a doctor, surgeon and other experts come along to talk to the group about various matters relating to ‘stomas’. After the talk there is always a chance for a ‘question and answer’ session. These people give up their valuable time to give us the benefit of their expertise and it is embarrassing when there are only half a dozen people present.



I cannot believe that you are not interested in these meetings. Is it lethargy? Is it a good evening on the telly? Is it that you think that the talk is not relevant to you? If there is a specific area that you would like to be discussed please let me know.

The meetings are held on the sixth floor of St. Marks, in the Medwar room – follow the signs. I look forward to meeting with you on the 4th December 2001, for a cup of tea/coffee followed by a talk by Dr Max Pitcher, a Gastro-enterologist who will talk about ‘Inflammatory Bowel Disease’. A manufacturer is usually present with whom to discuss problems and ask for free samples!

Please support the Group. I look forward to meeting you.

Diane Owen - Secretary 020 8248 6684

DIARY DATES

(St Marks Hosp, Outpatients)

Coffee, advice and chat mornings

10am to 12pm

Wed 31st October Fittleworth Medical

Mon 12th November

Thurs 29th November Hollister

Tues 11th December

2002

Mon 7th January Pelican

Tues 22nd January Salts

Wed 6th February

All are welcome to come along and talk to others and the representatives.

MEETINGS

(St Marks Hosp, Medware, Level 6)

4th Dec 2001

Dr Max Pitcher will be giving a talk on IBD

15th January 2002

Our AGM and Tracy Virgin will be giving a talk on psychosexual issues

5th March 2002

Mr Chris Ogden will be giving a talk on the past, present and future of urostomies.

13th July 2002

Charity Garden party in aid of NACC and Wings



**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 _____

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