

SEPTEMBER 2002
NEWSLETTER

INSIDE

OUT

VOLUME 2
ISSUE 2

STOMA SUPPORT GROUP WORKING WITH ST MARKS AND NORTHWICK PARK HOSPITAL
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Hello Friends

Bob's Hello

We have cracked it; I think we have found the formula. On the 13th July we had our Garden Party, Open Day and Race Night. We were blessed with the weather even though the day before it rained. I would like to thank all of you who came to our show, especially all those who contributed and attended the stalls, and all our sponsors without whom we could not have managed. For all those who could not attend, sorry but you missed out on a great day. Hopefully you can come next year.

As we look forward towards our AGM which is on the 14th January, there are a number of matters to consider:

Do we want to become a Registered Charity?

We have been raising money for cancer research during the last four years. Do we continue this? At the same level?

Your comments please. On both of these subjects I will prepare a 'fact sheet' for you to consider prior to voting at the AGM.

We are trying to put together a 12-seater minibus for the World Ostomy Meeting on the 12th October at the Thistle Hotel, Marble Arch, for those of you who wish to attend. The question and answer session could be rather interesting.



There will be a piano recital on November 16th at St John's United Reform Church, Woodcock Hill, Kenton. Mrs Newman, known professionally as Miss Valerie Goldsborough, who is the wife of one of our members, will perform in aid of cancer research work that is done at St Marks by professor John Northover. Tickets are £5. Doors open at 7pm.

Henry, our Editor, is still poorly but his very good friend Roger Dice from Brighton has taken over for the time being.

Bob

Chairperson, Inside Out

*"There's nothing worth the
wear of winning but laughter
and the love of friends"*

*Hilaire Belloc
(1870-1953)*

Coffee Mornings



Level 3, St Marks Out-Patients Dept
10am to 12 mid-day



September
October
November
December

Tuesday 3rd; Tuesday 17th
Wednesday 2nd; Thursday 17th; Tuesday 29th
Wednesday 27th
Monday 9th

Dear Fellow 'Inside Outers'

I would like to ask you all: 'What do you want from our club?' The committee put on a variety of talks, all of which are connected with 'ostomies' and various problems that arise after the 'op'. Did you come? No! Our last talk, by Doctor Simon Gabe on Nutrition and IBD was very informative as well as being very interesting. Were you there? No! Thank goodness there were some in-patients who made the effort, otherwise we (your committee) would have had egg on our faces and the word would get around to possible/probable speakers not to bother because the members don't bother.

Have you any suggestions for speakers, if so, let Bob or me know. We organize one charity event a year. Your committee decided to move out of St Marks; we hoped that a different venue might help boost the number of people attending. Did it? No!

The event on the 13th July at the Windsock Club in South Harrow was a great success BUT not because of our input. Bob and Barry put a lot of work into this event and only about 12 of you turned up. What can we do about this lethargy in our members? Why did you join?

Presumably it was for support and information about your problems, be they personal, physical or mental. Even the numbers at the coffee mornings are not as good as they were.

Your Chairman and Vice-Chairman worked very hard at setting up this self-help group and to get it recognized by the medical staff at St Marks. It would be a real shame, after such a brilliant start, if it fell by the wayside. I am sure that it won't because while there is someone out there who needs help/advice then the few stalwarts will be there to help him or her.

I'm sorry about the moan, but I had to get it off my chest. Your Chairman doesn't moan but keeps up the good work. Please support him. He is spending hours working on a Web page at the moment.

We only meet four times a year. Surely you can make an effort and support both the speaker and your committee. Forthcoming events are listed here in this edition of 'Inside Out'. Please, please place them into your diary now!!! Don't forget – Doctor Julian Stein will talk on 'Body Image' on 3rd December next in the Medaware Suite, Level 6 of St Marks, 7pm for tea/coffee before the speaker at 7.30pm.

Hoping that you will be there.

Diane Owen

Secretary



English – As she is 'spoke'



We begin with a fox, the plural is foxes
But the plural of ox is oxen not oxes
One fowl is a goose, more are called geese
Yet more than one moose is never called meese

One may see a lone mouse or a nest full of mice
But the plural of house is houses not hice
If one is a tooth and several teeth
Really two booths should be called a beeth

If the singular is this and the plural is these
When I give you a kiss would you give me several kесе?
You speak of a brother and also of brethren
But though you say mother you never say methren

The masculine pronouns are he his and him
But imagine the feminine she shis and shim!
Our language is easy the way it is spoken
But defies logic when it's properly wroten!



Have Mercy On The Deaf Lord

by Mrs Freda Bull (Friends of St Marks)

When God gave out brains
I thought he said 'trains'
So I missed mine

When God gave out looks
I thought he said 'books'
So I didn't want any

When God gave out noses
I thought he said 'roses'
So I ordered a big red one

When God gave out chins
I thought he said 'gins'
So I asked for a double one

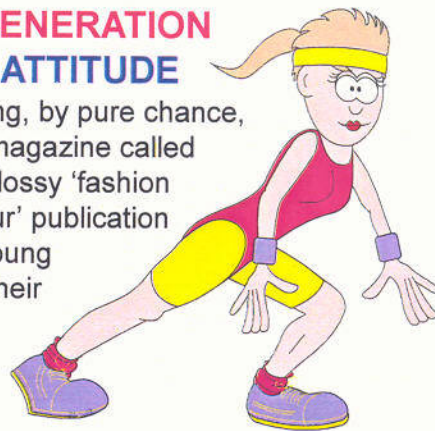
When God gave out legs
I thought he said 'kegs'
So I ordered two big fat ones

When God gave out heads
I thought he said 'beds'
So I asked for a soft one...

Boy am I in a mess

NEW GENERATION NEW ATTITUDE

I was flipping, by pure chance,
through a magazine called
REAL - a glossy 'fashion
and glamour' publication
aimed at young
women in their
twenties -
one that I
am far too
old to buy.



There in the 2nd -15th July edition was this article by Juliette (a young journalist who looks like a model) about her ileostomy operation. She tells the whole history - obviously not a bed of roses - gives tips, such as pinning your tank top to your jeans when you're jiving, and poses in pretty underwear with everything showing.

Some would think twice, but this girl's refreshing attitude will certainly educate young readers and will have done a world of good.

N Hermann



Tuesday 10th September

A trip to Woburn provided by Dansac. The Coach leaves St Marks Car Park at 9.30am.

Saturday 12th October

World Ostomy Day at the Thistle Hotel, Marble Arch. Entrance Free



Friday 1st November

Loud Tie Day. (The date is yet to be confirmed)

Saturday 16th November

Piano Recital at St John United Reform Church, Wood Cock Hill, Kenton. Doors open 7pm. Tickets £5 in aid of Cancer Research.

Tuesday 3rd December

Dr Julian Stein will be talking on Body Image and its physiological effects. This talk will be in the Medaware Room, Level 6, St Mark's Building. Doors open at 7pm.

Tuesday 14th January 2003

Annual General Meeting. Speaker to be confirmed.



Did you think everything
went into the ARK in
pairs???

**Well, the worms went in
apples.**



How did Noah
manage in the
dark????

**He turned on the
FLOOD LIGHTS.**

Useful Contacts

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Ileostomy and internal pouch support group
Tel: 0800 018 4724

NACC
Tel: 01727 830 038

Urostomy Association
Tel: 0800 328 4527

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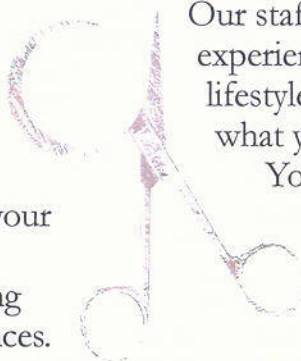
Fittleworth are an independent supplier of ostomy items. As well as stocking a wide range of stomacare products, we offer a free cutting service.

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.

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