
AUTUMN 2002
NEWSLETTER

INSIDE

OUT

VOLUME 2
ISSUE 3

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

Bob's  Hello

Phew! What a couple of months we have had. Firstly a group of us had a day out to Woburn, courtesy of Dansac. We were very lucky with the weather and everyone had a fine time. Thanks are due to Nancy Jackson of Dansac and Sarah Varma of Stoma Care who looked after us all. (See photograph on page 3).

Some of us travelled to London for the World Ostomy Day, again courtesy of Dansac; they provided the minibus, which picked us from St Marks. It was quite interesting with lots of valuable information from the speakers and the stands in the halls. Question Time was, I felt, a let-down because it was dominated by the BCA (British Colostomy Association) which was a shame. If only they had representatives from all the major organisations to answer the questions.

The question I was hoping to ask is "Why do all the major organisations not work together, providing a complete service as do our stoma suppliers and our stoma care nurses?" They do not differentiate between stomas. Is it because they, the BCA, wish to protect their own empires? Sorry, but it's something I feel strongly about.

Loud Tie Day, which I and many others were looking forward to has been changed yet again, all because of the new management who decided that they needed to move the date to sometime in January, which we consider is too close to Bowel Cancer Awareness Month in April. Now if people actually talked to the people who are involved they would have discovered that there was a very good reason for the spacing of six months in between these events and that was to keep the awareness of bowel cancer in the forefront of people's minds for lots longer.

A big "thank you" to all of you who paid or donated money and time in making our Piano Recital evening a great success. A very big "thank you" to Valerie Newman who played for us and to Alan, her husband, for doing most of the running about. Cllr Robert Curry and his wife attended the evening, representing the Mayor of Harrow. We know that they enjoyed themselves. Professor Northover came with his family and gave us a talk on his research work at St Marks. On Wednesday 20th November we were able to present a cheque for £1800 to the professor, which he will use for research work at St Mark's with a possible link to 'Inside Out'.

Bob ~ Chairperson Inside Out

Diary Date

Tuesday 14th January 2003
7pm
Annual General Meeting
Medawar Suite
6th Floor
St Mark's



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?

Do we continue at the same level?

Your comments please



Coffee Mornings

These are held at Level 3, St Mark's Out Patients Department
10.00am to 12 mid-day

January	Wednesday 8 th and Thursday 23 rd
February	Monday 3 rd and Tuesday 18 th
March	Wednesday 5 th , Thursday 20 th and Monday 31 st
April	Tuesday 8 th and Wednesday 23 rd

Piano Recital

at St John's United reform Church, Kenton
Soloist ~ Valerie Goldsborough



This was a well varied programme, well thought out to suit just about everyone's taste. Each piece was preceded by a short talk by the soloist, giving an insight into the music and how, in some case, the music actually came to be written.

Valerie Goldsborough displayed a very considerable facility and a flawless technique combined with empathy for the music. It would be good to think that we might hear more from her. The audience was obviously very appreciative and well entertained.

Henry Greenwood

Henry was with the London Symphony Orchestra for 42 years, retiring at the age of 73, during which time he met and remains a close friend of many of the great musicians of the world. His instrument was the violin and he studied with the famous English violinist, Albert Sammons.



*All those who were lucky enough to go to Woburn are pictured here.
Our thanks once again to Dansac, Nancy and Sarah.*

White Rose

In addition to generously publishing our "Inside Out" newsletter, Fittleworth also publish a twice-yearly magazine called "Lifestyle" for their clients.

In the most recent edition they had an article about Tania Hutton who, with her husband, David, has launched "The White Rose Collection", a range of attractive underwear and swimwear, designed to take care of a number of the problems Ostomates have.

You can contact them either by telephone, **01202 854634** or via

www.whiterosecollection.com

From Your Secretary

Dear Fellow "Inside Outers"

The time to write an article for our newsletter seems to come round quickly, too quickly! What do I write about? It is nearly Christmas, the season of goodwill, so I will not have a moan, or maybe only a little one.

What has happened since I last wrote to you?

We went to Woburn. The sun shone and we all had a glorious day. We are indebted to Dansac for funding the coach and giving those of us who went a lovely day. Little moan coming up.....

Twelve people didn't show up for the trip. No one can make you come but at least you could let Bob or myself know. Nancy, the Dansac representative on the coach didn't say much, but it didn't look very good and may lose us the opportunity of another 'freebie' outing in the future. Please think carefully before committing yourself.

An interesting afternoon was spent at the "World Ostomy Day" in London. Bob will have some words of wisdom to say about that. Again, a big "thank you" to Dansac for supplying the minibus, it made life a lot easier being taken door to door.

Coffee mornings are going well. Don't forget, if you want to talk over a problem, with someone in a similar situation, come along. Help will be on hand, as well as a warm beverage. Dates are on page 2.

I am asking you all to make the effort to come to the AGM on the 14th January 2003. This "self-help" group was set up for YOU. Please come and give us your thoughts and suggestions for the future. All of you are very important to the group and we do need your support. Also the committee would like your opinion on 'Inside Out' trying for charity status; join in the discussion re the pros and cons of us obtaining such. After the AGM Angela Vujnovich (Celia's replacement in the Stoma Care Dept) will be giving a talk on that department and the inclusion of IBD (Irritable Bowel Disease) under their umbrella. It should be an interesting talk.

Finally, I would like to take this opportunity to wish you all a Merry Christmas (though not too merry) and a Happy New Year, I hope that you all stay healthy, wealthy and wise in 2003.

Diane Owen, Secretary

PS All those not paying by Standing Order are reminded that Subs are due by January 2003

Special Delivery



You will remember that, for a while, we lost our Stoma Nurse, Clare Bossom, to maternity leave. Clare is back with St Mark's now and we are very happy about that.

We thought you would be pleased to see the results of her "labour"!

The wonderful baby seen here is her lovely son, Felix. Isn't he gorgeous?



Useful Contacts

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Ileostomy & Internal Pouch Support Group

0800 018 4724

NACC

01727 830 038

Urostomy Association

0800 018 4724

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:

Sarah Varma 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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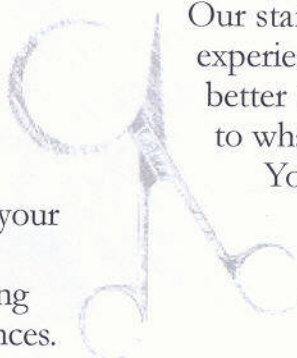
Medical Limited

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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.

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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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