

# *INSIDE OUT*

Volume 1 Issue 10

February 2002

## Hello Friends!

**Yes, another year has passed and what a year we have had with the comings and goings of some of our friends at St Marks.**

➡ Celia Myers and Annie Driscoll left us, as did Alison and Julia; Clare is on maternity leave. This has left a big gap in our stoma care dept. We welcome on board Jo and Sarah and hope that, together with Jenny they will rebuild the department.

➡ Our coffee mornings have been a great success so we have expanded them to every two weeks instead of once a month.

➡ On loud tie day we achieved the fantastic amount of £3500 with the help of Bottoms Up and Abbey National. Abbey National's contribution was in fact, to match our collection. My thanks to all of you who supported us on the day.

➡ Our charity event this year will be held in the Windsock Club, Eastcote Ave, South Harrow, on Saturday the 13th of July 2002. We are combining our efforts with NACC and Wings to raise monies for these two charities. We will be holding a garden fete/cum open day, where our manufacturers will be displaying their wares, in the evening we will be holding a race night. Further information will be sent out nearer the date. I feel that it would be nice to have it on neutral ground, away from the hospital and in a family environment.

➡ A big thank you to Fittleworth Medical Ltd for continuing to print our newsletter.

➡ A big thank you to ConvaTec Ltd for providing us with an up to date computer where I can make even more mess than I did before and connect to the internet.

➡ A big thank you to Coloplast for providing a scanner so that we may scan all those long awaited articles into our data base, which will save me hours of typing.

➡ We are a little nearer to putting together a user friendly web site; watch this space...

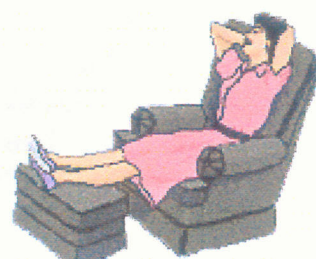
I welcome on board my old friend and colleague Barry Kindred (pictured with me above) who has helped me and the group to gain acceptance within St Marks Hospital and wish him well in the post of vice chairman.

I would like to thank Susan Tuck for all the magnificent work that she has put into making our newsletter what it is today. I wish her well and hope that Sue will keep in touch.

I would also like to thank Mitchell Sandler for all the hard work and effort he put into creating our group.



**Bob(the hairy one)and Barry Kindred**





A big thank you goes to my dynamic Duo, Henry and Joan Greenwood, who have taken up the baton from Sue to maintain this newsletter. I'm sure that you will send them news items to be included in future editions, as you did to Sue. Please, please, keep them coming.

## **Bob** Chairperson Inside Out

### **DIARY DATES**

St Marks Hospital Outpatients  
Coffee, advice and chat mornings  
10am until 12 noon

### **MEETINGS**

St Marks Hospital  
Tuesday Evenings from 7pm  
Medawar Room Level 6

Wednesday 6th February  
Thursday 21st February

Tuesday 5th March

Tuesday 19th March

Wednesday 3rd April  
Thursday 18th April  
Monday 29th April

Tuesday 14th May  
Wednesday 29th May

Tuesday 13th June  
Monday 24th June

Tuesday 9th July

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

Tuesday 5th March

Speaker Mr Chris Ogden - Past,  
Present and Future of Urostomies

Tuesday 4th June TBA

Saturday 13th July  
Charity Event at the  
Windsock Club  
Eastcote Avenue  
South Harrow

### **News Items:**

**Fittleworth Medical Ltd** in partnership with Club Direct can offer discounted Travel Insurance for either worldwide or UK travel to all stoma patients and their families. For further information please call **Freephone 0800 0839509**

I have arranged with Travelcare Ltd an insurance policy for stoma patients. For further information contact **0800 181532**

### **Life Insurance:**

As you know, it is sometimes very difficult to obtain life insurance cover. I have arranged for those of you that would like to explore the possibility of life insurance, a chance to talk in confidence to Clive and all calls would be dealt with in an understanding and medically knowledgeable way, by Clive Welch at Jemmet Burn. Call Clive on **01472-245522** or e-mail [clive@jemmetburn.co.uk](mailto:clive@jemmetburn.co.uk) web site [www.jemmetburn.co.uk](http://www.jemmetburn.co.uk). Please mention inside out when you talk to Clive



### Pouch Covers:

A number of people ask me about pouch covers. Well, the answer to a maiden's prayer has arrived. Mrs Ursula Naish of Ashford in Kent makes them from most fabrics: cotton, satin, towelling to name but a few. The covers cost £3 each. For further information, call her on **01233 640863** or e-mail: [ursula.naish@ukonline.co.uk](mailto:ursula.naish@ukonline.co.uk)

### Vacuum Therapy for Erectile Dysfunction:

Re: Our meeting on Tuesday 15th Jan when Tracy Virgin spoke on sexual and personal matters. Farnhurst Medical have a system for this problem.

For further information call **01403 753838** or [www.farnhurst-medical.co.uk](http://www.farnhurst-medical.co.uk)

**Much loved Sister Annie Driscoll** left St Marks on December 21st. Seeing her off was Staff nurse Jenny Thompson, who against Annie's wishes organised the get-together, attended by Professors Northover and Bertram, several nurses, 2 patients and their spouses, one of whom Christopher Stock with his wife Irene, came all the way from Gloucester, bringing presents, drinks, and nibbles and even wine glasses. Annie received lovely flowers several beautiful pieces of crystal and the largest fruit cake I have ever seen, made by Jenny. Many cards, poems and good wishes from patients who grieved that the lady who so ably supported them wouldn't be there in the future.

**Annie will be greatly missed.** St Marks loss could be lucky old "Barts" gain as they are hoping to get her.



### Annual General Meeting 15th January 2002

**Present:** Bob Azevedo-Gilbert - Chairman, Barry Kindred - Vice Chairman, Diane Owen - Secretary, Sarah Varma - Stoma Nurse, Carolyn Derecki - Committee Member, and 14 members.

**The Treasurer's Report:** We hold a very small balance which is not helped by the lack of annual subscriptions being received.

**Bowel Awareness Month:** Supports cancer of the colon. Without Clare and Barry's input very few people would have known about it! (*And, I'd like to bet Bob was involved as well, though he didn't admit to it!*)



**Diane Owen**  
(secretary)

**Looking to the future:** Our aim is to continue supporting friends and families of those patients with stomas and pouches. Bob ended by thanking his committee.

**Election of committee:** There wasn't one as there were no nominations. There being no other business the meeting was closed at 7.45pm.

**Although this was not said at the AGM I would like to put on record the thanks, of all members, for the hard work our chairman Bob puts into running and organisation of Inside Out. He is ably supported by Barry. The committee supports them both.**

I am writing in response to my letter entitled 'Where are You?' Which was printed in the November issue of 'Inside Out'. I wanted to say 'Thank You' to those who turned out to the talk by Dr Max Pitcher on IBD (Inflammatory Bowel Disease). Those who attended found the talk very interesting and as I said in my previous letter - we cannot ask doctors, surgeons and specialists to give up their valuable time to talk to two or three people, they will not come again, and that would be a great shame. So, on behalf of your committee, thank you. **The next talk** is by **Mr Chris Ogden** on 'The past, present and future of Urostomies'. The talk is on Tuesday 5th March, 7pm for 7.30pm in the Medwar Hall at St Mark's, on the 6th floor. Follow the signs! I look forward to seeing you there.

**Diane Owen, Secretary**



### Useful Contacts

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

Bob Azevedo-Gilbert  
256 Merlins Court, Alexandra Avenue  
South Harrow, HA2 9BZ  
020 8426 5203 or e-mail [insideout.bag@btopenworld.com](mailto:insideout.bag@btopenworld.com)

#### **Editors of Newsletter**

Henry & Joan Greenwood  
Tel: 020 8248 4740

#### **Vice Chairman Barry Kindred**

Tel: 020 8423 7845

#### **Secretary Diane Owen**

Tel: 020 8248 6684

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

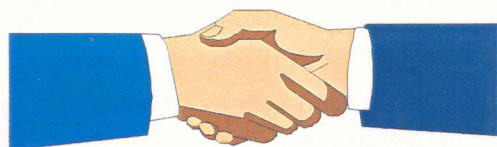
0800 018 4724

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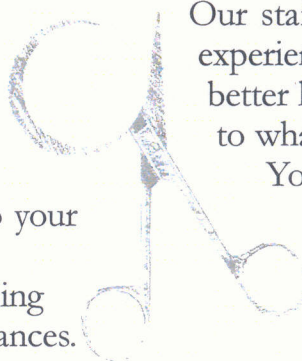
Fittleworth are an independent supplier of ostomy items. As well as stocking a wide range of stomacare products, we offer a free cutting service.

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.

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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