

Winter 2025 Issue 19



INSIDE OUT
Stoma Support Group

Stoma Support Group Working with St Mark's the National Bowel Hospital, CMH.
Incorporated with St Mark's Hospital Foundation Charity Registration No: 1140930

Dear Friends,

I hope you all had a wonderful Christmas and that the New Year 2025 will be a healthier one to come. I know some of you have not been too well with all these bugs and viruses that have been going around. Both my wife and son had a rough ride through both Christmas and New Year celebrations. After seeing me in a nurse's uniform, they soon decided that they were getting better and my services were no longer needed!

I am looking forward to our 26th year that we are in now as there are some things on the arisen. We have starting, this month a new team being put together in the Stoma Care Department, some of who we have met before and our own designated Stoma Care Nurse Azam Shamsi, who will pop in from time to time.

You will also find the dates for the whole year and on who will be at those dates for us. We will also have a fashion show on the behalf of Vanilla Blush, via the Zoom as they are located in Scotland. Plus, we will have the counselling lady, Carrie, who came once before to give a talk.

We could possibly have an outside stoma clinic in Harrow at the Elliot Hall Medical centre on the Uxbridge Road, we will let you know as soon as we have the conformation.

In the meantime, Barry will keep you entertained and keep things going along as well as your committee, which we will provide you with their details, names and email addresses and then you can write to them with your queries and suggestions of what you would like the group to do in the future.

Kind Regards

Bob



With Love



It is with great sadness that I have to announce the retirement off our Secretary Diane Owen. I did mention this a few weeks ago at one of our coffee mornings. Diane has been with us for many years. I think she started when Bob first started Inside out. She was the back bone of the group sending out newsletters by post. In the early days she was sending nearly a 100 envelopes 4 times a year. It goes to show how we now rely on computers; it's much easier and quicker plus it cheaper. Thank you, Diane, for all the hard work you have done over the years, and we look forward to seeing you at the coffee mornings. Our new secretary is Sobhna Shar who I'm sure you all know.

Many Thanks Diane from Barry and the Team



Meet our New Secretary

Hi Everyone,

My name is Sobhna Shah and I was elected as secretary of IOSSG at AGM in December 2024.

Journey

My journey started when I was diagnosed with Ulcerative Colitis in 1998. I was hospitalised several times, but somehow managed on medications - steroids, Azatherapin, Asacol etc. for 16 years. Unfortunately, my luck ran out and in 2015. I had no option but to have an ileostomy and I now have a stoma which has helped me to lead a normal life.

Joined IOSSG in 2017

I retired in 2017 and started swimming, had several holidays and joined IOSSG in 2019. Everyone is welcome to come along to our coffee morning meeting which is held every other Wednesday at the Masonic Hall, Northwick Circle, Harrow HA3 0EL 10:00am till Mid-Day. 2025 dates are on the current Newsletter. We are in the process of updating all our members list and contact details and in due course I will be in touch with all the members talking; it requires active listening, validating concerns and truly understanding the needs and preferences of those receiving care.



Short Insurance Funnies

A bull was standing near and a fly must have tickled him because he gored my car.

A lamp-post bumped into my car, damaging it in two places.

A pedestrian hit me and went under my car

A truck backed through my windshield into my wife's face.

After the accident a working gentleman offered to be a witness in my favour.

An invisible car came out of nowhere, struck my car and vanished.

As I approached an intersection a sign suddenly appeared in a place where no stop sign had ever appeared before.

Car had to turn sharper than was necessary owing to an invisible lorry.

Coming home I drove into the wrong house and collided with a tree I haven't got.

Cow wandered into my car. I was afterwards informed that the cow was half-witted.

First car stopped suddenly, second car hit first car and a haggis ran into the rear of second car.

Going to work at 7am this morning I drove out of my drive straight into a bus. The bus was 5 minutes early.

I am responsible for the accident as I was miles away at the time.

I am sure the old fellow would never make it to the other side of the road when I struck him.

I blew my horn but it would not work as it was stolen.

Healthy Eating for People with an Ileostomy

After formation of your ileostomy you will continue to digest and absorb all nutrients normally in your small bowel. Resection of your large bowel results in you absorbing less water and salt, so you will initially experience quite a liquid output from your ileostomy. However, with time your body will adapt to absorb more water and salt so your ileostomy output will become thicker. You can maintain good health by taking a varied diet with an adequate amount of fluid and salt.

This contains:

- Information about the reintroduction of food for those with a new ileostomy
- Guidelines to help you choose a healthy diet
- Guidance about diet in relation to developing acceptable ileostomy function.

Whilst the experience of others may serve as a guide, remember that as an individual you may respond differently to food, both before and after surgery, and therefore you should base food choices on your own personal tolerance.

Please note that the advice in this booklet is not suitable for those with short bowel or intestinal failure. If you are unsure, please consult your doctor, stoma care nurse or dietitian.

Reintroduction of food after formation of a new ileostomy.

After surgery it is important to take a well-balanced diet to help with healing. As with any operation, you may find that it takes time for your appetite to return, especially if you were unwell before surgery. It is a good idea to reintroduce food gradually, starting with a soft, nutritious diet which is easy to digest:

- Include protein foods such as meat, fish, eggs, cheese and milk to help wound healing.
- Eat carbohydrates such as white bread, low fibre cereals like rice krispies or cornflakes, potatoes (no skins) and white rice/pasta for energy.
- If your appetite is poor, take smaller meals with snacks in-between, such as cereal, sandwiches, cheese and crackers, yoghurts or nutritious drinks like milk or other supplements which may be recommended by your dietitian.
- Choose plainly cooked foods and avoid spicy or highly seasoned dishes, fried foods and fibrous foods.
- Eat slowly and chew your food well.

Dietary Guideline for an Ostomate

Foods that increase odor	Foods that increase gas	Foods that thicken stool	Foods that loosen stool	High-fiber foods that may cause blockages
asparagus	beans	applesauce	green beans	dried fruit
broccoli	beer/ carbonated soda	bananas	beer	nuts grapefruit
brussels sprouts	broccoli	boiled milk cheese	broccoli	corn
cabbage	brussels	pasta	fresh fruits	raisins
cauliflower	cabbage sprouts	pretzels creamy peanut butter	grape juice	celery
beans	cauliflower	rice	raw vegetables	popcorn
eggs	corn	bread	spicy foods prunes/juice	coconut
fish	cucumbers	tapioca	fried foods	seeds
onions	mushrooms	toast	chocolate	coleslaw
some spices	peas	yogurt	spinach	Chinese vegetables
	radishes		leafy green vegetables	meats with casings
	spinach	bagels	aspartame/ Nutrasweet	oranges
	dairy			

Want to join our Support Group?

If you have a colostomy, ileostomy or urostomy and you would like more information, please complete the section below and send to: Sobhna Shah, Secretary, 54 Ormesby Way, Harrow, Middlesex HA3 9SF

Name:

Address

.....

.....

Postcode:

Telephone

Mobile:

Email Address:

Newsletter

Please confirm below how you would prefer to receive the Inside Out newsletter.

1. Electronically via the email address above

2. By post to the address above

3. I do not wish to receive a newsletter Welcome to the Inside Out Stoma Support Group

Important information:

Annual membership subscription: £5.00, please make cheques payable to:

St. Mark's Foundation / Account 101 /

or set up a standing order see page

Send to:

Ms Sobhna Shah, 54, Ormesby Way, Harrow, Middlesex HA3 9SF

Or Email to: Sobhna_shah@hotmail.com



REGISTRATION FORM

Full Name: Mr /Mrs/ Ms.....
Address:
Post Code
Home telephone:
E/Mail:..... Mobile:

Date of Birth:.....

Please tick all that is relevant to you:

- Yes, please enrol me with immediate effect. My cheque of £5 (payable to St Marks Foundation (Ac /101)
- I am considering surgery.
- I had surgery in (year).....
- I have a friend /relative with a stoma and would like to introduce them.
- I am a stoma nurse / other professional interest.

My medical condition is/was:

- Ulcerative colitis Crohn's Disease (CD)
- Cancer Polyposis
- Other please state

Type of stoma:

- Colostomy Ileostomy Jejunostomy
- Urostomy
- Mitrofanoff Internal Pouch

My surgeon was/is.....

My surgery was at:.....

- Planned Emergency

Declaration: I am happy for these details to be recorded on the Inside Out data base and to talk to other members about my experiences in the hope it will help them.

SIGNED: DATE:.....

Send to secretary@iossg.org.uk

Useful Contacts:

Stoma Care (answer phone)	02084532196
Stoma Care (generic Email)	LNWH-tr.stomacare@nhs.net
Pouch Care (answer phone)	02084532099
Gladstone Ward CMH	02084532027

Community Stoma Care Nurses for Brent Ealing & Harrow Freephone telephone service to the weekends and creating an online information hub. Mon to Fri 08:30am to 17:00pm **0800 3761 310 and at the weekend On-Call Nurse Line Sat – Sun & Bank Holidays 09:00am to 13:30pm **0800 592 202**. You can enrol at any time either by using those numbers or www.securestart.co.uk**

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Please do not hesitate to email your committee if you have questions or suggestions you would like the committee to bring to everyone's attention.



COFFEE MORNINGS



DATE	VENUE	COMPANY	SPEAKER
8th January	Masonic Hall	Sportex	Maria
15th January		CUI	Emly
29th January		Bullens	Alice
12th February		Salts	Shelly
26th February		BBraun	Tony
12th March		Ostique	Stephaney
26th March		Clinimed	Paul
9th April		Hollister	Laura
23rd April		Dansac	Bobby
7th May		Coloplast	Gary
21st May		Eakin Healthcare	Nikki
4th June		Parasol counselling Vanilla Blush	Carrie Nicol
18th June		Bullens	Alice
2nd July		Sportex	Maria
16th July		Salts	Shelly

Summer Holiday Break

DATE	VENUE	COMPANY	SPEAKER
3rd September		CUI	Emily
17th September		BBraun	Tony
1st October		Ostique	Stephney
15th October		Hollister	Laura
29th October		Clinimed	Paul
12th November		Coloplast	Gary
26th November		Dansac	Bobby
10th December	AGM	Christmas	Party

A link to Zoom meeting for those of you are unable to be with us in our coffee mornings in person. Once you have established contact it will ask you for a meeting ID number email barcap23@outlook.com and you will receive the code.

Everyone is welcome to come along to our meeting which is held every other Wednesday at the Masonic Hall, Northwick, Harrow HA3 0EL 10:00am till Mid-Day.