

Summer 2026

Issue 23



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 am so sorry this newsletter has taken so long to reach you. I have had so much trouble with my computer, which kept crashing. It has been back and forth to my computer man, who has racked his brains trying to find the issue causing all these problems. Every time he found one fault and returned it to me, I would get it home, switch it on, and it would immediately crash again, meaning another trip back to him.

It appears that whenever Windows downloaded certain updates, the BIOS did not want to load correctly, causing the computer to break down. Hopefully, it is all sorted now and I can get back to doing what I should be doing.

Well, what a wet winter we had this year, and very cold at times too. However, we have weathered it and have now come into our beautiful springtime, where all the colours are beginning to bloom, the days are getting longer, and we can start to smile and enjoy life again.

I would like to thank all those who have supported Sobhna, whose husband recently passed away, and also Ann's family and friends following her sudden passing. Our thoughts are with them all at this difficult time.

Preparations are well underway for our Open Information Day on 20th June. Just a few final tweaks

remain, and we should be almost ready. If any of you require a parking pass for the event, please email info@iossg.org.uk and I will be happy to send one on to you.

There seems to be a lot of misunderstanding surrounding counselling—what you are entitled to and what support may be available if you need it. I will endeavour to find some clear and precise information to help guide us through the process and explain how to access the support we may require.

As things stand at the moment, it is not always clear how we approach counselling or find the help we need to begin living our lives again. I appreciate that, for some, coming to terms with having a stoma can be much harder than for others. It may not always be about the stoma itself; there can be other underlying issues that affect how we feel and our ability to adjust.

I look forward to seeing many of you on the day.

Bob



A Message from Samantha Taylor – Bodyhack UK



We live on a truly wonderful Earth, filled with Mother Nature's precious gifts. The warmth of sunlight on our skin, the freshness of clean air filling our lungs, the grounding beauty of the natural world around us, and the simple pleasure of eating food fresh from the soil. These elements have nourished and sustained life for countless generations.

In our fast-paced modern world, however, many of us have drifted away from these natural rhythms. Food is often manufactured and prepared by machines, our workloads never seem to end, and daily stress has become all too familiar. After years of studying nutrition and health while managing my own autoimmune conditions. I've tried almost everything. I bought countless supplements, hoping each one would be the answer that would finally heal me and change my life.

Please don't misunderstand me eating well remains essential, and there is certainly a place for intelligent, targeted supplementation when needed. But I've come to realise that lifestyle is the true foundation of lasting wellbeing. Our bodies do break down from time to time, yet no matter where you find yourself on your health journey, you can still nourish who you are at the deepest level. Most importantly, you can learn to love yourself from the core.

Self-love and soothing your nervous system are powerful keys that influence your body's overall responses. Your body is your home — the sacred place where you live, heal, and thrive, even on this very busy planet. Wherever you are with your health today, know that this is a brand-new day.

For those of you living with a stoma, I want to gently acknowledge how unique and sometimes challenging your relationship with food and eating can be. Eating well doesn't have to mean complicated rules or large meals. It's about choosing gentle, nourishing foods that support your energy and healing, eaten mindfully and in portions that feel comfortable for your body. Staying well hydrated, chewing thoroughly, and tuning into how different foods make you feel can bring a wonderful sense of calm and control. Small, consistent steps often create the biggest difference.

I'm frequently asked nutrition questions in a world overflowing with confusing information and companies trying to sell us quick fixes. My heartfelt advice is to strip it back to the basics. Begin your morning with natural light and fresh air. Step outside, watch the sunrise, and let nature remind you of the gift of a new day.

End your evening breathing peacefully with the sunset. Make time to be in nature and simply listen to the birdsong.

These free, soothing practices can be profoundly healing for both body and mind.

Over the coming months in this maga-

zine, I'd love to dive deeper with you into practical, realistic nutrition and wellness always with kindness, simplicity, and real-life understanding in mind, especially for stoma patients.

You can find me on Instagram at

@bodyhack_uk

Samantha Taylor 07789 393636

Website currently under construction

Wishing you gentle days, deeper self-connection, and growing strength on your journey. From my heart to yours.

Life on a Train.



A while back, I read a very interesting book that compared life to a train ride or of several train rides.

Life is like a train ride, it read. We get on. We ride. We get off. We get back on and ride some more. There are accidents and there are delays. At certain stops there are surprises. Some of these will translate into great moments of joy. Some will result on profound sorrow.

When we are born and we first board the train, we meet people whom we think will be with us for the entire journey. These are our parents! Sadly, this is far from the truth. Our parents are with us for as long as we absolutely need them. They too have journeys they must complete. We live on with the memories of their love, friendship, affection, guidance and their ever presence.

There are others who board the train and who eventually become very important to us, in turn.

These people are our brothers, sisters, friends and acquaintances, whom we learn to love and cherish.

Some people consider their journey like a

jaunty tour. They will just go merely along.

Others will encounter many upsets, tears, losses on their journey. Others still, will linger on to offer a helping hand to anyone in need.

Some people on the train will leave an everlasting impression when they get off.

Some will get on and get off the train so quickly, they will scarcely leave a sign that they ever travelled along with you or ever crossed your path.

We will sometimes be upset that some passengers whom we love will chose to sit in another compartment and leave us to travel on our own.

Then again, there is nothing to say we can not seek them out anyway.

Nevertheless, once sought out and found we may not be able to sit next to them because that seat is already taken.

That's okay..... everyone's journey will be filled with hopes, dreams, challenges, setbacks and goodbyes.

We must constantly strive to understand our travel companions and look for the best in everyone.

Remember that at any moment during our journey, any one of our travel companions can have a weak moment and be in need of our help.

We to may vacillate or hesitate, even trip..... hopefully we can count on someone being there to be supportive and understanding.

The bigger mystery off our journey is that we do not know when our last stop will come.

Neither do we know when our travel companions will make their last stop.

Not even those sitting in the next seat to us.

Personally, I know I will be sad to make my final stop.....I am sure of it.

My separation from all those friends and acquaintances I made during the train ride will be painful. Leaving all those I am close to will be a sad thing. But then again, I am certain that one day I will get to the main station only to meet up with everyone else.

They will all be carrying their baggage.....most of which they did not have when they first got on this train.

I will be glad to see them again. I will also be glad to have contributed to their baggage.....and to have enriched their lives, just as much as they will have contributed to my baggage and enriched my life.

We are all on this train ride together. Above all, we should all try to strive to make the ride as pleasant and memorable as we can, right up until we can make the final stop and leave the train for the last time.

All Aboard!

Safe Journey!!

Bon Voyage!

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 entered above

☐

2. By post to the address entered above

☐

3. I do not wish to receive a newsletter.

☐

Important information:

Annual membership subscription: £5.00, please make cheques payable to: **St. Mark's Foundation / Account 101 / or set up a standing order.**

Send to: **Ms Sobhna Shah, 54, Ormesby Way, Harrow, Middlesex HA3 9SF**

Or Email to: **Sobhna_shah@hotmail.com**

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Gladstone Ward CMH	020 8453 2027

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Secure Start Community Stoma Care Nurses

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 join at any time either by using those numbers or www.securestart.co.uk



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