



Message from the Chair of Avon IA

Dear All,

Welcome to 2020 and your Avon IA Spring Newsletter. I must admit I don't feel very spring-like at the moment, the weather continues grey and dismal, but I suppose it is only January as I write this to you!

I hope you had a lovely Christmas and New Year and all the very best for the year ahead and hope to see you at one of our events soon.

May I remind you that **2020 subscriptions are now due**, from 1st January. You can pay online, on the National IA website (www.iasupport.org), by cheque sent to National Office, payable to IA, or by standing order. It is £15-00 for under 60 years, £10-00 for over 60 years. Thank you for your support.

Future Events

Spring Members Meeting

14th March 2020

10:30 - 12:30

Jubilee Hall

St Barnabas Church Hall

Church Avenue

Warmley, Bristol BS30 5JJ

www.warmleychurch.org.uk

Winter Member Meeting

14th November 2020

10:30 - 12:30

Manvers Street Baptist

Church Hall, Manvers Street

Bath, BA1 1JW

www.manversstreetbaptist.wordpress.com

National IA Information Day

28th March 2020

Hilton Newcastle Gateshead

Bottle Bank

Gateshead E8 2AR

National IA Pouch Information Day

September 2020

Birmingham

See journal for more details

Summer Meal (TBC)

Sunday 28th June 2020 Noon

The Woodford, Chew Stoke

Bristol BS40 8XH

www.thewoodfordatchew.co.uk

Winter Members Meeting – 16th November 2019 Manvers Street Baptist Church Halls, Bath

We had a lively, well-attended meeting at this new venue, the location, facilities and accessibility by car and public transport are good, so we have decided to rebook for our Bath meeting later this year. It was noted that the acoustics for the speakers wasn't optimal and we will try and address and improve this next time.

Our speakers from the Cotswold Chine School, Novalis Trust, were Jake, CEO, and Caroline, Head of Clinical Services and Stanley and Rosa, Show Cocker Spaniels, two of their six therapy dogs.

NOVALIS TRUST www.novalis-trust.org.uk/



They gave an interesting talk about the work of the therapy dogs at the school and Rosa and Stanley were a delight; entertaining, friendly and curious to meet us all.

The school matches the different personalities of the dogs to the different children and their needs. Apparently, Rosa is very good at identifying who needs some extra support during therapy sessions and sits next to them to provide this. While Stanley, with his more



Ileostomy & Internal Pouch
Association

Freephone: 0800 0184 724 | Email: info@iasupport.org | Website: www.iasupport.org

President: Professor Neil Mortensen MBChB MD MA FRCS Eng FRCS Glas FRCS Edin

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extrovert character, is good in the classroom helping to calm and focus the young people and assist their learning and development. The dogs have email addresses and the students book appointments with them for “brain breaks”, walks and meetings etc.

Winter Meal – Sunday 2nd February 2020

We have had to change the venue to the Bathampton Mill due to the popularity of this event and we are hoping for a delicious Sunday Roast and good company.

IA Visting

If you or anyone you know would like some additional support by telephone, email or in person, with one of IA's trained, accredited visitors – please get in touch with Kerr Brown (secretary.avon@iasupport.org), our Visiting Co-ordinator.

Paloma's Boxes (for females)

On a similar note, if you or someone you know, is about to have surgery or is struggling with IBD, stoma or pouch issues, or just needs a bit of a boost, let me know. Paloma, one of our members, has put together some lovely gift boxes and I can send one out to you.

Stoma Nurse Reviews

I have been contacted by the Stoma Care Nurses at the RUH (but apparently this is a Nationwide issue) to say patients are being offered stoma reviews by an Amcare nurse at their GP Surgery or a home visit. This is an initiative introduced by Amcare and is not necessarily endorsed by the NHS appointed Stoma Care teams.

The Stoma Care Nurses at your local hospital, want you to know you can contact them direct if you have any problems or need a review and they will be happy to help. This can be arranged at a clinic or also at home if required.

Upcoming Events

Avon IA Members Spring Meeting Saturday 14th March 2020 10:30am-12:30

Jubilee Hall of St Barnabas Church, Warmley, Bristol

Hopefully it will be much more Spring like by then, daffodils in bloom and some sunshine too are on order! There are no speakers booked to date, so the plan is to have a quiz along with refreshments, manufacturers' stands and raffle. All are welcome!

IA Information Day Saturday 28th March 2020

Hilton Hotel, Gateshead, Newcastle.

I will be attending the National IA AGM on the Friday (27th) as your representative – please let me know if there are any issues you would like raised.

The Information Day is open to all members, family/friends and other interested people and includes presentations on Social media and mobile technology, Enhancing recovery from surgery and Diet and Nutrition. There will be an evening event with a dinner and socialising with other IA members from around the UK. Martin, Kerr and I are planning to attend, it is obviously a bit of a distance to travel from our neck of the woods this year, but maybe some of you will make the trip too. It is usually an excellent weekend and lots of fun.

Summer Meal Sunday 28th June Midday

Venue tbc The Woodford, Chew Stoke

Winter Members Meeting, Saturday 14th November 10:30-12:30am

Manvers Street Baptist Church Hall, Bath.

Claire Rumball – Avon IA Chair (email: chair.avon@iasupport.org Tel:01225 852243)

Avon IA:

President: Mr Paul Durdey MS FRCS

Chair: Claire Rumball

Secretary and Visiting co-ordinator: Kerr Brown

Treasurer: Martin Hill

Telephone: 01454 883309

email: secretary.avon@iasupport.org

IA website: www.iasupport.org