



Message from the Chair of Avon IA

Dear Members, Non-members, Ostomates, Pouchies, Friends and Families, I never imagined I would be penning this latest Newsletter for you at least a month into 'Lockdown'. Just one of the words and abbreviations with which we have all become familiar, but which would have been unrecognisable before this crazy chapter of our lives opened.

I have continued to work a little bit, in what is termed 'cold' General Practice, and the most striking thing for me, beside doing the majority of my work on the telephone, is the thought 'Where have all the patients gone?' Vast numbers of everyday problems and ills are being stored away by people, not wanting to bother their GP I suspect during the Pandemic, also having anxieties about contact with the virus or inadvertently spreading it.

I have been spending some of my time off reading, this has included the book recommended by our November 2019 meeting speakers from The Cotswold Chine School: 'My Name is Why' by Lemn Sissay. It is a memoir of his childhood, growing up in Care in late 60's- mid 1980's Wigan. It is an emotionally engaging read, which I tore through wanting him to be alright and survive the injustices and rejections.

Near the end of the book he discovers various support and pressure groups, including NAYPIC (National Association of Young People in Care).

"Thank God for pressure groups. Had it not been for NAYPIC and WHO CARES and Black and In Care and the Abasindi Co-op I am not sure I would be here today. At the NAYPIC conference in Oxford there were young people from children's homes and foster care from all over the country. It was breathtaking to be around so many people who had similar experiences."

This sentiment reminded me of IA and all it has done to support me and many others. His comment about the National Conference echoed my feelings when attending National Council / Information Days but also our local meetings and get togethers too.

Although we can't meet in person for the time being; know that my thoughts are with you all at this difficult time and if you need any support please get in touch.

As our normal Newsletter content is reduced in the circumstances, I decided to approach members of the committee to see if they had any messages and pictures they would like to share with you, about how they are coping during this time.

Here is what they came up with:

My photo is of the ladybird spotted in my garden



Future Events

Summer Meal (TBC)

Sunday 28th June 2020

Noon

The Woodford, Chew Stoke

Bristol BS40 8XH

www.thewoodfordatchew.co.uk

National IA Pouch Information Day

September 2020

Birmingham

See journal for more details

Winter Member Meeting

Sat. 14th November 2020

10:30 - 12:30

Somerset Room

Manvers Street Baptist

Church Hall

Manvers Street

Bath, BA1 1JW

www.manversstreetbaptist.wordpress.com

Subscriptions Reminder

Please remember to pay your 2020 subs due from 1st January 2020.

£15-00 for under 60 years;

£10-00 for over 60 years.

Thank you for your support



Ileostomy & Internal Pouch Association

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It's hard not being able to spend time with family and friends, but with technology we are finding new ways to stay in touch. I have regular 'WhatsApp' video catch ups with two of my close friends, we always make sure we have a cuppa to hand!

I have been thankful during this difficult time for both my garden and the beautiful weather; I'm missing going on holiday so I have been looking through old holiday photos which always make me smile. I thought I would share this one from a very special holiday on safari in Kenya a few years ago.

Kind regards Michelle xx

Over these past few strange weeks, we have been indulging in a nostalgia trip. Having dusted off the old projectors, we have been watching all our picture slides and cine film from the 70's and 80's. Not only nostalgic but a laugh too with those fashions and hairdos!

What a boon the garden is, especially with the good weather, and now with some gorgeous colours starting to show. A cheerful reward for our work done out there. This picture is one of the other busy garden workers on our cotoneaster.

Best wishes and keep safe.
Freda



Hello everyone,
Hope that you are all keeping safe and well. We have been on the 12 week lockdown as my immune system is very low so our sons have been doing our shopping.

At least the weather has been glorious and we've spent hours in the garden. We have planted veg and flower seeds so that we (hopefully) have flowers to cheer us up. We are hoping to have plenty of strawberries this year providing the birds don't get them first.

Look forward to seeing you all again in the near future.
Best wishes, Helena

I haven't learnt any new skills during this time but I have kept myself busy by gardening and still doing some accounting work.

I have also, with my mum, been trying to complete this jigsaw puzzle.

Hope you are all well and staying safe, here's to an end to this pandemic and a refreshed and new world and lifestyle ahead.

Martin



What extraordinary times we are experiencing. I must admit that, living alone, I am finding it difficult being separated from Claire, family and friends-though my sister and nephew have been delivering a grocery shop once a week. And it is heartening that several of my neighbours have been checking up on me and offering help if needed.

Most of us have been giving our thanks to NHS staff and carers every Thursday evening, but how many of us spare a thought for the other workers out there helping keep the country running during lockdown? As a former professional in the transport industry and a lorry enthusiast, I know how difficult the job is at the best of times, but the men and women in the cabs and the traffic offices have risen to the challenge and kept shelves stocked and the NHS supplied-especially in the early days of lockdown when panic buying put a huge strain on the supply chain. Not forgetting all the other transport workers, workers in the utility companies and a myriad of other roles that keep us going. I salute you all!

I am fortunate to be able to work from home, but I know that some of you may have been furloughed, or even lost your jobs. I suppose none of us are strangers to enforced inactivity having all had to recover from major surgery, and if you can, keep active-indulge in your hobbies, get those odd jobs done around the house. And if there are days that you feel you just want to mope, well go on! This situation won't last forever, and hopefully very soon we will be able to get out and carry on with our lives.

Finally, I'd like to mention the IA visiting service. Although we are here to support you with stoma/pouch queries, these are odd times. So, if you are worried, upset or lonely, please feel free to get in touch-my contact details are at the foot of the Newsletter.

Oh, and my chosen picture? Happier times from last year with Claire (plus Reg and Bill) beside an ERF A Series tractor unit photographed in Victoria Park when Carters Steam Fair visited last year.



Kerr

Poppy the shorkie



Rhubarb growing well been giving it to members of Eastville Park FB page

Enrolled in Covid19 volunteers with 750,000 others. Been accepted but not yet been requested to do anything. I have also had four virtual internal pouch visits in the last eight weeks

Finding it very tough whilst shielding. Luckily a lot to do in remodeling the garden, moved the greenhouse, put timber edges to flower and vegetable beds, planted loads of seeds and beans.

I have also been decorating my new studio being built on top of my double garage

Kind regards, Laurence

Other Sources of Support and Information

General

www.iasupport.org

www.crohnsandcolitis.org.uk

www.macmillan.org.uk/cancer-information-and-support

Medilink Stay Connected Support Service

<https://www.saltsmedilink.co.uk/stay-connected-support-service>

An initiative which has been set up to support vulnerable people within the stoma community during this very difficult time. The service offers a friendly chat to any ostomist or person with a continence condition who is feeling isolated and lonely. The service is being run by volunteers from areas of the business which are currently unable to carry out their usual roles.

People do not need to be Medilink customers, it's an open service to any ostomist.

Message from Rachel Lovegrove RGN SCN, Rachel.lovegrove@hollister.com

Just wanted to reach out and say I hope yourself, your members and your families are safe and well at this time. If you have any queries or anything, I can help you with please do ask. If anyone needs reassurance then I can say at Hollister we are continuing to produce products with no problems, and our delivery company of choice Fittleworth are also running well. Stay safe and hopefully see you all sometime in the not too distant future, if any of you are skyping or zooming and want me to pop up feel free to send me an invite!

News desk

Winter Meal – Sunday 2nd February 2020

We had a lovely meal (see photo) at the popular Bathampton Mill venue once again.

Spring Members Meeting St Barnabas Church Hall, Warmley - Saturday 14th March 2020

Kerr and I decided not to cancel the meeting as it would have been difficult to contact all potential attendees and we realised most members would make their own decisions about whether it was safe for them to attend. Quite a few of the Manufacturers' Representatives cancelled because of the impending Lockdown but we still had four in attendance. Numbers of members and guests were limited in the circumstances and we have decided to postpone the quiz.

Angela Reeves, Stoma Care Nurse Southmead, told us about a prescribing pilot, where the SCNs in North Bristol area will oversee, co-ordinate and process prescriptions for stoma products on behalf of General Practices. This project has now been delayed until September because of the Covid 19 Pandemic.

Martin's Mum made us some delicious fairy cakes and we had an informal get together, little did we know, it would be the last time for this sort of event for a while!

National Ileostomy & Internal Pouch Association AGM and Information Day – Newcastle/ Gateshead – 27th and 28th March 2020

Postponed until further notice due to Covid -19 Pandemic.

Upcoming Events

Summer Meal – Woodford Chew Stoke - Sunday 28th June

We are hoping this may still be possible on our provisional Sunday 28th June date. But obviously we will have to wait and see what happens in the next few months. Please let me know if you are interested in coming along and then I can keep you posted.

Winter Avon IA Members Meeting in Bath - Saturday 14th November 2020; 10:30-12:30

The venue is booked and we are hoping to arrange a speaker, all being well Hedgehog Rescue.

We will let you know in September Newsletter if this is going ahead.

Skittles with BOSS and Crohns and Colitis UK Walk it

Both postponed until later in the year.

Claire Rumball – Avon IA Chair



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