



## **Message from the Chair of Avon IA**

Dear Members, friends, family and supporters,  
Greetings to you all and I hope this finds you in good health and spirits in these continuing strange and difficult times. Despite the Covid -19 Pandemic and resulting Lockdown and restrictions, time has passed surprisingly quickly for me since writing the last Newsletter.

My workload in General Practice has gone back up to pre-Lockdown levels, albeit the majority of my work is done on the telephone now. I decide with the patient, depending on the problem and situation, if a face-to-face appointment is needed. It's surprising how much can be dealt with on the telephone, sending photos by text message or video consultation. However sometimes you simply need to see people in the flesh!

## **Stoma Nurses**

Recently I did a home visit for a lady with a stoma problem. I was slightly alarmed when I phoned the Stoma Nurses at the RUH for some advice; the outgoing message on the answer machine told me they were re-deployed and there were no stoma clinics available. However, nil desperandum!

Be reassured, I needn't have worried, Hazel, Stoma Nurse, phoned me back the very same day and we were able to sort things out over the telephone. Hazel is still able to visit people at home, although in reduced numbers and also the Support Wear consultants are also doing telephone consultations and helping people do measurements etc at home. So, don't worry if you have a problem – give them a call and leave a message!

Angela, Stoma Care nurse at Southmead, has let me know that they are still doing clinics and also home visits for shielding patients. Their office has moved from Gate 34 to Gate 26 to be part of the Non Covid Elective Surgical Unit.

I am not sure about situation at BRI or Weston General; please let me know any updates or issues.

## **Masks**

I expect most of you are kitted out with some masks for when you are out and about, remember National Office have some and you can get in touch with them for one. Also, one of the manufacturers recently sent me a card to request one too. A lady on my village website is making and selling them, so its worth making enquiries in your local area. If you are talented in sewing, there are various guides online to making your own.

## **Future Events**

### **National IA Pouch Information Day**

See journal for more details

### **Winter Member Meeting**

Sat. 14<sup>th</sup> November 2020

10:30 - 12:30

Somerset Room

Manvers Street Baptist

Church Hall

Manvers Street

Bath, BA1 1JW

[www.manversstreetbaptist.wordpress.com](http://www.manversstreetbaptist.wordpress.com)

## **Subscriptions Reminder**

Please remember to pay your 2020 subs due from 1<sup>st</sup> January 2020.

£15-00 for under 60 years;

£10-00 for over 60 years.

Thank you for your support



Ileostomy & Internal Pouch Association

Freephone: 0800 0184 724 | Email: [info@iasupport.org](mailto:info@iasupport.org) | Website: [www.iasupport.org](http://www.iasupport.org)

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

Registered Charity: 1172338 (England and Wales) and SC048658 (Scotland)

## **Holidays**

I expect many people's holiday plans have been cancelled, changed or postponed. In the news this week are the re-introduction of quarantine on return from Spain and increased restrictions in parts of Northern England. So, I suspect most of us will be holidaying at home this year. I found some useful tips about overnight stays – at hotels or with family and friends on the Trio Ostomy website which is worth having a look if you are venturing forth.

Address is <https://trioostomycare.com/trio-tips-overnight-trips/>

## **Summer Meal**

The Summer meal didn't go ahead due to ongoing restrictions but Angela, the Stoma Care Nurse from Southmead had the brilliant idea of a picnic – let me know if you would like to join in with this, nothing definite arranged ...yet!

## **Parastomal Hernias**

I attended an online webinar – “*Everything you wanted to know about Parastomal Hernias*” on 23/7/20 organised by Clinimed. It was hosted by Ostomate, Writer and Speaker, Sam Cleasby, she was joined by a panel consisting of another Ostomate, a stoma care nurse, a Clinimed product specialist and Jo an exercise specialist and trainer. It was really interesting and informative, people were able to pose questions too.

It is available to watch a recording of the event online and access a Pilates video with Jo at <https://lead.clinimed.co.uk/aura-profile-webinar>

There are also updates and answers to questions they didn't have time to answer on Facebook <https://www.facebook.com/CliniMedLtd/> and other social media platforms.

I have been continuing to get my stoma supplies through okay with my delivery company and I hope you are all in the same boat.

## **Other Sources of Support and Information**

[www.iasupport.org](http://www.iasupport.org)

[www.crohnsandcolitis.org.uk](http://www.crohnsandcolitis.org.uk)

[www.macmillan.org.uk/cancer-information-and-support](http://www.macmillan.org.uk/cancer-information-and-support)

## **Upcoming Events**

### **Winter Avon IA Members Meeting in Bath - Saturday 14<sup>th</sup> November 2020; 10:30-12:30**

At the time of writing (early August) we are still hoping to go ahead with the Winter Members Meeting in Bath which is booked. Obviously, this may be subject to change depending on how things stand with the Covid-19 situation.

We will keep the IA Website info for Avon updated or feel free to get in touch with Kerr or myself about latest information.

Please get in touch if you have any problems, issues or ideas you want to share and hopefully we can continue to help and support each other, despite these 'socially-distanced' times.

I am really hoping for more normal times ahead, in the meantime, sending my very best wishes and I hope you all stay well and safe.

**Claire Rumball – Avon IA Chair**

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|-----------------|--|------------------------|--|-------------------|
| <b>AVON IA:</b> | <b>President</b>                           | Mr Paul Durdey MS FRCS |  |                   |
|                 | <b>Chair</b>                               | Dr Claire Rumball      | <a href="mailto:chair.avon@iasupport.org">chair.avon@iasupport.org</a> ;       | tel: 01225 852243 |
|                 | <b>Secretary and Visiting Co-ordinator</b> | Mr Kerr Brown          | <a href="mailto:secretary.avon@iasupport.org">secretary.avon@iasupport.org</a> | tel: 01454 883309 |
|                 | <b>Treasurer</b>                           | Mr Martin Hill         | <a href="mailto:treasurer.avon@iasupport.org">treasurer.avon@iasupport.org</a> |                   |