



Ileostomy & Internal Pouch
Association
Registered Charity

West Yorkshire Ileostomy and Internal Pouch Association

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Welcome to the February 2020 West Yorkshire IA newsletter

Happy New Year, everyone! I hope people had good festive breaks and 2020 is going well. The Minto family had a very busy run up to Christmas and with Dylan now aged 3 ½ it was a truly magical year. I'm not sure he quite appreciates how long it is till next Christmas though - as we still have Jingle Bells and Rudolph the Red Nosed Reindeer being sang in our house!



It was a busy latter half of the year for West Yorkshire IA with many open days that we attended and a very successful joint coffee morning with CCUK, (see picture). We haven't had any interest in going to the cinema but if there is anything you would like us to organise, we would love to hear from you. Nicky's contact details are above, or my email address is sarah.minto@iasupport.org.

To keep updated with events being planned, or to stay in touch with IA, we have a new 'West Yorkshire IA' Facebook page. If you visit us on Facebook and 'like' the page, you will see in your newsfeed any updates from the group.

Wishing everyone a good year and hopefully see you at one of our forthcoming events. The next newsletter will be with you in June 2020. Sarah

Members meeting on 21st March 2020

We are very excited to announce that we will hold a members meeting on Saturday 21st March 2020, 10am – 12:30pm, at Woodhall Room, Pudsey Civic Hall, Dawsons Corner, Pudsey, Leeds, LS28 5TA. The event opens at 10am with tea/coffee available and we have invited many of the manufactures along. From 10:30am we will have some presentations from our manufactures about their products followed by a short update from the local group. This will be followed by refreshments, cakes, raffle and time to chat with others and visit the stands. It will close at 12:30pm, however for those interested, the Coeliac food festival is on at the venue in the afternoon. To attend the members meeting, you don't need to book, just turn up.

Thank you – 2019 and 2020 subscriptions

We wanted to say a huge thank you to those who have now paid their 2019 and 2020 subscriptions. We greatly appreciate your continued support as members. If you are not sure if you have paid for 2019 or 2020, please contact National Office who will be able to advise you or, I believe they will be writing to you again in the next few weeks. If you know you need to pay and require details, these can be found overleaf. We really value your continued support and involvement as members and we wouldn't have a group without you.

Open Days & Support Groups

- Bradford Stoma Care Support Group, Cancer Support Centre, Smith Lane, Bradford Royal Infirmary. Tuesday 3rd March, 9th June and 3rd November 2-4pm, hosted by Salts and Airedale Hospital. No need to book, you can just turn up.
- Skipton Stoma support group, Friday 6th March, 12th June and 6th November 1-3pm. Cancer Support Yorkshire, Armoury House, 45a Otley Street, Skipton BD23 1EL. To book your free place please contact 01756 228088 or email d.hawkins@csyorkshire.org.uk. The event will provide information, support, advice, a chance to meet other ostomists and meet the stoma nurses Sarah Ashworth and Karen Slingsby. Refreshments will be available.

2020 Annual subscription renewal due from January

If you set up your payment for 2019 by standing order or joined through the IA website, you do not need to do anything as your renewal will have been paid automatically on 1st January 2020, or 12 months after you joined. If you don't currently pay by standing order, a data collection exercise is being organised by our national office and as part of this they will issue you a standing order form which you can complete and pass to your bank to action. If you want to pay by cheque or bank transfer the details you need are below. **Please ensure that on whatever payment method you choose that you state your Surname-Postcode, e.g, Minto-LS2 7UA** otherwise we will not know you have paid. Costs are £15 for the year if you are under 60, and £10 if you are 60 or over. Bank account details are; Account number: 65854408, Sort code: 08-92-99. Account name: IA Branch Pooled. Cheques should be sent to IA National Office, Danehurst Court, 35-37 West Street, Rochford, Essex SS4 1BE. Cheques have to be made payable to IA Branch Pooled, remember to write your Surname and Postcode on the back.

Research - How has the group been involved, by Maureen Naylor

For the last 5 years I've been a Patient and Public Involvement (PPI) Representative for the Colorectal Therapies Initiative, funded by the National Institute for Health Research (NIHR). This has now expanded to include heart, liver and pancreatic disease and is called the Surgical MedTech Cooperative, which is again funded by the NIHR, and will also run for another 5 years. The research group consists of clinicians, scientists, engineers, industry and patients. I'm now a member of the newly formed PPI committee for the MedTech Initiative and again represent the IA.

I attended a 2-day training course on Public Involvement in Health Research at Barnsley College, but run by York University. This was a very interesting and informative day. Over the past 5 years I've been lucky enough to be a PPI representative on several research projects including: -

The development of a surgical platform; The patient representative looking at the research done by Coloplast into stoma care follow up after surgery; The initial PPI representative for the Ileus research done at Leeds hospital, and now part of the PPI group. It is hoped that the research will expand to Bradford. I've also been involved in the development of a new booklet for the "recovery after surgery project", for Leeds hospitals. I have really enjoyed and been fascinated by my involvement in the research process and seeing how new areas of innovation are identified and research is supported and helped to move into clinical practice. Maureen

Your **West Yorkshire IA volunteers** are made up of the following people: **Nicky Lyall, Emma Pryde, Maureen Naylor, Lindsey Walker and Sarah Minto**. We would love some more volunteers to help us if you could spare any time. Please inform IA National Office if you change address and if you are moving out of the area please ask if you are interested in finding out if there is a group closer to you. Occasionally, we may send you information on behalf of stoma related companies which we think may be of interest to you. At no stage will we ever divulge your details directly to the companies. For easy fundraising on our behalf please see: www.easyfundraising.org.uk/westyorkshireia. Using this as your search engine helps us to raise funds: westyorkshireia.easysearch.org.uk. We are also on Facebook, search West Yorkshire IA.