



Ileostomy & Internal Pouch
Association
Registered Charity

West Yorkshire Ileostomy and Internal Pouch Association

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Welcome to the May 2020 West Yorkshire IA newsletter

Hi everyone, I honestly hope that this newsletter finds you and your families safe and well. This newsletter is written a good few weeks before you receive the journal so with government advice changing so frequently, apologies if things have moved on by the time you read this. I know for many of you this will have been a difficult period for many different reasons. For us it was a strange time in the Minto household as with myself being vulnerable due to medication and my husband David being frontline Traffic Police, we made the difficult decision that Dylan and I would move out. We are fortunate that we have my parents close by and they could accommodate us, so although it is hard for Dylan at age 3 being away from his home and daddy, we hope one day he will understand. It must also be very hard for many of you as members who may live alone, not be able to see family or get out and I really do feel for you. You are all in our thoughts and please stay strong and safe. I really hope that by the time you are reading this that things are improving day to day. Your newsletter editor, Sarah Minto

New skills and some tips

From Maureen: We are all having to cope with a change of lifestyle at the moment and it can be very frustrating. But the main thing is for everyone to keep safe and well. We have taken the opportunity to get a lot of work done in the garden as we have been very lucky with the weather. It was our Golden Wedding anniversary at the beginning of April, and we had a big family celebration planned. Unfortunately, this had to be cancelled but due to the powers of social media we managed to have a small get together via a video link. This is a new skill I have had to acquire but it now means I can speak to my grandchildren face to face!

Ostomy Supplies: Maureen and a few of the other committee members have had some delays in getting their ostomy appliance prescriptions. Doctors are busy and may be experiencing staff shortages so it may be a good idea to order your prescription a few days earlier (if you are allowed) than usual. It is also advised to check either that your surgery has sent it or that your contractor has received it. If you are concerned or not able to go out, do also check with your local pharmacist to see if they can deliver your medicines to your home or even if it's a service that can be provided by your ostomy supplier.

Hydration recipe: As the warmer weather approaches it is important that ostomists keep well hydrated. Some will manage this through just drinking water, others may use rehydration drinks. If you find yourself short on these and not able to get out to replenish them, you can make your own hydration drink at home. The Oxford Solution recipe is: Mix the following then make up to 1litre with water. Chill and flavour as required. Sip throughout the day. 200ml squash concentrate (not low sugar or sugar free) – fruit juice can be an alternative and 1 level teaspoon salt.

A huge thank you to Darrington Golf Club

Over the last 12 months, all fundraising by Darrington Golf Club was done for West Yorkshire IA and they raised us an amazing £2,600! Lynda Davies our previous Chair and Treasurer went to collect the cheque on behalf of the group and conveyed our delight and appreciation for the generous donation. We have sent a letter expressing our gratitude to the golf club.

Members meeting – will hopefully be in September 2020

We were very sorry we had to postpone the planned members meeting scheduled for the 21st March. Our members health is of upmost importance to us and given the membership age range and that many of you may be vulnerable, we did not want to do anything that could put you at risk. We did try to contact people as much as possible by email and text messages to let them know, but if you did not receive notification of the cancellation but would like to be kept informed in case of amendments to future events, please contact Sarah on sarah.minto@iasupport.org or call Nicky to let her know you want to be kept informed and if possible provide her with an email address and/or mobile phone number. We are hoping to be able to run the event again at the end of September (26th), same times and venue etc, however, until we are more certain of what restrictions will still be in place by then, this date is not confirmed. We will publicise the date as soon as it is booked in the August newsletter, on our Facebook page and internet site.

Open Days & Support Groups – postponed until further notice

Due to COVID-19 all open days and support groups have had to be postponed until further notice. Government advice is changing frequently, therefore, I would suggest that if you had any dates in your diaries for future events, that you make contact with the organiser before setting off on your journey to ensure it is still going ahead. For now however, events are cancelled. We will hopefully advertise new dates for events in our August newsletter.

2020 renewals and fundraising

Thank you to those who are fully up to date with their membership payments. We currently have 60 members with an outstanding payment due and unfortunately unless they are paid the membership will lapse. We now pay £7 for each member to National Office, so for anyone that has not paid their fees, it would have to come out of what money is left in the group. Due to the reduced funds, we really need to think about ways to fundraise over the next 12 months, so we have some extra cash for events through the year. We are lucky with the recent donation, but we don't want to just work through this and our other reserves without a plan to replace them. In the past we have donated to local and national research and we want to again but will need to first work out what funds are spare. If anyone has any ideas for fundraising, we would love to hear them.

IBD Appointments

One of the West Yorkshire IA committee attend the monthly IBD patient panel at Leeds hospital to feed in any views, understand their priorities and provide an ostomist/internal pouch perspective. Following a recent meeting, the panel asked that we remind any of our members who are also IBD patients to please ensure that if you change your address and /or GP, then the Hospital Trusts will not necessarily be informed (by NHS) and you should make sure that your new details are listed with any clinics you attend. Leeds Hospitals have advised that each missed IBD appointment costs the Trust £115 and it means that patients with a flare up cannot always be seen promptly. If you cannot attend your appointment, please do cancel or amend it. Leeds Trust does send out text reminders to patients who have an appointment, but this is not always resulting in full attendance at clinic. Please ensure therefore that you also keep your mobile number updated with the hospital and ideally, allow them to contact you by letter, text and email.

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.easyssearch.org.uk. We are also on Facebook, search West Yorkshire IA.