



Ileostomy & Internal Pouch  
Association  
Registered Charity

# West Yorkshire Ileostomy and Internal Pouch Association

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## Welcome to the November 2020 West Yorkshire IA newsletter

Hi everyone, I really hope you are reading this alongside your November journal, and if you are then I owe a massive thank you to Ashleigh, the journal editor in getting this to you.

I really hope this newsletter finds you and your families well in this very uncertain and unsettling time. I know many people have lost loved ones this year and if this is you, then we are so sorry for your loss. I am usually a very organised person and thought I had things under control in lockdown 2.0. This was until I suddenly realised we were half way through November and this newsletter was due weeks ago! In these strange times there is unfortunately not much to tell you about our group, but at the same time it felt even more important to be writing this newsletter and staying in touch with you.

It has been an interesting couple of months for the Minto household since the last newsletter as I now have a very grown up 4-year-old at primary school. Dylan has coped so well with the transition to 5 days, he is really enjoying it and we are enormously proud of him. You may remember that during the first lockdown earlier this year, Dylan and I lived with my parents, however now that Dylan is at school we have decided to live at home during lockdown 2.0 so it is quite different for us but nice to stay together.

I realise that for so many people this year will have been so difficult and I honestly hope that over the next few weeks things start improving and that restrictions are eased in early December, and certainly in time for us to enjoy celebrating over the Christmas period. West Yorkshire IA would like to wish you all a wonderful Christmas and best wishes for 2021. I will be back with a newsletter in February, so until then, take care and stay safe, Sarah Minto.

### We are here if you want to talk

We know that these last few months will have been extremely lonely for some of you, or you may be having some issues with your new or long-standing ileostomy or ileo-anal pouch and struggled to speak to anyone about it. If you would like to talk to anyone, please do contact one of us. Emma can chat to you or can co-ordinate who would be best for you to be in contact with based on experiences, or Lindsey is a member of our organising group but also a stoma nurse so would be happy to speak with you. You can contact Emma on 07815 579205 or email [emma.pryde@iasupport.org](mailto:emma.pryde@iasupport.org) or Lindsey on [lindsey.walker@iasupport.org](mailto:lindsey.walker@iasupport.org).

### Meet-up and Walk in Roundhay Park

We had hoped to have a meet-up and walk back in September but unfortunately we had to cancel this due to a change in restrictions. There were a few members who got in touch to be part of this so we will look to reschedule it for 2021 and will advertise a new date in February ready for a Spring walk.

## Zooming to the future....

Although many things stopped at the start of COVID-19 it did force companies and groups to consider how they could continue without face to face contact. Nicky is a member of the Leeds Hospital IBD Patient Panel who have successfully moved their meetings to Google meet. If there is anything you would like raised at the IBD Patient Panel or would like to know more about it then please contact Nicky. The research work that Maureen is involved with has also restarted and she has some Zoom meetings soon. It is good to know things are re-starting and finding new ways of operating.

## Members meeting and open days – Postponed to 2021

As you are aware, we had to cancel the members meeting for March and all open days and support groups are currently cancelled. Unfortunately, we are still not in a position to advertise a new date for this in 2021, but as soon as we can, we will include details in the newsletter and on our website and Facebook page.

## 2021 annual memberships

For many of our members, 1<sup>st</sup> January 2021 is the date the annual membership to West Yorkshire IA is due. If you set up your payment by standing order or joined through the IA website, you do not need to do anything as your renewal will be paid automatically on 1st January, or 12 months after you joined. If you don't currently pay by standing order and want to pay by cheque or bank transfer the details you need are below.

We do realise that this has been an exceptionally difficult and different year for many people for many different reasons. If you are at all struggling financially but wish to keep your membership, then please do get in touch with Nicky (contact details on the front page) or myself sarah.minto@iasupport.org and we can discuss how we can help with the subscription.

We are sorry that we have not been able to hold the events we usually are able to but hopefully we can make up for this in 2021. We truly value your membership and thank you so much for being part of West Yorkshire IA.

Payment details for cheque or bank transfer:

**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.

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. Depending on your preferences, 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](http://www.easyfundraising.org.uk/westyorkshireia). Using this as your search engine also helps us to raise funds: [westyorkshireia.easysearch.org.uk](http://westyorkshireia.easysearch.org.uk). We are also on Facebook, search West Yorkshire IA.