



Ileostomy & Internal Pouch
Association

Registered Charity

Notts & Derbys IA Branch Newsletter

February 2020



CONTACT US

We are always here to support you, to raise matters on your behalf or to listen to your suggestions. You can email us via nadia_chair@iasupport.org

nadia_secretary@iasupport.org

nadia_treasurer@iasupport.org

nadia_events@iasupport.org

nadia_youngiarep@iasupport.org

NEW HOPE PROJECT

We have been supporting this project in the Philippines for a while now, and to my delight NAMS (the central prescribing service in Nottingham for stoma supplies), have now also encouraged their patients to let us have unwanted items. Much of this comes from patients changing products after review by a stoma care nurse. It is great to see things being repurposed rather than left unused – especially when a stoma bag in the Philippines costs the equivalent of a day's wages! The response from NAMS patients has been remarkable, with many saying we do not know how lucky we are to have such good care here in the UK.

So, if you can help, please let us have any items you no longer need.

YOUR CONTACT DETAILS



Having tried to email members in recent weeks I am aware that some contact details are out of date. If you have changed address, email or got a new phone number please do let us know as soon as possible! All member contact details are now held and updated by IA National so please phone **0800 0184 724**, or email info@iasupport.org. To speak to someone locally please contact me as Secretary.

Welcome to your Notts and Derby IA February newsletter. Spring is just around the corner and as the year unfolds we look forward to seeing you this year.

Along with our usual socials, we are hoping to have a new summer social and enter teams in a Sprint Triathlon in our area. If you want be part of that, please contact us via the events email address. If you have other ideas for something you think we could be doing, do let us know. Our email contact details are on the left of this page.

MAINTAINING YOUR MEMBERSHIP

You will be aware that all membership matters are now handled by IA's National Office. Both your membership subscriptions and personal information are maintained by them, with us as a Branch receiving an update on a regular basis. (This was part of us becoming a Branch, freeing the committee up from administrative work and securing our long-term future.)

How to pay: Subs payments must go to:

Co-op Bank
Sort Code – 08-92-99
Account – 65854408

Please make your payment either by

- Standing Order (postcode and surname as payment reference)
- Direct bank transfer (postcode and surname as payment reference)
- Cheque, payable to 'IA' (name and postcode as minimum on reverse of the cheque)



Cheques should be sent to IA National Office, Danehurst Court, 35-37 West Street, Rochford, Essex. SS4 1BE.

Payment dates remain individual to each member, so you pay exactly a year after your previous payment. If you are not certain when your subs are due, please phone National Office on 0800 0184 724, or if you would rather speak to your local Secretary call Brigitte on 07980 867442.

If your subs become overdue, in line with national policy for all Branches you will now receive a reminder letter from National Office explaining the amount due and how to pay. A second reminder will be sent two months later if your subs payment has still not been recorded. No further reminders will be issued once two reminders have been sent for a given period. Subs remain at £15 for those under 60, and £10 for those aged 60 and over.

We are eager to keep supporting you as members of IA, so if you are struggling with the new system please make contact. No memberships will be lapsed without the say-so of us at local level. That said, it is your subs that allows us to run events, and with £7 of every membership subscription going to National IA for things such as posting your IA Journals and Midlands Bulletins to you, you can see how rapidly funds dwindle if payments slip.

If any of this concerns you, or you wish to talk it through, please speak either to National Office or to Brigitte as Secretary. We are all here to help you and guide you through the changes.

www.nottsandderbyia.org.uk



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COMMITTEE NEWS



Though we have added to our committee we do still need a couple more people to

help us. If you have a few hours to spare in the year or would like to give back to IA in some way, please make contact. Many hands really do make light work when running a group as large as ours now is! For more information email Brigitte on nadia_secretary@iasupport.org or phone 07980 867442.

SOCIAL MEDIA & WEBSITE



If you are active on social media, please follow us. Natalie has taken over running many of our media feeds and regularly posts news, local events and items linked to the main IA page. We have a Facebook page which is open to all. You can find it by searching for [@NottsDerbyIA](https://www.facebook.com/NottsDerbyIA). We also still have the closed, private young IA group as before which is [Notts & Derby young IA](#).

We can also be found on Instagram and for those who 'tweet', look for us and follow us on Twitter. We are [@NottsDerbyIA](https://twitter.com/NottsDerbyIA).

[If there is anything you think we could be posting or would like to see appearing, please let us know either by contacting us online or email \[nadia_events@iasupport.org\]\(mailto:nadia_events@iasupport.org\).](#)

Clare and Brigitte continue to run our local website www.nottsandderbyia.org.uk

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COFFEE SOCIALS 2019 & 2020

Our Saturday morning get-togethers in Nottingham are very popular, and we were delighted to see some of you at the new coffee social in Derby that we launched in late autumn. Please do spread the word – you don't need to be a member of IA to come along. We are now running social events every month, alternating between Nottingham and Derby, and all are welcome to attend either – or both – venues. Nottingham events are on a Saturday, with Derby ones on a weekday morning. There is no need to let us know that you are coming but if you would like any further information please email Brigitte at nadia_secretary@iasupport.org, phone her on **07980 867442** or email Natalie at nadia_events@iasupport.org.

Enjoy a cuppa and chat in a relaxed and comfortable setting. It is a great way to meet others and share experiences or ask questions.

**The Nurseryman Pub,
Beeston, NG9 3AE
10:30am – 12:30pm
February 8th
April 4th
July 11th
September 12th
November 14th**

**The Blue Jay, Linville Close,
Derby DE21 7HX
10am -12noon
March 5th
June 4th
October 1st**



ANNUAL GENERAL MEETING



AGM 2020

Those of you who are our longer-standing members may be wondering why you have not yet had notification of an AGM, traditionally held in March each year. No need to worry – you haven't missed out on a mailing or an email! While there is no legal requirement to hold an Annual General Meeting now we are a Branch, we will continue to hold such an event as we know it is something that is a key date in the IA calendar, looked forward to by many of you.

We hope to hold our AGM in early summer when the days are longer and the new systems a little more settled. The hope is that by moving it later into the year when the nights are lighter more people might be inclined to join us for what is always a lovely occasion. The format will be familiar, so do please come along.

Please keep an eye out for full details in the weeks ahead once venue and date have been confirmed.

www.nottsandderbyia.org.uk