



Ileostomy & Internal Pouch
Association

Registered Charity

DO WE HAVE YOUR CONTACT DETAILS?



The recent need to contact all members urgently has revealed that there are member phone numbers and email contacts that are no longer accurate. If you did not hear from us in March and have an email address I urge you to please get in touch. Likewise, please tell us if you have a new mobile or home phone number. Thank you.

All member contact details are held and updated by IA National so please phone **0800 0184 724**, or email info@iasupport.org. If you would rather talk to someone locally please contact me as Secretary.

NEW HOPE PROJECT

This winter we have passed on another 45+ bags of stock which were received with great enthusiasm in the Philippines.

Though we are not able to collect or take delivery of surplus stoma supplies at present, they are still needed. So please save any items you no longer need – stoma bags, wipes, sprays, disposal bags. We will set this collection going again as soon as we can.

NOTE FOR NAMS PATIENTS

I am delighted to say that the NAMS manager has just informed me that they have now got the facility to enable NAMS patients to order their ostomy supplies via EPS (Electronic Prescription Service). Great news for many.

If you have any comments, compliments or concerns about accessing supplies please make contact so I can pass them on to the NAMS team.

Notts & Derbys IA Branch Newsletter

May 2020

Welcome to your Notts and Derby IA May newsletter. As I write this in late April we find ourselves in very strange times. With the world in lockdown, it is our hope that this newsletter might bring a little cheer and distraction from what is going on in the wider world.

EVENTS FOR 2020

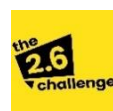
As you will know from my email in March, IA made the decision to cancel all events both local and national for the foreseeable future. This was the responsible choice – the safety and well-being of members being our primary concern. In line with IA National we will not be setting any revised dates for these events until we have more clarity, taking into account Government and NHS guidance.

As soon as we can hold events safely I will let you know that our calendar is live again. We will also keep updating you via our website and media feeds. At present, we are working on new ways of holding events. We had great plans for this year but are now looking to do as much as we can 'virtually'. Whether it be dropping in for a "Virtual IA Coffee" (bring your own cuppa), or a Young IA quiz, we are trying our best to keep things going. If you have any suggestions, get in touch.

Please be reassured that though we have cancelled all IA events for the foreseeable future, we remain here to support you with matters relating to life with an ileostomy or internal pouch. Do reach out to us if we can offer you support. Your IA teams both local and national are still available for help and advice during this time via our telephone lines, email and social media.

You can reach me via nadia_secretary@iasupport.org or phone me on **07980 867442**. National Office can be contacted via info@iasupport.org or **0800 0184 724**.

THE #2.6 FUNDRAISING CHALLENGE



Many of you have raised funds or donated previously. This spring has clearly brought many fresh challenges for IA, and that includes the cancelling of many fundraising events, our Branch triathlon plans included. On April 26th, the day that would have been the 40th London Marathon, IA shared this:

☆ What will your #2.6 challenge be?

👤👤 Join in with the nation's charity event, the #2.6 challenge and raise funds for IA from home. Get involved and be inspired! How you do it is up to you...

🏀 Bounce a ball 26 times 🕺 Dance for 26 minutes 🤸 26 cartwheels

🏃 Run 26 miles as a neighbour challenge 🏃 Run 2.6 miles 🌟 26 star-jumps

Register on the 2.6 website, become a fundraiser and start your challenge!
What could YOU do? <https://www.twopointsixchallenge.co.uk/>

Do let us know if you do anything, so we can celebrate your efforts!

www.nottsandderbyia.org.uk



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👤 MEET THE TEAM 👤

As we cannot hold our AGM, I would like to introduce you to your IA team by newsletter. You can learn more of our stories on our website www.nottsandderbyia.org.uk. For those who are not online or prefer things on paper, here is a brief excerpt from each person's IA biography and a note to say why we are part of this amazing charity.

Brigitte

Chair, Secretary & Visiting Coordinator



I joined our committee in March 2016, becoming Secretary in 2017 and Chair and VC in 2019. In summer 2019 I was also invited to serve on the national Internal Pouch sub-committee.

"Between my 2 operations I joined my IA committee, wanting to offer others the kindness and support I had been shown. It really matters to me that no-one is left feeling as isolated and clueless as I was initially. If I can ease the path of just a handful of others, I will have done my job."

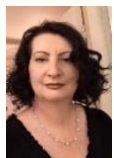
Rob ~ Treasurer & Pouch Rep



Rob joined the team in March 2015, and now serves as our Treasurer and Internal Pouch Rep.

"I have found tremendous support during IA meetings both in between and since my surgeries. Talking to other people that had knowledge of both ulcerative colitis and the operations that I had experienced has proved invaluable."

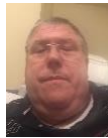
Clare ~ Young IA Rep



Clare joined the committee in March 2018, becoming our Young IA Rep. In 2019 she and I set up our new website, which she now runs with Daniel.

"My stoma journey started 3 years ago with an ulcerative colitis flare that wouldn't settle with medical intervention. Because I was so unwell I did have complications but am glad to have my ileostomy as my health has improved so much."

Derek



Derek joined the team in March 2017 and serves on our Events sub-committee.

"I joined Notts & Derby IA to help out and give back to IA. I am different to many; my stoma is from a birth defect so have always had one."

Daniel



Daniel decided to join the committee in March 2019. He is part of our Events team and helps run with the website.

"I got the support of Nottinghamshire & Derby IA when I had the surgery. I just want to give something back and sign up as a committee member."

Natalie



Natalie joined us in September 2019, and now runs our most of our social media feeds and our Events email.

"I am really interested in giving back to the ostomy community, supporting other ostomates and I also enjoy the social events run by the committee."

Samantha

Samantha also joined the committee in September 2019 and has since become part of our Events team.

"Surgery was a huge decision and life-changing event, and I am indebted to the wonderful support of charities such as IA. I would love to use my experiences to help others learn to live well with their stomas."

CONTACT US

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