



Ileostomy & Internal Pouch  
Association

Registered Charity

# Notts & Derbys IA Branch Newsletter

## August 2020

### AN UPDATE FROM THE NEW HOPE PROJECT

As you will be aware, Notts and Derbys IA have been supporting Annalynn Manalastas and the New Hope Project for some years now. Thousands of items of unused stoma supplies have been shipped to the Philippines, where they are desperately needed.

Sadly, the Covid-19 pandemic has now forced the project to stop – albeit temporarily. Annalynn is unable to ship supplies until December 2020 and has asked that we restart the project at that point. In the interest of infection control, she asks that anything donated be disinfected (where appropriate) and safely boxed up.

For now, we are unable to collect or store items for you but please do keep supporting the project once we are able to start it up again.

Thanks for your support - the difference it makes is life-changing to those who otherwise would struggle to get ostomy supplies.

### NAMS UPDATE

Electronic Prescription Service for the Nottingham Appliance Management Service is now up and running.

I continue to meet with the Patient Steering Group that works alongside NAMS to make sure the voice of stoma patients gets heard at the highest levels. If you want to pass on your comments or questions to the NAMS team, please email me at [nadia\\_secretary@iasupport.org](mailto:nadia_secretary@iasupport.org). Your opinions really matter.

The formulary for 'accessories' has recently been updated, so please check it out via this link:

<https://www.nottsapc.nhs.uk/media/1303/stoma-ancillaries-formulary.pdf>

Please note that items can be prescribed for you that are not on this list, but this must be first approved by a stoma care nurse.

Welcome to your Notts and Derbys IA August newsletter. As I write this on a warm summer's day in late July with the windows wide open the world seems a brighter place thanks to the sunshine and the sounds of birds in the trees. I hope that you too are now able to enjoy a little more freedom now and that you are keeping well.

Running our IA Branch in these lockdown days has been quite different, especially with us unable to meet for events and Open Days. Despite the restrictions, the phonenumber has been busier than ever as people reach out for support, membership has grown again, and we are trying to keep in touch as best we can. Remember your IA team is always here to support you.

### IA EVENTS UPDATE

Back in March, IA National Office made the decision to cancel all events both local and national for the foreseeable future. For now, all events remain cancelled. As soon as we can do things safely and get the go-ahead from National Office we will let you know and restore our planned calendar.

### NEW 'VIRTUAL' EVENTS

As we cannot meet in person, we have been working on new ideas. In early summer we set up a new events sub-committee, and they and I are working to set up a series of virtual events. While we are aware that not everyone wishes to 'Zoom' or chat online, it is at least one way where we can see our members and IA friends can stay in touch.



Our Young IA members (and the young at heart too) have taken part in a handful of **Quiz Nights** which are proving popular. My thanks to those who are coming up with the quiz questions and providing this new event for us. If you wish to be part of our Quiz Night please email Clare, our Young IA rep at [nadia\\_youngiarep@iasupport.org](mailto:nadia_youngiarep@iasupport.org). We will then send you a secure link to the next event.



Coffee & Chat

With our usual **Coffee Social** calendar on hold, we have just planned a fresh calendar for the autumn, moving our scheduled Saturday Socials online via Zoom, and adding a couple of evening events for those who might prefer that as an option.

Please email me at [nadia\\_secretary@iasupport.org](mailto:nadia_secretary@iasupport.org) if you are interested in meeting up with your IA friends online, or if you would like to join us for the first time. Once you have indicated interest you will be emailed a secure link each time in an email sent directly to you.

Coffee dates & times:

|                            |                 |
|----------------------------|-----------------|
| August 12 <sup>th</sup>    | (19:00 – 20:30) |
| September 12 <sup>th</sup> | (10:30 – 12:30) |
| October 14 <sup>th</sup>   | (19:00 – 20:30) |
| November 14 <sup>th</sup>  | (10:30 – 12:30) |

[www.nottsandderbyia.org.uk](http://www.nottsandderbyia.org.uk)



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## YOUNG IA AUTUMN EVENT

Are you one of our Young IA (YIA) members? If so, keep an eye out via our social media feeds for a new event this autumn. We have several new younger members who have recently joined us, so the events team are planning something we hope will allow you all to meet and get to know one another (despite the fact we can't currently invite you to our nights out.)



For those new to our Branch or to our Young IA group, we have a Facebook page which is open to all. You can find it by searching for @NottsDerbyIA. We also have a closed, private young IA group which is [Notts & Derby young IA](#). If you are new or have not yet joined this page, please do check it out as many of the YIA specific events are posted on there.

We can also be found on Instagram and for those who 'tweet', look for us and follow us on Twitter. We are @NottsDerbyIA.

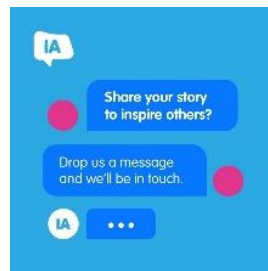
## CITY HOSPITAL SATURDAY STOMA CARE CLINIC – NOTTINGHAM

Several of our members are loyal attenders of the monthly Stoma Care Clinic at Nottingham's City Hospital. These remain cancelled due to the pandemic, but the nursing team hopes to hold a clinic in November. If you are interested, they ask that you make contact with them in mid-October to let them know you plan to attend.

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## HAVE YOU GOT A STORY TO TELL?

IA is always on the lookout for ostomates and pouchies who would like to share their stories with others. The IA Journal is your journal, so if you have something you would like to write for it, or perhaps for the Midlands Bulletin, please get in touch with us.



Have you achieved something you thought you might never do? Do you have a stoma or pouch care tip that you think others might benefit from? Whether you want to share your story from diagnosis to life post-surgery, write about your history within IA, or share something that might help others, all ideas are welcome.

Likewise, if there is something you would like to see appear here in our local newsletter, please drop me a line or give me call. This is your newsletter, so we would like to share your IA-related news here! Email [nadia\\_secretary@iasupport.org](mailto:nadia_secretary@iasupport.org) or phone **07980 867442**.

## FOR OUR DERBY MEMBERS...

In the last couple of weeks, news has reached me as Secretary that some members in the Derbyshire area have had stoma care items on prescription changed with little or no warning. It appears to be items that a person has used for a long time being substituted with another similar product – but not the one that was expected. This has not been ileostomy bags but so-called 'accessory' items – things such as adhesive removers or barrier sprays. It may be a 'one-off' scenario, but it would be good to hear the thoughts of those who live local to Derby.

If you have been affected, do please get in touch with me. We would like to support you in the same way we have been supporting our Nottingham members with these kinds of changes.

## IA VISITING & VISITOR TRAINING

Many of us will have experienced the benefits of talking to an IA visitor. IA Visitors come from every walk of life; they are living, breathing proof that life with an ileostomy or internal pouch can be truly positive. Visitors listen, support, and offer a unique, non-medical perspective based on personal experience. Each one has gone through training and is matched by age, gender and, where possible, profession with the people they later visit.

If you feel you would benefit from a visit yourself, do contact National Office via [info@iasupport.org](mailto:info@iasupport.org) or **0800 0184 724**.

IA really needs new visitors to be trained to keep this unique service going. **Could you offer support to someone?** If you are 18 months post-surgery, and interested, please get in touch. We need to keep this amazing service running!

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