



Ileostomy & Internal Pouch
Association

Registered Charity

Notts & Derbys IA Branch Newsletter

December 2020

THE NEW HOPE PROJECT

As noted in August, the New Hope Project remains on hold due to the current pandemic. I have had a number of calls again in recent weeks offering us surplus ostomy supplies but am sadly not able to take any at present due to the restrictions. Please bear with us until we are able to store them safely and Annalynn is able to ship items to the Philippines again.

If you have items to donate, please hold on to them for us – they are needed. We all know the value of having ready access to good ostomy supplies in the UK, and it is great to be able to support fellow ostomates who without our unused items would often be left with nothing appropriate to use.

NOTE FOR NAMS PATIENTS

I meet with the NAMS team every quarter as part of the Patient Steering Group (PSG) that works on your behalf to ensure that your voices are heard at the highest levels.

NAMS, which is the centralised prescribing service for ostomy supplies in Nottingham, is eager to get your feedback on their service, and invite you to leave your comments via <https://www.iwantgreatcare.org/>.

By typing in 'NAMS' and 'Nottingham' into the search boxes on that webpage you will arrive at the section where you can type in your review.

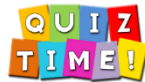
Taking a few moments to do this would be much appreciated, both by those who work for NAMS and by the Patient Representatives such as myself.

If you have any concerns or questions to the NAMS team that you wish me to pass on at one of our PSG meetings, please phone me on **07980 867442** or email nadia_secretary@iasupport.org.

Welcome to your Notts and Derbys IA December newsletter. Autumn is in full swing as I write this in late October. The leaves on the trees in the woodland a few doors up from home seem brighter than ever as they float down in the breeze, their shades of cherry red, sunshine yellow and burnished bronze creating rainbow-coloured piles for all to enjoy who take a stroll up there. I am reminded of a poem I had to write on a leaf-shaped piece of card as a child in primary school - though not a work of Shakespearean quality it amuses the family who fondly recite it to me each and every autumn! The view I described (the one from the room that has now become my office) is one that has brought me much joy and reassurance in what has been an incredibly challenging year, and as the seasons change so we all hope for better and brighter times to come.

RECENT BRANCH EVENTS

In the last newsletter I wrote of our plans to hold events online, so that we can stay in touch with our IA friends and members as much as possible. Moving everything to the virtual world out of necessity has proved an interesting experience, and I am delighted to say that it seems to be working.



Clare is coordinating our Zoom **Quiz Nights**, which are open to all regardless of age or quiz experience. Each one has had a different theme, and remarkably, a different winner! If you want to join in and be added to the mailing list for the invitation please email nadia_youngiarep@iasupport.org.

Virtual **Coffee & Chat Socials** have proved a real success, with the added benefit that we have welcomed members to it who would not normally have been able to join us at our usual venue. To all who have joined in, a big thank you for engaging with us in this new way – it has been great to see you all and your efforts in 'zooming' (often for the first time) are much appreciated.



Coffee & Chat

WELCOME TO NEW MEMBERS



I am delighted that we have been able to welcome several new members to our Notts and Derbys IA Branch in the past three months, and if you are one of them we hope very much we might meet you in person in the new year. In the meantime, please reach out to us if we can help or support you in any way. You can reach me (Brigitte, your Chair & Secretary) on **07980 867442** or via nadia_secretary@iasupport.org. For those who are new to the group **NaDIA** stands for **Notts and Derbys IA** - that abbreviated form of the Branch name enables us to have a series of unique and simple, secure IA email addresses from which to contact you.

Our Facebook page is open to all and can be found by searching for [@NottsDerbyIA](https://www.facebook.com/NottsDerbyIA). We have a closed, private young IA group 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).

www.nottsandderbyia.org.uk



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EXISTING MEMBERS



A reminder that membership is now managed

by National Office and renews annually (£15 for those under 60; £10 for those 60+). Payment dates remain individual to each member, so you pay exactly a year after your previous payment. If subs have not been received a reminder is sent out by National Office, followed by a second one two months later. Once two reminders are sent, no further reminders will be issued, and membership will be lapsed until subs are received. Clearly we wish to keep supporting you, so we urge you to keep an eye on things.

Please note: If you still have a standing order in place for our old local HSBC bank account, be advised that no funds can be credited to it any longer. That account was closed in 2019. Any attempt to pay into the account since closure will have been returned to you.

All subs **must** be paid to the national IA Pooled bank account which is a Co-Op account.

If you have any queries relating to your membership subs please contact National Office via info@iasupport.org or **0800 0184 724**.

At a local level please contact the Treasurer by email via nadia_treasurer@iasupport.org or the Secretary via the contact details overleaf.

IA IS HERE FOR YOU

Please remember that regardless of what is going on in the wider world, IA is here for you, so if you need support, please get in touch.

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2021 EVENTS TO LOOK FORWARD TO... ☺



Our programme of virtual events continues, with planning for 2021 already in hand. While we hope to return to our usual schedule at the Nurseryman in Nottingham and the Blue Jay in Derby when it is safe to do so, we will continue to host things online until then.

Interestingly, recent events have revealed a need for virtual meetups beyond the times we are now in, so at the request of members we have also decided to continue with our online **Coffee & Chat** events even when we are able to meet together again.

Our next online events are

January 16th

(10:30 – 12:30)

February 10th

(19:00 – 20:30)

“CHRISTMAS IS COMING...”

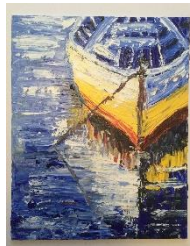
Sadly, we cannot hold our annual Christmas meal that has become such a part of the festive calendar for so many of you, but we still want to provide a little fun. So, we invite you to join us for a **Christmas Quiz Night**.

Whether you want to put on festive frocks, jingly jewellery, jolly jumpers, or simply add a Santa hat to your outfit, do please join us for an evening of fun on **December 12th at 7pm**. Pull up a comfy chair, a glass of something you might enjoy, and Quizmaster Pete will provide the questions, all on a festive theme. There will be a £25 voucher for the quiz winner and a £15 one for the most festive person on screen. Ho-ho-hope to see you there!



AND FINALLY, ... ART BY PETE.

Speaking of Pete, many of you will know him as my predecessor as Chair and Secretary. But how many of you knew he is also a talented artist?



Covid-19 restrictions permitting, Pete's works are going on view shortly at **Kimberley library from 1st – 31st December 2020** (Main Street, Kimberley, Nottingham, NG16 2L) and then at **Eastwood library from 2nd – 31st January 2021** (Wellington Place, Eastwood, Nottingham, NG16 3GB).

For more details email Pete via our Secretary.

(images are of his work and used with permission)