

Positive Living Event 2011 Underwear & Swimwear Show *Birmingham Town Hall 2nd Nov*



Photograph: Mike Gutteridge

Preparations for this year's show are gathering momentum and we are pleased to announce that tickets are now available. This will be the biggest ostomy event to date; this year will see 550 people share an evening of positivity which will be broadcast to thousands more across the world.

A huge thank you goes to **Salts Healthcare** (VIP supporter), **CUIWear**, **OstoMART** and **Peak Medical**, whose support means we can offer tickets as follows:

1) VIP – includes 3 course meal, wine, entertainment and premium seating for the catwalk

show. Normal price £150, but thanks to our generous corporate supporters they are available for an amazing £25! These tickets are limited to 100 so get yours early to avoid disappointment.

2) Show only – includes bubbly and canapés, and circle seating for the catwalk show. Normal price £20 each, but our corporate supporters have enabled us to offer these absolutely **free** of charge!

To get your tickets please see our website or call the office. We welcome group bookings from local support groups (6 or more people). To order tickets for your group please contact us direct on 0118 324 0069.

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New Helpline Stoma Care Nurse

We are pleased to welcome our new Helpline Nurse to the Ostomy Lifestyle team, Robin Radley



Robin joins us from Stoke Mandeville Hospital where he worked as a Senior Stoma Care Nurse, as well as specialising in a range of disciplines including cancer, bereavement, and psychiatric care.

He is also a professional counsellor, specialising in bereavement, and is the Cruse Trainer for the Buckinghamshire area.

"I'm looking forward to working on the Helpline and speaking to callers about their ostomy concerns" said Robin "After so many years in a clinical role it will be refreshing to work for such a forward thinking charity"

This post is part of our Big Lottery funded project to bring clinical advice and support to the Helpline, as well as expand our range of support group organiser training and patient workshops being delivered across the country.

Underwear & Swimwear Show



Photograph: Mike Gutteridge

The Models

This year's volunteer models have been selected from all over the UK and they are busy raising awareness of the show and the positive message behind it. Worcestershire based model Annie says "Now that I have adjusted to my new body image, it's only right I brave it and bare all in a bikini to get my fellow 'ostomists' to believe they too can be proud and happy of their new body!"

Our models and their friends are holding craft fairs, competing in triathlons, doing sponsored swims and much more to raise money and spread the word. We are filming short interviews to introduce them to the world in the run up to the show so check our website, YouTube channel and Facebook page to catch them all.

Can you help?

We are looking for hair and make-up artists and choreographers who would be willing to donate their professional services to us for the show – is that you? If so, please contact Helen on 0118 324 0069 or Helen.bracey@ostomylifestyle.org

Training for support group organisers

Thanks to our funding from the Big Lottery Fund, we are pleased to announce a new course – 'The Nuts & Bolts of Running a Support Group'. This free, one day course is available to anyone who either runs a support group, or would like to set one up. The course looks at ways to promote your group, keeping meetings interesting, data protection and fundraising amongst many other topics. Group sizes are kept small to allow plenty of time for

discussion and action planning. Travel expenses can be paid (up to a maximum of £50) and lunch and refreshments are included. Spaces are currently available for courses in Bracknell, Canterbury, Harlow, Leeds, Milton Keynes and St Helens. We are planning to add many more dates to the calendar so if you are interested please email training@ostomylifestyle.org or call Helen on 0118 324 0069 for more details.

Donate by text!



Introducing a quick and easy new way to donate to Ostomy Lifestyle! JustTextGiving is a new service that has been launched by JustGiving and Vodafone to allow donors to support their favourite charities simply by sending a text message. To donate to us simply text 'OSTO11'

followed by your chosen amount (£1, £2, £3, £4, £5 or £10) to 70070. For example, if you wanted to donate £10 your message would say 'OSTO11 £10'. And you can add Gift Aid to your donation making it even more valuable. So don't delay, text today!

Cycledda events



We have 20 places for female cyclists in the Cycledda, women-only bike events this year! Cycledda is supported by Olympic Gold medalist Victoria Pendleton and is the perfect way for women across the UK to get involved in the sport, raise money for charity and have a great day out with family and friends.

Entry costs £40 which is refundable once you have raised more than £150. Entry benefits include advice from Victoria Pendleton, ride rescue mechanics, medical and feed station support throughout the route, and participants will receive a great range of goodies including; event memento,

bumper goody bag, Grazia magazine, a helmet hair remedy centre and free massage.

Two Cycledda events are scheduled in 2011:

- Cycledda South at ZSL Whipsnade Zoo, (20 minutes from M25) on September 11th
- Cycledda North at Tatton Park (20 minutes from Manchester) on October 2nd

Riders who raise more than £50 will receive a free Ostomy Lifestyle cycling jersey. For more information please call Helen on 0118 324 0069.

Fundraising update

Huge thanks to Caroline Kooreman (Norwich Half Marathon runner), Phil Mansell (Taunton to Windsor cyclist), Tom Farrell (Bristol 10km runner and Ben Nevis hiker), Andrew Burns (3 Peaks hiker), Leila Tanner & Peter Savage (FSI Challenge runners), Mike Vose, Jin Kalkat, David Lewis, Neil Basil, James Bracey, Jos Meijer, Oliver, Salim and Karim Buggle (all British London 10km runners), who, between them have walked, jogged, run and cycled hundreds of miles to raise over £5,000 this year!

A special mention goes to Jess Molloy who was due to run in the 2011 London Marathon in aid of Ostomy Lifestyle but had to pull out due to a knee injury. Jess said "I have



been pretty down in the dumps about it, but there are two positives - I get an automatic entry into the 2012 marathon and I have 12 months to raise even more money!" Jess has already raised a staggering £2,486 (including Gift Aid) and is hoping to hit her £5,000 target in time for the 2012 marathon.

Huge thanks go to all our fundraisers for their incredible efforts and hard work. If you have an idea for a fundraising event please contact us on 0118 324 0069 for help and support.

Services Directory

- **Free & confidential Helpline**
0800 731 4264 or
advice@ostomylifestyle.org
(Mon-Fri, 10am-3pm)
- **Ostomy News**, free, regular newsletter from Ostomy Lifestyle, available in hard copy or email
- **Free Lifestyle cards**, available with a range of language cards, useful for travel and security situations
- **Free range of patient information sheets:**
 - Healthy Eating
 - Travel
 - Insurance
 - Appliance Guide
- **OstomyAid** – our foreign aid project to distribute surplus supplies from the UK to developing countries across the world

- **Website** - www.ostomylifestyle.org
- **Directory** - featuring support groups, events, appliance and accessory manufacturers and delivery services

Positive Living Events

- **Workshops** for local support groups
- **Training sessions** for support group organisers, professionals and industry
- **Annual Awards** recognising excellence and commitment throughout the stoma care sector
- **Underwear & Swimwear Show** to promote positive body confidence and a positive image of stoma surgery

CUT HERE

Please accept my MONTHLY/QUARTERLY/ANNUAL* donation (*delete as appropriate)

£10 £20 £50

Or my own choice £

Please complete the Standing Order Mandate.

I wish to make a SINGLE donation

£25 £50 £100

Or my own choice £

cheque/postal order made payable to **Ostomy Lifestyle**.

Standing Order Mandate:

To the Manager
(Bank name and address)

Sort code _____

Signed _____

Date _____

Postcode _____
Please pay **Ostomy Lifestyle the regular donation listed in the left hand column**

Starting on ___ / ___ / ___ until further notice.

Please debit my account number

Sort code _____

Signed _____

Date _____

Please pay CAF Bank,
(Sort Code 40-52-40) for the credit of **Ostomy Lifestyle**.
Account Number 00017083.

Please ensure you have also completed the contact details.
Alternatively you can donate or set up a standing order online.

Gift Aid Declaration

I am a UK taxpayer and I would like the tax to be reclaimed on any eligible donations that I have ever made or will make to Ostomy Lifestyle until further notice.

By ticking the Gift Aid box we can reclaim tax you have paid on your donation, meaning we can increase the value of every £1 you give to £1.28 at NO cost to you. To qualify for Gift Aid, what you pay in UK income tax and/or capital gains tax must at least equal the amount we will claim in the tax year. Please ensure you have provided your name and address if you wish Ostomy Lifestyle to claim Gift Aid on your donation

Please send me Ostomy News

- Ostomy Lifestyle is the UK charity providing support to anyone affected by stoma surgery in any way.
- We provide a helpline, regional events, and training services for nurses, companies and support groups.
- Please support this work by making a donation using the form overleaf.

My contact details

Name _____

Address _____

Postcode _____

Daytime telephone _____

Email _____

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Upcoming events

Wed 17th August – Lanhydrock Ostomists Group meeting (Lanhydrock, Cornwall). Contact Chris Davey on 01208 831471.

Thurs 18th August – Mid Essex Stoma Support Group Bowls Tournament (Essex). Contact Paul Foulger on 01245 224374.

Thurs 18th August – Gastro-intestinal Cancer Support Group meeting (Colchester, Essex). Call 07565 929381.

Sat 20th August – ‘Diversions’ Family Support Network Outdoor Activity Day (Simonstone, Nr Burnley). Call Melissa on 0781 6513889.

Tues 23rd August – “Friends” Stoma Support Group meeting (Boston, Lincolnshire). Contact Rob Biggs on 01205 724120.

Sat 3rd September – Bristol Ostomists Self Support Group meeting (Broadmead, Bristol). Contact Christina on 0117 9075326.

Sat 3rd September – North Essex Stoma Support Group meeting (Colchester, Essex). Contact Brian on 01206 540449.

Mon 5th September – Inside Out Support Group meeting (Harrow, Middlesex). Call 0208 4284242.

Mon 5th September – East Berkshire Ostomy Club meeting (Bracknell, Berkshire). Contact Jackie Dudley on 01344 426652.

Sat 10th September - Mid Essex Stoma Support Group Coach Outing to Southwold (Essex). Contact Paul Foulger on 01245 224374.

Sat 10th September – Essex UA meeting (Benfleet, Essex). Contact Mrs. Wainwright on 01708 341279.

Thurs 15th September – Gastro-intestinal Cancer Support Group meeting (Colchester, Essex). Call 07565 929381.

Tues 20th September – Hollister YourDayAway patient event (Hull City Hall, Hull). Call 0800 521 377.

Wed 21st September – Lanhydrock Ostomists Group meeting (Lanhydrock, Cornwall). Contact Chris Davey on 01208 831471.

Tues 27th September – “Friends” Stoma Support Group meeting (Boston, Lincolnshire). Contact Rob Biggs on 01205 724120.

Sat 1st October – Bournemouth Hospital Stoma Care Nurse Open Day (Bournemouth, Dorset). Contact Beryl Andrews on 01202 704813.

Mon 3rd October – East Berkshire Ostomy Club meeting (Bracknell, Berkshire). Contact Jackie Dudley on 01344 426652.

Sat 8th October – Devon IA quarterly meeting (Taunton, Devon). Contact Margaret Bond on 01392 447374.

Sat 8th October – Wessex Urology Support Group Annual General Meeting (Whiteley, Hampshire). Contact Mary Morris on 02392 361048.

Tues 11th October – CUPID Support Group meeting (Christchurch, Dorset). Contact Beryl Andrews on 01202 704813.

Pleased to be supported by:

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Attend


Ostomy Lifestyle 4 The Courtyard, Eastern Road, Bracknell, Berkshire, RG12 2XB.

Telephone 0118 324 0069 email admin@ostomylifestyle.org

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Helpline 0800 731 4264

www.ostomylifestyle.org