

Summer 2010

## New website and **Directory facility**



The new website includes a full calendar of events, directory of companies and support organizations as well as news and useful information

As part of our new, redesigned website [www.ostomylifestyle.org](http://www.ostomylifestyle.org) we have included a comprehensive Directory facility, to enable you to find the services or support you need, where and when you need them.

As part of this we are providing every local support group in the UK with their own unique webpage, with the ability to add text and images and a calendar of events (searchable by location) which appear on the Ostomy Lifestyle homepage.

The new directory system gives local groups the ability to host a professional webpage without the expense usually associated with professional web design. All of which means that people affected by stoma surgery can find support more easily!

For more information or to register your group, please visit [www.ostomylifestyle.org](http://www.ostomylifestyle.org)



## Ostomy Lifestyle Awards 2010 Nominations

*Nominations are open for the 2010 Ostomy Lifestyle Awards. Last year's awards saw staff and volunteers from across the UK recognised for their efforts supporting people affected by stoma surgery.*

These awards are the only opportunity to publicly recognise all those important people that really make a difference. "I have worked in stoma Care for more than 15 years and have watched nurses and patients collect well deserved

recognition, but never have I been aware of any recognition of individuals in industry" Said last year's Industry Professional Award nominee Nancy Jackson.

The categories are:

- Volunteer of the Year
- Local Support Group of the Year
- Nurse of the Year
- Industry Professional of the Year
- Most innovative product

Awards will be judged by a panel from across the sector, with the

exception of the Most Innovative Product which will be put to a public vote once the shortlist is received. To make your nomination, or see category details see our website or call us for a nomination form.

### NEWS FLASH

Introducing an exciting new way to support Ostomy Lifestyle!

See page 2 for more details

Helpline 0800 731 4264

[www.ostomylifestyle.org](http://www.ostomylifestyle.org)

# Unity Lottery



*We are excited to introduce this new way for you to support Ostomy Lifestyle – the Unity Lottery!*

Unity is a lottery with a difference. Ostomy Lifestyle receives 50p from every £1 entry, so you can be sure

the proceeds go exactly where you want them.

For just £1 per week you will be allocated with a six digit Unity Lottery number, which is yours for as long as you play. You can purchase more than one number, and every Saturday the lucky winners are selected at random and prize cheques are posted directly to you, so there is no need for you to claim.

Winners have to match 3, 4, 5 or all 6 digits of the winning number in the

correct place in the sequence. You have a 1 in 63 chance of winning a prize.

6 digits wins £25,000

5 digits wins £1,000

4 digits wins £25

3 digits wins £5

A leaflet has been posted with this newsletter giving more details; if you would like more leaflets for your friends and family please call us and we'll send you a fundraising pack.

## Finding local support



*Across the UK there are all sorts of local events for people affected by stoma surgery, with peer to peer support, practical advice, emotional support, professional medical advice and information available.*

These events take many forms, such as local support group meetings, hospital open days, information days, or unique, one-off events, however it's not always easy to ensure people know they are happening.

Our new Community Based Support project will allow everyone to find out about these events, and be confident that the standard of support and information available ensures the events are inclusive, enjoyable, and useful.

So far we have run a pilot 'open day' to test the concept, and we have established a Community Based Support Special Interest Group (SIG) involving stake-holders (including representatives from local support

groups, national organisations, hospitals, and commercial companies) to improve the available resources across the board.

The first results of this project are an online directory of groups and events (see back page), and a presentation at a forthcoming stoma nurse conference. If you would like to be involved in the project, or have ideas that might help please contact us on 0118 324 0069.

## Spare Ostomy Supplies

Do you have unwanted ostomy supplies?

We can use them to improve health in the poorest segments of the population in Africa.

For more information please get in touch via email ([admin@ostomylifestyle.org](mailto:admin@ostomylifestyle.org)) or telephone (0800 731 4264)

# The implications of airport body scanners



*Airport security procedures are a common source of concern among Helpline callers and the introduction of body scanners has added a new dimension to this.*

Security staff are trained to be aware of and sensitive to people with hidden conditions and appliances, and the new measures have been designed to maintain privacy for all passengers. Equality is key and almost everyone, including pregnant women and children, could pass through the

scanner. The only exception is wheelchair users who are unable to stand.

After the usual patting down and the removal of shoes etc, passengers (selected at random) will enter the scanner, hands held away from the body. The images taken are purposefully blurred to maintain privacy and are only visible to staff. When the scan is clear, the image will be deleted. The scan takes seconds and detects organic and inorganic objects. Although unlikely, appliances that contain matter may show up as a grey area on the scanner. If so, passengers may be asked, in a respectful manner, to reveal it in private. Having a Lifestyle Card (available in many different languages) may help you communicate with staff about your stoma. To obtain one please contact the Helpline on 0800 731 4264.

## Trust in your GP

In the run up to the general election, Ostomy Lifestyle and 30 patient support groups and charities joined to release their Joint Manifesto for Trust, to ensure the voices of patients and carers were at the “heart of the debate” on the future of health and social care during the general election. The manifesto was launched with a front page article in the Sunday Telegraph, and demands clarity from politicians, transparency from the NHS and support from GPs in accessing help from groups like ours.

The key pledge ‘Trust in your GP’ focuses on the need for patients to be able to trust that their GP is ensuring access to the best treatment and the best services. Patient support groups

and charities are ideally placed to provide information on these services and GPs should actively support patients in finding groups that could help them manage their condition. We are now communicating with the Secretary of State for Health on this and will bring you updates as we get them.

## Email Updates

If you would like to receive additional updates in between editions of Ostomy News then email us and we will add you to our e-mailing list.

[admin@ostomylifestyle.org](mailto:admin@ostomylifestyle.org)

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)

\_\_\_\_\_

Postcode \_\_\_\_\_

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

Starting on \_\_\_/\_\_\_/\_\_\_ until further notice.

Please return this slip to: 4 The Courtyard, Eastern Road, Bracknell, Berkshire, RG12 2XB. Thank you!

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.

Date \_\_\_\_\_

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

**Ostomy News** is the free quarterly publication from Ostomy Lifestyle, bringing you news, information and events updates for anyone affected by stoma surgery.

To order your own personal copy please tick the box below and return this slip to the address overleaf completing the contact details section.

 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 \_\_\_\_\_

CUT HERE

## Upcoming events

**Sat 28th August** – Wessex Stoma Support Group Summer BBQ (Broadchalke, Wiltshire). Contact Michael Slater on 01722 741 233 for more details.

**Wed 15th September** – Lanhydrock Ostomists Group meeting (Bodmin, Cornwall). Contact Chris Davey on 01208 831471 for more details.

**Wed 22nd September** – Carmarthen Patients Open Day (Carmarthen, Wales). Contact Stoma Care team at West Wales General Hospital for more details.

**Sat 2nd October** - Southampton Healthcare Stoma Care Service Information and Open Day (Brockenhurst, Hampshire). Contact the Stoma Care team on 02380 718 850 for more details.

**Sat 9th October** – Wessex Urology Support Group AGM (Fareham, Hampshire). Contact David Morris on 02392 361 048 for more details.

**Fri 29th October** – Inside Out Support Group Fashion Show & Fancy Dress Party (Harrow on the Hill, Middlesex). Contact Robert Azevedo-Gilbert on 0208 428 4242 for more details.

## Ostomy Lifestyle Services Directory

- Free & confidential **Helpline** 0800 731 4264 or [advice@ostomylifestyle.org](mailto:advice@ostomylifestyle.org) (Mon-Fri, 10am-3pm)
- **Ostomy News**, free, regular newsletter from Ostomy Lifestyle, available in hard copy or email
- **Lifestyle cards**, available with a range of language cards, useful for travel and security situations
- Range of patient information sheets:
  - Healthy Eating
  - Travel
  - Insurance
  - Appliance Information
- Workshops for local support groups
- Training sessions for industry and medical professionals and staff and volunteers from support organisations
- [www.ostomylifestyle.org](http://www.ostomylifestyle.org) featuring a directory of support groups, events, appliance and accessory manufacturers and delivery services.

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](mailto:admin@ostomylifestyle.org)

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