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HOURS OF BUSINESS

Our reception and pick up service is closed until further notice due to the COVID-19 pandemic.

Please refer to our website: **NSWstoma.org.au** for any changes to this information.

MONDAY	9:00am to 4:00pm
TUESDAY	9:00am to 4:00pm
WEDNESDAY	9:00am to 4:00pm
THURSDAY	9:00am to 4:00pm
FRIDAY	9:00am to 2:00pm

Except on public holidays

DIRECTORS

CHAIRPERSON	Carol Quast
SECRETARY	Ken Batten
TREASURER & PUBLIC OFFICER	Allen Nash
OTHER DIRECTORS	Sallyanne Lerota Andrea Cross Peter De Luca Ian Murray Eugene Tomczyk

NSW STOMA LIMITED

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Members are not obliged to reply to any advertisement printed in this journal if they do not wish to disclose their address or phone number.

Advertisements in this Journal are published as submitted by advertisers. The publisher has not checked the veracity of the advertisements and accepts no responsibility for their content.

The publisher specifically disclaims all responsibility and liability for any material contained in this Journal and in particular any material that may breach any confidentiality or privacy or may be regarded as defamatory. Such liability will be assumed by the relevant author of the material.

The reader is strongly advised to first obtain appropriate medical advice from an STN or GP before trialling any products advertised in this publication. No advertisement published in this Journal shall be taken to constitute an endorsement of products contained in that advertisement, either by the Editor, this organisation, or any government department connected with the Stoma Appliance Scheme.

NOTICE BOARD

Due to the Covid-19 pandemic our reception is closed until further notice.

All orders must be delivered. We use Australia Posts eParcel service and the following charges apply.

Australia Post Notice

Please be aware that because of the pandemic **Australia Post** is experiencing significant delivery delays in their network due to limited flights, social distancing requirements and a substantial increase in parcel volumes as more people shop online. **Please allow extra time for your order to be delivered.** They are temporarily suspending the Express Post guarantee of next day delivery as they are unable to commit to this timeframe. Express Post is still available but parcels may not be delivered next business day every time.

Postage Fees

Standard Post 1 month order \$13; 2 month order \$26

Additional fees apply to Express Post deliveries. Additional fees may also apply to interstate deliveries.

Annual Fees 2020-21

Annual membership Fee and Access Fee to the Stoma Appliance Scheme (SAS)

Full Member: \$70* Concession Member: \$60*

Associate Member: \$10 DVA Gold Card Holders: Exempt

*Total annual fees include SAS Access fee (\$60 full membership, \$50 Concession)

plus \$10 NSW Stoma Ltd fee

Payment of fees are due by 30th June each year.

Bowel Cancer Awareness Month June 2020

Each year, Bowel Cancer Australia dedicates the month of June to raising much needed awareness about Australia's second deadliest cancer, and much needed funds to support the charity's work in the prevention, early diagnosis, research, quality treatment and the best care for everyone affected by bowel cancer. <https://www.bowelcanceraustralia.org/>

Products for Sale

Product	Code	pack size	Price
Rediwipes Silk Wipe	ARS3033	100	\$10.00
Micropore 1"	1530-1	1 roll	\$2.00
Micropore 2"	1530-2	1 roll	\$3.50
Metal Nightstand	NIGHTSTAND	each	\$45.00

A MESSAGE FROM THE CHAIRPERSON



I am sending you all my very good wishes in this edition of NSW Stoma's Journal.

I hope you have all stayed safe during these difficult Covid19 times and have adjusted to this new way of life.

Not only has NSW Stoma had to change procedures and behaviour through this pandemic but we also rallied to support the unexpected catastrophe of the fire at ONL (our sister association in NSW) early in May. We are helping and providing them with assistance on many different levels and we wish them the very best for getting back on their feet soon.

The directors on the board of NSW Stoma have worked tirelessly with our General Manager, Mary, to implement transparent and detailed financial systems; to investigate new information technology to suit our needs; to organise, create and update policies for NSW Stoma and to update our communication platforms and services for our members. We are executing a strategic plan for NSW Stoma and looking at our priorities to provide members with the best possible service and support.

NSW Stoma is in the process of implementing our new software, internet and intranet system throughout our office and warehouse. This will make things more streamlined in the future,

cut down on administrative challenges and make life easier for all concerned. We apologise if there have been delays while implementing the new system. We also apologise for any inconvenience you may have undergone in receiving your products by post. The staff have all done an amazing job dealing with procedural changes due to the Covid19 pandemic.

We have increased our Annual Subscription to \$70 (being the 2020/21 SAS Access Fee of \$60 + NSW Stoma Ltd 2020/21 Membership Fee of \$10). The yearly SAS fee paid to our association allows each of us to receive thousands of dollars worth of ostomy products to make our lives easier and more bearable. The membership fee allows us to continue to fund our information days in Sydney and regional NSW; to continue to provide our Stoma Nurse's surgeries and enquiries for our members; to produce, print and distribute our journal; to help our members' support groups and to aid individual members who may be going through difficult times. Our fees provide all of us as ostomates the best value for money I can think of.



A MESSAGE FROM THE CHAIRPERSON *(continued)*

Even more reason not to stockpile ostomy products and order only what you need with perhaps one month's supply up your sleeve (or stoma!!!) in case of emergencies. As an ostomate I feel lucky to live in Australia and have access to the generous SAS (Stoma Association Scheme) provided by the Federal Government.

I would also like to take this opportunity to thank our extraordinary, loyal and committed staff, led by our General Manager, Mary Egan. Secondly, I wish to express my gratitude to the directors on the board who as volunteers give their time to oversee the direction of NSW Stoma and make sure it fulfils its legal responsibilities. A special thank you to retired graphic designer, Paula Garrod, one of our members, who has volunteered to create the artwork and organise our journal so that we can keep in touch with you.

Hopefully in the future we can look forward to having regular volunteers to help out at NSW Stoma. Mary will start looking into this after things return to

“normal” or near as. Finally thank you to YOU, our members. You ARE NSW Stoma.

As our mission statement says:

“NSW Stoma is a not-for-profit, member-based organisation that aims to improve quality of life for ostomates by providing support, representation, information and medical supplies”.

As you are all aware, 2020 has been a difficult year for everyone with the drought, bush fires, floods and then Covid19. It is essential for us to concentrate on the positive things to come out of these times ... our community.

Belonging to a community is essential for our physical and mental well-being and I urge you to reach out to your families, friends, neighbours and colleagues every chance you get. We need to support and be supported during difficult times.

Stay in touch with each other.

Stay safe,

Carol Quast

Chairperson, NSW Stoma Ltd

A message from the General Manager

It has certainly been a momentous year with so many major disruptions to all our lives. The year started with devastating bushfires and drought followed by flood in some areas. Then came the pandemic. Many of you also face your own personal crisis. At NSW Stoma we have focussed on making sure that whatever happens we can continue to deliver essential supplies to all our members.

Many of you will also be aware of the devastating fire on 3rd May which severely damaged the premises of Ostomy NSW Ltd (ONL), our 'sister' organisation in NSW. All associations work together and we jointly developed our Disaster Recovery Plans. We have swung into action and ONL members are now receiving their orders from us and other associations in Queensland and Victoria. ONL expect to be fully operational again by the end of May. While there may be a delay in delivery for some of their members, it is reassuring to know that we have such a strong community and that we can all work together to ensure that Ostomates all over Australia can rely on that community to receive the supplies they need.

Unfortunately, Covid-19 has forced us to abandon our scheduled information days. I know how important these are for all members, particularly those of you in regional NSW. These days provide an important opportunity to connect with other ostomates, meet with suppliers and gain valuable information from health professionals. We intend to resume these days as soon as it is safe to do so. The health and well-being of our members and staff is of paramount importance.

We have also closed our reception and pick-up service. All supplies are now

delivered to you via Australia Post. I know this is difficult for those of you who regularly pick up your supplies but again we must take every precaution to protect our staff so that we can continue to supply all members. We have split our workforce, with 2 employees working from home and a distinct separation between the office and warehouse. This is to ensure, that should an employee contract Covid-19, only part of our workforce need go into isolation. This will allow us to continue to operate while those affected get the treatment they need or remain in isolation to contain any possible spread of this awful virus.

Our on-site clinic has also closed but the good news is, Anne Marie Lyons, our wonderful stomal therapy nurse has continued to provide valuable advice to all via phone and email. If you have any concerns or questions about your stoma please take advantage of this free service for all NSW Stoma members.

While we go through this pandemic it is more important than ever that you do not order more than you need. You should continue to place your normal order. Ordering more than you need can cause a shortage and adversely affect all members.

Please be aware that most support groups have suspended their meetings but you can check when meetings will resume with your local support group. We have a list of local groups at the back of this journal and details are current at time of writing.

I hope you find this journal a useful resource. If you would like to contribute please email me at info@nswstoma.org.au

Mary Egan

General Manager, NSW Stoma Ltd

Failte Mo Chairde (*Hello my friends*)



Over the years I have worked at NSW Stoma I have noticed large numbers of accessory products being returned, unopened and unused. This includes products such as; stoma powder, stoma paste, seals, barrier wipes and adhesive remover. I'm raising this issue as I am concerned about waste, as these products are expensive and cannot be reused or redistributed to other members.

Some clients have informed me they have issues with their skin on discharge from Hospital and their Stomal Therapist has ordered these items to assist with skin conditions. Once the skin condition improves, the clients continue to order these products, but may not necessarily continue to use them.

Others may not have access to a Stomal Therapist who offers out-patient services or live in remote areas where they cannot follow up with a Stomal Therapist.

In some cases, their Stomal Therapist has ordered accessories in case they have an issue after discharge and some clients are not really sure how to use these products or in which situation they are required.

Therefore, each month, the client copies the previous order form including the accessories products and is unaware they should remove them from the order form to prevent the build-up of unrequired products.

I cannot stress the importance of maintaining contact with your Stomal Therapist after discharge. Ideally you should be reviewed a few weeks after discharge and at this time they can assist you to determine what products are necessary and adjust your order appropriately.

Alternatively, if you do not have access to a Stomal Therapist, you can call me, email me, or when the Covid-19 pandemic is over, make an appointment to visit me in my room at NSW Stoma Ltd.

Members are fortunate to have access to one of the best Stoma Appliance Schemes in the world and we want to keep it that way. Ordering only the products you require and reducing the unnecessary use/ordering of accessory products is beneficial to maintaining access to a healthy scheme.

Just a reminder that I am available for consultation on the 1st three Thursdays of the month 11am - 1pm. Please ring or email to make an appointment. Even though the on-site clinic is currently closed, I'm still available.

Mob: 0468 582 951

Email: stomanurse@nswstoma.org.au

In the meantime take care.

Slan agus beannacht (*bye and blessings*)

Anne Marie

Anne Marie Lyons STN

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EXERCISE WITH A STOMA

There are many potential reasons for having a stoma, but regardless of the underlying cause, or any other conditions you may also have, exercise is a powerful tool to help improve your quality of life. Although taking part in exercise when you have a stoma may seem daunting, the benefits of increasing your physical activity levels far outweigh any obstacles you may encounter and there are health professionals that can help support you along the way.

Physical inactivity is a major contributor to chronic disease and puts incredible strain on the health system in Australia, with only 15% of adults aged 18-64 years and 17.2% aged 65+ years getting enough exercise. These numbers are already staggeringly low, but unfortunately physical activity drops even further following stoma surgery. We are all aware that exercise is supposed to be good for us, but you may be wondering ... How much and what type of exercise should I be doing? How do I exercise with a stoma? Is it even worth it? Is it safe? Who can help me and who can answer my questions?

A good place to start is by looking at the physical activity guidelines for adults: 150 minutes per week of moderate intensity exercise, with at least 2 days per week of muscle strengthening. These guidelines generally still hold true for those with complex/chronic conditions, such as those that may result in a stoma, although there are other considerations and potential modifi-

cations that need to be made, and this is where an Exercise Physiologist comes in handy. An Accredited Exercise Physiologist (AEP) is a university-qualified allied health professional who prescribes exercise for the prevention or management of complex/chronic health conditions. There are many different types and ways to structure exercise and part of the role of an AEP is to tailor exercise programs to the unique needs and preferences of the individuals they work with.

Exercising with a Stoma bag can have its challenges and often Ostomates are simultaneously contending with various other health issues, treatments, medications etc., not to mention the emotional rollercoaster that many experience. With all of that on your plate already exercise is possibly the last thing on your mind, but it might help to run through some of the benefits and what makes it worth the hassle. Research supports exercise as the most accessible, cost-effective and beneficial therapy in managing Ulcerative Colitis (UC) in the long-term. An appropriately designed exercise program has been shown to improve mood and stress, increase strength and boost energy as well as improve immune function, which is especially important as most people with UC are on immunosuppressive therapy. Additionally, strength exercises are particularly effective for helping improve bone health and combat UC treatments/medications that can lead to reduced bone mineral density

and osteoporosis. There has also been some great research in the last few years surrounding exercise during various stages of cancer diagnosis and treatment. Not only has regular exercise been associated with a reduced risk of colon cancer and reduced cancer recurrence, exercise has been shown to help manage symptoms/side-effects (such as fatigue, nausea and pain), increase tolerance to treatment and likelihood of chemotherapy completion, increase strength and combat deconditioning, improve mental health and improve overall quality of life.

Another upside is that regardless of what condition you are trying to manage, exercise will also benefit all of the other systems in your body and reduce your risk of developing secondary health problems. This being said, it is important that care is taken with exercise to avoid harming the body and you should seek help from appropriate health or medical professionals as needed. For instance, it is always a good idea to check in with your GP or specialist before taking up exercise, especially if you have had surgery or any changes (e.g. new medication) since you were last physically active. Once you have the all-clear from your doctor, AEPs are the highest qualified professionals when it comes to exercise prescription and can provide you with a program that is not only safe and beneficial, but also enjoyable and sustainable in the long-term.

There are a number of factors that an AEP will take into consideration when

prescribing exercise for someone with a Stoma. Firstly, there is an obvious need to protect the stoma and stoma bag itself which can be done through appropriate selection/modification of exercises along with the use of protective garments (there are many different options and what you select will depend on the activity and personal preference). Another main concern for Ostomates is the compromised integrity (weakness) of the abdominal wall and because of this it is necessary to avoid excessive increases in intra-abdominal pressure, for example the Valsalva manoeuvre (holding breath during movement). An AEP can help teach you about intra-abdominal pressure and provide you with the right exercises to improve your core/abdominal strength and stability and then help you transition safely to the activities or sports of your choosing.

Exercise with a stoma may require some extra care and planning, but the benefits to your health and well-being make it all worth it, and if you are feeling a bit overwhelmed or don't know where to start then there are qualified exercise professionals who are willing and able to help you. Regardless of your reason for having a Stoma and regardless of your exercise history, at the end of the day the main goal should be preventing inactivity and doing something is better than doing nothing at all.

Emma Waterham
Accredited Exercise Physiologist
AEP AES ESSAM

info@bblifestyleclinic.com.au

SIZE & SHAPE DOES MATTER!

By Jan Fields, STN

So, you've been advised to wear a hernia support garment, but not sure which one is right for you? There are lots of factors to consider and your Stomal Therapy Nurse can help you choose the right one. There are different garments available offering differing levels of firmness and support... your activity levels and knowing your risk factors will help with those decisions.

For example, if your job, exercise activities, house or yard work require a lot of movement of the torso and abdominal area then you may need a firmer type garment. If you have limited physical ability or mobility you may need less. Risk factors for developing a hernia can include older age, smoking, being overweight or obese, having allergies or a chronic cough and engaging in strenuous physical activity. Prevention is always the best approach to managing your risk. Appropriate lifestyle adjustments, wearing the right kind of support garment at the right times and seeking medical advice early if you think there is a problem are all vital in maintaining good abdominal and stoma health.

Underwear options – pants, boxers or briefs, depending on brand, usually give a light to moderate amount of support, but may not be the easiest option if you have issues like bladder weakness or incontinence, arm or hand weakness, arthritis or peripheral neuro-

pathy. Getting them up and down can be challenging for some and these conditions can make it extra difficult.

Support belts – usually give more intermediate or firm support and the ability for more adjustment in size, with Velcro type closures. They are most beneficial for those with higher risk factors and a more physical lifestyle. They are best used when firm abdominal support is needed, such as when playing sport or doing housework, and then removed during times of rest and relaxation.

Sizing for any of the options needs careful consideration. The circumference measurement around the abdomen is important, but for belts in particular, a measure for the height of the belt is needed as well. Your overall body shape and the location of your stoma may also mean that those 1 or 2 measurements may not be enough to choose the right option for you. For example, if you are a pear shape and hip measurement is much larger than your waist, support around the stoma area and a comfortable fit around the hips may mean you need to go up a size. For some shapes and sizes a belt may be more optimal.

Remember to explore all options with your Stomal Therapy Nurse and only order 1 garment initially to ensure it is the right one for you, bearing in mind there is a limited yearly allowance on the Stoma Appliance Scheme.



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Did you know?
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with a stoma will
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3 belts or a combination
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(1 support belt = 2 support pants)



SUPPORT PANTS

OR



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1. Gary et al. 2005. A review of 16,470 patients on
the American Ostomy Association Registry

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My Ostomates journey so far...

By NSW Stoma member Paula (Lynn) Garrod

2002 - Life is good...

I am 51... I love my job as a Graphic Designer for a large magazine publishing company... I have a lovely, new caring man in my life... I have just bought a small apartment with a pool which is 10 mins drive from my place of work... (where I spent far too many hours of my day).

2003

January - I developed 'Frozen Shoulder', which I have been told is a common occurrence with people in my line of work... also more commonly in women? I underwent several months of tests... taking anti-inflammatory drugs and having intensive physiotherapy. I was experiencing terrible reflux and drinking copious amounts of Mylanta... I have since been told that this type of reflux could also be a sign of bowel cancer... my doctor referred me to a Gastroenterologist, suspecting an ulcer from the medication. While waiting for my



appointment date, I experienced some unusual rectal bleeding... different from the type that I was used to from Hemorrhoids... an endoscopy and colonoscopy were ordered.

Friday 13th June - colonoscopy reveals a 'Lesion'... very low in rectum. The following Tuesday, a diagnosis of rectal cancer is delivered... Surgeon says "Probability of a bag for life"... I didn't see that coming! After more tests and given option 'A' or 'B'... Full resection or Laser treatment, he highly recommends 'A' he also says "If you choose option 'B', I can guarantee that you will be back here within 3 years with secondaries"... he adds "I am giving you the quantity of life... It is up to you to look after the quality of your life!"

I am sent to meet a Stomal Therapist... (how lucky are we to have access to these amazing people)... I was a bit grumpy... "I don't want this to happen!"... so, next appointment - Counsellor... she was amazing.

"What are your main concerns", she asks ... I say... "What will I be able to wear?" "Why me?" "Will people be able to tell what I have when they see me"?



JOURNAL

JUNE 2020

The slim, smartly dressed Counsellor lifts her sweater and shows me her ileostomy bag... I leave there feeling a little humbled, yet inspired... I am now determined to get this done and get on with my life...

Surgery...

July 21 – It was too low to rejoin as expected... full resection... Lesion in bowel is anterior so an Episiotomy is required... that was tough and painful.

10 days in hospital... 3 weeks at home... no driving... no sick or holiday pay left... I have a job to do and a mortgage to pay... I end up working from home and because I can't sit on my bum, I am kneeling on a cushion on the floor... designing my magazine on my laptop at my coffee table.

Family, friends, work colleagues, meal donations and a sick sense of humour got me through those days.

A year later when I was in for undercarriage repairs, one Stomal Therapist said... pointing me out to a new patient from across the ward...

"Meet Paula, she has made a very good recovery... now, the only problem she has is finding a pair of shoes to match her bag!"

2004 – 2011

- 7 hospital admissions and 4 surgeries for undercarriage repairs, bowel obstructions and post surgical hernias...
- The Parastomal hernia was the hardest to fix...
- 2011 - I received 'Sugarbaker repair' surgery to my parastomal hernia... that one is still holding up.

- My body doesn't like mesh, but I am getting by after that last repair surgery...
- I have a few small hernias, but am coping with those by knowing my limitations and wearing a hernia belt during exercise, housework & gardening.

Diet

"If it doesn't agree with you... cut it out of your diet!"

That was advice I was given after expecting to leave hospital with a book of dietary suggestions...

- Avoid corn (particularly pop-corn)... Red meat, beans & nuts are ok in moderation
- Another important message was 'Chew your food well!'

Travel

- Keep hydrated & mobile when travelling to avoid bowel obstructions.
- I have learned from experience that long flights and pressurised aircraft make you dehydrated and put immense pressure on your body. I am not a frequent flyer, but I have to go to WA a couple of times a year. I regularly use closed bags, but have found that they often blow up like a balloon. Because of the pressure, confined seating and immobility, the air doesn't flow freely through the valve. By putting on an opening bag, instead of a closed one, I can go to the restroom and release some air, or empty my bag without having to do regular bag changes.



Clothing

- Ladies... Don't be afraid to look at the Maternity section... also lots of stretch fabric designs out there in pants, tops, skirts & dresses
- Men... Braces & vests are groovy... try them!

My Life 17 years on...

- I am retired... I have kept busy when not working by giving my time to various charities...
- 10 years volunteering with a NFP organisation providing education support for '**Kids in Kenya**'.
- For the last 6 years I have been involved with with '*The Inner West Women's Shed*', a creative group of women, raising funds to help homeless women & families needing shelter & support after domestic violence.



My life is now blessed with my supportive family plus new and old friends...

I am constantly wanting to experience new things & places... within the limitations of my age & physical constraints.

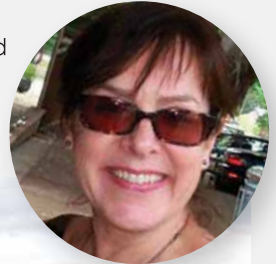
I do have moments of "Why me?"... "How could my life have been different/better without this?"

I have also made some lasting connections with other patients, wonderful caring professionals and volunteers on this journey.

I have always believed that there is definitely someone worse off than myself... someone who may be in need of assistance, some advice, a hug or just a SMILE...

Thank you.

Paula (Lynn) Garrod



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DONATIONS

Your donations are always welcome

We are a non-Government, self-help organization tasked with distributing your stoma and related products available under the SAS, as well as providing you with information about the scheme and its administration. Your membership to NSW Stoma Ltd allows you access to the Stomal Appliance Scheme (SAS) administered by the Federal Department of Health and funded through Medicare.

As a **registered charity** our primary focus is to raise the standard of care and wellbeing for all ostomates by representing you and advocating for you to government, both federal and state. Providing you with information, encouragement and emotional support is also an important part of our role and we do this through our website, journal, member information days and through our Stomal Therapy Clinic. Additionally, from time to time a member may find themselves in dire financial circumstances, even homeless, and need extra support from us in the form of subsidised membership or other needs.

Our costs have risen considerably over the decades since we began. Unfortunately, our funding has not kept pace with those increases. In fact, we have had no increase in the handling fee we receive under the scheme (2.75%) since

2012 and there has been no increase in the SAS Access fee since 2017. With dwindling revenue, it is becoming increasingly difficult to meet the costs of distributing products under the scheme and even more challenging to provide the additional support services many of our members rely on, particularly during the current pandemic.

Therefore, the Board of NSW Stoma Ltd have reluctantly decided to increase the 2020-21 Membership fee (which includes your access fee to the SAS) by \$10 from 1st July. *(If any member is experiencing financial difficulty and unable to pay this increase please contact our office on info@nswstoma.org.au.)* This increase will assist us to continue the additional services we offer. We will also continue to look for efficiencies in our operations, but this is not enough.

In order for us to sustain our services into the future we are asking for your help. Donations to NSW Stoma Ltd are tax deductible. Please use the form opposite to provide a donation and help us to continue our vital work.

We would like to acknowledge our donors in our journal, so please tick the box to allow this as acknowledging you and your donation can encourage others to donate too.

Donations to NSW Stoma Ltd are Tax Deductible.



Your donation allows us to offer additional services to our members, including our member information days, our journal and access to our Stomal Therapy Nurse.

The following payment methods are accepted:

Direct Deposit to:

Account Name: NSW Stoma Ltd

BSB: 012 206 **Account Number:** 299264819

Please use your name as a reference and email your details to: info@nswstoma.org.au and we will issue you a tax invoice.

Cheques should be made out to: NSW Stoma Ltd.

Please send your cheque to: PO Box 164 Camperdown NSW 1450 and include your details so we can issue you a tax invoice.

Mastercard and Visa are welcome.

Please complete the following:

Cardholder's name (as appearing on card):

.....

Card number:

Expiry: / (mm/yy)

Cardholder's signature:

Donation Amount: \$

Tax invoice details:

Name:

email address:

Mailing address:

City/Town: Postcode:

Please acknowledge my donation in the journal – tick box

NSW STOMA STAFF



Nick Bergh – NSW Stoma Warehouse



Sarah Habib – NSW Stoma Office



Carlos Soares & Jeremiah Pineda – NSW Stoma Warehouse

NSW STOMA STAFF



*Talei Vakalutugone – NSW
Stoma Office*



Cindy Jin – NSW Stoma Office



Greg Spencer – NSW Stoma Warehouse

medicina stoma devices



Medicina stoma care devices are used in a variety of different stomas in both the intestinal tract and the bladder.

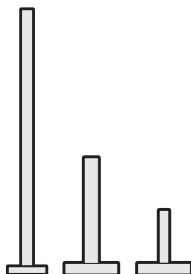
Designed to meet demands in the care of patients with gastrointestinal and urethral stomas.

Product range

ACE stoppers*

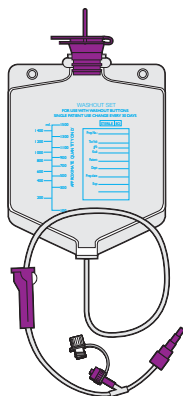
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AP8/30	8FR x 30mm
AP8/60	8FR x 60mm
AP10/15	10FR x 15mm
AP10/30	10FR x 30mm
AP10/60	10FR x 60mm
AP12/30	12FR x 30mm
AP12/60	12FR x 60mm
AP12/100	12FR x 100mm
AP14/30	14FR x 30mm
AP14/60	14FR x 60mm
AP14/100	14FR x 100mm



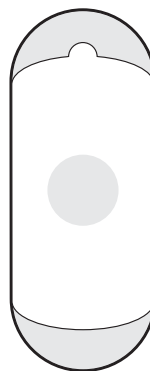
Washout set*

MAS02 Caecostomy
Extension Set with
catheter adapter



ACElok dressing

SD03 ACElok dressing



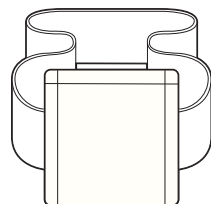
*Medicina ACE Stoppers and Washout Sets are listed for reimbursement on the Stoma Appliance Scheme.

medicina gastrostomy tidy

The gastrostomy tidy is a device designed for patients who are body-conscious or who pull on their gastrostomy tube. The device allows the tube to be kept tidy and secure in a specially made pouch. The pouch comes in child and adult sizes, and can be adjusted to fit.

GT01 Medium Gastrostomy Tidy (75cm - 114cm)

GT02 Large Gastrostomy Tidy (117cm - 152.5cm)



For more information on the Medicina range or to order, please contact us on (02) 9882 3666 or at amsl@amsl.com.au

amsl.com.au



Stoma Bears: Play and Education for Young Ostomates

By Ken Batten, Secretary NSW Stoma Ltd

The Australian Council of Stoma Associations held its annual conference in Perth in 2019. NSW Stoma representatives were fortunate that WA Ostomy Association donated 9 children's stoma bears, which were intended to be distributed to young ostomates at the three NSW Childrens Hospitals. In NSW, board members distributed to Randwick and Westmead Childrens Hospitals and John Hunter in Newcastle.



Karen Cole STN, from John Hunter Hospital, with Ken Batten, (Secretary NSW Stoma Ltd.) with three friendly bears.



The bears, all dressed and stomas added, are made by a volunteer group, organised by Kelly Moss (Facebook page Ostomy Support Bears WA) in conjunction with WA Ostomy. The bears are sold for \$30 (plus postage). When you look through the few photos I have added, you will be able to see the work entailed dressing the bears (which are mostly K Mart and Target toys) and adding the stoma in the appropriate place under the clothes. All of the bears also have a tag with their name attached.

I was privileged to take three of the bears to John Hunter Hospital in late November. I was able to meet with one



of the hospital's Stoma Therapy Nurse Karen Cole and handed her the bears. She looks quite comfortable in the photos we took; hopefully the children were allowed to have a cuddle as well!

I became an ostomate at the age of 61; cancer the usual culprit. As a mature adult it still came as a bit of a shock, waking up with a plastic bag attached and realising that appliance would be there for the rest of my life. A good STN always helps, but it's still a bit of a challenge for the first few weeks.

Can you imagine the trauma for a young child if a mature adult is taken aback? And what about the reaction of their immediate family? What does a stoma mean, how will it change everyday life – and a myriad of other questions. I'm

not sure how many children there are in NSW who have a stoma – but I'm assured there are quite a few hundred.

The brilliant idea of the stoma bears is to bring understanding to the child, and also to their family. The bears give obvious comfort as a toy, but the fact they all have a stoma – just like the little child will have after surgery – helps demystify the aftermath.

We thank our Western Australian friends and colleagues for this great initiative. Interested in an Ostomy Support Bear, you can contact Kelly Moss directly
mob: 0425619744
email: mossy120@gmail.com
Instagram: #ostomysupportbears
facebook: Ostomy Support Bears WA


As this COVID-19 virus escalates we thought it would be a perfect time to discuss the importance of hand and respiratory hygiene in minimising the spread of the virus.

The following information I have taken from the DOH NSW website & Centers for Diseases Control and Prevention website.

Wash Your Hands Often to Stay Healthy

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** changing nappies or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage

Reference:  Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People™

How to clean with alcohol-based hand rubs*

Alcohol-based hand rubs significantly reduce the number of germs on the skin, are fast acting and can cause less skin irritation than frequent use of soap and water.

Alcohol-based hand rubs don't work well when skin is visibly unclean because they don't release and rinse away dirt the way soap and water do.

- Alcohol-based hand rubs clean hands without water.
- They evaporate cleanly away, and also contain moisturising agents to preserve your skin's good condition.

The key steps to good hand hygiene with an alcohol-based hand rub are:

1. Apply the product to the palm of one hand and rub hands together, covering all surfaces of the hands and fingers, until hands are dry.

2. Long fingernails or artificial nails make hand hygiene difficult to achieve. For these people extra attention to scrubbing underneath fingernails is required to remove dirt and germs.

How to clean hands with soap and water

Soap and running water remove dirt and grease from hands. This is the best way to clean hands when they are visibly dirty.

The six key steps to good hand washing with soap and water are:

1. Turn on water and let it run over hands.
2. Apply soap.
3. Rub hands together in order to work up a lather.
4. Cover and rub all surfaces of the hands. Lather and rub for at least 10 to 15 seconds. Rinse hands thoroughly.
5. Pat hands dry with a clean paper towel (or hand towel if at home.)
6. Dispose of towel in a waste bin.

The role of gloves

Gloves can be a helpful and important supplement to good hand hygiene. However, gloves don't eliminate the need for **hand washing**.

Respiratory hygiene and cough etiquette.

To minimise the risk of transmission of infection to others we need to practise respiratory hygiene and cough etiquette.

Responsibilities of the individual

Do not cough into bare hands. Instead, cough into a tissue or elbow, dispose of tissue in the rubbish bin immediately and do not save.

Perform hand hygiene after contact with respiratory secretions and contaminated objects or materials.

Inform clinicians about any respiratory signs or symptoms.

If you have a persistent cough or signs and symptoms of a respiratory infection you should:

- seek medical advice;
- practise respiratory hygiene and cough etiquette;
- absent yourself from work as necessary

Reference: www.health.nsw.gov.au



NEW to the Stoma Appliance Scheme

- Approximately 186 sprays per 28ml bottle
- Last up to 72 hours

SUREPREP RAPID DRY BARRIER SPRAY

- ✓ No-sting
- ✓ Alcohol-free
- ✓ Long lasting

HOW TO APPLY

1. Cleanse and dry the skin as much as possible.
2. Hold the spray nozzle approximately 10cm from the skin.
3. Evenly and uniformly apply a layer of barrier solution over the entire area of concern.
4. Wait for approximately 30 seconds for the barrier to dry before applying any adhesive dressings or stomal appliances.
5. If applying between skin folds, separate the skin during application, and ensure that the skin is thoroughly dry before allowing skin to resume its normal position to avoid adhering skin surfaces together.



Ordering information

SAS Code	Item Number	Description
80197X	MSC1528	SUREPREP RAPID DRY BARRIER SPRAY (28ML)

For a sample contact Medline Customer Service – 1800 110 511 email: skinhealthsolutionssupport@medline.com

Always read the label. Follow directions for use.



Medline International Two Australia
2 Fairview Place, Marsden Park
Sydney NSW 2765
1800 110 511
www.medline.com.au

nswstoma

LIMITED

OSTOMINGLE – young ostomates supporting each other



My stubbornness and determination to succeed meant that I struggled quietly through bloody stools and stomach pains until I could no longer hide the daily painkillers and heat packs. After six long years of countless ups and downs, the conversation of creating an ileostomy became real and I began preparing for a surgery that would turn my life around. Thankfully, I had and have the unwavering support of my family who stayed by me during my hospital stays, brought me heat packs and peppermint tea, and helped me see the bright side of the inevitable “accidents” that sometimes occur living with IBD.

The one piece of advice I always give, and have always received from ostomates is to ensure you have support and are not alone. We all have stomas for different reasons, some of us love them while others struggle; but most importantly we all live with them and learn to deal with this new life in different ways. I believe that having a support system of other ostomates, family, friends and medical experts like your surgeon or stoma nurse are instrumental in the transition and living with a stoma.

I first experienced IBD symptoms while I was studying for my HSC exams in 2009.





Renee

As a newlywed, at the end of 2015, my life as an ostomate began and following the advice of my stoma therapy nurse, I started an Instagram account (@pouch_by_pouch) as a sort of journal, to help chronicle the ups and downs of my ostomy journey. It ended up being one of my greatest sources of strength, as writing down and exploring my experiences has become extremely cathartic and emotionally freeing. The feed also gave me a way of giving back to the online ostomy community, who had welcomed me with open arms, judgment free and ready to help during the months of preparation leading up to my surgery. But ultimately, despite being surrounded by family and friends, I still felt alone and physically disconnected from other ostomates.





The support groups that surrounded me, though wonderful, were not a perfect fit as they were held during the day on weekdays when I worked, or catered to ostomates much older than myself. With this in mind, in November of 2018 I reached out to a small group of local ostomates I followed and had spoken to on Instagram and invited them to lunch in Bondi. We spent a glorious afternoon basking in the summer sun and bonded not only over our shared stoma experiences but as friends.

Since then, the desire to physically reach out to the ostomy community has grown and this dream finally became a reality in 2019, with the formation of a Sydney based ostomy support group aimed at young ostomates. Aptly named Ostomingle, the group gives ostomates a chance to mingle in familiar and comfortable settings such as cafes and bars, just as they would any other group of friends.

Ostomingle has brought ostomates together from all over Sydney, Canberra,

Wollongong, the Northern Beaches and the mountains, with connections and conversations continuing well after the meet ups. I am so proud of what Ostomingle has become and the positive effects it has had on our members and their family. I know myself how light and happy I feel after sharing my experiences and it fills me with joy to hear from our ostomate's family and friends who have seen a difference in their mental health and approach to life with a stoma.

March 2020 marked Ostomingle's fifth meet up and while this year has shaped up differently than expected we are still looking forward to bringing Ostomates together this year at our next meet up and online on our Instagram page @ostomingle. Meeting every 3 months on the first Saturday of the month, the next event is planned for June 6th.

Renee Constantin

For further Information:

email: ostomingle@gmail.com

website: www.ostomingle.com

I CAN *live free*



ESTEEM® (+) *Flex Convex*

The flexibility to live life on your terms

The Esteem® (+) Flex Convex system combines the comfort and freedom of flexibility with the firmness of convexity. It fits the contours of your body, moving with you and helping to give you the confidence to live life the way you want.

me+

ConvaTec has a dedicated me+® concierge team providing the tools and support needed to help maintain optimal care when managing an ostomy.

Contact the me+® concierge team for your **FREE SAMPLES**:

Freecall 1800 335 276

or email connection.au@convatec.com



www.convatec.com.au

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ConvaTec | Ostomy Care

General Information

About NSW Stoma Ltd

We are a not-for-profit organisation dedicated to the support of members who have undergone surgery resulting in a **Colostomy, Ileostomy, Urostomy / Ileal Conduit or other external pouch procedure**. Funds to continue our member services are derived from fees for distribution of PBS Ostomy appliances, membership fees, postage fees, sale of non-PBS products, interest earned on funds invested in bank deposits, donations, bequests and a small amount of advertising revenue. We are reliant on the support of members, friends, volunteers and a small team of committed paid staff. The organisation is endorsed as an income tax exempt charitable entity and as a deductible gift recipient.

About the Stoma Appliance Scheme (SAS)

The SAS, subsidised by the Australian Government, provides stoma related products (aids and appliances) free of charge to eligible members of Australian stoma associations.

The SAS provides assistance to Medicare eligible Australian residents who have a temporary or permanent artificial body opening (whether created surgically or otherwise), which facilitates the removal of urine and products of the gastrointestinal tract where the person does not have normal gastrointestinal tract or bladder functions. During 2018-19 year over 44,000 people with stomas accessed the Scheme through the twenty-one approved ostomy associations within Australia.

To receive subsidised stoma products you must hold a SAS entitlement card issued by Medicare Australia through one of the Australian stoma associations. Your Stomal Therapy Nurse (STN) will help you join an ostomy association or you can choose to join the ostomy association most convenient to your circumstances. Members pay a small annual administration fee to their association to access the Scheme (Veteran Affairs Members are exempt) and postal delivery charges are also applicable.

Stoma associations independently purchase stoma related products from suppliers and distribute these to members as required. Associations then submit a claim to Medicare Australia for the products they have supplied to members. In addition to the cost of products purchased, Medicare Australia pays the ostomy associations a 2.75% handling fee on products supplied to members. The choice of products which a member uses is guided by an STN who is specifically trained to advise on the use of stomal products following ostomy surgery. The STN will select and discuss products they feel are appropriate, taking into consideration each patient's lifestyle requirements.

The Stoma Product Assessment Panel (SPAP) reviews applications from suppliers to list stoma related products on the SAS and makes recommendations about the suitability of those products for listing on the SAS Schedule. The SAS Schedule lists all products and corresponding prices that the Government subsidises for eligible people.

What stoma products am I entitled to?

The Stoma Appliance Scheme's Schedule lists products that have been approved by the Department of Health and Ageing to be issued to eligible members. The Schedule determines the maximum quantity that you can receive per month, the price of the product and whether there are any restrictions. The Department of Health and Ageing updates the Schedule four times a year with new products, deleted products and any variations to products already listed. If you require a product not listed on the Schedule, you will be required to pay the full price; it will not be subsidised by the Government. The Schedule can be obtained from the Department of Health's website, www.health.gov.au (type "Stoma Appliance Scheme" into the search engine).

What if I require more than the monthly maximum allowed?

There are provisions under the Scheme for you to receive additional supplies where the monthly allocation does not meet your ongoing needs. To obtain more than the maximum monthly allowance from your association, Medicare Australia requires a signed medical additional supply certificate from your Stomal Therapy Nurse or General Practitioner (GP) clearly stating the clinical justification for additional products and specifying the item(s) and quantities required. This certificate should be passed on to your stoma association who will forward it to Medicare Australia on your behalf. Please note that the certificate is current for six months only.

What if I need Stoma Products while I am on holiday?

If you are travelling within Australia you can produce your SAS entitlement card at any stoma association which will supply stoma products to you as a temporary resident in their area. Associations prefer you to make arrangements with them to make sure they have your particular products in stock. You can also take advantage of the two-month ordering cycle, available to members who have had their stoma for 6 months or more.

If you are travelling overseas, you are entitled to up to six months' supply. If you require more than two months' supply, you will need to provide proof of travel to your association. Note: Ostomy products are not available to Australian citizens who live outside Australia.

Where can I get help?

You may benefit from a Stomal Therapy Nurse (STN) reviewing your products if you are experiencing problems with your stoma. An STN review can ensure that you are using the correct product and that any damage to skin is addressed. NSW Stoma recommends you see a stomal therapist annually as a minimum to review your product usage.

We recommend that members obtain the advice of an STN or medical practitioner before obtaining or using products which have not previously been used by the member.

NSW Stoma Ltd provides access for all members to a Stomal Therapy Nurse at our Stanmore premises and via email & phone. Please contact us to make an appointment.

The NSW Stoma Limited On-site Clinic (free to members) is currently closed because of the Covid-19 pandemic. This has been replaced by a phone and email service open from 11am to 1pm on the first, second and third Thursday of each month.

Anne Marie Lyons is a highly experienced Clinical Nurse Specialist with over 29 years experience, 19 of which are in the area of Stomal Therapy.

To make an appointment please email or text to:

Anne Marie Lyons STN

Mob: 0468 582 951

Email: stomanurse@nswstoma.org.au

STOMA APPLIANCE SCHEME PRODUCT SUPPLIERS

AinsCorp

PO Box 572, Niddrie Victoria 3042

Email: service@ainscorp.com.au

Website: www.ainscorp.com.au

Toll Free Number: **1300 784 737**

Australasian Medical & Scientific

PO Box 5197, Chatswood West NSW 1515

Email: amsl@smsl.com.au

Website: www.amsl.com.au

Phone: **02 9882 3666**

Coloplast

PO Box 240, Mt Waverley Victoria 3149

Email: aucare@coloplast.com

Website: www.coloplast.com.au

Freecall: **1800 653 317**

Convatec

PO Box 63, Mulgrave Victoria 3170

Email: connection.au@convatec.com

Website: www.convatec.com.au

Free call: **1800 339 412**

Dansac

PO Box 375, Box Hill VIC 3128

Email: customerservice@dansac.com.au

Website: www.dansac.com.au

Phone: **1800 880 851**

Future Environmental Services

PO Box 319, Blairgowrie Victoria 3942

Email: health@futenv.com.au

Website: www.futenv.com.au

Phone: **03 5985 2828**

Hollister

PO Box 375, Box Hill VIC 3128

Email: priority@hollister.com.au

Website: www.hollister.com/au

Free call **1800 880 851**

Nice Pak Products

Email: healthcare@nicepak.com.au

Web: www.nicepak.com.au

Free call: **1800 506 750**

Omnigon Pty Ltd

PO Box 5013, Burnley VIC 3121

Email: info@omnigon.com.au

Website: www.omnigon.com.au

Free call: **1800 819 274**

Smith & Nephew

www.smith-nephew.com/australia/

Phone **131 360**

Statina Healthcare Australia

3/30 Leighton Place, Hornsby NSW 2077

Email: sales@statina.com.au

Website: www.statina.com.au

Toll free number: **1300 365 404**

Sutherland Medical

PO Box 1194, Huntingdale Vic 3166

Website: www.sutherlandmedical.com.au

Phone **1300 664 027**

Wellspect

Locked bag 333, St Leonards NSW 1590

Website: www.wellspect.com.au

Email: customerservice-au

Phone: **1800 194 566**

3M Australia

Locked Bag 19, North Ryde NSW 1670

Website: www.3m.com.au

Phone: **136 136**

Corsinel®

Live as you like



Belt W/Panel

High compression for Hernia prevention or management.

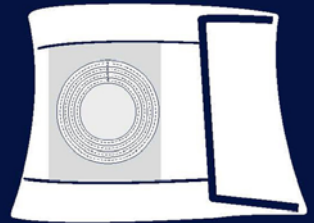
This belt is made with a unique non-stretch panel within the belt which can be modified to accommodate the stoma pouch, whilst maintaining controlled parastomal compression for Hernia support or prevention.



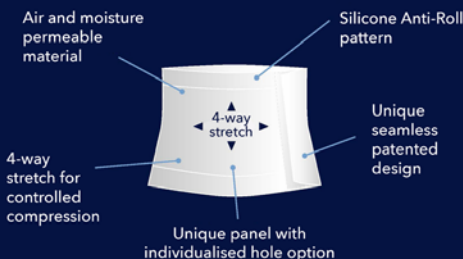
Unique panel with option for individual hole

4-way stretch for controlled compression

Optimal comfort and freedom to move



Template included - To assist cutting the hole to size



Supplied by:



Available to purchase online at www.statina.com.au

THE NATIONAL PUBLIC TOILET MAP

A Project of the National Continence Program (NCP)

www.toiletmap.gov.au

© Commonwealth of Australia 2001 - 2013

The National Public Toilet Map shows the location of more than 16,000 public and private public toilet facilities across Australia.

Details of toilet facilities can also be found along major travel routes and for shorter journeys as well. Useful information is provided about each toilet, such as location, opening hours, baby change room availability, and accessibility for people with disabilities and details of other nearby toilets.

The Toilet Map is funded by the Australian Government Department of Health as part of the National Continence Program.



WHAT DOES THE TOILET MAP DO?

The Toilet Map improves independence and quality of life for the estimated 3.8 million Australians who are affected by incontinence by providing:

- the location of the nearest public toilet
- details of opening hours, accessibility, parking and other features
- the capacity to plan toilet breaks for short or long journeys
- the ability to save toilet information and trip plans
- access anytime using a mobile phone

It is also convenient for people with young families and those holidaying or travelling to new locations.



HOW DO I USE THE TOILET MAP?

- browse the map in a particular State/Territory
- Search for toilets by postcode, town or suburb, near a specific address or location such as a sports ground
- Plan a trip with the Trip Planner - Enter your starting address and destination to get a turn by turn description for the quickest route and the toilets along the way

When you find toilets near an address, at a point of interest or at a latitude/longitude you can select additional toilet features and opening hours in the right hand column of the page.

There are a number of different features listed, including baby change facilities, sharps disposal, MLAK access (see below) and accessible parking.

Unfortunately, it is not possible to release hard copies of the Toilet Map information to the general public. The main reason is that the toilet information is updated on a regular basis and so a hard copy of toilet information would quickly become out of date. However, feel free to print out toilet information from your browser to take with you on your travels.

The National Public Toilet Map is also available on:-

- Any mobile phone with an Internet browser. Go to m.toiletmap.gov.au on your phone to be automatically directed to the mobile site.
- Apple's iPhone. Just go to the App Store on your iPhone or use iTunes to download the National Public Toilet Map App. It's free.
- You can also use the Toilet Map with a Global Positioning System (GPS).

MASTER LOCKSMITHS' ASSOCIATION KEY (MLAK)

MLAK stands for **M**aster **L**ocksmiths' **A**ssociation **K**ey. The **MLAK** is a master key that fits into specially designed locks allowing 24 hour a day access to public toilets. Eligible people (those with a disability and a letter of authorisation from a doctor, disability organisation, local council or community health centre) can purchase a key that opens all accessible toilets displaying the MLAK symbol.

For information about where to obtain keys or locks within your area, contact the Master Locksmiths Association of Australasia.
Phone: (03) 9338 8822



MLAK FACILITIES

The Spinal Cord Injuries Australia organisation maintains a directory of MLAK-enabled facilities across Australia. To view this directory please go to:- <http://scia.org.au/sci-resources-and-knowledge/public-toilets>

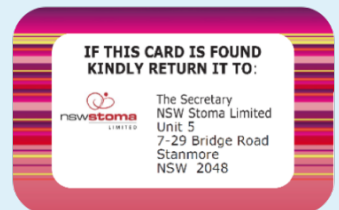
NEED TO USE A WHEELCHAIR ACCESSIBLE TOILET?

Have you ever been too embarrassed to use a DISABLED TOILET when you have to change or empty your ostomy appliance? Or have you ever been challenged when entering or leaving a DISABLED TOILET (wheelchair accessible)?

Where available, a DISABLED TOILET will provide the privacy and space needed for an Ostomate to change or empty their appliance. However, to the general public most Ostomates do not appear as if they should be using them.

To help avoid such problems, **an information card** has been provided to all NSW Stoma Limited members. Keep the card in your wallet or purse for quick access if needed.

You can also show this card when asking to use the toilet at a shop, restaurant or other business. It doesn't guarantee access to their toilets (as every business has different health and safety rules), but it proves you have a genuine medical condition that requires the urgent use of a toilet. Many places will try to help you.



Ordering Your supplies

ORDERING GUIDELINES

- All Orders are processed within Stoma Appliance Scheme Rules.
- Orders must be in writing by email, fax or post. Phone orders are not accepted.
- Members must pay the SAS fee in order to access the Stoma Appliance Scheme.
- Your Government entitlement card number (NSW Stoma membership number) must be placed on the order form to receive appliances.
- Complete the order form fully including the delivery details and product codes.
- Please ensure the product codes quoted are correct as goods will be supplied in accordance with this code.
- Please be careful when making your order. Once an order has been submitted we are unable to make alterations.
- Orders not clearly marked for pick up will be posted at the members expense.
- Allow a MINIMUM of 5 business days from the day we receive the order to process and dispatch. For orders received for future months we aim to dispatch within the first 5 business days of that month.
- Please allow additional time for delivery of your products.
- You must pay \$13.00 to cover the cost

A FAST, EFFICIENT AND SECURE WAY OF PAYMENT!

Payment via Visa and MasterCard branded debit and credit cards is available to
NSW Stoma Limited Members.



Visa and MasterCard only

DON'T FORGET

Orders for ostomy appliances must be made in writing via:

POST, EMAIL or FAX only

We are not permitted to accept any orders placed via phone.

of postage and handling. Postage for DVA Gold Card holders is covered by Veterans Affairs.

- Members are entitled to ONE SUPPLY PER MONTH ONLY.
- Orders cannot be backdated.
- Maximum quantities are determined by the scheme to ensure clinically appropriate use of products and the sustainability of the scheme. Please do not order more than you need.
- When supplies of 2 or more products are requested and they have the same purpose (as determined by the scheme) then the maximum amount for each product must be reduced accordingly. Eg If 2 products with the

same purpose are supplied equally then the maximum amount for each should be reduced by 50%.

- The two-month ordering cycle is only available to members who have had their stoma for six months or more and may be suspended if the stoma related products ordered are subject to change or review.
- If you need more than the maximum allowed quantity per month you must obtain a specific form from your Stomal Therapy Nurse authorising the extra supply.
- For further information or assistance with your order please call (02) 9565 4315. Information provided by NSW Stoma Ltd about the availability and/or features of any product is not intended to be advice or recommendation as to the suitability of that product for use.

- We recommend that members obtain the advice of a STN or medical practitioner before obtaining or using products which have not previously been used by the member.
- Please do not overstock and please store your appliances in a cool area. If an appliance card is no longer required, please return it to NSW Stoma Limited as soon as possible.

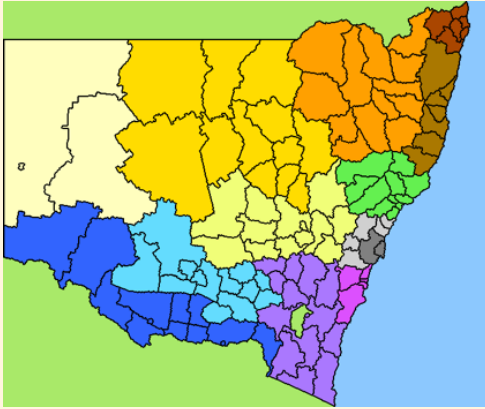
To make things easier for you, we have uploaded a new fillable order form to our website: nswstoma.org.au, click on the 'FORMS' link, click on 'go to form'.

Please complete and email to:
orders@nswstoma.org.au

or print and post to:
PO Box 164, Camperdown NSW 1450

Or print and fax to:
(02) 9565 4317

NSW OSTOMY SUPPORT GROUPS



Any errors or omissions please email the Journal Editor at info@NSWstoma.org.au or call

1300 OSTOMY and leave a message.

This information may not be up to date so please check with your local support group.

Ostomy Support groups are a great way for ostomates to support and care about each other. Friends and family are also welcome to attend support group meetings.

If you are involved in a support group and would like us to include information about your meetings in this journal please email your details to:

info@nswstoma.org.au

For a complete list of Stomal Therapy Services please go to: https://www.nswstoma.org.au/documents/Stomal_Therapy_Services.pdf

WOMEN'S OSTOMY SUPPORT GROUP

This group is for women about to, or who already have an Ostomy and/or Stoma, regardless of where treatment has been received.

JOURNAL

DECEMBER 2019

Where: San Cancer Support centre, Jacaranda Lodge, Sydney Adventists Hospital

When: Due to Covid-19 Restrictions, no meetings are currently planned. Contact below for information

Contacts: San Cancer Support Centre 94879061 support@sah.org.au

OSTOMINGLE – YOUNG OSTOMATES SUPPORTING EACH OTHER

Looking for some young, like-minded Osto-mates? Ostomingle is a group of ostomates 18 and over who come together over a meal to share their ostomy experiences and learn from one another.

Each meet-up will be held at a different venue around Sydney so we can mingle around town.

When: Due to Covid-19 Restrictions, no meetings are currently planned. Contact below for information.

Contact: Renee Constantin www.ostomingle.com ostomingle@gmail.com

SYDNEY METROPOLITAN AREA

BANKSTOWN AREA

The Stoma Therapy Nurses from Bankstown Hospital would like to invite you to attend a stoma support group for ostomates and their families.

Where: Revesby Workers Club Functions Room, 2B Brett Street, Revesby

When: 10-12noon, 5 Aug, 4 Nov 2020

Contact: Clare Jacobs on 0400 921 901 or aucido@coloplast.com RSVP for catering

CAMPBELLTOWN AREA

Where: Camden Hospital, Heritage

Auditorium, 61 Menangle Rd, Camden

When: Due to Covid-19 Restrictions, no meetings are currently planned. Contact below for information.

Contacts: Lu Wang or Erin Wagner, Stomal Therapists, Liverpool Hospital (02) 87384308

CONCORD AREA

People with bowel cancer and carers/ family are welcome to attend this free monthly service.

Where: Survivorship Cottage, Concord Hospital, Gate 4, Nullawarra Avenue, Concord West

When: Due to Covid-19 Restrictions, no meetings are currently planned. Contact below for information.

Contacts: Sonia Khatri (02) 9767 5943

LIVERPOOL AND CAMPBELLTOWN AREA

Where: Heritage Auditorium, Campden Hospital, Menangle Hospital, Camden

When: Due to Covid-19 Restrictions, no meetings are currently planned. Contact below for information.

Contact: Diane or Lu (STNs) (02) 8738 4308

NORTHERN SYDNEY AREA

All Ostomates, friends and supporters welcome.

Where: Jacaranda Lodge, Sydney Adventist Hospital, 185 Fox Valley Road, Wahroonga

When: Contact San Cancer Support Centre on (02) 9487 9061

PENRITH AREA

Ostomates, family and friends are welcome to attend our educational support group

Where: Sydney Medical School, Outpatients Department, 62 Derby Street, Kingswood (opposite Nepean Hospital Emergency Department at roundabout, Outpatients is at left hand side of building)

When: 17 July, 25 September and 27 November

Contact: Naomi House (Stomal Therapist) on (02) 4734 1245

RAMSGATE

The Stomal Therapy Nurses from St George Public, St George Private, Kareena Private, Hurstville Private and Sutherland Hospital's together would like to invite you to attend a stoma support group for ostomates and their families.

Where: Ramsgate RSL (meet in the front foyer), Corner of Ramsgate Rd and Chuter Ave, Sans Souci, (02)9504 8000

When: Due to Covid-19 Restrictions, no meetings are currently planned. Contact below for information.

Contact: Your Stomal Therapy nurse for details

NORTH COAST REGION

TWEED DISTRICT

Where: South Tweed Sports Club starting

When: Due to Covid-19 Restrictions, no meetings are currently planned. Contact below for information.

Contact: Lisa Clare STN 0755 067 540; Alex Gibson 0412 302 358; Kate Rycraft 0432 251 703

GRAFTON AND DISTRICT

Where and when: contact Grafton



Community Nursing Centre for information

Contact: Stoma nurse (02) 6641 8200

FAR NORTH COAST

All Ostomates plus partners and friends are welcome to attend meetings.

Where: Lismore Workers Club, 225-231 Keen Street, Lismore.

When: Due to Covid-19 Restrictions, no meetings are currently planned. Contact below for information.

Contact: Marie Taylor (02) 6686 7248

COFFS HARBOUR

All Ostomates and friends are welcome so come along, have a cuppa and take part.

Where: Sawtell RSL Club, First Avenue, Sawtell

When: Due to Covid-19 Restrictions, no meetings are currently planned. Contact below for information.

Contact: Mandy Hawkins STN: (02) 6656 7804

HASTINGS MACLEAY

Where: Room 4, Port Macquarie Public Heath Campus, Morton St, Port Macquarie (Old Hospital)

When: Due to Covid-19 Restrictions, no meetings are currently planned. Contact below for information.

Contact: Neil 0427 856 630 or Glennie 0410 637 060

MANNING / GREAT LAKES

Where: Skills for Life Building, 5-9 Elizabeth Avenue, Taree (wheelchair accessible)

When: Due to Covid-19 Restrictions, no meetings are currently planned. Contact below for information

Contact: Karla MacTaggart (02) 6592 9469

JOURNAL

JUNE 2020

NEWCASTLE/CENTRAL COAST REGION

NEWCASTLE DISTRICT

Stomal therapists and company representatives will attend and help with any queries. New members and friends are welcome.

Where: Hamilton Wesley Fellowship House, 150 Beaumont Street, Hamilton

When: Due to Covid-19 Restrictions, no meetings are currently planned. Contact below for information.

Contact: Geoff Robinson (02) 4981 1799 or Maree Dives (02) 4971 4351

CENTRAL COAST

Get-togethers include an information session and company representatives presenting products. Different venue each meeting.

When: Due to Covid-19 Restrictions, no meetings are currently planned. Contact below for information.

Contact: Stomal Therapy Sessions (02) 4320 3323

ILLAWARRA / SOUTH COAST REGION

BOWRAL

Where: Heritage Auditorium, Camden Hospital, Menangle Road, Camden

When: 18 June, 20 August, 8 October and 17 December 2020

Where: Bowral Bowling Club, 40 Shepherd Street, Bowral

When: 26 June, 18 September and 11 December 2020

Contacts: Lu Wang & Erin Wagner Stomal Therapists, Liverpool Hospital (02) 8738 4308

EUROBODALLA

All from the NSW South Coast region are welcome.

Phone clinics only during Covid-19 times.

Where: Moruya Hospital, River Street, Moruya

When: Due to Covid-19 Restrictions, no meetings are currently planned. Contact below for information.

Contact: Trena OShea (02) 4474 2666

ILLAWARRA

Where: Education Room, Figtree Private Hospital, 1 Suttor Place, Figtree

When: Due to Covid-19 Restrictions, no meetings are currently planned. Contact below for information.

Contacts: Helen Richards CNC STN Wollongong Private Hospital phone: 42861109

Julia Kittscha CNC STN Wollongong Hospital mob: 0414421021 office: (02) 4255 1594

SHOALHAVEN

Where: Nowra Community Health Centre, 5-7 Lawrence Avenue, Nowra

Also: Ulladulla Civic Centre, 81B Princes Highway, Ulladulla

When: Due to Covid-19 Restrictions, no meetings are currently planned. Contact below for information.

Contact: Brenda Christiansen (02) 4424 6321 or 0422 006 550 or Brenda.cristiansen@health.nsw.gov.au

WESTERN NSW REGION

BATHURST

Daffodil Cottage, 365 Howick St, West Bathurst NSW 2795

When: Due to Covid-19 Restrictions, no meetings are currently planned. Contact below for information.

Contact: Louise Linke (STN/continence advisor) (02) 6330 5676

BROKEN HILL

Where: Broken Hill Hospital,

Conference Room, 176 Thomas Street, Broken Hill

When: Due to Covid-19 Restrictions, no meetings are currently planned. Contact below for information.

Contact: Tamdra (08) 8080 1333

GRIFFITH AND DISTRICT

An invitation is extended to all persons in Griffith and Surrounding areas (including Coleambally, Leeton, Yenda, Hillston and Hanwood) with a Stoma formation to attend our meetings and share experiences.

When: Due to Covid-19 Restrictions, no meetings are currently planned. Contact below for information.

Contact: Barry Maples (02) 6963 5267 or 0429 635 267; Kim Hallam 0434 785 309

WAGGA AND DISTRICT

Where: Men's Shed, 11 Ashmont Avenue, Wagga Wagga

When: Due to Covid-19 Restrictions, no meetings are currently planned. Contact below for information.

Contact: David (02) 6971 3346 or 0428 116 084



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