



The ileostomy & internal pouch
Support Group

SUPPORTING DEVON & SOMERSET

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Winter Newsletter 2020/21

Hello Everyone.

The year seems to be flying by, that might not be a bad thing under the circumstances. In years to come I can see a proliferation of plaques stating "On this spot in 2020 nothing happened".

Having to prepare the last newsletter two months before the event, it was difficult to predict the ever changing virus situation. In the end we think the right choice was made in cancelling the September meeting.

The Committee send you all festive greetings for Christmas and a healthy and happy 2021.

-oOo-

September meeting at Kingsteignton

We were extremely disappointed that our planned return to Kingsteignton and south Devon could not take place.

It was planned to have a slight change in proceedings ending with an **afternoon tea** instead of the normal lunch. We were hoping to have representatives from **manufacturers** and

dispensing contractors to answer questions and arrange samples to try. It has transpired that some reps are not

planning to be back on the road until the new year. As this is written, this could be optimistic. We also try to have a **stoma**

care nurse to speak on a topical issue and answer member's questions. It would also have been the first time for members to

approve our accounts and committee in the new branch structure. The usual **raffle, surplus appliances** and **additional**

items table would have been present.

We look forward to when we can come together again. Share our experiences and help each other.

-oOo-

Mrs Vallion Setter we were saddened to here of the passing of member Val Setter on 1st September 2020, aged 80. Beloved wife of Jeremy. Former holder Hunters Book Stall, St Georges Market, Exeter. A sad loss.

Diary Dates

Devon & Somerset IA

No plans have been made for future events until the Covid 19 situation has improved.

-oOo-

Mid Devon Ostomy Group

No future meetings planned at present

Please contact Janice
07923 975051

to be kept up to date with future dates

If you feel you can help us in any capacity, please contact Sid.

Subscriptions

Were due on the 1st October all correspondence should be with IA National Office,
Danehurst Court,
35-37 West Street,
Rochford,
Essex. SS4 1BE
Freephone 0800 0184 724

Questions or concerns?



For answers and support, take a look at our website [Frequently Asked Questions](#), visit the internet [Forum](#) or give us a call on..

Freephone 0800 0184 724

As always, we would be delighted to welcome additional members to join the committee. Please get in touch for more details.

Until next time.

Stay safe.

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The Stoma Care Self Help Guide

The Association of Stoma Care Nurses have supported IA to share an excellent resource to help you assess your stoma during lockdown, when you may not have access to a stoma care nurse.

The guide includes everything you need to identify issues with your stoma, such as bloating, bleeding, skin conditions or high output, with advice to remedy it yourself or to know when to seek further medical support.

This document can be used by both professionals and patients and is available for you to download on the IA website.

The Stoma Care Self Help Guide is endorsed by ASCN and created by Jenny Williams of Brighton and Sussex University Hospitals NHS Trust.

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IA Advise that all group meetings are postponed

We hope that you will all understand why this decision has been reached, but please do not hesitate to contact us at national office in the first instance should you wish to discuss this matter further or have any questions.

You are also welcome to contact your branch secretary if you have any questions about your local group.

During this time the IA team is still available for help and advice via our telephone line and social media platforms.

For general medical advice about your ileostomy or pouch, as always, please contact your GP or stoma nurse via their currently preferred contact methods.

Photos:- front page Bideford Christmas lights, below River Torridge December 2010 ©Rob Dark.

