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*Because
we know,
we care*

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AGM 2011 and NC 2011

Thank you on behalf of the committee to those five members who attended our AGM 2011. As your committee we were all very disappointed indeed that after all David's hard work and efforts in securing a very good location for this event so few members came to support us. Our AGM is a vitally important meeting where we really do need your support and we require a minimum of ten members to be quorate in order to vote and take action on your behalf to ensure that the charity continues to function in order to support you. Understandably, David Drakeley was very despondent that all his efforts had been in vain and we were fortunate that he agreed to continue as secretary because without his hard work and dedication we would be sunk!

I was fortunate enough to be able to attend the National Council meeting 2011 and its Focus was "Support through sharing", how apt. Since last year your committee have continued to be concerned about sustainability for our organisation and the vital importance of securing a future for IA particularly in these uncertain times where we can never be sure what might happen with the NHS and in turn life for ostomates and pouch patients.

I have been giving some careful thought to succession planning for our Sussex branch and we need your active help. We were all absolutely delighted the Mr. George Powell put himself forward at our AGM 2010 and that he has begun his enthusiastic work with us. We desperately need more good folk like George because the old team are getting older and we won't be here forever. So we have a challenge we need you to go out there and try to encourage some new blood to join our team, we need to do it now. Our officers have been doing an excellent job for us but both David and Tony need to train up new people to be able to take over from them and it is so much better if current officers can work alongside new officers and help them learn their new roles. 18 years ago in 1993 when we set up Sussex IA most of us were thrown in at the deep end and had to learn the hard way how to run our group. We were fortunate that we had Mr. Robert (Bob) Bailey to support and guide us as he had the knowledge of the national organisation and how groups within that at that time functioned. We also had a lively and enthusiastic president in Mr. Whitehead who went out of his way to help and support us as much as he was able to.

Inside this issue:

Kelly's Korner	2
Dave's Ramblings	3
Going on holiday with your Ileostomy by Jane Myer	3
Committee members	4

*5th March 2011
A date for your
diary*

Continued from front page

It is essential that we begin to support and train new officers and replacement committee members now. With the sad passing of dear Liz Fincham, Wendy Lynn was valiant in taking on the demanding role of journal distributor and we thank her most sincerely for all she does. With changing times and reductions in benefits and who knows what else will happen within the NHS I feel that more than ever we need to belong to IA and to have a thriving national voice and representation for ileostomates and pouch patients. So please, please each and every one of you, you have simply got to do something to help us gain increased support. As a committee we are also trustees under the charity commissioners rules for the funds of the organisation so we must have sufficient numbers of trustees to make informed decisions on your behalf.

We thank Jane Myer for her Stoma Care Nursing support we are one of only a few groups who have the benefit of a stoma care nurse on our team. Jane has given freely of her time and her commitment has been fantastic we shall miss her greatly when she retires this summer and we thank her most sincerely for all she has done. At NC 2011 it was quite clear that an important way forward for all groups was improved working and collaboration with Stoma Care Nurses and so if you attend their meetings and meet other patients who may or may not belong to IA please do your best to promote the organisation and try and encourage them to join IA if they do not already belong. Furthermore, try to get some of them to come and join the committee especially younger members we need their ideas and to hear what they want and need.

What is it like to be on the committee? Well it is not too demanding and we have all become good friends. We usually hold two to three meetings a year one in the late autumn and one in the summer plus a meeting in the spring if we need it prior to our AGM. Meetings are in our homes and we always have a shared lunch. It really matters and we feel we do support through sharing and want to continue to do so. So can you help?

All good wishes

Thirza Jago, Committee member

Our new committee member George Powel wrote an piece about NC2011 which due to lack of space will appear in the next newsletter



KELLY'S KORNER

FOR THE YOUNG MEMBERS

**THE YOUNG MEMBER'S SECTION OF SUSSEX IA NEEDS
YOU!**

PLEASE CONTACT KELLY

*Please promote
IA and encourage
any other
ileostomists or
pouchees you
might know or
meet to join*

Dave's Ramblings

New President



We have a new President or at least someone who has accepted the post in the shape of Mr Ettienne Moore. He is a surgeon based in Brighton and is very interested in a story or two from you about your experience of your surgery etc. If anyone has a story then please send to me and I will forward it to Mr Moore who will post it on his website. He has also said we can have space there too, so exciting times. I also want to wish Mr Moore all the best with the expected birth of his second mini Moore.

*Experience
stories
wanted*

Going on holiday with your ileostomy

The main thing you need to do is plan ahead, that means making sure you order enough supplies from your delivery company or chemist, you may have to explain that you need extra as you are taking a holiday.

Think about the type of holiday you are planning, will you be taking part in unusual activities i.e. long walks, swimming, skiing, canoeing, etc. If so then you should think about taking different size pouches with you i.e. smaller ones for swimming, and larger ones for long flights where it may be awkward to change a pouch.

If going to a much different climate you may need to change more often so do take at least double your normal amount of supplies. You don't want to be unexpectedly delayed and run out of pouches (volcanic ash, forest fires!!!)

It's a good idea to carry a travel certificate (obtainable from your stoma care nurse, delivery company or IA), it is in several different languages and can be very useful at security and customs. EHC cards are available from the Post Office for any emergency care you may require within the EU.

If you are holidaying abroad, you have to be cautious with the drinking water and it may be better to stick to bottled water. Food can be a problem especially spicy food and salads. Any changes in food and drink may cause diarrhoea and can lead to dehydration. It's best to take some anti-diarrhoeal medicine e.g. Loperamide and also some rehydration salts such as Dioralyte. A good tip we heard at the National Council meeting recently is that if you keep a couple of the sports drinks handy then you can add a teaspoon of salt to the bottle and that can be used as a rehydration mix. BUT, if diarrhoea becomes a problem and is accompanied by vomiting, then you must seek medical help.

There is a wealth of written information about going on holiday either in this country or abroad and you can obtain them from many sources including the IA website, local stoma care nurses and the manufacturers so please contact them as you will find them very useful with lots of hints and tips. BUT, remember to enjoy your holiday and relax !!!!

Jane Myer, Stoma Nurse and committee member

*Travel certificates
are a godsend if
you remember
what languages
they have in them*