

OSTOMY

SUMMER 2019

NSW LTD



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NEW

dansac
Dedicated to Stoma Care

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TO CONTRIBUTE ARTICLES/FEEDBACK

Email to the editor (Manager) at info@ostomynsw.org.au

DEADLINES

Autumn Edition

5th February 2020

ONL PHONE: 02 9542 1300

ONL FAX: 02 9542 1400

WEBSITE: www.ostomynsw.org.au

ORDERS: *We are unable to accept phone orders*

Email orders to: orders@ostomynsw.org.au

Fax orders to: 02 9542 1400

Post orders to: PO Box 3068, Kirrawee NSW 2232

PICKING UP ORDERS: *Counter hours of operation*

We are open four days a week

Monday to Thursday 9:00 am to 2:00 pm

(Please place orders 48-72hrs before desired pick-up)

Express Counter - Unit 6, 555 Princes Hwy, Kirrawee

Warehouse Counter - Unit 6, 18 Monro Ave, Kirrawee

PAYMENTS

Payments can be paid by bank transfer (EFT) to:

Account Name: ONL

BSB: 112879 (St George Bank)

Account Number: 45 664 3389

Reference: Your Member Number and Surname

POSTAGE RATES

Standard NSW \$13; Interstate \$16

Express NSW \$20; Interstate \$30

Holiday/double orders NSW \$18; Interstate \$24

Holiday/double Express NSW \$25; Interstate \$35.

OSTOMY NSW LTD STN CLINIC – Janet Forsyth

Please phone 02 9542 1300 for appointment Second

Tuesday of each month. Unit 6, 18 Monro Ave Kirrawee

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PLUS OUR DEDICATED VOLUNTEERS

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Hello From The Clinic

The festive season is upon us yet again and along with it comes the associated celebrations and hot weather. These celebrations usually involve extra indulgences in our eating and drinking habits. The holidays and events are full of foods we don't usually eat. Here are a few tips you may find helpful to keep you on track.

Many Christmas treats contain nuts, dried fruits and coconut and may lead to a greater risk of blockages so these foods require a bit of extra caution. Christmas pudding, fruit cake and fruit mince tarts are included in this group. If you are second guessing whether you should try a dish or not it may be best to play it safe and avoid the food. If you don't want to miss out just have a small amount and follow it up with a glass of water. Chew well as this will aid in digestion by assisting in the mechanical and chemical breakdown of food. If you suspect you will be eating foods that you know can cause



ostomy related issues be prepared by having the necessary items with you for a possible unscheduled pouch change along with other products to treat issues that may be caused by certain foods e.g. deodorant drops or spray for odour, gastro-stop or Imodium for increased volume in stoma output or diarrhoea.

Hydration is important for people with any type of ostomy

It's easy to forget to drink enough fluid when distracted by festivities and holidays. Everything in your body depends on optimal hydration. Dehydration is a drag on human performance. It can cause fatigue and sap your endurance. Even mild dehydration can interfere with a person's mood or ability to concentrate. Remember if you are drinking alcohol, it is a potent diuretic and can be very dehydrating. It is advisable to follow an alcoholic drink with a glass of water. Water is cheap and healthy and drinking H2O is an effective way for most people to stay hydrated.



Just remember Christmas time is a time of celebration, for feasting and travel. It is about enjoying yourself so try not to get caught up with what you can and cannot have. See you at the clinic in 2020, phone 95421300 to make an appointment.

*My good wishes to all for a
Merry Christmas and a
Happy and Healthy 2020!*

**Janet Forsyth RN MACN JP
CNC Stomaltherapy**

*Resource: Shield Healthcare,
SecuriCare Stoma Care*



BANKSTOWN AREA

- Dates:** 4th December
- Time:** 10:00-12:00 – Morning Tea
- Address:** Revesby Workers Club
2B Brett Street,
Revesby NSW 2212
Ph 02 9772 2100
- Access:** Close to public transport
and lots of free parking
- About:** A stoma support group
hosted by Bankstown
Hospital STNs
for you and your family -
everyone welcome
- RSVP:** Please RSVP for catering
purposes to your
Bankstown Hospital STN
or Clare Jacobs on
0400 921 901 or
aucldo@coloplast.com
for further information

ST GEORGE AREA

- Dates:** Tuesday 19 November —
Tuesday 3 December
3rd Tuesday of every month
- Time:** 10:00-12:00 – Morning Tea
- Address:** Club Kirrawee, 101 Oak
Road North, Kirrawee NSW
- Access:** Close to public transport
and free parking
- About:** Everyone welcome – please
RSVP for catering purposes
to your STN or Clare Jacobs
on 0400 921 901

SHOALHAVEN SUPPORT GROUP

- Dates:** 26 February 2020
Nowra Community
Health Centre
- 29 April 2020
Nowra Community
Health Centre
- 24 June 2020
Ulladulla Civic Centre
- 26 August 2020
Nowra Community
Health Centre
- 25 November 2020
Nowra Community
Health Centre,
(Christmas meeting)
- 09 December 2020
Ulladulla Civic Centre,
(Christmas meeting)
- Time:** 2pm
- Address:** Nowra Community
Health Centre,
5 - 7 Lawrence Avenue
Nowra
- About:** The STN is
Brenda Christiansen
Ph. 02 44246300
e. brenda.christiansen@health.nsw.gov.au

NEPEAN EDUCATION STOMA SUPPORT GROUP

- Dates:** Friday 29 November
- Time:** 2-3:30pm – Afternoon Tea
- Address:** 63 Derby Street, Penrith (University of Sydney Medical School)
- Access:** The building is opposite Nepean Hospital's Emergency Department. Enter via the side path to the Clinical School's Outpatient waiting room. Please wait until 2:00pm when you will be directed to the meeting room.
- Parking:** Either on the street or in the multi-storey car park on Somerset Street, Kingswood (free for pensioners for the first 3 hours)
- About:** Family and friends are most welcome
Any enquiries please contact Naomi Houston on 4734 1245

SOUTH WEST SYDNEY STOMA SUPPORT GROUP

- Dates:** Thursday 12th December
- Time:** 1pm to 3pm
- Address:** Camden Hospital, Heritage Auditorium
61 Menangle Road, Camden
- Contact:** Erin or Lu on (02) 8738 4308

GOULBURN COMMUNITY STOMA SERVICE

- Dates:** First Wednesday of each month
- Time:** 9am to 3pm
- Address:** Goulburn Base Hospital
130 Goldsmith Street, Goulburn, NSW 2580
Enter via the emergency dept and ask at reception for the stoma clinic
- About:** The STN is Kelly Taylor RN
STN m. 0402 250 475
e. kelly@communitystomaservice.com
Kelly will provide individual consultations by appointment

LIVERPOOL AREA SUPPORT GROUP - NEW!!

- Dates:** Thursday 28 November
- Time:** 1pm to 3pm
- Address:** Cabra Vale Diggers Club,
1 Bartley Street,
Canley Vale 2166
- Contact:** Erin or Lu on (02) 8738 4308

BEAT BLADDER CANCER

- Dates:** Last Tuesday of every month
- Time:** 7pm to 8:30pm
- Address:** Macquarie University Hospital
3 Technology Place,
Macquarie University.
- Contact:** Adam Lynch, President
BEAT Bladder Cancer
0421 626 016



JACKY'S ILEOSTOMY CREATION

I always had bowel problems growing up, with either bad constipation or too loose, cramping, bloating and bleeding from the bowel. I always put the bleeding down to pushing too hard and popping a few haemorrhoids.

Approximately 13 years ago I had trouble walking 5 steps before I would lose my breath and get dizzy. This went on for over a week, until I finally started to worry and went off to the hospital. I passed out at the door and woke up on a bed with the doctor trying to find a vein to take blood. He finally got a little squirt out of one somewhere. When the results were in he came back and said my haemoglobin had dropped to a count of 7, which he said my body had only 50% of blood it should have. They started infusions straight away.

After a week in hospital they let me out. That was followed by a Hysterectomy, which they assumed was the cause of all the blood loss.

About 6 months later a similar thing happened, but this time I went to the hospital a lot earlier. After just 2 pints of blood and an iron infusion they started to investigate other reasons for the blood loss as my mother had died 2 years earlier from ischemic bowel.

After a trillion tests, my least favourite being pooping out porridge stuff behind a curtain to see how fast or slow the bowel worked they started to discover lots of problems.

It ended up being I had Inflammatory Bowel Disease, as well as slow transit. My bowel muscles wouldn't work properly,

which ended up with me not being able to go to the toilet or having accidents anywhere at any time. I got to the point where I wouldn't leave the house. I gave up my daily walks with friends because Pooping accidents were becoming too regular. So for approximately 3 years I became a recluse, fell into a very bad depression to the point of going to the shops, starting my grocery shopping, getting half way through and leaving my groceries in the aisle, due to panic attacks and the fear of having a bowel accident. I would go home, cry and feel more depressed. Eating food made me sick and I would end up in severe pain from the simplest of meals, so I basically stopped eating and ate as little as I could tolerate.

Finally, I was asked to undertake a study for a pacemaker in my bowel. I was keen to try anything at this point, as I had cut myself off from all my friends and I was just existing every day in a bubble of pain and depression.

The pacemaker didn't work, and after a year my symptoms became more severe. I had an appointment with a specialist who referred me to an amazing bowel doctor up at St George hospital. He told me about a Chait tube trial they were doing, and once again I agreed to give it a go. It didn't want to work for me either, so it was back to the drawing board.

A year later again I had a Loop Ileostomy performed. It all went

well for about 6 months, but then the large bowel that was left was blocking up with mucous, usually it would pass through the rectum once every so often with no problems, but then it wouldn't pass through. For 18 months we tried several alternatives with a lot of hospital stays, painful procedures, fun and games. Finally, the decision was made to remove the whole large bowel and I now have a permanent ileostomy.

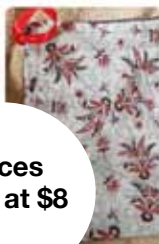
After about 5 years of not leaving the house, and basically not living any kind of life out in public, I had to try and get myself back out into the world again. It was tough going, and my mind was quite scattered. I had forgotten how to socialise, and pretty much forgot who I was as a person before I became sick.

I started to go regularly to the support group held every second month down in Wollongong. The stoma nurses were so supportive and always so nice. The people in the group were amazing, and a couple of the ladies would message or call to see how I was going. I attended counselling and slowly started to get a little less scared about leaving the house.

As time went on, I became so courageous I opened an op shop down the south coast to try and help people. It was a huge success for 12 months, but I just couldn't keep doing it on my own and had to eventually shut shop. I felt myself slipping back into my recluse state again and knew

STOMA BUDDIES

Waterproof shower bags - Bag covers -Intimacy bands - and More!



Prices
start at \$8



FREE
Domestic
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10% of all Australian sales are donated to Ostomy N.S.W + N.S.W Stoma



Shop - <http://etsy.me/2ZZIQKA>



Email - stomabuddies1@outlook.com



Facebook - stomabuddies1

I had to find something, so I started volunteering up at Kirrawee one day a week. I also started painting class one day a week and started to become more involved with spending time with family and friends again. I had completed my training to do electrical Tag and Testing while I had the shop, so took on some small jobs doing discount tag and testing for non-government and not for profit organisations, which I pick up a little bit of work doing here and there. Slowly building up my regular clientele.

In January 2019 I was looking forward to getting back to Ostomy NSW for my volunteer work, and back into a new year of adventures but I broke my wrist in 3 places. Time stood still for a couple of weeks, then I had a crazy idea that I didn't want to stop doing. I had dabbled in making waist bands to wear at night time for the occasions when my bag would spring a leak, and would try a thousand different ideas to waterproof my bag in the shower. I had started aqua aerobics and started making weird looking bags to cover my ostomy bag, so other people wouldn't feel weird seeing me in the water with my plastic bag. At one of our meetings, a gentleman mentioned that he carried his supplies around in a plastic bag, and would like someone to make a pouch for men to put their supplies in.

I couldn't sew a straight line, but I wanted to make things for ostomates.

I asked a sewing friend of mine to teach me how to sew, and after a lot of messes, I started to create. It has almost been a year since, and every day I am learning new sewing skills and coming up with new ideas. I ended up opening an Etsy shop "Stoma Buddies" and selling my little inventions, and I am proud to say that people seem to like them. I have even had a couple of stalls at ostomy events now and hope to keep going all over the place so I can share the love and help make people with a stoma feel a little bit more attractive with my bits and bobs.

Two of my most popular products are the shower covers, which, at the moment, are quite a simple idea, but they do the job. I am working on a more permanent heavy duty one which will still be in the low budget range. My other is my Night Band. It is great to catch the leaky messes. And fabulous for those intimate moments.

My life in the past 13 years has gone from non-existent to amazing, worthwhile and wonderful. I thought having a stoma and a permanent bag would be the end of any quality of life, but it has given me back a better quality of life, and one with much more meaning. I love the little jobs I do now, from the tag and testing jobs I pick up here and there, to every bag cover, supply pouch and shower cover I provide other ostomates. It makes me feel good, and I get to give back a little too....



WELCOME TO NORFOLK ISLAND

Wi glehd yorlyi ya in Nor'k!

INAUGURAL STOMA SUZPPOINT GROUP ON NORFOLK ISLAND - Heather Hill (retired STN)

At the end of October 2019 I joined my daughter, her husband and two of their friends for an incredible eight days on Norfolk Island.

When visiting this gem of an 8 x 5 km island one quickly realizes there is an inadequate number of superlatives to describe the scenery; the topography; the brilliance in depth and clarity of colours – especially the blues and greens; the kaleidoscope of history; the birdlife; the warm, amazing people.

Most residents seem to be descendants of 9 families (of Mutiny on the Bounty fame) and Polynesians that settled on Norfolk Island from Pitcairn Island in 1856. There is a

myriad of experiences to be had on the island, but one that I was not expecting was a mini stoma support group meeting!

On my way to a regional ostomy meeting in Tamworth a Board Member of Stoma NSW commented that one of their members lived on Norfolk Island. From that began an exchange of emails culminating in a lively and unexpected morning with four delightful folk who are Norfolk Islanders and have stomas.

I arranged to have morning tea with Heather, who has had her colostomy for approximately six years. On arriving at Heather's delightful home I was introduced to three other welcoming



Heather Hill (retired STN) & daughter, Belinda

islanders with stomas. There was a lady, Elaine, who had her surgery eight years ago with formation of an ileostomy; a gentleman who has had his stoma for a year only, and another lady who had been through several lots of surgery and stoma repositioning.

The four people I met that morning were incredible - inspiring, resourceful and resilient. Much of the time was spent discussing hernia management as three of the four had them. Wherever possible I answered their questions and suggested solutions. However, their main problem is NOT their stoma care. All four stated that mail of their supplies is the greatest problem, even if by Express. Most island mail comes by air on passenger planes.

Often mail is "off loaded" if passenger numbers are high or if the weather is bad because enough fuel must be loaded onboard for the return trip to Sydney or Brisbane. Consequently, folk do not know when their supplies will arrive. If supplies were to be sent by "ordinary" mail it could take two to three months to reach them. So it is imperative that they have supplies in reserve to cope with unforeseen circumstances.

People on mainland Australia – count yourselves lucky at the delivery service of your associations!

From me and my 4 new friends - joy, health and happiness for Christmas and the new year.

Heather Hill (Retired STN)

BRING IT ON...

Feel more secure and confident to get on with life,
thanks to **eakin dot® 2-piece soft convex.**



...SOFT, FLEXIBLE, SECURE

KAJ'S STORY

“ I spend a lot of my spare time looking after and driving classic cars so need to be able to manage my stoma easily.

I've had an ileostomy since 1978 due to ulcerative colitis.



After 40 years on a different brand I'm changing to **eakin dot® soft convex.**

I regularly get 5 days wear time with no leaks or skin problems. It feels softer and more comfortable to wear and it sticks really well and moulds to my hernia. I'd recommend it. ”

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OMNIGON



GREAT COMEBACKS CELEBRATED AMIDST ADVERSITY



The Great Comebacks® Program began in 1984 with the support of ConvaTec. Great Comebacks encourages people who have had ostomy surgery or are living with a stoma to share their stories, and in doing so, inspire others who are facing the same challenges. It celebrates the success and effort of the individuals and Health Care Professionals who have gone above and beyond to help ostomates gain their optimal quality of life.

Each year a select few people are recognized and awarded for their unwavering spirit, resilience and determination to living, and for supporting those with a stoma.

William Cusack, from Bunbury, WA is this year's recipient of the Great Comebacks Award. Having faced and overcome immense challenges with illness throughout his life, William was thought to be one of the youngest Australians ever to be diagnosed with Crohn's Disease.

Julia, a Stomal Therapy Nurse with the Illawarra Shoalhaven Local Health District, has been awarded the Stomal Therapy Nurse Great Comebacks Award for her untiring commitment and support of ostomates and dedication to stomal therapy.

Five other finalists, Hally Chapman (ONL member), Barbara Taylor, Margaret Bambrick, Samantha Abarca (ONL member) and Dian Cheyne, who've risen to and conquered the challenges of living with a stoma, were recognised at the ConvaTec Awards event held in Sydney.

William's personal story, and those of previous year finalists, can be read on the program's website greatcomebacks.com.au

FUNDRAISING FOR ONL - THE JEWELLERY TABLE

At the recent regional education day in Tamworth I set up my jewellery table to fundraise for ONL NSW. It was very successful and I was kept very busy all during the day. The total of the sales which was donated was \$123.00. Thank you to everyone who made a purchase, either for themselves or for their wife, or as one man said "for my beautiful granddaughter".

This idea came about from a friend who told me that when she has a clean out and declutter she gives her things to a lady who then sells on a monthly basis for View Club. My husband heard this and suggested I try this for



Janelle and Stephen Grange have been fundraising for ONL with a Jewellery Stall at meetings across NSW.

ONL. I firstly said I didn't think I would be able to get enough to make an interesting table, but I asked workmates and friends and neighbours, and soon I had more than I could carry – absolutely more than a good table full!!!! This is the third time I have had a table with plenty of jewellery to fill the table, in fact, the table isn't big enough!!!!

So whatever money made from the sales of this jewellery goes 100% to ONL NSW. It is

donated to me to pass on for this cause.

"One man's trash is another man's treasure" could not be a truer statement. I am considering adding scarves which would be much lighter to carry. Anyone interested?

You could help ostomates too. See the ONL website for fund raising ideas and join ONL volunteer group.

Christmas is just around the corner.

Janelle Grange

KEEP YOUR BAGS IN THE SAFE!

When travelling in Indonesia, I had the unhappy occurrence of the theft of my urostomy bags from my suitcase in a 4-star hotel. It was day four of a 10-day short holiday/mission trip with a church charity group.

Urostomy bags and colostomy bags are unobtainable at any price in many places in Indonesia. I was in Sulawesi Island in a large (1/2 million people) city of Manado. Although Australia sends a charity shipment of bags over to Indonesia, the population is vast – 264 million and rising – so the donation cannot serve the entire population. Sometimes the donated bags get “stuck” in customs with “paperwork” and do not get far from the port.

I recommend that other travellers from Australia keep their ostomy bags in the hotel safe with their passport. I was given a driver and an Indonesian speaking helper to obtain some replacement bags and after 3 days of searching hospitals and pharmaceutical suppliers we finally found ONE bag at a private health clinic run by a registered nurse.



This dear nurse does a lot of work with ostomy patients. Most of the time, she shows patients how to construct a bag from two one-kilo sugar bags placed one inside the other and taped on with duct tape. This is the best they can do in their situation. We can only imagine how comfortable and reliable these constructions are!

My consolation is that my bags went to someone who will appreciate them. My education is that I should not take my bags for granted. My message for ostomates travelling to less developed countries is to closely guard their bags while travelling as they may be irreplaceable. SO – Keep them in the SAFE!

Kind regards

Margaret Haynes
0403 079 788

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And Travel with Confidence Pack



We are giving **YOU** the opportunity to win a **\$1,000 holiday voucher** you can use towards your holiday.

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Coloplast is proud to partner with Crohn's & Colitis Australia to give YOU the opportunity to win the ultimate Travel with Confidence Prize.

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- Poo Pourri
- Disposable Bags
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- Brava® Protective Seals
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Packed into a stylish custom designed Venture Case for your convenience.

To enter, visit our website www.coloplast.com.au/travelwithconfidence and complete the online form during the promotion period.

Crohn's & Colitis Australia (CCA) are the peak national body representing more than 85,000 Australians living with Crohn's disease and ulcerative colitis. CCA is dedicated to creating a future where no-one lives with or suffers from inflammatory bowel diseases, Crohn's disease and ulcerative colitis for which there is currently no cure.

Visit www.crohnsandcolitis.com.au to learn more about how CCA support the Crohn's and colitis community.

Entries open 01/11/19 at 12:00am AEST and close 31/07/20 at 11:59pm AEST. Open to all Australian residents aged 18+ only. Limit 1 entry per person. Total prize pool valued at \$1,450.00. Full terms and conditions are available at www.coloplast.com.au/termsandconditions



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**Bill Tyrrell (left) with ONL Manager, Stephen Lardner.
Photo taken at a Lismore Education Day.**

STN BILL TYRRELL'S STORY

I have had a privileged life working as a Stomal Therapist in rural NSW. I was born in Kyogle in 1958. I completed my training as a Registered Nurse at Lismore Base Hospital in 1980 and worked as a Community nurse for five years in Lismore. I completed the Stomal Therapy Course (six weeks) under Professor Julia Thompson at St Vincent's Hospital Sydney 1985.

I commenced full time as a Stomal Therapist/ Continence Advisor in

1991 for the North Coast Area Health Service. My area of work covered a large land mass from Tweed Heads in the north to Grafton in the south, to Bonalbo in the west. The bulk of my work was visiting patients in their home, and supporting my nursing colleagues with education and management strategies throughout the NCAHS.

I have seen great changes in products and accessories used for patients with a stoma. Early pouches would just fall off and peri-stomal skin damage would

become a real challenge. Often I would have to make frantic phone calls to people like Heather Hill, Susan Dunne and Leslie Everingham for advice and support. Thank God they were there to help.

Today's stoma products and accessories are skin friendly and more secure, which gives the Ostomate more confidence to achieve a better quality of life. Stoma company representatives became a great resource of information with regard to product development and how to use their products. I learnt so much from them.

The three biggest challenges for a person living with a stoma in my opinion are:

1. More funding from state and federal Governments for more Stomal Therapy Nurses to be available to deliver effective ongoing care for people with a

stoma especially in regional and rural Australia.

2. Ongoing training, education and support for rural Stomal Therapy Nurses and those aspiring to become a stomal therapist. This will help to reduce readmission to hospital for the new person with a stoma and overall reduce cost to the health system.
3. The person living with a stoma needs to feel secure that Governments will continue to support the ostomate with ongoing stoma supplies under the Stoma Appliance Scheme.

In my retirement I plan to stay active in supporting my local stoma support group and my STN colleagues who I value and care about.

Take care

Bill Tyrrell

*We thank Bill for his tireless efforts
over the years and
the incredible difference
he has made to the lives
of those he supported.*

Editor



DRINK UP FOR ONL – EVERY LITTLE BIT HELPS!

It's the summer celebrating season and most of us are going to have more refundable bottles and cans than normal. If you or your family and friends have mastered the art of the *Return&Earn* process maybe you would consider directing your refunds to ONL through *Return & Earn*.

**You can donate your refund to ONL
by following the instructions ...**



1. Scan this barcode at the machine (barcode reader is circled in the photo)
2. The screen will acknowledge **"Welcome Stephen"**. *Stephen is the Manager at Ostomy NSW Limited.*
3. Begin returning your cans/ plastics or glass bottles.
4. After returning all your items, select the PayPal logo.





Healthy skin for healthy confidence.

Simon, colostomy since 2010



Dansac Accessories – Helping to support skin health

Sometimes the skin around your stoma needs a little extra help or protection. Dansac offers a variety of accessories designed to help make everyday life comfortable and deliver the confidence and reassurance you deserve.



Dansac TRE seal

Formulated to provide a secure, flexible seal to protect the skin from stoma fluid, while maintaining the pH balance of naturally healthy skin.



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dansac 
Dedicated to Stoma Care

Probono Role for Australian Council of Stoma Associations (ACSA)

The ACSA Executive are seeking one of our members (or family member) who is willing to work as an IT Project Manager for the implementation of the national computer system. This is a part-time role to assist the team who are responsible for the implementation activity.

About the role

The Project Manager will manage the implementation of the Stoma Appliance Management System (SAMS) into a cloud-based programme for access by all Stoma Associations. The person will lead and manage planning and delivery for the full project lifecycle; prepare project plans, identify and allocate resources, manage budgets, supplier and contract management, and reporting requirements to the SAMS Configuration Control Committee and ACSA Executive.

Skills and experience:

- Recognised industry certifications/accreditation in project management theory and method.
- Understanding of Project Management Methodology.
- Experience developing project plans.
- Excellent stakeholder engagement and communication skills.
- Experience working in/ setting up cloud-based IT systems for multiple users.

Timeframe:

This project is currently underway and will take up to 18 months to complete.

Rates of pay:

This is a Probono role and there is provision for the reimbursement of expenses and an honorarium to be paid. ACSA seeks a volunteer or Probono opportunity.

Applications:

Please send your resume to David Munro,
acsapres@australianstoma.com.au

Enquiries may also be made to
Stephen Lardner, Manager at Ostomy NSW Limited
manager@ostomynsw.org.au

REPORT FROM THE ONL ANNUAL GENERAL MEETING 2019

It is a requirement of every incorporated organisation to hold an Annual General Meeting (AGM) so that the Board of Directors, members and other interested parties have an opportunity to hear about the organisation's purpose, activities and financial health. It is also the time to refresh the organisation through election of suitable people to sit on the Board.

For many years ONL has held the AGM in Sydney CBD. While for some members this has been a keenly anticipated annual event, we have noticed over recent years that participation is declining. We wanted to do something about that, so this year the Board decided to try holding the AGM in a location outside the city and for it to follow on from a stoma education day that would be of interest to many members.

Our stoma education day at Blacktown was very successful with more than 100 attendees. However, after a long day only a small quorum remained for the AGM. The Board will therefore re-consider this strategy for the 2020 AGM and will advise members of a date and place for the

next one well in advance. Meanwhile we would greatly appreciate your views on where and when an AGM should be held to best fulfil its purpose of transparency and accountability.

The AGM had three agenda items as follows:

1. Annual Financial Statements and Reports

General Manager Stephen Lardner presented the Annual Financial Statements for the year ending 30th June 2019. During 2019 the costs of operations exceeded the revenue from all sources and a trading deficit loss was recorded, while overall the financial position of the organization remains sound with strong net assets. In the short term the trading loss is supportable but can't be left unaddressed longer term. Stephen discussed strategies for addressing this including an approach by the Australian Council of Stoma Associations to the Australian Government

for higher subsidization for all ostomy support groups, raising more donation income and pursuing any remaining opportunities for cost reduction and efficiency. The Board and management will further consider these strategies during the year.


2. Election of Directors

All current members of the Board of Directors retained their positions and members voted to accept the nomination of an ONL member who has excellent credentials for contributing to the Board, subject to clarification of availability.

3. Remuneration Report

The Remuneration Report for the year ended 30th June 2019 was adopted. The General Manager is the only remunerated officer of ONL covered by this report. There was no increase to the General Manager remuneration salary in 2019.

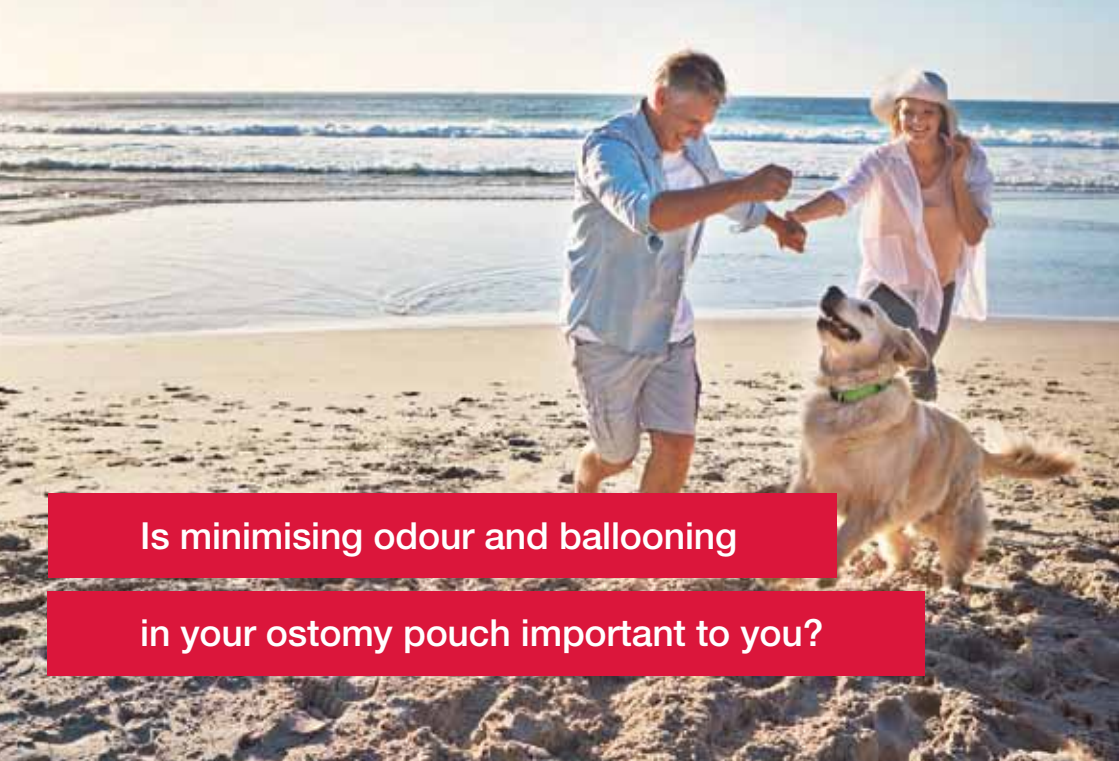
Chairperson
Stephen Grange



Have your say on the AGM

We would value your opinion on the best way to run our AGM. You can send your suggestions to manager@ostomynsw.org.au or by post to the office.

- Where should we hold the AGM to suit most members? Should it be in the same place each time or rotated around different locations?
- What day of the week and time of day do you think is best for most members?
- Should the AGM include educational and/or social activities as well as the formal business of the AGM?
- What has stopped you from attending AGMs in the past?



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