

OSTOMY

SPRING 2022

NSW LTD





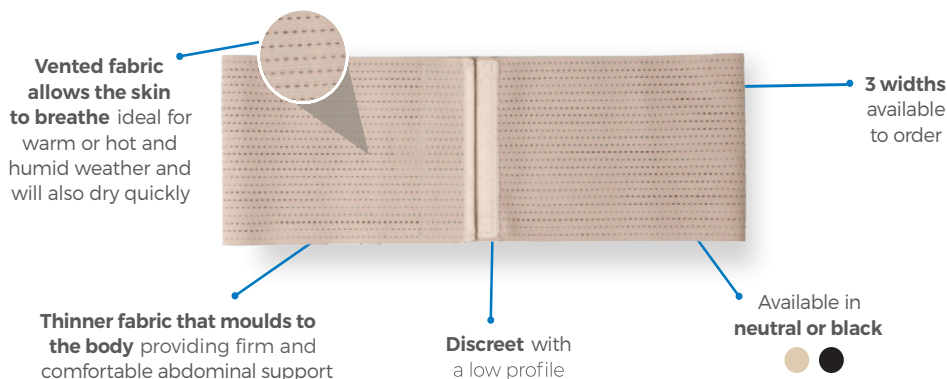
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SIZE	CIRCUMFERENCE	WIDTH	WIDTH	WIDTH
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Large	105 - 120 cm	KKB403B	KKB503B	KKB603B
XLarge	120 - 135 cm	KKB404B	KKB504B	KKB604B
XXLarge	135 - 150 cm	KKB405B	KKB505B	KKB605B

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TO CONTRIBUTE ARTICLES/FEEDBACK

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

Summer Edition	15th November 2022
Autumn Edition	24th February 2023
Winter Edition.....	19th May 2023
Spring Edition	18th August 2023

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WEE WISDOM

A little bit of “**WEE WISDOM**” that applies to all, with or without a stoma!



The urinary system is one of the body's main ways of flushing out excess water, salt, drugs, toxins and other waste substances. The perfect urine sample is clear and a pale straw colour. Any changes should not be taken lightly.

IF IT'S PINK! This can be due to eating some red foods e.g. Beetroot, rhubarb or foods containing red food colouring. It could also be blood and a symptom of urinary tract infection or it could be a symptom of something more serious so should not be ignored. See your Doctor. For those with a urinary stoma a small amount of bleeding from the stoma when wiping or washing may cause urine in the pouch to be pink and is of no concern.

IF IT'S CLOUDY! Cloudiness usually indicates the presence of pus in the urine which is typically due to a bacterial or fungal infection and should be checked by a doctor. If you have a urinary stoma it may be due to the normal mucus production from the bowel segment that is used to create the conduit.

IF IT'S SWEET! Sweet smelling urine indicates the presence of sugar or glucose. Before the days of blood sugar tests urine tests were regularly used to control insulin dosages for diabetics.

IF IT'S DARK! Orange to dark urine indicates you are dehydrated and need to drink more water. Orange urine may also be a colour change due to medications or food dyes. Needs checking if persistent as this may also be indicative of a liver disorder.

IF IT'S SMELLY! Urine normally doesn't have much odour, if you start noticing a stronger smell it may be that your urine is more concentrated due to dehydration or it could be due to certain foods you have eaten. Asparagus and some medications are regular offenders. Offensive smelling urine is most commonly caused by bacteria associated with urinary tract infections and is treated with antibiotics from your doctor.

IF IT'S BLUE/GREEN! This is very unusual but not impossible. Most likely to be caused by food dye or medications but can also be caused by certain bacteria in the urinary tract or a metabolic condition so it needs to be checked out by your doctor.

HANDY TIPS

FLUIDS/DEHYDRATION

With summer and high temperatures we are all prone to some degree of dehydration, but, particularly if you have an ileostomy. It is a constant enquiry from members and at every regional meeting it is high on the list of topics for discussions.

WHAT IS DEHYDRATION?

Put very simply dehydration is when your body does not have sufficient water to function properly. Our bodies send out clear signals telling us we need to do something about increasing our fluid intake, e.g.

- Thirst • Dry mouth • Dark urine and strong odour • Fatigue • Headaches • Dizziness
- Stomach ache • Lack of energy/lethargy • Constipation • Low blood pressure

Many other things can also contribute to dehydration such as the consumption of caffeine and alcohol, some medications, exercise, age, forgetfulness etc.

If you have any concerns that you may be susceptible to dehydration make sure you discuss the problem with your Stomal Therapy nurse or GP.

Water is the most essential of all nutrients, and one that most of us too often take for granted. Try and drink approximately 8 glasses of water a day. If you feel ill with one or more of the above symptoms try drinking a half to a full glass of water – you will most likely find yourself improving within 30 minutes.

St. Mark's Hospital in the UK published a recipe some years ago "St Mark's Electrolyte Mix" which has helped many people. It should be made up fresh on a daily basis, and sipped throughout the day.

1 Litre of tap water
6 Level teaspoons of sugar or glucose
Half a level teaspoon of sodium chloride (salt)
Half a level teaspoon of sodium bicarbonate
Mix this altogether until powder is dissolved.
Keep chilled to improve the taste
and maybe add some lemon flavouring.



Or another electrolyte drink, try the
APPLE JUICE RECIPE:

240 mls. apple juice
480 mls. water
Half a teaspoon salt



**Prevention better than cure
... drink water**

NSW EDUCATION AND INFORMATION DAY HELD JOINTLY WITH OSTOMY NSW AND NSW STOMA

Newcastle region – Club Macquarie – 24th June 2022

What a wonderful Day! After more than 2 years of Covid restrictions we were finally able to meet in person and hold an Education and Information Day. The event also coincided with National Stomal Therapy week. More than 140 members joined us for the day. Feedback from the day was overwhelmingly positive, with one member commenting: 'Until today I felt so alone with my stoma. Now I feel like I am part of a family'. The day was all about the members and there was lots of opportunity to ask questions and meet other members. On arrival members were given the opportunity to meet the suppliers of the products and find out more about the products they and others use.

Chairs of NSW Stoma Ltd and Ostomy NSW Ltd, Allen Nash & Stephen Grange, welcomed everyone and were available throughout the day to answer questions from members. Stephen Lardner, Ostomy NSW Ltd Manager, and Mary Egan, NSW Stoma Ltd Manager spoke about the associations, facts and figures and the services they offer, how to place orders and facilitate communications between the Association and members. A session on the Stoma Appliance Scheme, the Scheme's role, and the Association's role in supplying products, including management of the scheme and restrictions on the supply of products was also held.

Carol, (an ostomate and director of NSW Stoma) gave a presentation about her stoma journey and shared some of her accomplishments and stories over the last 10 years. Carol spoke of how overwhelmed she was when she first learnt about the possibility of a permanent stoma and the ups and downs of facing a life with a permanent colostomy. With the help of her Stoma Nurse, family and friends she embraced her future. Carol was trained by NSW Stoma's Stoma Nurse to use Colostomy Irrigation which has given her more freedom and control over her busy life. She has embraced many things such as international travel, swimming with dolphins, white water rafting as well as giving back to her Association. Carol now has a positive outlook on what cannot be changed, she has found ways to deal with obstacles and has mentored many other people in her position. She explained how important it is to ask for and accept help and gave examples of where to find assistance and support and encouraged people with an ostomy to embrace the community we are all part of.

Anne Marie Lyons, Clinical Nurse Specialist, Stomal Therapy Nurse, Concord Hospital and NSW Stoma Ltd, explained the different types of ostomies and the importance of understanding your stoma and the different complications faced by ostomates. She offered lots of helpful advice on sore skin in particular. Anne Marie also offered nutritional advice for various types of stoma and answered lots of questions from the floor, all with her wonderful sense of humour.

Lee Gavegan, Clinical Nurse Specialist, Stomal Therapy Nurse, Westmead Hospital and Ostomy NSW Ltd, discussed hernias, prevention and treatment. Lee explained various hernias and their causes and why so many ostomates suffer with hernias. Lee emphasised the importance of preventing hernias where possible and the available treatments.

During the afternoon we were joined by our local Stomal Therapy Nurses, Karen Cole and Jenny O'Donnell from John Hunter Hospital and Kellie Russell from Calvary Mater. They joined Lee and Anne Marie for a very lively Q and A with many members participating. What a wealth of knowledge they shared!

All the major suppliers attended and supported us financially. Without their support we would not be able to hold these events. Thank you to: Ainscorp, AMSL, Coloplast, Convatec, Future Environmental, JD Healthcare, Liberty Medical (Dansac & Hollister), Omnigon and Sutherland Medical.

It was lovely to meet so many of our fabulous members. Those I talked to on the day were so positive about their experience with the day, saying that they found it very useful and informative. It was great to meet other ostomates too and hear their stories.

We are really looking forward to our next Education and Information Day, which is on **Friday 28th October 2022** in Sydney at Canterbury Leagues Club in Belmore. All are welcome to attend.

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JACKY'S STORY AND THE CREATION OF STOMABUDDIES

We re-visit the story of Jacky and her ileostomy creation, which we featured in our Summer 2019 journal. Over the past three years, Jacky has been **even** more involved with her business and ONL. Her story continues...



Hi, my name is Jacky and I am the owner of Stomabuddies, a little business I have built up to offer as many Aussies affordable and practical stoma wear. I am also the proud owner of a 6 ½ year old ileostomy.

For 13 years I had been having problems with my bowel ranging from slow transit, ulcerated bowel, bowel incontinence, muscle failure, and the list goes on. Around 2012 I was asked to participate in a trial for a pacemaker in the bowel. I agreed but after a year it was obvious it wasn't going to help with my problems. I went on to have a 'Chait tube' inserted in my belly into the large intestine which I flushed water through every day to clean out the bowel. This was causing all sorts of problems and in 2015 my wonderful surgeon put me in for a Loop Ileostomy. It seemed okay

for about 3 months, but then I started getting very unwell again, so on March 3rd 2016 I had my large bowel removed and replaced by my permanent ileostomy. I felt as though I was never ever going to have any kind of normal life again but slowly as I recovered, I began to be able to do things I hadn't been able to do in years. Simple things like going for a walk and not worry if I was going to have an embarrassing accident. I could socialise again and get back into living. It was tricky, as I had forgotten how. Eventually a new normal kind of life started to form.



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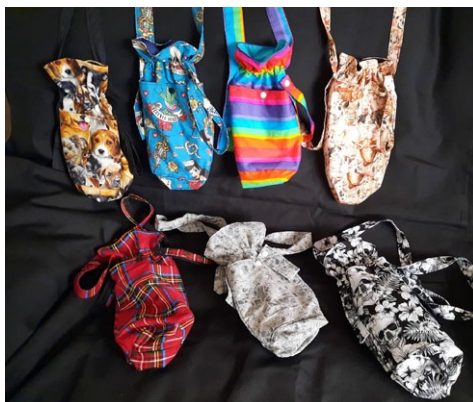
Email – stomabuddies1@outlook.com



I started volunteering at ONL Kirrawee and it has been great. I also started my new business 'Stomabuddies'.

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 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. I want to 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 started off as a very simple idea, but they did the job. I spent a year or so working on a more permanent heavy duty one which I finally got right. I now have heavy duty or light weight shower covers with either an open back with Velcro or closed back, as well as shower caps. All my covers, shower or bag, I prefer to make custom to measurements so they fit properly the first time. My other popular items are my night band, intimacy waist band and day wear band. It is great to catch the leaky messes. And fabulous for those intimate moments. A great all-rounder. I went from doing simple and quite often dreadful stoma garments to now having a great range of products from storage ideas, big and small, simple or fancy, to waist bands,



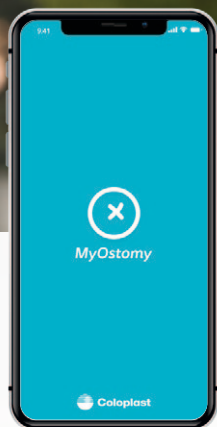
bag covers, shower covers, shirt clip-pies, seatbelt savers, buddy belts, starter sets, kids set, and much more.

I love doing custom orders for people as I like to make sure they are getting what they are looking for.

My life in the 13 years prior to my permanent ileostomy had 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 creativity I have learnt, the volunteer work I do and all the chances I get to go around to stoma meetings showing my stoma gear and meeting so many amazing people. Every single one of them have a heroic story to tell, and I learn something new from every new stomabuddies story I hear. I thank you all for taking the time to read my little blurb, but mostly thank you all for letting me be part of your journey and letting me create my stoma garments for you all.

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A BRIEF HISTORY OF THE STOMA APPLIANCE

CONTRIBUTED BY JACKY

After I got my ileostomy and began my Stomabuddies business I was astonished when I discovered the amount of stoma bags available. I assumed there was one size bag and one kind of stoma but soon learnt how very wrong I was. I started thinking way back in the day when all these products weren't available and what they used, the history of stoma supplies etc. I wasn't shocked to see how far we have come, but saddened at how those suffered before us. I wanted to share a little bit of what I've found with you all, as I thought it's very interesting, inspiring and educational.

The first reports of a deliberate surgical creation of a colostomy was in 1710, when a doctor named Alexis De Littre (French physician and anatomist) was the first to suggest the possibility of performing a lumbar colostomy for an obstruction of the colon. Littre taught anatomy in Paris and was the first to give a description of a Hernial protrusion of an intestinal diverticulum. (Meckel's diverticulum) a condition is now referred to as Littre's hernia. Littre named the stoma as a treatment for 'Anustresia' (a congenital abnormality in which the anus is not adequately developed)

The first successful colostomy surgery was performed on Mrs White back in 1820; her symptoms improved and she survived, which was rare for that time especially due to the hygiene issues within the hospital. She had nothing to catch the faecal matter waste and it was reported she either used a cushion, rags, towels or a bucket to catch the waste. This was when the first reports of complications such as skin ulcers and prolapse were discussed. It was thought that stoma devices needed developing. As late as the 1900's there were no stoma bag appliances. Back then this surgery was deemed as a 'secret surgery' and a last resort. For many this left patients as social outcasts due to the fear of odour, embarrassment and lack of security.

The things people used to use pre 1950 stoma appliances.

The operation was saving lives but was also taking away the quality of life because they didn't have a stoma bag to catch the waste.

Things used:

- Inner tubes • Moss • Rags
- Towels • Tuna cans • Bread bags

Things used to try and control or mask the odour that failed.

- Aspirin tablets
- Bicarbonate of soda
- Vanilla extracts
- Peppermint extracts

Can you imagine the desperation they must have felt at the time.

Peristomal skin problems were also an issue due to constant faecal contact with the skin.

A sample of some things that were used to help protect the skin

- Talcum powder
- Corn starch
- Aluminium paste



Colostomy bag. 1930's to 1940's

The appliance ring was inflated using an air pump. Pressure held the pouch in place together with a belt. At this time there were bulky rubber products that were combined with plastic materials that were aesthetically pleasing.

The first stoma bag 1st bag – 1957 Made by Pelican



The invention of stoma bags

It wasn't until the early 1950's that ostomy appliances came onto the medical market and literally changed the lives of ostomates at the time. At this time ostomy appliances were bulky rubber products that were combined with plastic materials that were aesthetically pleasing. The early products all made their way to research benches and at the same time a barrier used for peristomal skin care made leaps and bounds in the form of karaya. This was used as a skin barrier and was the first of its type. At the time this was considered to be helpful and the products gave patients their lives back and more freedom. Over the years skin barriers led to startling advances in both wound and ostomy care.

Limitations were discovered, many patients developed allergic dermatitis or complained when the karaya was applied to broken skin. It was also noted that this had poor adhesion and for patients with heavy watery output this barrier didn't hold up well. In 1965 it was discovered that a product used by dentists to treat mouth ulcers called 'Orahesive' paste or powder was taken on board by colorectal surgeons and was launched in the UK for peristomal skin care. Eight years later the product was introduced as 'stomahesive wafers' by E. R. Squibb. The stomahesive wafers gained ac-

ceptance rather quickly by both clinicians and patients and with the decrease of allergic dermatitis, increased wear time and fewer skin problems. The stomahesive wafers were used with the available bag/pouching system at the time and were primarily used to prevent peristomal skin breakdown. Ten years later manufacturers made and introduced a two-piece bag system that is like today's which could allow the removal of the bag and rinsed out without having to remove the baseplate. Other companies started making and introducing new bag systems. The innovations introduced a new freedom to ostomates, they could live more normal lives and had a sense of security with the stoma appliance.

The stoma bag now

That stoma bag you are wearing today is born from the back of the first invented 2-piece system. Each company that makes a product put thought into it's production to allow more freedom in a life living with the bag and making the products more convenient to use. The advancements in technology, materials used are amazing. Each product is now made with clinical research run by patients (you). The products now are made with each patient in mind. Every time you see companies asking for people to take part in research or provide input into designing a new bag, please take part as these are always taken into consideration and the product is updated to improve the quality of life for that patient. The variety of products now available compared to the first recorded operation back in the 1700's is astounding. Thinking back to the ostomates over a period of 250 years were nothing like we have now and they made do with things like a rag or a towel to collect their output.



1st bag – 1957
made by Pelican

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MANAGER'S REPORT FOR SPRING JOURNAL

Another successful Financial Year ended on 30th June 2022

At the end of June 2022 Ostomy NSW completed another financial year. Some of the key facts related to the past year are shown in this article. Our team have continued to offer great support during the year, with our staff and volunteers continuing to process your orders and enquiries. There were times when things were more hectic than we would like. November and December 2021 saw some delays with more orders due than usual, and understandably, many more 2-month orders. By mid-January 2022 we were back to normal and Australia Post had improved their delivery to you. The second occasion was the outbreak of Omicron Covid-19 which saw many of our team having to isolate for seven or more days. Some staff had multiple days of isolation due to family members testing positive and the household rules for isolation applying.



Members mingle with suppliers at our Newcastle Education Day in June – the first event in over two years

This year we have had a very good response from our members renewing your membership fees for July 2022. This is very important as the fees provide one third of our annual revenue and the Stoma Appliance Scheme requires you to be a financial member to be supplied appliances without cost to you. When you provide us with your email address, we are able to contact you with communications to remind you to pay fees or postage. We are also able to send you information about your order if there are unusual delays. One additional advantage is Australia Post send you advice about your delivery. Thank you also for your assistance with providing your Medicare number. Since January 2021 this has been a requirement, and since May 2022 Services Australia reject our claim if your Medicare card is invalid – so it may be another step you have to take, and it does provide us with certainty when claiming for your supplies on Medicare.



Some of our staff and volunteers

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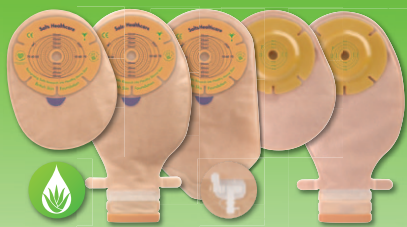
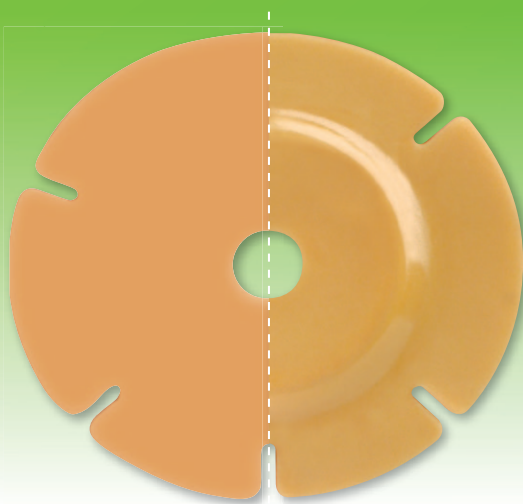
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SPRING 2022

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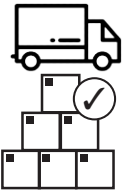
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Towards the end of 2021 we completed an upgrade of our website with a more secure payment gateway. A reminder that, to protect your financial privacy, we do not store your debit or credit card details. You may call our office or use the website for security of payments. We are working with the national Australian Council of Stoma Associations (ACSA) on a secure portal for you to access your information. This will most likely be available in early 2023. This will give you password protected access to your information stored by Ostomy NSW, and more control over your information and orders. We will notify you when this upgrade becomes available. On behalf of our team of volunteers, staff and directors, thank you for your support of us in the past 12 months.



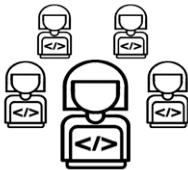
**37,597 orders
processed**



**\$12.7m claimed
from Medicare**



**380,000 packs
distributed**



**53 staff and
volunteers**
(354 years experience)



**6154 Unique
members**



**Welcomed 882
new members**



**Volunteers save us
\$250,000 annually**



**Stoma Nurse
and telehealth
from March**



**\$80,167
Donations
received**

STOMAL THERAPY SERVICES - (NSW &

*Any errors or omissions please email Heather Hill at
heathermaryhyde@yahoo.com OR phone: 0422 204 497(M)*

OSTOMY NSW LIMITED CLINIC

Lee Gavegan CNC

Phone: **(02) 9542 1300** for appointment

A free Clinic is held every Tuesday between 9am and 3:00pm. Please ring ONL to make an appointment. The telehealth clinic will operate on Tuesdays from 9am to 3pm. Please call our office on (02) 9542 1300 to make an appointment, and Lee will contact you for a time to meet. The virtual clinic is offered to all of our members and we would appreciate a donation to Ostomy NSW to support the cost of providing this service. This service is especially recommended for members who are not able to see a local STN. At this stage there is no face-to-face clinic available at our temporary location.

NSW STOMA LTD. CLINIC

Anne Marie Lyons STN.

Mobile: **0468 582 951**

Email: stomanurse@nswstoma.org.au

The NSW Stoma Clinic (free to members) is open from 11am to 1pm at half-hour intervals on the second and fourth Thursday of each month in the private room at our office in Unit 5, 7-29 Bridge Rd Stanmore. Our lift has wheelchair access. Members with an ostomy problem may phone to organise a free consultation.

Due to COVID-19 our on-site clinic has been replaced by a phone and email service.

SYDNEY METRO AREA

BANKSTOWN-LIDCOMBE, FAIRFIELD & BRAESIDE HOSPITALS

Phone: **(02) 9722 7196**

Tracey McMorrow
Fiona Le

BLACKTOWN HOSPITAL

Lesley Jack CNC STN (Mon. to Fri.)
Phone: **(02) 9881 8000** Pager 7610
Mobile: **0408 923 788**

CAMPBELLTOWN PRIVATE HOSPITAL

Lisa Howarth STN
42 Parkside Crescent, Campbelltown
Phone: **(02) 4621 9166**

CHRIS O'BRIEN LIFEHOUSE

Jason Plunkett
Phone: **(02) 8514 0000**

CONCORD REPATRIATION GENERAL HOSPITAL

Ian Whiteley NP
Anne Marie Lyons CNS
Roger Riccardi CNS
Phone: **(02) 9767 6761**

HORNSBY HOSPITAL

Michelle Noon CNC Stomal Therapy and Wounds
Phone: **(02) 9477 9184**

HURSTVILLE PRIVATE HOSPITAL

Trish Doherty CNS (Mon/Tue/Thu/Fri.)
Melanie Perez STN
Phone: **(02) 9579 7865**

KAREENA PRIVATE HOSPITAL

86 Kareena Road, Caringbah NSW 2229
Kelly Taylor RN STN (Mon. and Fri.)
Phone: **(02) 9717 0219**

ACT) DIRECTORY AS AT SEPT 2022

LIVERPOOL, CAMPBELLTOWN AND CAMDEN HOSPITALS

Phone: **(02) 8738 4308**

Lu Wang CNS 2 Mobile: **0417 026 109**

Erin Wagner STN Mobile: **0419 224 662**

MACQUARIE UNIVERSITY HOSPITAL

Mylene Marero: STN

mylene.marero@muh.org.au

Yuki Sakamoto: STN

yukiko.sakamoto@muh.org.au

Phone: **(02) 9812 3484**

MATER HOSPITAL

Johanna Ward STN

Mobile: **0401 532 108**

Email: wardjohanna@ramsayhealth.com.au

MT DRUITT HOSPITAL

Lesley Jack CNC STN (Mon. to Fri.)

Phone: (02) 9881 8000 Pager 7610

Mobile: **0408 923 788**

NEPEAN PRIVATE HOSPITAL

Nothabo Ndoweni STN

Phone: (02) 4732 7333

Phone the Banksia Ward and leave a message

Kerrie Wrenford STN

Phone: **(02) 4734 1245**

Fax: (02) 4734 1426

NEPEAN PUBLIC HOSPITAL

Naomi Houston CNS STN

Phone: **(02) 4734 1245** (if Urgent: phone

(02) 4734 2000 and request a page)

Email: Naomi.Houston@health.nsw.gov.au

Debbie Odium, Jessica Slowik

NORTHERN BEACHES HOSPITAL

Phone: **(02) 9105 5549**

Kathryn Bolton, Sarah Beecham

NORTH SHORE PRIVATE

Johanna Ward STN

Phone: **(02) 8425 3540**

NORWEST PRIVATE HOSPITAL

Phone: **(02) 8882 8882**

Kieren Zaballa STN

Email: kieren.rocillo@healthscope.com.au

PRINCE OF WALES

Phone: **(02) 9382 3869**

Katherine Wykes Page 44220

Lisa Graaf CNC Page 44403

Michael Breeze Page 44220

Email: SESLHD-StomalTherapyAndWoundManagementCNCs@health.nsw.gov.au

PRINCE OF WALES AND SYDNEY CHILDREN'S HOSPITAL

Alison Kennedy STN

Phone: **(02) 9282 1627**

PRINCE OF WALES PRIVATE HOSPITAL

Phone: **(02) 9650 4470**

Mandy Richardson CNC

ROYAL NORTH SHORE HOSPITAL

Rachael Hodgkins

Phone: **(02) 9463 2824** (pager 41244)

Jen Mojica Urology CNC (Tuesday & Wednesday)

Phone: **02 9463 2844**

ROYAL WOMEN'S HOSPITAL

Jenny Duggan STN

Mobile: **0417 944 247**

ROYAL PRINCE ALFRED HOSPITAL

Phone: **(02) 9515 7280**

Email: SLHD-RPASTomalTherapy@health.nsw.gov.au

Colleen Mendes CNC

Maria Bongat

RYDE HOSPITAL

Lisa Naylor CNS2

Stomal Therapy & Wound Care

(Mon, Tue, Thu and Fri)

Phone: **(02) 9858 7395**

ST GEORGE PRIVATE HOSPITAL, KOGARAH

Phone: **(02) 9598 5342**

Kerrin Hammon CNS

ST GEORGE PUBLIC HOSPITAL

Phone: **(02) 9113 3519**

Daniela Levido CNC

Email: Daniela.Levido@health.nsw.gov.au

Anne Mamo CNS

Deborah Dutchak CNS

Melanie Perez

STOMAL THERAPY SERVICES - (NSW &

STRATHFIELD PRIVATE HOSPITAL

Maureen O'Shannessy CNC

Phone: **(02) 9745 7444**

ST VINCENT'S PRIVATE HOSPITAL

Marnie Simpson

Email: marnie.simpson@svha.org.au

Louise Gallagher

Email: louise.gallagher@svha.org.au

Marnie Simpson

Phone: (02) 8382 7010

ST VINCENT'S PUBLIC HOSPITAL

Mark Murtagh CNC

Phone: **(02) 8382 2671** or **(02) 8382 1111**
(pager 6158)

Ann Sullivan Phone: (02) 8382 2963

SUTHERLAND HOSPITAL

Melissa Lampard CNC (Mon. to Thu., 8am-4pm)

Phone: **(02) 9540 7111** (pager 473)

SYDNEY ADVENTIST HOSPITAL

Email: StomalTherapy@sah.org.au

Phone: **(02) 9487 9111**

Kerrie Whitson CNC STN (Mon and Wed)

Phone: **(02) 9480 4972**

Michelle Scoble (Friday) Phone: **9480 9481**

WESTMEAD CHILDREN'S HOSPITAL

Charmaine Richards CNC Stomal Therapy/
Wound Management

Phone: **(02) 9845 2158**

Email: Charmaine.Richards@health.nsw.gov.au

WESTMEAD HOSPITAL

Fiona (Lee) Gavegan CNC

Mobile: **0409 962 111**

Email: Fiona.Gavegan@health.nsw.gov.au

Karen Shedden CNC

Phone: **(02) 8890 5555** (page 22888 or
27904)

Mobile: **0427 127 795**

Email: Karen.Shedden@health.nsw.gov.au

Ashleigh Peters (Mon and Tue)

Email: Ashleigh.peters@health.nsw.gov.au

Call the answering service on **(02) 8890**

7969 if unable to contact via pager.

ILLWARRA AND SOUTH COAST

BATEMANS BAY & MORUYA HOSPITALS

Trena O'Shea CNS STN (Clinical Co-ordinator)

Phone: **(02) 4474 2666**

Email: trena.Oshea@health.nsw.gov.au

Servicing Monaro, South Coast & Southern
Tablelands.

BEGA COMMUNITY HEALTH CENTRE

PO Box 173, Bega NSW 2550

Julie Metcalf CNS STN

(Mon / Tue, 8:30am-4pm)

Phone: **(02) 6491 9800**

Email: julie.metcalf@health.nsw.gov.au

NOWRA COMMUNITY HEALTH CENTRE

5 – 7 Lawrence Ave, Nowra 2541

Stomal Therapy Clinic: Mondays by
appointment

Phone: **(02) 4424 6300**

Fax: (02) 4424 6347

Brenda Christiansen STN (Mon. to Fri., Clinic)

RAMSAY PRIVATE NOWRA

Liz McLeod Phone: **(02) 4421 5855**

WOLLONGONG HOSPITAL

Julia Kittscha CNC Phone: **(02) 4255 1594**

Mobile: **0414 421 021**

Email: Julia.Kittscha@health.nsw.gov.au

WOLLONGONG PRIVATE HOSPITAL

Helen Richards CNC

(Ward 4 South, Mon. only)

Phone: **(02) 4286 1109**

Fax: (02) 4286 1312

CENTRAL COAST

GOSFORD DISTRICT HOSPITAL

Phone: **(02) 4320 3323**

Sharon Gibbins

Mary Cuzner

Emma Cutugno

Linda Cox

GOSFORD PRIVATE HOSPITAL

Phone: **(02) 4304 3297**

Karen McNamara STN

Dee Coulton STN

NEWCASTLE REGION

CALVARY MATER HOSPITAL

Phone: (02) 4014 3815

Email: stomalthrapy@calvarymater.org.au

Casey Luke

Kellie-Anne Russell

Deb Smith

Phone: (02) 4014 3810.

JOHN HUNTER HOSPITAL

Phone: (02) 4921 3000

Email: HNELHD-JHHStomal@health.nsw.gov.au

Jenny O'Donnell CNC

Karen Cole STN

Mitchell Eddington (casual)

HUNTER VALLEY PRIVATE HOSPITAL

Alison Lincoln STN

Phone: (02) 4944 3777

Email: alison.lincoln@healthecare.com.au

LAKE MACQUARIE PRIVATE HOSPITAL

Rachel Wiley (Mon. to Thu.)

Phone: (02) 4947 5362

whileyr@ramsayhealth.com.au

LINGARD PRIVATE HOSPITAL

Alison Lincoln STN

Phone: (02) 4969 6799 for an appointment

Email: alison.lincoln@healthecare.com.au

MAITLAND PUBLIC HOSPITAL

Phone: (02) 4936 5507

Annika Leyshon (Mon-Tues & Thurs-Fr)

Email: annika.leyshon@health.nsw.gov.au

Phone: (02) 4939 2000

MAITLAND PRIVATE HOSPITAL

Alison Lincoln (visiting STN)

Phone: (02) 4931 2304

NEWCASTLE PRIVATE HOSPITAL

Phone: (02) 4941 8741

Cecelia King STN

Email: cecilia.king@healthscope.com.au

WALLSEND COMMUNITY HEALTH

Please refer back to the hospital where you had your surgery vacant

Nash Street, Wallsend.

Phone: (02) 4924 6100

NORTH COAST

COFFS HARBOUR COMMUNITY NURSING HEALTH CAMPUS

Mandy Hawkins CNC, STN/Continence

Phone: (02) 6656 7820

Alyssa Higoe, Holly Ravenscroft

Phone: (02) 6656 5467

Serving the towns of Coffs Harbour, Dorrigo, Bellingen, Macksville and Woolgoolga.

GRAFTON BASE HOSPITAL

Jane Kulas STN CNS

Phone: (02) 6640 2222

Email: jane.kulas@health.nsw.gov.au

GRAFTON COMMUNITY HEALTH

Jane Kulas STN CNS

Phone: (02) 6641 8200

Email: jane.kulas@health.nsw.gov.au

LISMORE BASE HOSPITAL

Phone: (02) 6620 2850

Ed Cooke STN for all out-of-hospital ostomy patients

Edgar.Cooke@health.nsw.gov.au

Phone: (02) 6621 3252

Outpatient service also available on Tuesday and Friday

LISMORE COMMUNITY HEALTH

Janelle Wilson STN

29 Molesworth Street, Lismore.

Phone: (02) 6620 2097

Fax: (02) 6620 2963

MACLEAN DISTRICT HOSPITAL AND COMMUNITY HEALTH

Jane Kulas STN CNS

Email: jane.kulas@health.nsw.gov.au

MANNING HOSPITAL (TAREE)

Phone: (02) 6592 9469

Karla MacTaggart STN (Tue. to Thu.)

Mobile: 0419 859 281

Jordan Chapman works (Wed – Fri)

Email: jordan.chapman@health.nsw.gov.au

Serving towns & communities between Wingham, Forster, Tuncurry, Taree, Harrington, Gloucester and Bulahdelah.

STOMAL THERAPY SERVICES - (NSW &

PORT MACQUARIE BASE HOSPITAL

Jean McCarroll STN (Mon. and Wed.)
Mobile: **0427 795 765**
Phone: **(02) 5524 2439**
Email: Jeanie.McCarroll@health.nsw.gov.au
Nerralee Cook STN
Mobile: **0427 795 765**

PORT MACQUARIE AND KEMPSEY COMMUNITY HEALTH CENTRES

Maria Emerton-Bell STN CNC
Phone: **(02) 6561 2790**
Serving towns and communities between
Laurieton, Port Macquarie, Kempsey,
Wauchope, South West Rocks and Stuarts
Point.

ST VINCENT'S HOSPITAL (LISMORE)

Tracey Eason STN
Phone: **(02) 6627 9448** or **(02) 6627 9449**

TWEED HEADS COMMUNITY HEALTH CENTRE

Lisa Clare Stomal/Continence Advisor.
Phone: **(07) 5506 7540**
Email: Lisa.Clare@health.nsw.gov.au
Siobhan Mills
Mobile: **0427 064 815**
Covering Tweed Heads Hospital &
Communities from the Tweed Heads NSW/
QLD border to Bangalow.

NEW ENGLAND

TAMWORTH BASE HOSPITAL

Robin Skillman CNC
Phone: **(02) 6767 7733**
Serving towns and communities between
Tenterfield, Boggabilla, Mungindi, Moree,
Wee Waa, Quirindi, Armidale, Walcha,
Uralla, Guyra, Bundarra, Tingha, Glen Innes,
Emmaville, Ashford, Wyallda, Inverell,
Bingara, Barraba, Boggabri, Manilla,
Gunnedah, Tamworth, Werris Creek, Nundle.

NARRABRI COMMUNITY HEALTH

Lavinia (Alvin) Hill
Phone: **(02) 6799 2800**

WESTERN NSW

ALBURY WONDONGA HEALTH SERVICE

Albury Community Health Centre,
Gerardine O'Brien
Phone: **(02) 6058 1800**
Email: stomalthrapy@awh.org.au

ALBURY WODONGA PRIVATE HOSPITAL

Gerardine O'Brien STN
Phone: **(02) 6022 4350**

BATHURST HEALTH SERVICE

Louise Linke NP STN
Phone: **(02) 6330 5676**
Fax: (02) 6330 5742
Email: louise.linke@health.nsw.gov.au
Serving Bathurst, Orange, Parkes, Forbes,
Cowra, Lithgow, Condobolin and surrounds.

BROKEN HILL BASE HOSPITAL

Shirley Victory (resources person only)
Phone: **(08) 8080 1642**

DUBBO BASE HOSPITAL

Thulisile Moyo STN
Phone: **(02) 6809 6000**
Mobile: **0427 150 649**
Hannah Mines
Phone: **(02) 6908 6809**
Serving Dubbo, Cobar, Coonamble,
Narromine, Nyngan, Trangie, Warren,
Wellington, Baradine, Gulargambone, Coolah,
Gilgandra, Coonabarabran, Dunedoo,
Gulgong, Mudgee, Bourke, Brewarrina,
Collarenebri, Goodooga, Lightning Ridge &
Walgett.

GRIFFITH BASE HOSPITAL

Naomi Smith
Phone: **(02) 6969 5555** (ext. 695)

GRIFFITH COMMUNITY HEALTH

Phone: **(02) 6922 9903**

ORANGE HEALTH SERVICES

Joe Webster STN
Phone: **(02) 6369 7455**
Email: Joseph.Webster@health.nsw.gov.au

ACT) DIRECTORY AS AT JUNE 2022

WAGGA WAGGA BASE HOSPITAL

Irene Cozens

Phone: **(02) 5943 1545**

Email: irene.cozens@health.nsw.gov.au

Naomi Smith

Mobile: **0412 324 136**

Email: naomi.smith@health.nsw.gov.au

CALVARY PRIVATE WAGGA WAGGA HOSPITAL

Naomi Smith

Mobile: **0412 324 136**

Email: naomi.smith@health.nsw.gov.au

YOUNG MERCY CENTRE

Contact Community Nurses

Phone: **(02) 6382 8444**

Serving Young, Harden, Cootamundra, Boorowa, Grenfell and district.

CANBERRA AND DISTRICT

CANBERRA HEALTH SERVICES

Phone: **(02) 5124 0000**

STOMAL THERAPY SERVICE

You can make an appointment by calling Central Health Intake on **(02) 5124 9977**.

CANBERRA HOSPITAL

Anju Mamachan

Phone: **(02) 5124 4255** Pager 50959

Email: anju.mamachan@act.gov.au

BELCONNEN HEALTH

Cheryl Jannaway CNC

Phone: **(02) 6205 1201**

CALVARY HOSPITAL (CANBERRA)

Marree Pegrem STN.

Phone: **(02) 6201 6045**

Kellie Burke CNC

Phone: **(02) 6244 2222** (then page stomal therapist)

COOMA HEALTH SERVICE

Vicki Black STN

Phone: **(02) 6455 3222**

COOTAMUNDRA HOSPITAL

VACANT

Phone: **(02) 6942 1861**

Mobile: **0419 123 508**

QUEANBEYAN COMMUNITY HEALTH CENTRE

Jo Morgan STN

Phone: **(02) 6150 7144** or **(02) 6150 7670**

Visits patients in Queanbeyan & Yarralumla areas.

*Any errors or omissions please email Heather Hill at
heathermaryhyde@yahoo.com OR phone: **0422 204 497(M)***



2022 REGIONAL

Note: at the time of printing, many support groups have paused due to COVID-19. Please contact the organiser before planning a trip to the meeting venue.

BANKSTOWN AREA

Dates: 1st Wednesday every 2nd month commencing, Wednesday 2nd February 2022; then 6th April 2022, 1st June 2022, 3rd August 2022, 5th October 2022, 7th December 2022
Time: 10:00am to 12:00pm – morning tea
Address: Revesby Workers Club, 2B Brett Street, Revesby, 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 is welcome but must be double vaccinated.
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: 3rd Tuesday of every month March 15th, April 19th, May 17th, June 21st
Time: 11:00am - 1:00pm – morning tea
Address: Ramsgate RSL Club, Ramsgate Road and Chuter Avenue, Sans Souci NSW 2219
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: 23rd February 2022, Nowra School of Arts Annex, 25th May 2022, Nowra School of Arts Annex 27th July 2022, Ulladulla Community Health Centre, 26th October 2022, Nowra School of Arts Annex 14th December 2022, Ulladulla Community Health Centre
Time: 2:00pm
Address: Nowra school of Arts Annex: adjacent to School of Arts, 12 Berry Street, Nowra. Car parking surrounds the building. Ulladulla Community Health Centre: Corner of South Street and Princes Hwy, Ulladulla. Street parking.
About: The contact is Brenda Christiansen STN CNC. Ph. 02 4424 6300
e. brenda.christiansen@health.nsw.gov.au

DUBBO STOMA SUPPORT GROUP

Dates: Last Friday of the month, starting March 2022
Time: 2pm to 3:00pm Everyone is welcome!!
Address: Dubbo Health Service Ian Locke, building Room 8 or join virtually via Pexip or phone.
Register: By phoning 0408 769 873 or email: Thulisile.Moyo@health.nsw.gov.au
Contact: Thulisile Moyo

BOWRAL STOMA SUPPORT GROUP

Dates: 1st March, 7th June, 6th September and 6th December
Due to current COVID restrictions only fully vaccinated people may attend. Proof will be required upon entry.
Time: 1pm to 3:00pm Everyone is welcome!! Please RSVP 1 week prior.
Address: Bowral Bowling Club, 40 Shepherd Street, Bowral
Contact: Lu Wang & Erin Wagner Stomal Therapists, Liverpool Hospital—(02) 87384308 Or Clare Jacobs 0400 921 901 / aucldo@coloplast.com.

SOUTH WEST SYDNEY AND LIVERPOOL STOMA SUPPORT GROUP

Dates: 3rd Thursday every second month, 20th October 2022 and 15th December 2022
Time: 1:30pm to 3:30pm
Address: Campbelltown Catholic Club, 20/22 Camden Rd, Campbelltown NSW 2560
Contact: Erin or Lu on (02) 8738 4308, or Bernadette 0412 222 566

INFORMATION MEETINGS

NEPEAN EDUCATION STOMA SUPPORT GROUP

- Dates:** Last Friday every second month, commencing in April 2022 (and Covid dependent)
29th April, 24th June, 26th August, 4th November (not 28th Oct).
- Time:** 2-3:30pm – afternoon tea
- Address:** 63 Derby St, 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 2:00 pm when you will be directed to the meeting room.
Car Parking: Either on the street or in the multi-story car park on Somerset Street, Kingswood (free for pensioners for the first 3 hours)
- About:** Family & friends are most welcome. Any enquiries please contact Naomi Houston on 4734 1245

ILLAWARRA OSTOMY INFORMATION GROUP

- Dates:** 16th Feb, 13th April, 15th June, 10th August, 12th Oct,
14th Dec (Xmas luncheon. Venue to be advised)
- Time:** 10:00am to 12:00pm
- Address:** Education Room, Figtree Private Hospital, 1 Suttor Place, Figtree
- Contact:** For Further Information contact:
Helen Richards CNC STN Wollongong Private Hospital phone: 4286 1109
richardsh@ramsayhealth.com.au
Julia Kittscha CNC STN Wollongong Hospital mob: 0414 421 021 office: 4255 1594
julia.kittscha@health.nsw.gov.au

CANBERRA ACT SUPPORT GROUP

- Dates:** 2nd Tuesday every month – commencing from Tuesday 8th February 2022;
then 8th March 2022, 12th April 2022, 10th May 2022, 14th June 2022, 12th July 2022
- Time:** 10:00am to 12:00pm
- Address:** Act & Districts Stoma Association (the old stoma association room)
2nd Floor, City Health Building, 1 Moore St, (Cnr Moore & Alinga ST), Canberra
- Contact:** Your Stomal Therapy Nurse, or Clare Jacobs on 0400 921 901, or Geoff Rhodes {actual ostomate happy to chat with you} on 0416 206 871 or email Clare on auddo@coloplast.com for further Information. Everyone is welcome but must be double vaccinated to attend. RSVP for this meeting is required by ACT Health so we can comply with COVID numbers and restrictions.

GRAFTON/CLARENCE VALLEY 2022 *NEW

- Dates:** Tuesday 9th August 2022
- Time:** 10am to 11:00am Everyone is welcome!!
- Address:** Aruma Community Health, 175 Queen St, Grafton NSW 2460
- Register:** Jane Kulas Tel (02) 6640 2222 | Mob 0459 943 062
- Contact:** Jane Kulas Tel (02) 6640 2222 | Mob 0459 943 062

BEAT BLADDER CANCER

- Dates:** Last Tuesday of every month
- Time:** 7:00pm to 8:30pm
- Address:** Macquarie University Hospital,
3 Technology Place, Macquarie University
- Contact:** Adam Lynch, President BEAT Bladder Cancer 0421 626 016

NEW

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AU **1800 819 274**
info@omnigon.com.au
www.omnigon.com.au

Life
Before



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