

## St George Hospital STN Clinic

The St George Hospital Stomal Therapy Nurse (STN) Clinic will again operate at ONL during 2012.

The clinic is available to all ostomates and will be open on the first Wednesday of every second month, that is:

- 1st February 2012
- 4th April 2012
- 6th June 2012

- 1st August 2012
- 3rd October 2012
- 5th December 2012

Timings are 2.00 p.m. to 4.00 p.m. and appointments are essential, as the clinic was extremely busy in 2011.

To make one just call one of our Member Service Officers on 02 9542 1300 during our normal office hours.

## STN Scholarships

The Stomal Therapy Nurse Scholarships for 2011 were awarded at the NSW Branch meeting of the Australian Association of Stomal Therapy Nurses at Royal Prince Alfred Hospital on Friday, 2<sup>nd</sup> December 2011.

This is the third consecutive year that the scholarships have been awarded and there were some excellent applications.

The NSW Chamber of Fruit & Vegetables again generously donated \$5,000 which was shared equally by three STNs:

- Kerry Young from Hobartville, NSW
- Susan Morris from Charlestown, NSW
- Mary Cuzner from North Gosford, NSW

Mrs Heather Hill, AM, a Director of Ostomy NSW, award prizes on behalf of the Chamber of Fruit & Vegetables.

The second scholarship, sponsored this year by the Narwee Baptist Creative Craft Group, was also shared equally by three STNs:

- Nancy Andrawes from Banksia, NSW
- Lu Wang from Cabramatta, NSW
- Kerri Houghton from Mount Annan, NSW

Cheques and certificates were presented by the President of the Craft Group, Mrs Christine Clausen.

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## Major Raffle

Winners of the major raffle, drawn at the ONL AGM on 19th November, are:

- 1st \$1,000
- 2nd \$ 500
- 3rd \$ 250

Congratulations to each and many thanks from ONL to everyone who bought tickets.



From L to R: Mary Cuzner, Heather Hill, Christine Clausen, Kerri Houghton and Nancy Andrawes

## An Australian Will Always Help You

### An Experience from Overseas

by Michael Peebles, AM, General Manager, Ostomy NSW Limited

#### Introduction

This is a story about one of my experiences from when I lived and worked in Cambodia in 1993/94. It highlights what a great reputation we have as Australians helping those in need.



Phnom Penh — Mekong River in top left

#### The Opening Scene

I was travelling back from Prek Leap to Phnom Penh on the ferry across the Mekong River. It was a Sunday and towards dusk.

I had been to visit our facility at the old Khmer Rouge military hospital and which we were now using as a training college for Cambodians learning about rice growing.

"Ferry" is a quaint description as the vessel was not more than the size of a 19th Century whaling boat with a covered portion amidships and an antiquated inboard petrol engine chugging away.

Typically, it was filled to the gunwales with humanity, animals, bicycles and motor scooters.

#### The Approach

I stood in an open part of the ferry at the bow to avoid the crush and the humidity inside. I was surprised when I was approached by a local who I first thought simply wanted to practice his English.

This was quite common, since the Government had decided that this would be their second language, much to the chagrin of the former French colonial rulers, many descendants of whom were now back helping to re-establish the country.

#### My Cover Blown

I was further surprised when Tui, my newly acquired friend, stated quite confidently in a questioning way that I was an Australian and therefore I would help him.

I asked how he knew I was Australian and he said he assumed this was the case since I was carrying a bag with the big rat on it and he could read Qantas anyway.

In a blink of an eye he said he would be back and ducked inside and, just as quickly, re-emerged with two cronies, who did not look entirely friendly to me.

#### The Pitch

I asked what he was after, thinking at first that this was a rhetorical question and they were simply going to rob the rich foreigner and throw him into the very muddy and quickly flowing waters of the very wide Mekong River, from which there was no escape and death was certain.

On the contrary, they only wanted my help to get Tui to Australia, by getting him a boat that would last the journey from Cambodia to Australia. I was now totally intrigued and as the dusk turned to night and the whale boat chugged on inexorably against the fast flowing Mekong, Tui's tale evolved.



Phnom Penh—Typical Street Scene

#### Previous Experiences

Tui explained to me that he had attempted on two previous occasions to be a boat person and failed miserably (but luckily).

## An Australian Will Always Help You (continued)

The first time he had not even got on a boat—it never existed, or, if it did, it vanished just as easily as the hard earned cash he handed over for his passage to a new life.

The second time he was luckier—in more ways than one. Firstly, he got on a boat. Secondly, it left Cambodia. Here luck ended for a while. In the dead of night the boat sunk. Without a lifejacket and no idea where he was, Tui started to swim.



Independence  
Monument

By morning he reached a beach, cold, exhausted and extremely disappointed, because he was not in Indonesia as he thought, but back in Cambodia.

But he was determined to try again and, with my help, make it a success. Australians could be trusted implicitly—they did not just take people's money and did not put them on boats that sank.

### What to do?

I did not, for one moment, think to refuse him help, but I was sure I wasn't going to get into the people smuggling trade, and had to come up with a plan.

With any good plan, the first step is to get as much information as you can. So I asked him why he wanted to leave Cambodia and, more particularly, why he wanted to go to Australia.

Tui said that he had no family left in Cambodia. This was quite believable as there were only young people or very old people in Cambodia—anyone of middle age was extremely rare as most had been killed by the Pol Pot regime.

He said his only living relative was an uncle who was in Melbourne, so he thought that would be a good place to be and, with my help, he was going to get there.

### The Solution

Eureka! At that time Australia had a family reuniting program operating for Cambodians and, given his circumstances, I was sure Tui would qualify, but I couldn't get this across to him and what he had to do to apply.

However, I was living in close proximity to the Australian Embassy, outside of which there was a huge sign about the program, but I did not know exactly what it said. It was written in Khmer and my knowledge of the language was limited to ordering meals and swearing at bad drivers.

At Tui's suggestion, he would drive me to the Embassy on his motor bike. Not such a good idea I thought since the last experience on a motor bike was not a pleasant one. Nevertheless, it was now almost dark and many of the cyclo taxis had finished for the day and I needed to get from one end of Phnom Penh to the other, north to south.




I therefore agreed with Tui's idea and we motored down to the Embassy. Upon reading the sign, Tui's gratitude was expressed in great bear hugs and lots of thank yous and the words "I knew an Australian would not let me down".

I later learnt at one of the ex-pats get togethers at the Embassy that he had made it.


## Contact Us

**Ostomy NSW Limited**  
**6/555 Princes Highway**  
**Kirrawee NSW 2232**

 Tel: 02 9542 1300

 Fax: 02 9542 1400

 Email [info@ostomynsw.org.au](mailto:info@ostomynsw.org.au)

 PO Box 3068. Kirrawee DC 2232

 [www.ostomynsw.org.au](http://www.ostomynsw.org.au)

### Hours of Operation

We are open 4 days a week Monday to Thursday.  
Counter hours are 9:00am to 2:00pm.

### Increase in Postage & Handling Rates

Members are reminded that postage and handling rates for orders delivered via Australia Post will increase on and from 1 January 2012.

Rates will rise from \$11 per parcel to \$12 per parcel for deliveries within NSW, and from \$14 to \$15 for interstate deliveries.

The increase is necessary to match price rises by Australia Post over the last three years under the national agreement negotiated by ACSA with Australia Post on behalf of all organisations like ONL.

### President's Message

On behalf of the Board of Directors, management, staff and volunteers of ONL, we wish all our members a happy Christmas and prosperous New Year.

We look forward to meeting your needs again in 2012 and will do our utmost to ensure that you receive first class service.

Tom Flood  
President  
Ostomy NSW Limited

### Board of Directors

Tom Flood, President  
Warren Nalty, Vice President  
Heather Hill, AM, Secretary  
Gerard Watts, Treasurer  
Stephen Grange, Director  
Bob Newman, Director

### Company Secretary & General Manager

Michael Peebles, AM

### Your ONL Team

Operations Supervisor — Colleen Lamond  
Office Team — Ros Hartenstein, Cheryl Mellor, Aye Aye Myint, Frank Yu, Norma Nicholas, Kim Swain, Kelly McGee, Natalie Wilks  
Warehouse Team — Barry Shaw, Janice Shaw, Jim O'Sullivan

### Member Orders

Orders must be in writing and can be mailed, faxed or emailed. **ONL does not accept orders over the telephone.**

The email address is [orders@ostomynsw.org.au](mailto:orders@ostomynsw.org.au)  
Orders can be collected at ONL or sent via Australia Post.

### Packing & Handling Recoveries

These include postage and will be \$12 and \$15, respectively, for NSW and interstate, from 1st January 2012.

### Member Accounts

You may find it cheaper and easier to maintain a member account, paying an amount once or twice a year in advance for delivery, membership, raffle tickets, non-PBS items or donations.

### Payments

Payments for all services can be made by cheque, money order, credit card (minimum amount \$36) or electronic funds transfer to BSB 112-879, Account No. 456643389, quoting your membership number and the reason for the payment (e.g. postage).

Please note that cash and EFTPOS are only available if you are paying in person at Kirrawee.

**Do not send cash with orders.**

## Directory of Stomal Therapy Nurses

*You need to telephone to make an appointment to consult any of the medical professionals listed in this directory*

### Sydney Metropolitan Areas

#### Bankstown-Lidcombe, Fairfield and Braeside Hospitals

Sister Ann-Maree McDonald CNC  
Phone 02 9722 7196

#### Blacktown, Mt Druitt and Hawkesbury Hospitals

Sister Lesley Jack CNC Stomal Therapy Nurse  
Phone 02 9881 8000 Pager 7610

#### Concord Hospital

Ian Whiteley, CNC, Anne Marie Lyons CNS and Roger Riccardi CNS  
Phone 02 9767 6761

#### Hornsby, Mater and Ryde Hospitals

Jean Young CNC or Susan Strizic CNS  
Phone 02 9477 9184.

#### Hurstville Private Hospital

Kelly Taylor or Colleen Mendes  
Phone 02 8566 1034.

#### Liverpool, Campbelltown and Camden Hospitals

Sister Dianne Hooper, CNS  
Phone 0419 224 662

#### Nepean Hospital

Naomi Houston  
Phone 02 4743 3118  
The clinic is located on Ward W4A, West Block.  
*The service is primarily hospital based and covers the Penrith, Hawkesbury and Blue Mountains area. Clinic appointments are predominantly on Monday, Wednesday and Friday afternoons.*

#### Prince of Wales and Sydney Children's Hospital

Lisa Graff CNC or Sister Carol Stott CNC  
Phone 02 9382 2222 Pager 42993 or Pager 44220.

#### Royal Prince Alfred Hospital

Sister Lesley Everingham CNC Stomal Therapy Nurse or Kris Louis CNS  
Phone 02 9515 7280.

#### Royal North Shore Hospital

Sister Kathryn Bolton  
Phone 02 9926 7227

#### St George Private Hospital

Sister Kerrin Hammon or Sister Tania Matison  
Phone 02 9598 5285 or 9598 555 Page 032

#### St George Public Hospital

Daniela Marjanovic CNC  
Phone 02 9113 3519 or 02 9113 1111  
Pager 224

#### St Vincent's Private Hospital

Sister Jackie Johnston CNC  
Phone 02 8382 7111 Pager 0413

#### St Vincent's Public Hospital

Mark Murtagh  
Phone 02 8382 1111, extension 6158

#### Strathfield private Hospital

Sister Maureen O'Shannessy  
Phone 02 9745 7444

#### Sutherland Hospital

Joan Walsh  
Phone 02 9540 7111

#### Sydney Adventist Hospital

Sister Lyn Archibald CNC or Sister Glenda Flew  
Phone 02 9487 9111

#### The Hills Private Hospital

Sister Shauna Smith  
Phone 02 9639 3333

#### Westmead Children's Hospital

Sister Theresa Chand  
Phone 02 9845 0000

#### Westmead Hospital Clinic

Lee Gavegan or Karen Shedden  
Phone 02 9845 5555 Page 27904 or Page 2288.

*If unable to contact via pager, call answering service on 02 9845 7969*

## Canberra and District

### Canberra Hospital

Kellie Burke  
Phone 02 9244 2222 then Page Stomal  
Therapy Nurse

### ACT Community Health Care

Phone 02 6207 9977

### Queanbeyan Community Health Centre

STN Rona Mclean visits patients in  
Queanbeyan and Yarralumla areas.  
Phone 02 6298 9233

### Goulburn Community Health

Sister Janine Rath  
Phone 02 4827 3913

## Central Coast

### Gosford District Hospital

Sister Kellie Russell and Sister Debbie Day  
Phone 02 4320 2111, extension 3323

## Far North Coast

### Tweed Heads Community Health Centre

Sister Ann Tippett,  
Phone 02 7536 0540

### Lismore Base Hospital

Margaret McKee for in hospital patients and  
Bill Tyrell for our of hospital patients  
Phone 02 6620 2850 for Margaret and  
02 6621 3252 for Bill

### St Vincent's Hospital, Lismore

Sister Debbie flick  
Phone 02 6621 8411 or 02 6623 3275

### Grafton Base Hospital

Anne Onions RN Monday and Tuesday or  
other community nurses during the week.  
Resource people are Robyn Paterson RN  
and Lynne Vaughan RN  
Phone 02 6640 2298.

## Illawarra

### Wollongong Hospital

Sister Julia Kittscha  
Phone 02 4222 5303  
*Not available Thursdays*

## Mid North Coast

### Coffs Harbour Health Campus

Mandy Hawkins CNC and Rowena  
Vanderpoel  
Phone 02 6656 7820  
*Services the towns of Coffs Harbour,  
Bellingen, Macksville, Dorrigo and  
Woolgoolga*

### Port Macquarie and Kempsey Community Health Centres

Sister Maria Emerton-Bell or Sister Linda  
Kay

Phone 02 6562 6066 or 6588 2882  
*Serving the towns and communities  
between Port Macquarie, Wauchope,  
Kempsey and South West Rocks*

### Manning Hospital, Taree

Sister Karla MacTaggart  
Phone 02 6592 9469  
*Serving the towns and communities  
between Wingham, Forster, Tuncurry,  
Taree, Harrington, Gloucester and  
Bulahdelah*

## New England

### Tamworth Base Hospital

Sister Robin Skillman  
Phone 02 6767 7700 Pager 29604  
assistance or an appointment.  
Clinics available in towns throughout the  
area.  
Phone the office direct on 02 6767 7733.  
*Serving the towns and communities  
between Tenterfield, Boggabilla, Mungindi,  
Moree, Wee Waa, Quirindi, Armidale,  
Walcha, Uralla, Guyra, Bundarra, Tingha,  
Glen Innes, Emmaville, Ashford, Warialda,  
Inverell, Bingara, Narrabri, Boggabri,  
Manilla, Gunnedah, Tamworth, Werris  
Creek and Nundle.*

## Newcastle Region

### John Hunter Hospital

Sister Jenny O'Donnell and Sister Jill Fairhall  
Phone 02 4921 3000

### Lake Macquarie Private Hospital

Sister Rhonda Farthing  
Phone 02 4947 5163

### Lingard Private Hospital

Phone for appointment on 02 4969 6799

### Calvary mater Hospital

Sister Tess Richards  
Phone 02 4014 4815

### Newcastle Private Hospital

Sister Jill Fairhall  
Phone 02 4941 8597

## South Coast

### Shoalhaven Community Health Centre

5-7 Lawrence Avenue, Nowra 2541  
Sister Tracey Newcombe (Monday & Tuesday) and Sister Margaret McCabe (Wednesday, Thursday & Friday)  
Phone 02 4424 6300  
Fax 02 4424 6347

### Batemans Bay and Moruya Hospitals

Sister Trena O'Shea and Sister Maria Munch  
Phone 02 4474 2666 (Surgical Ward)  
*Services Monaro, South Coast and Tablelands*

### Bega Community Health Centre

Sister Julie Metcalf  
Phone 02 6492 9620

*If Sister is absent, please leave name and phone number on answering machine for a return call.*

*Clinics are held on the last Wednesday of each month at Narooma Community Health Centre – Phone 02 4476 2344*

## Western NSW

### Bathurst Rehabilitation Unit

Sister Louise Link  
Phone 02 6331 3477  
*Servicing Lithgow to Lake Cargellico*

### Dubbo Base Hospital

Sister Amy Keogh  
Phone 02 6841 5555 or 0427 150 649  
*Servicing Dubbo, Cobar, Coonamble, Narromine, Nyngan, Trangie, Warren, Wellington, Baradine, Coolah, Gulargambone, Gilgandra, Coonabarabran, Denedoo, Gulgong, Mudgee, Bourke, Brewarrina, Collarenebri, Goodooga, Lightning Ridge and Walgett*

### Broken Hill Base Hospital

Sister Maureen Nugent and Sister Shirley victory  
Phone 08 8080 1422

### Young Mercy Centre

Sister Bev Moloney CNC  
Phone 02 6382 8444

### Griffith Base Hospital

Sister Denise Henderson  
Phone 02 6962 1266, extension 340

### Wagga Wagga Base Hospital

Sister Helma Riddell  
Phone 02 6938 6487  
*Can do home visits in the area*

## Directory of Ostomy Support Groups

*Ask your surgeon, stomal therapy nurse or ONL to help you make contact with an appropriate support group, or contact one of the groups listed below*

### **Bathurst Support Group**

Meets 1<sup>st</sup> Tuesday of every third month, commencing in February at 12 noon to 1:30pm at Daffodil Cottage. Phone Louise Linke on 02 6330 5676.

### **Bowel Group for Kids Inc**

Contact Eunice Gribbin P O Box 40 Oakdale NSW 2570. Phone 02 4659 6186  
[eunice@bgk.org.au](mailto:eunice@bgk.org.au)  
[www.bgk.org.au](http://www.bgk.org.au)

### **Campbelltown Stoma Support Group**

This group meets on the last Tuesday of every second month, beginning February at the Campbelltown Hospital Education Centre (opposite ambulance station), from 1:30pm to 3:00pm. For further details contact Dianne or Lu (STN's) Campbelltown/Liverpool on 02 9828 4308.

### **Cancer Council Connect One to One Telephone Support Service**

Phone 131120 and speak to a Connect staff member who can match you with a trained volunteer who has had a personal experience of cancer and is available to provide hope, encouragement and practical information when you need it most. Wherever possible, the volunteer will have been through similar treatment to you as well as being of similar age, gender and lifestyle. Volunteers are available to support people with the following cancers: Anal, Breast (women and men), Bowel, Brain, Cervical, Leukaemia, Lung, Ocular, Melanoma, Ovarian, Prostate, Testicular, Uterine and Vulva. Cancer Council Connect is a free, confidential telephone service that is available to anyone in NSW who has been diagnosed with cancer.

### **Central Coast Ostomy Group**

Meetings are held in February, November and August at different locations. For further information phone 02 4320 3323.

### **Coffs Harbour Ostomy support Group**

All ostomates, including partners and friends are welcome. We meet on the second Thursday of every second month at 2.00pm to 3.30pm at Club Coffs, West High Street, Coffs Harbour. So come along and enjoy a cuppa and friendly support. Contact: Mandy Hawkins STN on 02 6656-7804.

### **Continent Urinary Diversion Group**

This is a support group for those who have undergone or are contemplating surgery for an Internal Pouch Procedure. An invitation is extended to anyone who thinks they might benefit from attending our meetings. Meetings are held at The York Room, Level 2, The Bowler's Club, 95 York Street, Sydney at 2pm. Further details may be obtained from Carol Brennan on 02 9997-4205

### **Crohn's & Colitis Support Group**

Are you living with Inflammatory Bowel Disease? Are you supporting a friend or relative? Come along to our support group to share your stories, get inspiration from others living with the disease, provide and receive information and support from peers and professionals. Meetings are on the 1<sup>st</sup> Thursday of each month at Canterbury Hurlstone Park RSL, Argyle Room, 20 – 26 Canterbury Road, Hurlstone Park from 7pm to 9pm. Contact Kate O'Reilly on 0423 279 021.

### **Eurobodalla Region Ostomy Support Group**

Meets on the first Sunday of every second month from February in the Laughter Room, Moruya Hospital, River Street, Moruya. For further information, contact Betty on 02 4476 2746.

### **Far North Coast Ostomy Support Group**

A friendly welcome is extended to all ostomates, as well as their partners and friends, to come to our meetings, held on the first Saturday of March, July and December at Lismore Workers Club, 225 – 231 Keen Street, Lismore. Starting time is 11am. For further inquiries, contact: President Marie Taylor on 02 6686 7248 or Secretary Marion on 02 6624 4235.

### **Far South Coast Ostomy Support Group (Bega and surrounding areas)**

Meets second Sunday of every 2<sup>nd</sup> month at 11.00 am at a different venue each time. Flyers are sent to each ostomate 10 days beforehand. Bring your own food and drink. All Ostomates, their families and friends are very welcome to attend. Phone Eileen on 02 6492 2530 or Geraldine on 02 6492 2366 for more information.

### **Grafton and District Stoma Support Group**

Meets on the 1<sup>st</sup> Thursday of the month from 9:00am to 11:30am at the Community Health Centre, 175 Queen Street, Grafton. For more details please contact Anne on 02 6640 2298.

### **Greater Western Area Health Service Ostomy Support Group (Dubbo and surrounding areas)**

All members and their families and friends are invited to attend the information day. Company reps will be in attendance to help with any questions on products. Contact Stomal Therapy Nurse Amy Keogh for information on 02 6841 5555.

### **Hastings & Macleay Area Ostomy Support Group**

Meets on the 3<sup>rd</sup> Wednesday of every second month commencing February from 1.00pm in room 4 of Old Port Macquarie Hospital, Port Macquarie. Contact Keith on 02 6583 3970 or Barbara on 02 6582 4206.

### **Illawarra Ostomy Information Group**

All Ostomates and their families and friends are invited to attend any of our meetings. They are held on Wednesdays between 10.00 am and 12 noon in the Education Room Figtree Private Hospital. For further information please phone Helen Richards, Stomal Therapy Nurse, Figtree Private Hospital, Suttor Place, Figtree on 02 4255 5046 (Mondays only).

### **Manning / Great Lakes Ostomy Support Group**

Meets on the first Wednesday of every third month from February, commencing at 10.30 am. Venue to be advised. For more details, please contact Karla MacTaggart on 02 6592 9469

### **Newcastle & District Ostomy Support Group**

Members and friends are welcome to attend the quarterly meetings held on the last Saturday of the month from February, commencing at 1:30pm at Hamilton Fellowship House, 150 Beaumont Street, Hamilton. Stomal Therapy Nurses and company reps will be in attendance to help with any queries you may have. New members and friends are most welcome. For enquiries please phone Geoff Robinson (President) on 02 4981 1799 Maree Dives (Treasurer) 02 4971 4351 or Dell James (Secretary) on 02 4951 5681.

### **Orange and district Ostomy Support Group**

Contact Stomal Therapy Nurse Joanne Westcott RN. Phone 02 6362 6184. Orange & Regional Nursing Services P/L PO Box 1019 Orange 2800.

### **Penrith Ostomy Educational Support Group**

Ostomates, family and friends are most welcome to attend our educational support group. We meet approximately five times a year. We are located in Penrith at Tresillian Lecture room, Tresillian. This is a lovely location situated at the end of Barber Ave next to Nepean Private Hospital / Nepean Specialist's centre (just off the Northern Road). Car parking is on Barber Avenue or within Nepean Hospital

grounds. Unfortunately, Tresillian car space is unavailable. Afternoon tea is provided. There is also an opportunity to ask questions and to hear the latest information regarding pouches and stomal care. For further enquires please contact Naomi Houston (Stomal Therapist) on 02 4734 3118.

#### **Shoalhaven Area Ostomates Support Group**

All ostomates, their families and friends are invited to attend our meetings at 2.00 pm in the meeting room at Nowra Community Health Centre, 5 – 7 Lawrence Avenue, Nowra. For further information please phone Tracey Newcombe or Margaret McCabe Stomal Therapy Nurses, Nowra Community Health Centre on 02 4424 6300, Monday to Friday.

#### **Southern Suburbs Ostomy Support Group (St George & surrounding districts)**

All Ostomates are invited – Colostomy, Ileostomy, Urostomy members, as well as family and friends. This group meets on the first Wednesday of every month at 11.00 am at the Community Centre (near St George Bank Building), 1 Premier Street, Kogarah. Inquiries: Alan 02 9556 3268.

#### **St George and South East Sydney Ostomy Support Group**

Meets on the first Wednesday of each month (other than January) at 11.00 am in the Kogarah Community Centre, Premier Street, Kogarah. We meet to share knowledge and offer support to anyone with an ostomy, as well as their family and friends. All are welcome wherever you live. Phone Allan 02 9556 3268 or June 02 9311 0201 for more information.

#### **Sydney Northern Area Stomal Information Group**

Meets on the 1<sup>st</sup> Wednesday of the month from 10.00 am to 11.30 am at the Jacaranda Lodge (in the Sydney Adventist Hospital grounds), 185 Fox Valley Road, Wahroonga. For further information please phone Nerolie on 02 9487 9061.

#### **Sydney South West Area Health Service – Western Zone Ostomy Support Group**

An invitation is extended to all persons with a stoma formation to attend our meetings held at the Macarthur Room, Revesby Workers Club, 2B Brett Street, Revesby (closest parking at front of club.) Family and friends are also welcome. Please contact Ann-Maree McDonald Stomal Therapist on 02 9722 7196 for further details.

#### **The Far North Coast Ostomy Group**

A friendly welcome is extended to all ostomates, including their partners and friends, to come to our meetings, held on the first Saturday of March, July and December, at the Conference Centre, St Vincent's Hospital, Lismore, starting time is 12 noon. For further inquiries, contact: President Marie Taylor on 02 6686 7248 or Secretary Marion on 02 6624 4235.

#### **Wagga and District Ostomates Support Group**

Meetings are held on the first Monday of the month at the Horizon Club, Yathong Street, Wagga Wagga (rear of Yathong Lodge, Wagga Wagga Base Hospital) from 10.00 am to 12.00 noon. Enquiries: Baz 02 6922 4132 or David 02 6971 3346.