

WELCOME TO OUR FIRST NEWSLETTER FOR 2010

The St George Hospital Consulting Room is now open: Appointments can be made by phoning ONL on (02) 9542 1300. This room will be available on the following dates:

30th June 2010 1:00 to 4:00pm
25th August 2010 1:00 to 4:00pm
27th October 2010 1:00 to 4:00pm
1st December 2010 1:00 to 4:00pm

AGM RAFFLE 2009 \$1,000 CASH PRIZE

Won by Ticket Number 2121 from Gilgandra

2010 MEMBERSHIP FEES ARE DUE ON 1ST JULY 2010

Full membership is \$45

Pensioner membership is \$35 (must have a current health card)

(If your membership fees are not paid by September a \$10 late fee will apply)

2010 POSTAGE FEES ARE \$11 PER DELIVERY (NSW & ACT)

\$14 PER DELIVERY (Other states)

WANTED

Volunteers Needed Urgently

Any spare time will be much appreciated

Just drop in or phone the office

www.ostomynsw.org.au provides an avenue to provide information to our ONL.

Orders can now be lodged by email: orders@ostomynsw.org.au

General enquires: info@ostomynsw.org.au

Farewell to Sharon and Julie

After twenty years of hard work and dedication Sharon Kratz, our Office Manager since 2005 and Julie Kratz, our Office Secretary each retired from Ostomy NSW limited effective from the 14th January 2010. On behalf of the Board, employees, volunteers and members we wish them both happiness and success in their future travels and endeavors.

ONL has a new General Manager

Mr Michael Peebles, AM has been appointed General Manager of ONL from 1st March 2010.

Michael comes to ONL with experience with another not-for-profit association and a wide range of qualifications, skills and experiences. Michael served in the Australian Army Reserve for many years and was made a Member of the Order of Australia in 1994.

On behalf of the Board, employees, volunteers and members we welcome Michael to our association with confidence that he will make a significant contribution, enabling ONL to continue to grow with a continuing high standard of service to our members and all ostomates.

Donations

We would like to thank our members for their continued support with their donations which have enabled ONL to help support members experiencing difficulties. As we are a registered charity your donations of \$2 or more are tax deductible. If you would like to make a donation to the Association simply fill in the form below and send it to our office.

ONL
P.O. Box 3068, KIRRAWEE DC, NSW, 2232

Donations can be included with your order for supplies or using this form. Donations are tax-deductible.

Enclosed is a donation of: \$ _____

Please forward a receipt to Name: _____

Address: _____ Post Code: _____

ONL Board of Directors and Office Bearers 2010

Chairman and President
Tom Flood
Private telephone number
(02) 4333 4727

Directors
Stephen Grange
Pearce Anderson

Vice-President
Warren Nalty

General Manager
Michael Peebles

Treasurer
Gerard Watts

Financial Officer
Colleen Lamond

Secretary
Heather Hill

Disclaimer

Ostomy NSW Ltd takes no responsibility nor does it make recommendations in respect of any products or professional services advertised in this newsletter. The advertisements are to provide information only to members.

Reminders from the Office

Office Hours

Our Kirrawee office is open four days a week Monday to Thursday. Counter hours are 9:00am to 2:00pm. Orders can be Mailed, Faxed or Emailed to our Office for collection or post. PLEASE ALLOW 7 TO 10 WORKING DAYS FOR DELIVERY. When you send your order for collection please mark clearly where you are picking it up from, either the Express Counter (Princes Highway) or the Monro Ave Counter. All Express pickups must be ordered in advance in writing. When picking up from Monro Ave you can simply bring your written order form with you and wait for collection.

ONL phone number: 02 95421300

ONL fax number: 02 95421400

ONL email address for general enquires: info@ostomynsw.org.au

ONL email address for orders: orders@ostomynsw.org.au

(When ordering via email please set your order out clearly with each item on a new line)

Stomal Appliance Supplier Company Representatives

A representative from each company attends ONL at Kirrawee monthly. They will be available on the following day of each month from 10:00am to 2:00pm.

1 st Tuesday	Hollister	2 nd Wednesday	Omnigon
1 st Wednesday	Salts	3 rd Tuesday	Coloplast
2 nd Tuesday	Convatec	4 th Tuesday	Dansac

These Reps will have a display table with samples at our Monro Ave counter for our members to trial and ask questions about.

UOA Meetings – United Ostomy Association of NSW

1st Meeting - Sunday 23rd May
West Diggers Club
Kable Ave
Tamworth
Time: 10.30am to 4pm (approx)

Appliance company Reps will be in attendance to give you an opportunity to see new products and answer any questions you have regarding the products you are currently using.

2nd Meeting - August
Ashfield Catholic Club

3rd Meeting - October
Gosford Leagues Club

A BIG THANKYOU TO ALL OUR WONDERFUL VOLUNTEERS

We would like to thank all our volunteers who give up their time to pack parcels in our rooms and help in the office and with our newsletter. We appreciate all your hard work and time that you give to the Association looking after over 6,000 members.

To our volunteers who are on the sick list – Patrick Sharp and Colin Poulton – we hope you get well soon and we look forward to seeing your smiling faces at the rooms in the near future.

FUTURE ENVIRONMENTAL SERVICES

WEBSITE:

WWW.FUTENV.COM.AU

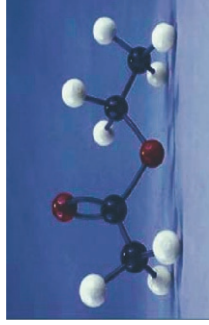
For information, literature, or starter pack.

TOTALLY AUSTRALIAN OWNED

PO BOX 155, Caulfield Sth.
VIC. 3162 AUSTRALIA.

PH: 03 9569 2329, FX: 03 9569 2319

E-mail: health@futenv.com.au



For Hospital, Medical, Ostomy & Continence use only.

Available on:

Stomal - C.A.A.S. - D.V.A. Schemes.

**ECONOMICAL, SAFE,
EFFECTIVELY NEUTRALISES
SMELLS.**

REQUEST YOUR STARTER PACK NOW.

*** HOS-TOMA - LUBE!**

New: Prevents matter adhering to inside the appliance. Neutralise mal-odours at the same time. In a pump pack.

*** HOS-TOMA - NO-SMELLS!**

Ostomy, Hirshsprings, I.A., Crohns, Colitis, etc. Available on the Stoma Appliance Scheme. Spray packs available. Use when instructing patients. Great for those who have returned to the work force or lead an active social life, from Ostomy Assns. on a cash sale basis.

*** HOS-TOMA - NO-GAS!**

Prevents build up of gas in the appliance. Neutralise mal-odours at the same time. In a pump pack.

Monthly entitlement on the

Stoma Scheme:

Two 45ml. Dropper bottles of

*** HOS-TOMA- NO-SMELLS!**

One 250ml.

*** HOS-TOMA- NO-GAS!**

One 250ml.

*** HOS-TOMA - LUBE!**

As required.

OSTOMATES

For those who have returned to the work force or lead an active social life, spray packs are available from most Ostomy Associations on a cash sale basis.

*** HOS-GON - NO-SMELLS!**

Nursing Homes, where care of frail & incontinent people is important. Removes & prevents odours which upset staff, relatives & residents.

*** HOS-COLOGY - NO-SMELLS!**

Oncology & Palliative Care.

Odours of fungating & necrotic tissue.

The answer to mal-odours & wound care, needing better management.

*** HOS-TOGEL- NO-SMELLS!**

Aged Care, Oncology, Palliative Care, Pathology, Laboratories, Operating Theatres, Chemical Storage areas, etc.

PATIENT CARE AT ITS BEST.



Towards the Future
2010 BEECHAC Inc Conference
June 11th – 14th 2010
Conference Rooms
Coogee Bay Hotel, Coogee, Sydney

BEECHAC Inc invites you to its first national conference in Sydney, Australia

What are the conference aims?

- To provide an opportunity for BEECHAC members (with Bladder Exstrophy, Epispadias, Cloacal Exstrophy or Hypospadias) and their families and health professionals to network and look to the future together
- To advance the quality care and support for people with a BEECH condition and promote a whole of life and holistic approach to their care and treatment.
- To provide a stimulating, informative and progressive conference with open and fresh discussion on how we can collaboratively advance the care, support and treatment of people with a BEECH condition and their families

Who is the conference for?

- Members with a BEECH condition and their families and friends from within Australia and overseas.
- Health professionals, especially paediatric and adult urologists, general practitioners, nurse specialists, psychiatrists, psychologists, counselors and alternative health professionals.
- Researchers involved in studies related to BEECH conditions or those interested in pursuing research in this area.

Interested in being a sponsor?

Are you interested in sponsoring the conference, exhibiting your products and services to a large national audience? Sponsors will be acknowledged on the program and their logo will be put on our conference satchel and website. We encourage you to set up a display stall at the venue. Please contact us for more information about sponsorship opportunities.

Contact us?

If you have questions, please email info@beechac.org or phone 0425344683 to speak to a conference organizer. Please visit the conference section on our website www.beechac.org for more details

Working towards quality, supportive and holistic care for our members
BEECHAC Inc

P O Box 376, Newtown NSW 2042
Ph: (02) 9516 3395 Website: www.beechac.org

YOU

don't have to worry when your
skin barrier is secure



An ostomy appliance needs to do two things; be easy to use and prevent leaks. But traditional barriers can be difficult and time consuming to fit. And they can allow effluent to escape through small gaps between the barrier and your stoma, which can lead to skin damage.

Fortunately, achieving a good fit has never been easier.

With ConvaTec Mouldable Technology™ skin barriers, all you have to do is mould the adhesive to the size and shape of your stoma—no cutting is required. The flexible adhesive hugs the individual contours of your stoma. The result is a worry-free fit that's consistently secure, and nothing could be easier.

To learn more about ConvaTec Mouldable Technology™ skin barriers, call **1800 335 276 (AUSTRALIA)** or **0800 441 763 (NEW ZEALAND)** or visit www.convatec.com



Available on the
SUR-FIT[®]
Plus
Ostomy System

Our world is what we make of it™



ConvaTec (Australia) Pty Limited. ABN 70 131 232 570. Level 1, 352 Wellington Road, Mulgrave Vic. 3170 Australia.
PO Box 63, Mulgrave, Vic 3170. Phone: (03) 8562 1300 Facsimile: (03) 8562 1343. ConvaTec (New Zealand) Limited.
AK2135265 Level 4, 369 Queen Street, Auckland 1010 New Zealand. PO Box 62663, Kalmia Street, Auckland 1544 New Zealand.
Phone: (09) 306 8833 Facsimile: (09) 306 8831. ®/™Indicates trademarks of ConvaTec Inc. © 2009 ConvaTec Inc. AP-006630-AU. January 2009.

ADO030

RENEWAL OF FEES
2010 - 2011

All membership fees are due on JULY 1st. regardless of the month in which a member originally joined. Please complete the form below and return it to our offices with payment in your next order or post to:

OSTOMY NSW LTD
P O BOX 3038
KIRRAWEE DC 2232

Make your cheque or money order payable to:
OSTOMY NSW LTD

Full Membership: \$45.00
Pension Rate: \$35.00 Pension No. ____ (Send a copy of entitlement card)
Associate: \$10.00 (Requires no supplies)

PLEASE NOTE A LATE FEE OF \$10.00 APPLIES FROM SEPTEMBER 1ST.

Membership No: _____

Name: _____

Address: _____

Postcode: _____

Membership Fee: \$ _____ Donation: \$ _____

Credit Card Details: ____ / ____ / ____ / ____

Expiry Date: ____ / ____

IF YOU NO LONGER NEED OUR SERVICES,
PLEASE NOTIFY THE OFFICE ON (02) 9542 1300.

ST GEORGE HOSPITAL CONSULTING ROOM

The Consulting Room in our Kirrawee premises is operated by St George Hospital. It is NOW open for appointments on the last Wednesday every two months on the following dates:

30 th June 2010	1.00pm to 4.00pm
25 th August 2010	1.00pm to 4.00pm
27 th October 2010	1.00pm to 4.00pm
1 st December 2010	1.00pm to 4.00pm

To make an appointment, call one of our friendly staff members on (02) 9542 1300.

CHANGES TO CERTIFICATES FOR ADDITIONAL STOMA SUPPLIES

The Government has set new guidelines as to the limit you are entitled to when requesting additional supplies. The certificates must be filled out by your Stomal Therapy Nurse, so they can ascertain why you need additional supplies. Your Doctor, while very knowledgeable, is not trained in Stomal Therapy and may (unintentionally) do the wrong thing.

If you do get a medical certificate for extra supplies then it is YOUR responsibility, not your STN or Association, to ensure that an order is placed for the increased amount. You should write on your calendar when your certificate commenced and make sure that you apply for a renewal, should you require one, before it expires.

Certificates for additional supplies Do Not apply to any support garments.

You should always check with your Stomal Therapy Nurse when changing appliances or for any medical reasons. Our staff members are not medically trained and can not give advice on any medical matter.

ATTENTION STOMAL THERAPISTS

We now have new procedures when joining New Members at our rooms. For courier pickups we only require the order form initially via fax or phone (please indicate on the form that it is a New Member and hospital pickup.) When the courier collects the parcel please send all original paperwork with him and we will then send the parcel back with him. We will then join the member to the Association and forward the New Members pack including the receipts and cards directly to the member via mail.

STOMAL THERAPIST TRAINEESHIP

ONL 2010 traineeship for Nurses who are interested in furthering their career in Stomal Therapy. This scholarship will help with the costs associated by dedicated nurses qualifying in this special service with the aim of giving all Ostomates more available services.

PROUDLY SPONSORED BY
NSW CHAMBER OF FRUIT AND VEGETABLES
AND OSTOMY NSW LTD

For further details contact ONL on 95421300.

AASTN Stomal Therapy Nurse Scholarship

With a clear aim to enhance NSW ostomates' lifestyles,
ONL is pleased to announce this years Stomal Therapy
Nurse Scholarship to the value of \$10,000 for 2010.

Nurses are typically expected to pay for stomal training.

ONL created this nurse benefit to encourage more
people to train in NSW stomal therapy nursing.



CASH SALE ITEMS AVAILABLE FROM OUR ROOMS

(All prices that attract a 10% GST have been adjusted)

The items listed on this page are NOT ON THE FREE LIST.

Orders must be accompanied by payment which covers the cost of the items listed below.

Micropore Tape (White)	½" \$1.10	1" \$2.75	2" \$ 3.95
Micropore Tape (Tan)			1" \$ 2.75
Leukoplast Tape (Red)	1" \$4.95	2" \$8.80	3" \$12.00
Leukoplast Tape (Blue)			1" \$ 6.05
Leukopore Tape (Anti-Allergy)		1" \$2.00	2" \$ 3.85
Likeskin Tape (Hypoallergenic)		1" \$1.65	2" \$ 2.75
Leukoflex Tape			1" \$ 4.50
Surgical Lubricant (K-Y Gel)			\$ 5.00
Surgical Lubricant (L Gel)			\$ 5.50
Hostoma No Smell (120ml Spray)			\$ 5.80
Hostoma (1 Litre Pack)			\$22.50
Daintree Spray (500ml)			\$ 7.70
Scissors Straight			\$12.10
Scissors Curved			\$12.10
Shaw mattress cover (Single Bed)			\$ 7.70
Shaw mattress cover (Double Bed)			\$ 8.80
Shaw mattress cover (Queen Bed)			\$12.10
Mattress cover (Single Bed – high quality)			\$36.30
Simpla Metal Night Drainage Stand			\$22.00
Simpla Plastic Fold Down Night Drainage Stand			\$ 8.80
Hollister Leg Bag (500ml and 800ml)			\$ 7.00

DISCLAIMER

Ostomy NSW Ltd takes no responsibility nor does it make any recommendation in respect of any products or professional services advertised in this newsletter, the advertisements are to provide information ONLY to members.

JUST FOR LAUGHS

A young engineer was leaving the office at 3.45pm when he found the acting CEO standing in front of the shredder with a piece of paper in his hand.

"Listen," said the acting CEO, "this is a very sensitive and important document, and my secretary is not here. Can you make this thing work?"

"Certainly," said the young engineer. He turned the machine on, inserted the paper, and pressed the start button.

"Excellent, excellent!" said the acting CEO as his paper disappeared inside the machine, "I just need one copy."

Lesson: Never, Never, ever assume that your boss knows what he is doing.

A guy went to a psychiatrist. "Doc," he said, "I've got trouble. Every time I get into bed, I think here's somebody under it. Yu gotta help me, I'm going crazy!"

"Just put yourself in my hands for two years," said the shrink. "Come to me three times a week and I'll cure your fears.

"How much do you charge?"

"A hundred dollars per visit."

"I'll sleep on it," said Bob.

Six months later the doctor met Bob on the street. "Why didn't you ever come to see me again?" asked the psychiatrist.

"For a hundred bucks a visit? Not me. I told my story to a bartender and he cured me after 3 beers."

"Is that so! How?"

"He told me to cut the legs off the bed!"

A couple is lying in bed. The man says, "I am going to make you the happiest woman in the world!"

The woman says, "I'll miss you."

"It's just too hot to wear clothes today," Jack says as he stepped out of the shower, "honey, what do you think the neighbors would think if I mowed the lawn like this?"

"Probably that I married you for your money," she replied.

He said, "Since I first laid eyes on you, I've wanted to make love to you really badly."

She said, "Well, you succeeded."

Q. What do you call an intelligent, good looking, sensitive man?

A. A rumor.

One day my housework-challenged husband decided to wash his sweatshirt. Seconds after he stepped into the laundry room, he shouted to me, "What setting do I use on the washing machine?"

"It depends," I replied. "What does it say on your shirt?"

He yelled back, "University of Oklahoma."

And they say blondes are dumb....

He said, "What have you been doing with all the grocery money I gave you?"

She said, "Turn sideways and look in the mirror."

(If you have any funnies please feel free to send them to us and we will use them in our newsletters. After all laughter is the best medicine)

Please tell us

- If you change your postal or residential address.
- Change your email or contact telephone number.
- If membership is no longer required.

Please also advise change of address or circumstances direct to any appliance companies from whom you or your family member receives free samples or if you are on their mailing list.



DIRECTORY – STOMAL THERAPY NURSES (STN)

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

BLACKTOWN & MT DRUITT HOSPITAL

Lesley Jack CNC Stomal Therapy Nurse
Phone 98818000 Pager 7610 Mon to Fri
7:30am to 4pm

CANBERRA AND DISTRICTS COMMUNITY CARE

For referral to Stomal Therapy Nurse Judith Barker Contact intake line – (02)6206 2600.
Clinic – Phillip H/C Tuesday afternoons.

CENTRAL COAST

Members to contact Sister Jill Jones
Gosford District Hospital, Sister Kellie Russell and Sister Debbie Day 43202111 (ext 3323).

CONCORD REPATRIATION GENERAL HOSPITAL

STN's Ian Whiteley (CNC), Anne Marie Lyons (CNS) and Roger Riccardi (CNS)
Level 1 West, Mon-Fri 7:00am to 3:30pm
9767 6761

FIGTREE PRIVATE HOSPITAL

Helen Richards Stomal Therapy Nurse (02)
42555046 (Mondays only)

GOULBURN BASE HOSPITAL

Sister Kerry Sebo (02)48273111, Mon – Fri
8am to 5pm.

GOULBURN COMMUNITY HEALTH

Sister Janine Rath (02) 48273913, Mon –
Thus 8am to 4.30pm.

GRAFTON AND DISTRICT

Anne Onions RN Monday and Tuesday or
other community nurses during the week on
(02)66402298. Resource people are Robyn Paterson RN and Lynne Vaughan
RN Stomal Therapy Nurses at Grafton Base
Hospital (02) 66402298.

GREATER MURRAY HEALTH REGION

Stomal Therapy Nurse, Clinical Nurse
Consultant, Helma Riddell can be contacted
in the Community Nurses' Offices at the
Wagga Wagga Base Hospital, 7 Yathonga
St, Wagga Wagga. She is happy to refer

ostomates to the help that is available in their area. For visitation information, contact phone 69386487

GREATER SOUTHERN AREA HEALTH SERVICE

Mercy Care Centre, Young Stomal Therapy Nurse Bev Moloney. Mon – Fri 8:00am to 4:00pm for consultation for residents of Young, Harden, Boorowa, Cootamundra, Grenfell & Districts Phone 6382 8444 leave your name if she is not in the office.

GREATER WESTERN AREA HEALTH SERVICE

Stomal Therapy Nurse Amy Keogh (CNC), Dubbo Base Hospital. Stoma Clinic Mon – Fri 8:00am to 4:00pm. Phone 6841 5555 or 6885 8640 pager 143 for appointments. Covering Dubbo, Mudgee, Willington, Burke, Walgett and surrounds.

HORNSBY KUR-RING-GAI, RYDE, MATRE NORTH SYDNEY HOSPITALS

Contact Stomal Therapy Nurse Jean Young CNC or Susan Strizic CNS Phone 9477 9184 for appointments.

HURSTVILLE PRIVATE HOSPITAL

Sister Kelly Taylor, Stomal Therapy Nurse. Mon and Tues only appointments must be made by contacting Kelly on 8566 1034.

ILLAWARRA AREA HEALTH SERVICE

Sister Julia Kittscha, Stomal Therapy Nurse, Wollongong Hospital, Clinic Level 1, Pre-admission Clinic, Tuesday afternoons. Ring for appointments on 4222 5303 or 0414 421021. No service on Thursdays.

ST VINCENTS PRIVATE HOSPITAL LISMORE

Stoma enquiries contact Debbie Flick on 6627 9600.

LISMORE BASE HOSPITAL

Stomal Therapy Nurse Margaret McKee (02) 6620 2850 servicing in-hospital ostomy patients white STN Bill Tyrell is servicing all out-of-hospital ostomy patients on (02) 6621 3252. Outpatient service is also available. Contact STN Bill Tyrell for inquiries.

MACQUARIE AREA HEALTH REGION UPPER FAR WEST SECTOR

Covering Dubbo, Cobar, Coonamble, Gilgandra, Gulargambone, Narromine, Nyngan, Trangie, Warren, Wellington, Baradine, Coolah, Coonabarabran, Dunedoo, Gulgong, Mudgee, Bourke, Brewarrina, Collarenebri, Goodooga, Lightning Ridge and Walgett. For members in the above areas requiring Ostomy information or consultation with a Stomal Therapy Nurse, Mary Mc Carthy (02)6885 8666 Fax (02) 6885 7906. Please phone for an appointment. Amy Keogh Clinical Nurse Consultant Stomal Therapist Mon – Fri 8am to 4.30pm (02) 6855 8666 pager 143, Direct Line (02) 6841555. P.O. Box 739 Dubbo NSW 2830.

JOHN HUNTER HOSPITAL , NEWCASTLE

STN Jenny O'Donnell & STN Jill Fairhall, John Hunter Hospital, Lookout Rd, New Lambton Heights 2305. Stomal Therapy Nurse Consultant: Jill Fairhall 4921 3000.

MACQUARIE AREA HEALTH SERVICE

STN Louise Linke, covering Bathurst, Lithgow, Orange, Cowra, Forbes, Parkes and surrounds. Phone 6330 5676.

**MID-NORTH COAST-PORT
MACQUARIE, LAURIETON,
WAUCHOPE KEMPSEY AREAS.**

Contact Maria Emerton-Bell Stomal
Therapy Nurse Consultant, phone Kempsey
Community Health 6562 6066 or Port
Macquarie Community Health Tuesday clinic
6588 2731 for phone contact or appointment.

**MID-NORTH COAST AREA HEALTH
SERVICE – NORTHERN SECTOR**

Coffs Harbour, Bellingen, Dorrigo,
Macksville. Continence – Stomal Therapy
Mandy Hawkins Clinical Nurse Specialist,
Continence and Stomal Therapy Community
Nursing Coffs Harbour Health Campus Phone
(02) 6656 7804. Fax (02) 6656 7817. For
appointments Monday to Friday 8.30am to
5pm.

**MID-NORTH COAST AREA HEALTH
SERVICE-SOUTHERN SECTOR**

Covering Wingham, Taree, Forster, Tuncurry,
Gloucester, Bulahdelah. Stomal Therapy
Nurse Judy Kelly 6592 9469.

NEPEAN HOSPITAL

Naomi Houston (STN) can be contacted on
(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.

**NEW ENGLAND AREA HEALTH
SERVICE**

Robin Skillman Stomal Therapy Nurse, Dean
St, Tamworth Base Hospital 6767 7700 pager
29604. Monday – Friday 7.30am to 4pm.
Telephone for assistance or an appointment.
Clinics available in towns throughout the

area. Phone the office direct on 6767 7733.
This area includes the towns of Tenterfield &
Boggabilla in the North, Mungindi, Moree
and Wee Waa in the West, Quirindi in the
South and Armidale to the East. Towns within
these borders include Walcha, Uralla, Guyra,
Bundarra, Tingha, Glen Innes, Emmaville,
Ashford, Warialda, Inverell, Bingara,
Narrabri, Boggabri, Manilla, Gunnedah,
Tamworth, Werris Creek and Nundle.

NORTH SHORE PRIVATE HOSPITAL

Phone 8425 3540.

ORANGE & DISTRICTS OSTOMATES

Orange Base Hospital Community Health
Centre Mon to Fri 8am to 5pm. Appointments
can be arranged or home visits if required.
Phone Lousie Linke, on (02) 6330 5676 or
Joanne Westcott on 6362 6184.

PRINCE OF WALES HOSPITAL

Lisa Graff (CNC), Carol Stott (CNC), Trish
Morgan (CNC) Clinical Stomal Therapy
Nurses. Phone for an appointment Mon – Fri
9382 2222 pager no 42993 or pager no 44220.

**QUEANBEYAN COMMUNITY HEALTH
CENTRE**

Stomal Therapist Rona McLean visits patients
in Queanbeyan and Yarralumla areas. Phone
(02) 6298 9233 Mon to Fri 8.30am to 5pm.
Clinic is Wednesday 9:00am to 12 noon.

ROYAL PRICE ALFRED HOSPITAL

Lesley Everingham (CNC) Stomal Therapy
Nurse and Kris Louis (CNS) Stomal Therapy
Nurse. Phone 9515 7280 Mon – Fri 8am to
4:30pm. Ring for an appointment.

SHOALHAVEN COMMUNITY HEALTH CENTRE

South Coast Stomal Therapy - Contact Tracey Newcombe CNC Mon & Tues and Margaret McCabe CNC Wed , Thurs & Fri. Shoalhaven Community Health Service, 5-7 Lawrence Ave Nowra 2541. Phone 4424 6300 Fax 4424 6347. Shoalhaven Support Groups please contact the service above for an appointment ph Mon – Fri 8:30am to 5:00pm.

SOUTHERN AREA HEALTH SERVICE

Bega Community Health Centre. Stomal Therapy Nurse Julie Metcalf – Mon - to Fri 8am to 4:30pm Phone 6492 9620 – P O Box 173 Bega 2250
Batemans Bay and Moruya Hospitals. Stomal Therapy Nurses Sister Trena O'Shea and Marie Munce. Available 7 days a week at Moruya Hospital 4474 2666 Surgical Ward.

ST GEORGE HOSPITAL AND COMMUNITY HEALTH SERVICE

St George Private, Kerrin Hammon on 9598 5342 9:00am to 2:30pm. St George Public, 9113 1111 or 9113 3519 Pager 224, 8:00am to 4:30pm. No service on Thursdays.

ST VINCENT'S GENERAL HOSPITAL SYDNEY

For appointments Monday – Friday phone 8382 1111. Ask for Stomal Therapy Nurse Mark Murtagh Pager 6158.

ST VINCENTS PRIVATE HOSPITAL, SYDNEY

For appointments Mon – Fri 8382 7010 and ask for Jackie Johnston Stomal Therapy Nurse. Stomal Therapy Room is on Level 10.

STANMORE – STOMAL THERAPY NURSE SERVICE (Alex Peters)

The Colostomy Association (CA) has arranged

a Stomal Therapy Nurse to be available in their rooms at Unit 5, 7-29 Bridge St, Stanmore on the 2nd and 4th Wednesday of the month from 10am to 12noon. This service is also available to ONL members who wish to use this service. Appointments are necessary. Phone 95654315 and ask for Jenny.

SUTHERLAND HOSPITAL AND COMMUNITY HEALTH SERVICE

Joan Walsh CNC Stomal Therapy, for appointments Mon – Thur Phone 9540 7111 pager 473.

SYDNEY ADVENTIST HOSPITAL

Phone 9487 9111 and ask for Glenda Flew or Lyn Archibald

SYDNEY SOUTH-WEST AREA HEALTH SERVICE WESTERN ZONE

For Areas including Bankstown, Fairfield and Braeside Health Services and surrounding community nursing areas. Contact Ann-Maree McDonald CNC on 9722 7196 for advice or an appointment.

For areas including Liverpool, Campbelltown and Camden Health Services and surrounding community nursing areas. Contact Dianne Hooper CNS on 9828 4308 for advice or an appointment.

TWEED HEADS COMMUNITY HEALTH CENTRE

Sister Ann Tippet, Phone (02)7536 0540

WESTMEAD PUBLIC HOSPITAL

Stomal Therapy Nurses: Lee Gavegan, Karen Shedden. Mon to Fri 9845 5555 (Pagers 27904 or 22888)

Weekends and Public Holidays unattended Fax 9845 8610. Answer Service 9845 7969. Please phone first to make an appointment. Clinic is located in Surgical Unit B3C.



DIRECTORY – SUPPORT GROUPS

Ask your surgeon, stomal therapy nurse or Ostomy NSW Ltd to help you make contact with an appropriate support group on contact one of the below-named directly.

BATHURST SUPPORT GROUP

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

BOWEL GROUP FOR KIDS INC

Contact Eunice Gribbin P O Box 40
Oakdale NSW 2570 phone 02 4659 6186
HYPERLINK "mailto:Eunice@bgk.org.au"

Eunice@bgk.org.au

HYPERLINK "http://www.bgk.org.au"

www.bgk.org.au

CAMPBELLTOWN STOMA SUPPORT GROUP

This support group meets on the following dates 23rd Feb, 27th April, 22nd June, 17th Aug and the 26th Oct 2010. Location is Campbelltown Hospital Education Centre (opposite ambulance station) 1:30pm to 3:00pm. For further details contact Dianne or Lu (STN's) Campbelltown/Liverpool on 9828 4308.

CANCER COUNCIL CONNECT ONE-TO-ONE TELEPHONE SUPPORT SERVICE

Phone 131120 and speak to a Connect staff 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, Ocula, 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.

COFFS HARBOUR OSTOMY SUPPORT GROUP

All ostomates, including partners and friends are welcome. We meet on the second Thursday of every second month at 2pm to 3.30pm at Boambee East Community Centre, Bruce King Drive, Boambee. 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 Your St, Sydney at 2pm. Further details may be obtained from Carol Brennan on 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 1st Thursday of each month at Canterbury Hurlstone Park RSL, Argyle Room. 20 – 26 Canterbury Rd, Hurlstone Park from 7pm to 9pm. Contact Kate O'Reilly on 0423279021.

FAR NORTH COAST OSTOMY SUPPORT GROUP

Extends a friendly welcome to all ostomates, including 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 St Lismore. Starting time is 11am. For further inquiries, contact: President Marie Taylor on 6686 7248 or Secretary Marion on 6624 4235.

FAR SOUTH COAST OSTOMY SUPPORT GROUP (Bega and surrounding areas)

Meets 2nd Sunday of every 2nd month at 11am at a different venue each time. Flyers are sent to each ostomate 10 days beforehand. Bring your own food and drink. All Ostomates, their family and friends are very welcome to attend. Phone Eileen on 6492-2530 or Verna on 6495-1851 for more information.

GRAFTON AND DISTRICT

Stoma Support Group meets on the 1st Thursday monthly 9:00am 11:30am. The Venue: Community Health, 175 Queen St, Grafton.

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 6841 5555.

HASTING & MACLEAY AREA OSTOMY SUPPORT GROUP

Meets on the 3rd Wednesday of every 2nd month commencing Feb from 2:30pm to 4:30pm in the UNI of NSW building, Highfields Circuit, Port Macquarie. Contact Keith on 6583 3970 or Barbara on 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 10am 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 4255-5046 (Mondays only). 2010 meeting dates are 24th February, 28th April, 16th June, 11th August and the 13th October 2010. Christmas lunch is the 15th December.

NEWCASTLE & DISTRICT OSTOMY SUPPORT GROUP

Members & friends are welcome to attend our next quarterly meetings on Thursdays 27th Feb, 29th May, 28th Aug (AGM) and 27th Nov at 1:30pm at Hamilton Fellowship House 150 Beaumont St 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 4982-1539, Maree Dives (Treasurer) 4971 4351 or Del James (Secretary) on 4951-5681.

NORTHERN SYDNEY AREA STOMA MAINTENANCE GROUP

We are a small group who meet monthly to exchange ideas and provide support in managing our stomas. While each person's experience is unique, many know the benefits of the opportunity to share with others in similar circumstances. There are also regular quest presentations by various stoma maintenance professionals who offer free advice & helpful tips, according to individual need. Partners and carers are also welcome. Venue: Jacaranda Lodge, Sydney Adventist Hospital, 185 Fox Valley Rd, Wahroonga NSW 2076. Ring Nerolie on 9487-9061 to find out more or to register for the group. Meetings are held on the first Wednesday of each month 10am to 11.30am.

ORANGE GROUP

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

PENRITH DISTRICT 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 Rd). Car parking is on Barber Ave 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 4734 3118.

SHOALHAVEN SUPPORT GROUPS

All ostomates their families and friends are invited to attend our meetings at 1pm in the meeting room at Nowra Community Health Centre, 5 – 7 Lawrence Ave, Nowra. For further information please phone Tracey Newcombe or Margaret McCabe Stomal Therapy Nurses, Nowra Community Health Centre on 4424 6300 Monday to Friday.

SOUTHERN SUBURBS OSTOMY SUPPORT GROUP (St George & surrounding districts)

All Ostomates invited – Colostomy, Ileostomy, Urostomy members, family and friends are welcome to attend. This group meets the first Wednesday of every month at 11am at the Community Centre (near St George Bank Building), 1 Premier Street, Kogarah. Inquiries: ALAN 9556-3268

SYDNEY ADVENTIST STOMA SUPPORT GROUP

Meets on the 1st Wednesday of the month at Jacaranda Lodge (in the hospital grounds) and is coordinated by Jackie Cousins. Contact her via the Hospital phone number and pager 68.

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 St Revesby (closest parking at front of club.) Family and friends are also welcome. Please contact Ann-Maree McDonald Stomal Therapist on 9722 7196 for further details.

THE FAR NORTH COAST OSTOMY GROUP

Extends a friendly welcome 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 12noon. For further inquiries, contact: President Marie Taylor on 6686-7248 or Secretary Marion on 6624-4235.

WAGGA & DISTRICT OSTOMATES SUPPORT GROUP

Meetings: First Monday of the month, Horizon Club 1pm to 3pm and 7pm to 9pm. Enquiries: Angie 6931-1649 or David 6971-3346 (A.H.)

WE DO IT OUR WAY

If you're looking for excitement,
you'll really have it made,
Just come along and join us
at our next protest parade;
We're in need of new excuses
to scream and make a fuss,
So try and find someone to hate
and leave the rest to us.

You never need to study
what the protest is about,
Write some crude words
on a banner and wave it all about;
It's fun to throw some marbles
and hope the horses drop,
Bring along some ripe tomatoes
and throw them at a cop.

Spend time away from Uni,
have a day without the stint.
And it could be quite rewarding
to see your name in print;
The twits who daubed the Opera House
in such a shocking way,
Had their names in print
all over the World that very day!

And we welcome all the school kids,
who wouldn't have a clue,
We'll teach them how to be like us
and trick the coppers too:
They'll go wild with all this freedom,
with no restraints at all,
And those who don't make hospital
will surely have a ball.

Stay away from work and join us,
we'll see you there at two,
We'll block the roads and footpaths,
maybe break some windows too;
Be proud that all those kids
are gonna copy you for sure,
And let fly with a word or two
they never use before.

If you're running out of "sickies"
and the boss doesn't pay,
Just tell him what you think of him
and go upon your way;
You must realize these rallies
were meant to be your rol,
While fools who go to work each day
provide you with the dole.

HARRY ASHTON

Directory – Services

We invite anyone associated with ONL to advertise in our newsletter. The service or business may have nothing to do with Ostomy issues. Advertising in ONL Newsletter gives you exposure to over 6,000 members who are in a range of ages and occupations. For details, please contact Michael or Colleen on 9542 1300 or email orders@ostomy.org.au.

A banner for Crooked River Wines. On the left is a close-up image of a bunch of dark grapes. The background is a gradient of purple and magenta. The text 'Crooked River Wines' is written in a white, cursive script across the middle. In the top right corner, 'GERRINGONG - N.S.W.' is written in small white capital letters. In the bottom right corner, 'tel: 4234 0975' is written in white. Below the banner, the address and contact information are listed in white text on a dark purple background.

GERRINGONG - N.S.W.

Crooked River Wines

tel: 4234 0975

Crooked River Wines - Cnr Princes Highway & Willowvale Road, Gerringong NSW - PO
Box 188, Gerringong 2534
Phone (02) 4234 0975 - Fax (02) 4234 4477
Restaurant - Phone (02) 4234 0976

*If you purchase wine from Crooked River Wines and mention ONL,
then they will make a donation to ONL.*

Leon M Ratner BA LLB, Solicitor and Attorney at Law
Lingate House 411 New South Head Road, Double Bay NSW 2028
Telephone: 9328 2944 - Fax: 9328 7324
email: ratner@doublebaylaw.com

BRIGHTSKY AUSTRALIA
1300 88 66 01
Everyday and hard-to-find healthcare products in:

Personal care – disposable and washable pads, pants and pull-ups,
catheters, leg bags, urinal and other continence aids.

Traditional and advanced wound care, Nutrition, enteral feeds,
supplements and vitamins. Skin care,

Bowel care, Pressure management and bedding.

Support and mobility aids.

www.brightsky.com.au

ORDER FORM

OSTOMY NSW LTD (not for profit) ABN 92 003 107 220
P.O. Box 3068,
KIRRAWEE DC 2232
Telephone: 9542 1300
Facsimile: 9542 1400
Email Address: orders@ostomynsw.org.au
ONLinfo@ostomynsw.org.au



ONL
OSTOMY NSW LIMITED

OFFICE USE ONLY

Date: _____
Packing/Posting: \$ _____
Items Purchased: \$ _____
Membership Fees: \$ _____
Donations: \$ _____
Raffle Tickets: \$ _____
Total: \$ _____

Name: _____

Membership No.: _____

Address: _____

Postcode _____ Amount Enclosed: \$ _____

CREDIT CARD DETAILS:

• Please Tick ☐ Pick-up ☐ Post

Name on Card..... Amt.:..... (Min. \$33) for 3 deliveries

Credit Card No.:...../...../...../..... Expiry Date:...../.....

Have you paid in advance? YES / NO

Appliances:

Brand	Reference Number	Description	Quantity

Purchased Items: _____

PLEASE COMPLETE
ALL INFORMATION

OSTOMY APPLIANCES ARE VERY EXPENSIVE
Before ordering, always check what you have unused.
DON'T order every month if you don't need supplies.
DON'T waste and **DON'T** hoard.

ALLOW 7 TO 10 DAYS FOR DELIVERY



Just because it was the most advanced appliance back then doesn't mean it still is

Your ostomy bag is the same. Times change and what might have been the best thing once may not be so great now.

Many people simply think that sore and infected skin is part and parcel of having a stoma. The truth is that it needn't be.

SenSura bags have been designed with the help of ostomates and Stomal Therapy Nurses and represent the very latest in ostomy technology.

SenSura offers unique advantages, ensuring your bag is secure, comfortable, reliable and helps the skin around your stoma stay healthy.

If you have Red, Itchy, Broken or Sore Skin around your stoma or you simply want to try something new, call us on 1800 653 317 for a free sample.

Ostomy Care
Urology & Continence Care
Wound & Skin Care

Coloplast develops products and services that make life easier for people with very personal and private medical conditions. Working closely with the people who use our products, we create solutions that are sensitive to their special needs. We call this intimate healthcare. Our business includes ostomy care, urology and continence care and wound and skin care. We operate globally and employ more than 7,000 people.

The Coloplast logo is a registered trademark of Coloplast A/S. © 2010-02. OST056
All rights reserved Coloplast A/S, 3050 Humlebæk, Denmark.



Coloplast Pty Ltd
33 Gilby Road
Mount Waverley
VIC 3149 Australia

www.coloplast.com.au