

OSTOMY

SPRING 2020

NSW LTD





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Jen, Crohn's Hero

Introducing Dansac's 'Living with a Stoma' Online Learning Centre

Visit www.dansac.com.au/livingwithastoma

Having a stoma is a big change in a person's life. How you deal with it depends on your situation, and the information and support you need may differ from what others need.

Dansac is pleased to provide a hub of educational ostomy care resources to assist you in making life with a stoma better - before and after surgery, and as you are getting back into regular routine.

Take a look for yourself today!

**For further support, please contact our
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TO CONTRIBUTE ARTICLES/FEEDBACK

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ONL FAX: 02 9542 1400

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SPRING 2020

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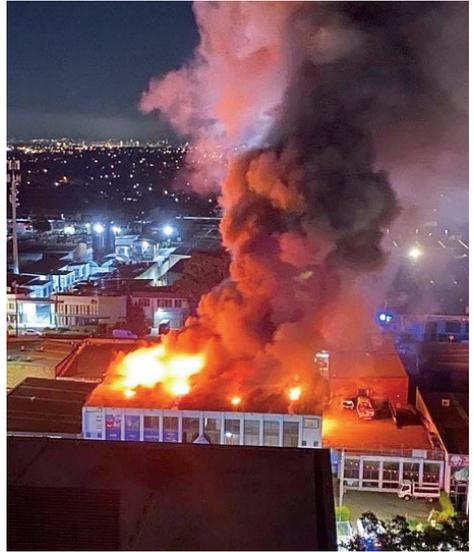
OSTOMY NSW RECOVERY FROM DEVASTATING FIRE IN MAY

A report from ONL General Manager Stephen Lardner

Benjamin Franklin supposedly once said, *"If you fail to plan, you are planning to fail."* Franklin was one of the Founding Fathers of the United States. He was a leading writer, printer, political philosopher, politician, Freemason, postmaster, scientist, inventor, humourist, civic activist, statesman, and diplomat. He knew a thing or two!

When the COVID-19 pandemic became a reality in Australia, Ostomy NSW joined with NSW Stoma to develop our "Business Continuity Plan" (also referred as a Disaster Recovery Plan) in the case of one or other association being forced to close due a COVID-19 outbreak. The plan was written and formally presented in early April to each association and to ACSA. It became the blueprint for all associations to assist each other in the event of a shutdown. Fortunately, at the time of writing this, neither association has been impacted by COVID-19.

On Sunday 3rd May I received a call at 11pm from one of our volunteers. She advised "the building is on fire". At first I thought it was a mistake or something minor and I imagined just a minor inconvenience when we went to work on Monday. A few minutes later, though, she sent a photo of the entire building ablaze! After an initial heart-race and panic, I activated our Business Continuity Plan by advising



ONL premises are beneath the flames on the left hand side

our staff and Directors that there is a fire and not to attend work on Monday. By now it was around 1am and I rested for few hours before making my way to Kirrawee on Monday morning.

At 7am the building was still being hosed by the Fire and Rescue fire fighters. There was a policeman on guard duty and no building access was possible. As the manager of the business, I was required to give a statement to police, which took around two hours of waiting and interview time. Back at Kirrawee, the fireies allowed us access to the building



Our “old” site at 555 Princes Hwy (dark blue roller door and light blue at right is ONL)

– by now it was 1pm on Monday. We could get anything we wanted “now” and then the building would be in lockdown. When I entered the building I could hardly believe the impact. Despite what appeared in the photos as a raging inferno there was no direct fire damage in our office. Even paper was still intact. However, the entire site was smoke and water damaged. I called on a couple of staff who live close by and we rescued what we thought was important – a few computers, paperwork orders, some stationery, and tray tables. Unfortunately all our stock was damaged.

On Tuesday morning three of us met in the carpark of McDonalds next door. Due to COVID-19 we could not meet indoors. Our Accountant offered us the use of her boardroom and we began in earnest to implement our

recovery plan. Orders that were in our system for May and not yet delivered were dispatched to one of either NSW Stoma in Sydney, Ostomy Association of Melbourne or Queensland Stoma in Brisbane. This was made possible after rescuing the orders on Monday afternoon. We then visited five potential properties to rent as our temporary premises and chose one nearby in Kirrawee. It took the rest of week one to get the rental application and lease documents finalised.

We wanted to get all our team together, so on Wednesday morning we met at a nearby park as there were no meeting rooms available to hire, no cafes at which to meet and we could not enter our Kirrawee site. Our team is amazing. Words cannot fully describe their concern for how we would continue to serve our members. Tasks were allocated



The temporary office

and our team began to work from home. I also met with our insurers on Wednesday morning – they have been very supportive, and their assistance in our business continuity has been vital.

By Tuesday of week two we had the keys to the new temporary premises. We needed to arrange a minor fit-out for electrical and data fittings and a security system. Of course, we had to renew our insurance for the new building, too!

By Wednesday of week two we had staff on site and we began to re-build our business. “Basic” is definitely the word associated with our temporary premises. We began with borrowed furniture and many trestle tables from Bunnings. Stock was kept on the floor in as close to some order as possible. Our first stock arrived on Thursday afternoon of week two, and on Tuesday of week three we packed a few orders (around 30). We have a very supportive group of volunteers who have returned and worked many extra days to assist, which has been vital.

By the end of week five we were well established in our temporary premises. Our ability to send orders had improved to levels consistent with our Kirrawee site and we were catching up on orders placed in late May and early June. We have gone on to improve the fit-out with shelving, new desks and chairs, replacement computers and an improved phone system.

It was a challenging and traumatic few weeks but we are back to normal service levels now. Despite being in our temporary premises, we are proud that our members are receiving the same supplies and level of care they have come to rely on.

Thank you to our Volunteers, Staff and Directors for working so cohesively together. Thank you to members for your patience and for the countless messages of support and understanding you have sent.

Suppliers have been brilliant assisting us with emergency supplies and rapid dispatch of our orders.

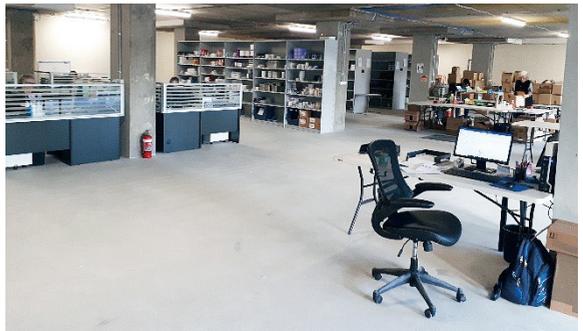
The three associations who have dispatched orders on our behalf deserve a massive “thank you” for getting us out of trouble in the early days. Specifically, Mary and her team at NSW Stoma; Hermione, Sue and their team at Ostomy Association of Melbourne; and Kylie and the team



Stacking the shelves in the temporary warehouse

at Queensland Stoma. They have even asked for more orders to be sent their way! We have kept the Executive at ACSA updated along the way, and they in turn have kept the Department of Health informed of our progress.

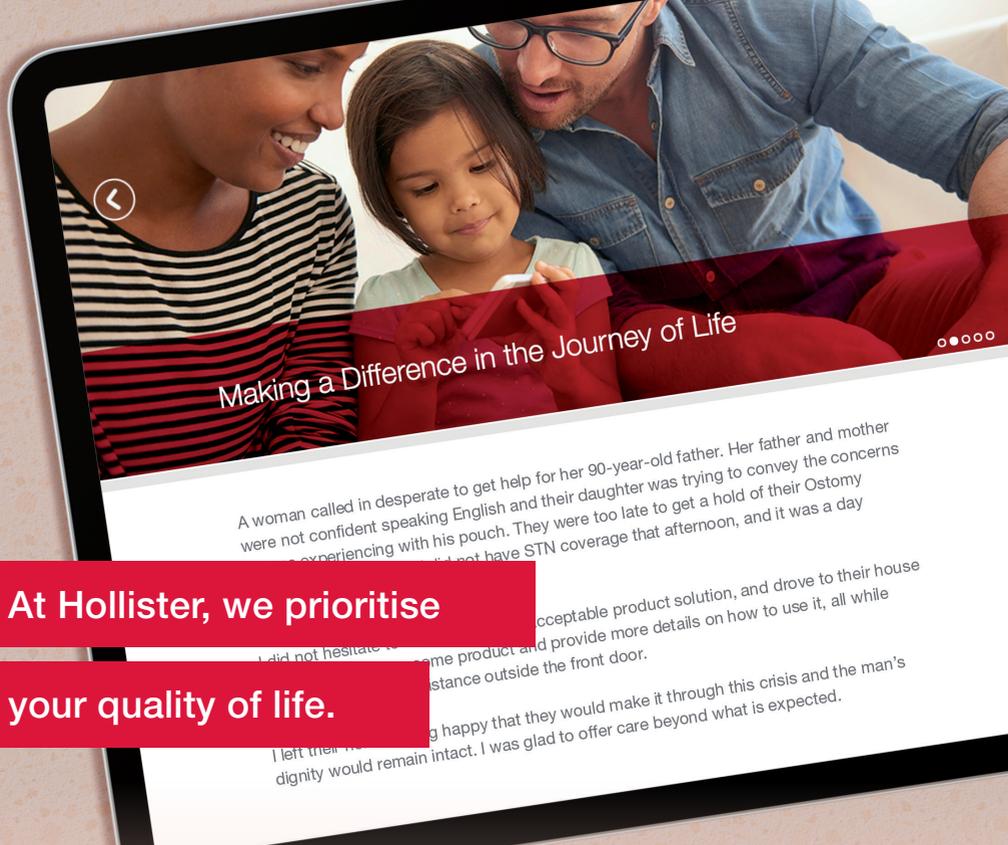
What started as a COVID-19 Business Continuity Plan became a Disaster Recovery Plan following our devastating fire. *“To achieve great things, two things are needed; a plan, and not quite enough time.”* – Leonard Bernstein; *“It is not the strongest of the species that survive, not the most intelligent, but the one most responsive to change.”* – Charles Darwin; *“Proper planning and preparation prevents poor performance.”* Stephen Keague. How true!



How the office looks now



The managers “office”



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IMPORTANT INFORMATION

Ostomy NSW needs your latest Medicare number so that we can successfully claim order costs from the Australian Government.

Services Australia (Medicare) now require us to provide your current Medicare number with our monthly claim.

Please send us an email with your current Medicare details or write your number on your next order (in the notes field) for us to update our records.

We need your full number eg: **1234 56789 1**

Your position on card eg: **1** John A Citizen

Expiry date eg: **08/2020**

We also request that you check the packing slip that came with your latest order to ensure we have your correct:

Delivery Address: Full street address or PO Box address

Email Address: Check what's underneath your delivery address on our packing slip

Mobile Phone No: Check what's underneath your delivery address on our packing slip

Please check and update on your next order, or email to **orders@ostomynsw.org.au** and remember to quote your membership number.



DENNIS' STORY

My name is Dennis Smeaton. I am 75 years old, a husband, father, grandfather and now aged pensioner.

I had ulcerative colitis from 1972-1982. My specialist referred me to a top bowel surgeon and he offered me an ileo-anal pouch anastomosis. This operation took 13 hours. It consisted of the removal of my colon, rectum and some good ileum to make a Park's pouch. I also had my gall bladder removed. I had a temporary ileostomy which was supposed to be closed after three months, but because I was so sick and weak it wasn't closed until five months after the original surgery.

After being reconnected I went back to work on a casual basis. It was very hard for me. I loved my work, but eventually I had to leave work and go on a pension. I was using the toilet up to 30 times a day. My anus became ulcerated and I had to apply xylocaine anaesthetic to my anus to help with the pain. It was like passing razor blades.

I tried everything – holistic medicine, drugs, diet, etc for the 10 years from 1982-1992. I had many hospital visits for blockages, dehydration and infections. I was very sick, depressed and not coping well. I missed my work so much.

After 10 years I was put on a permanent ileostomy and things were a lot better – but not solved. After more hospital visits and troubles, I found out I had severe adhesions and had them removed. My life improved a lot and I went back to work casually for about 10 years and then retired.

I know where every toilet is in Australia and overseas - ha ha! I have even climbed fences to get to toilets. I don't understand why they lock toilets.

Now I'm coping much better.

I have learnt to accept my situation and have been able to help others with their ileostomies and their difficulties.

I am an avid reader and like doing jigsaws. And I am now able to help my wife of 53 years who hasn't been very well and needs help. How have I coped? I am a Christian and that is how. Am I bitter? No.

What am I saying? Never accept one opinion for major surgery. Investigate all options and pray much. By faith I have overcome, but I still have some bad days. So I just relax and read or pray.

I still have many problems associated with an llesotomy – psoriasis, arthritis, and dehydration plus other things that come with age. I have learnt to drink water and electrolytes, eat slowly and chew, chew, chew my food; and try not to have big meals – have small snacks often.

I believe my surgeon wanted the operation to be successful. I was the third person in NSW to have it. It was not successful for me. According to my local GP, losing part of my good ileum is why I never fully recovered. But I have never given up.

I have a very active ileostomy and go to the toilet nine times in 24 hours. Thankfully at night I go straight back to sleep after an empty. I have learnt that I am not being lazy to have a rest most afternoons. My doctors stated that I would probably not live past 50 but they are not God. I am now 75.

I am enjoying my life and am helping my wife, sons and grandchildren. I would like to thank my wife who had it very hard when I was sick for so long.

And a funny tip: Don't do any welding without a leather apron. Why? Because a spark went through my shirt and burnt a hole in my bag. Very messy!

STOMAL THERAPY SERVICES - (NSW &

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

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*Is the new email for the Central Coast LHD, north
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*Deb Day, Mary Cuzner and I will access the email
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STOMAL THERAPY SERVICES - (NSW & ACT) DIRECTORY AS AT FEBRUARY 2020

GRIFFITH BASE HOSPITAL VACANT

Phone: **(02) 6969 5555 Ext 695**

GRIFFITH COMMUNITY HEALTH

Raye Martin STN

Phone: **(02) 6966 9903**

raye.martin@gsahs.health.nsw.gov.au

ORANGE HEALTH SERVICES

Joe Webster STN.

Phone: **(02) 6369 7455**

Joseph.Webster@health.nsw.gov.au

ORANGE AND REGIONAL NURSING SERVICE

Phone: **(02) 6362 6184**

WAGGA WAGGA RURAL REFFERAL HOSPITAL

Naomi Smith

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Contact Community Nurses

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ACT COMMUNITY HEALTH CARE

Clare Love CNC.

Phone: **(02) 6205 2147**

BELCONNEN HEALTH

Cheryl Jannaray CNC.

Phone: **(02) 6205 1201**

CALVARY HOSPITAL (CANBERRA)

Marree Pegrem STN.

Phone: **(02) 6201 6045**

CANBERRA HOSPITAL

Kellie Burke CNC.

Phone: **(02) 6244 2222** then page Stomal
Therapist

COOMA HEALTH SERVICE

Vicki Black STN

Phone: **(02) 6455 3222**

COOTAMUNDRA HOSPITAL

Raylene Godvier

Phone: **(02) 6942 1861** or **0419 123 508**

QUEANBEYAN COMMUNITY HEALTH CENTRE

Jo Morgan STN

Phone: **6150 7144** or **6150 7670**

Visits patients in Queanbeyan & Yarralumla areas.

ALBURY/WODONGA

ALBURY WODONGA HEALTH SERVICE

Rosaline Watson STN.

Both Albury (NSW) & Wodonga (VIC) Hospitals.
Located Albury Hospital, Borella Rd, Albury. 2640

Phone: **(02) 6058 4444**

(hospital switch) Pager 416.

Rosaline.Watson@awh.org.au

ALBURY WODONGA PRIVATE HOSPITAL (AWPH/ASG)

1125 Pemberton St., Albury 2640

Gerardine O'Brien STN.

Phone: **(02) 6022 4350** or **(02) 6021 7111**

gerardine@albursurgical.com.au

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

IMPORTANT NOTICE

Changes at the ONL's Kirrawee Stomal Therapy Clinic

After 60 years dedicated to her nursing career ONL's resident Stomalthery Nurse- Janet Forsyth has moved into retirement. You can read about Janet's long and interesting career on pages 20-21 in this journal.

We are fortunate that Janet has agreed to continue to provide support as a consultant Stomaltheryapist to ONL members who are unable to access support through their local area health service.

Face to face consultations are on hold due to Covid -19 considerations and also because ONL's temporary office does not have an appropriate space to conduct these consultations.

We plan to reintroduce face to face support when it is possible.

ONL encourages members not to put off getting advice from a Stomaltheryapist if you are having issues, your skin integrity and stoma function along with good management with an appropriate appliance is most important.

During these times of social distancing the way many health services are provided has changed to ensure they are Covid safe however the general message to the public is they should continue to access normal services as you require them wherever possible.

We recommend that your first point of contact is the Stomaltheryapist or Stomalthery clinic in your local area health service. If that service is unavailable you may wish to have a telephone consultation with Janet. Please call The ONL office on (02) 95421300 and we will make arrangements for Janet to call you back to discuss and advise on your problem.

www.ostomynsw.org.au

STOMAL NURSE LEADER BIDS FAREWELL AFTER 60 AMAZING YEARS



Janet Forsyth MACN

In 1960, soon to be sixteen-year-old Janet Forsyth MACN began her nursing career at Goulburn Base Hospital. On Sunday, Janet will say goodbye to the profession to which she has dedicated 60 years of her life.

Her nursing journey is remarkable – from small-town beginnings to becoming one of New South Wales' most senior stomal therapy nurses, all whilst overcoming challenges and adversities along the way.

Janet spent most her first 12 months as a nurse in the pan room in the Children's Ward at Goulburn Base Hospital on cleaning duties but persevered and went on to complete her hospital-based training and continued to work at the hospital for many years gaining experience in all areas of nursing. In 1972, Janet solidified her place in the area's nursing history when she was appointed to establish the first Community Nursing Service in Goulburn. Community nursing (or district nursing as it was referred to at the time) was a field that she would go on to have a profound influence on over the next four decades.

In 1979, Janet moved to Sydney where her expertise in stomal therapy began to develop. After being given the opportunity to complete the Stomalthery Course at Sydney Hospital she was then appointed as community stomal therapist with the Sydney Home Nursing Service, combining her two great loves of community nursing and stomal therapy nursing. Janet's work proved invaluable as the hospitals had limited specialist stomal therapy services available at the time. This position also provided pre and post-operative stoma care services to any hospital without a Stomaltheryapist on staff.

She worked at the Home Nursing Service for 20 years, finishing in 1999 when the service was disbanded.

The next step in Janet's nursing journey was working as a Clinical Nurse Consultant (Stomal Therapist) in private practice. This was new territory for nurses in NSW and Janet had to overcome many challenges. The idea of a nurse charging a fee for service was not readily accepted in those days! After a lot of hard work, perseverance and negotiation, her services became highly utilised and valued, and she received her due recognition.

During her time in private practice, she had the privilege of assisting many people in the community, nursing homes and hospitals (both public and private) that did not otherwise have access to Stomal Therapy services.

She spent the last seven years of her career also conducting a clinic and telephone consultation service on behalf of Ostomy NSW.

Janet was a true leader in the field of stomal therapy, publishing several education papers and passing her knowledge onto the nurses of tomorrow by conducting lectures for students and cadets at the NSW College of Nursing. In total, 37 of her

SPRING 2020



Above: Goulburn Base Hospital District Nursing Service in the late 1970s

Community nurse appointment 1972- Goulburn Base Hospital

60 years in the nursing profession were dedicated to providing expert care to stomal patients.

The Australian College of Nursing would like to congratulate Janet on a wonderful nursing career, and is privileged to have her as a member of our tribe. Best wishes for your retirement Janet, you have certainly earned it!

Reprinted from Australian College of Nursing Category: NurseClick By ACN Publications, 29 May 2020

COVID-19 AND ME, THE OSTOMATE

As an ostomate I have been wondering whether I am at increased risk of a severe case of COVID-19 if I catch it. I have an ileostomy due to Ulcerative Colitis. The stoma surgery means I no longer have active disease and I don't need to take any medication. I have been searching the internet for information on COVID risk for ostomates but have found very little, and nothing to suggest increased risk simply because I have a stoma.

It seems to me that any increased risk is related to ongoing health conditions. As COVID is a novel disease, medical experts around the world do not fully understand who is at increased risk and they are continuing to compile and analyse data relating to existing disease and COVID outcomes. Some chronic conditions that put people at greater risk of severe illness have already been identified. The Australian Government Department of Health website has a good list. You can find it by navigating to this page: [Home <News <Health alerts <Coronavirus \(COVID-19\) health alert <Advice for people at risk of coronavirus \(COVID-19\)](#).

There has been some international work done on analysing the small number of known COVID cases in people with active Inflammatory Bowel Disease (IBD) ie Crohn's disease or Ulcerative Colitis. From what I have read it seems that people with active IBD are not at increased risk of getting COVID-19 but may be at higher risk of developing severe disease or complications depending on how

their active disease is being managed. Crohn's and Colitis Australia has some helpful information and links on COVID-19 for people with IBD.

The conclusion I have come to for we ostomates is that it's complicated - so we should discuss our individual risk with our GP or specialist, particularly if we have ongoing, active health conditions.

Also, it's important not to let regular appointments slip and to follow up on any new problems that arise.

There is plenty of sensible advice available about generally keeping healthy and following hygiene and social distancing recommendations although I am sure everyone is well aware of those by now! Again, the Australian Government Department of Health website has some good resources. It is also worth looking on the web sites of our appliance manufacturers as many have excellent resources on managing your stoma during the pandemic.

So for myself, I don't think I am at particular risk (other than I am not as young as I would like to be). I am going to continue to eat healthily, exercise, follow the health guidance and try to keep doing things that I enjoy within the restrictions. Plus I will keep remembering how lucky I am to be here in this country that is so much better off than most.

Megan (ONL member)



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Robyn Mahoney at Kiriwina island in Papua New Guinea

TWELVE MONTHS AS AN OSTOMATE

Twelve months - what a difference 12 months makes!

Twelve months ago I sat on a rock at a camp for traumatised kids, my little camper was up a tree and I was trying to convince her to come down. My thoughts went to the upcoming surgery that would be done a few days after camp. Can I do next year's camp? Can I climb rocks and jump on the jumping castle? Can I push Billy carts and climb the rock wall?

What was my life going to be like as an ostomate? A week later I woke from surgery with an ileostomy called Furpie (farts come from below, burps come from the top so furps come out half-way). I felt like I had been hit by a truck. I'd never had major surgery before so was not aware of

what to expect. After surgery came the journey of blisters and leaks as I tested out different bags and seals to get something that would work with my super sensitive skin.

Then the journey of 'firsts' - each first became a significant part of my journey.

The first time out in public, the first time using a public toilet, the first time back to work, the first time sleeping over, the first time having a leak at work. But with each week the firsts became less and life got back to the new normal.

December Holidays came and that brought a whole lot of new firsts, travelling with Furpie. I sat on my bed and cried as I packed 10 kg of things that I needed for Furpie - bags, sprays, mattress protectors, extra clothes, etc. I was travelling to Malaysia where I had visited more than 15 times before, but Furpie had never been there. I was scared how my friends were going to cope with Furpie. What if I had a leak? What if I get sick?

The holiday began with going through security at the airport, which wasn't as bad as I had expected it would be. I had downloaded the translation in Malay explaining I had an ostomy and handed it to the lady at KL airport before she did the pat down search. She was pleasantly interested in how the bag worked and whether it hurt. Another first accomplished. Flying was also part of that first which I thought would be harder. Yes, the toilets are small to try and empty Furpie but still manageable and I had no worries about the bag puffing up.

Being in a different country added to the challenges. I had been to the shopping centres many times before but never noticed where disabled toilets were. I found disabled toilets much easier whenever possible. Toilets in developing countries are nothing like the toilets in Australia but one added advantage was most of the toilets had a bidet spray which was great for when I emptied Furpie's bag.

Getting sick while away from home is also something that I would have



Furpie even had a special cover to celebrate Chinese New Year in Malaysia

preferred not to happen. Waking up at 4 am soaking wet from a flooded bag, I was very thankful that I had packed mattress protectors in that extra 10 kilos. Trying to get a bag to stick, when Furpie was squirting continuously, trying to change a bag in a strange house in the middle of the night and not disturb anyone. Then trying to explain that you needed to go to hospital as you were dehydrated, luckily the doctor spoke English and was able to treat me.

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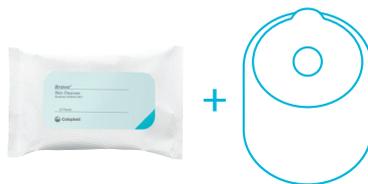
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Eight hours on a drip and back to my friend's house to rest.

One of my favourite places I like to visit is an orphanage in the remote areas of Borneo. I had lived there for six months 10 years ago. I was concerned that I wouldn't be able to visit with Furpie but the little old nun that ran the home was so welcoming and asked me if I needed anything special. She told me how all the children had been praying for me when I had surgery. I told the children of my journey and thanked them for their prayer. It was while shopping with the nun I ended up having to use a toilet in a remote area. That was another first - emptying the bag in a squat toilet. I'm thinking I should have practiced gymnastics before trying that one!

Returning from Malaysia, I was blessed to go on a cruise to Papua New Guinea on the Queen Elizabeth. Again, I was packing Furpie's supplies for a two-week holiday. I found the cabin had lots of drawers to store all Furpie's supplies. The ship also provided the challenge of adjusting to yet another type of toilet. I found out that it would take up to 5 times to flush waste away as the toilets flushing system was designed for poop to go down the back of the toilet. After an embarrassing trip to the public toilet trying to flush, I decided that I would only use disabled toilets or the one in the cabin.

While I was snorkeling amongst the coral in Kiriwina Island my stomach scraped along the coral and I thought



***Robyn giving gifts to the students
at Rumah Kanak Kanak Bondulu
Tumbunam Malaysia***

wow that was close, imagine if it scraped on Furpie's bag,

I had mental pictures of the impact. When I sat up there was a different picture. Furpie had furped a lot and I had my own personal buoyancy vest floating on my stomach.

Going through security on the ship wasn't as smooth as the airport security. One time going through security after a pat down one officer asked me what was in the bag. My response was "shit", but this experience made me nervous each time going through security checks. I think it was one uneducated officer who wasn't used to ostomy bags.



Group photo with Students from Rumah Kanak Kanak Bondulu Tumbunam Malaysia

Returning home, it was the beginning of the COVID 19 crisis and life changed. I work in a school and my principal asked me to work from home due to health reasons. I soon discovered the advantages of zoom meetings. Due to my sensitive skin I let Furpie air out so the skin can recover. My boss never realised that half of my zoom meetings Furpie was joining in on.

COVID also came with its own problems of delays in mail. I think many of us were sweating on deliveries. Then with the office fire, deliveries were again disrupted. Thank you to the dedicated staff and volunteers that kept our supplies coming and saw us through this difficult time.

A year has gone by and camp is on again, although because of COVID we

can only have two daytime sessions instead of the week-long, live-in camp. This was my last 'first' of the year, the first time Furpie goes to camp. This camp I volunteered to be photographer. I crawled through tunnels taking photos of kids playing with glow in the dark slime. I climbed over obstacle courses taking photos of kids running through the course.

*Watching the kids enjoying
the camp and knowing
I helped make the memories,
I thought I can do this.
Being an ostomate
is not going to stop me.*

Robyn Mahoney

(member since July 2019)

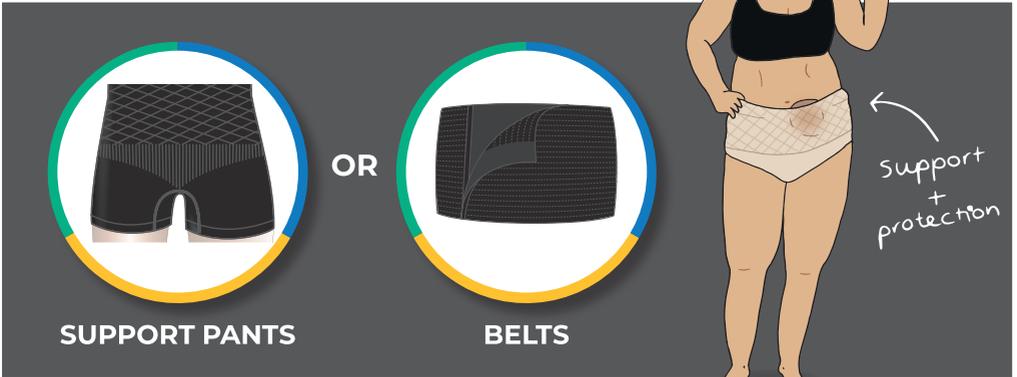


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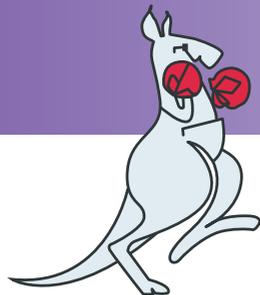
1. Colorectal Disease ⁹ 2018 The Association of Coloproctology
of Great Britain and Ireland. 20 (Suppl. 2), 5-19

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2020 REGIONAL

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

BANKSTOWN AREA

Dates: 4th November 2020

Time: 10:00-12:00 – morning tea

Address: Revesby Workers Club, 2B Brett St, 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 welcome.

RSVP: Please RSVP for catering purposes to your Bankstown Hospital STN or Clare Jacobs on 0400 921 901 or aucldo@coloplast.com for further information.

ST GEORGE AREA

Dates: Tuesday 15 September, 20 October, 17 November and 15 December 2020
(3rd Tuesday of every month)

Time: 10:00-12:00 – morning tea

Address: Ramsgate RSL Club, Ramsgate Rd and Chuter Ave, Sans Souci NSW 2219

Access: Close to public transport and lots of free parking

About: Everyone welcome – please RSVP for catering purposes to your STN or Clare Jacobs on 0400 921 901.

SHOALHAVEN SUPPORT GROUP

Dates: 25 November 2020 Nowra Community Health, Centre, Christmas meeting.
9 December 2020 Ulladulla Civic Centre, Christmas meeting

Time: 2pm

Address: Nowra Community Health Centre, 5 - 7 Lawrence avenue Nowra

Access: The contact is Brenda Christiansen STN CNC. Ph. 02 44246300
e. brenda.christiansen@health.nsw.gov.au

NEPEAN EDUCATION STOMA SUPPORT GROUP

Dates: 25 September and 27 November 2020

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.

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 and friends are most welcome.
Any enquiries please contact Naomi Houston on 4734 1245

INFORMATION MEETINGS

SOUTH WEST SYDNEY STOMA SUPPORT GROUP

Dates: Thursday, 8th October, 17th December 2020

Time: 1pm to 3pm

Address: Camden Hospital, Heritage Auditorium 61 Menangle Road Camden

Contact: Erin or Lu on (02) 8738 4308

LIVERPOOL AREA SUPPORT GROUP – NEW!!

Dates: Thursday 26th September, 28th November 2020

Time: 1pm to 3pm

Address: Cabra Vale Diggers Club, 1 Bartley St Canley Vale 2166

Contact: Erin or Lu on (02) 8738 4308

ILLAWARRA OSTOMY INFORMATION GROUP

Dates: 14th October, 16th December 2020 (Xmas luncheon. Venue to be advised)

Time: 10am to 12pm

Address: Education Room, Figtree Private Hospital, 1 Suttor Place, Figtree

Contact: Helen Richards CNC STN Wollongong Private Hospital phone: 42861109

Julia Kittscha CNC STN Wollongong Hospital mob: 0414421021 office: 42551594

BOWRAL STOMA SUPPORT GROUP

Dates: Fridays 18th September, 11th December 2020

Time: 1pm to 2:30pm

Address: Bowral Bowling Club, 40 Shepherd St, Bowral

Contact: Lu Wang & Erin Wagner Stomal Therapists, Liverpool Hospital—(02) 87384308

Or Clare Jacobs 0400 921 901 / aucldo@coloplast.com. Everyone is welcome!!

Please RSVP 1 week prior.

CANBERRA ACT SUPPORT GROUP

Dates: Tuesdays 8th September, 13th October, 10th November, 8th December 2020

Time: 10am to 12pm

Address: Hellenic Club – Woden, Matilda St Phillip, ACT, (02)6281 0899

Contact: Your Stomal Therapy Nurse or Clare Jacobs on 0400 921 901

or aucldo@coloplast.com for further Information. Everyone is welcome .

Please RSVP for catering purposes.

BEAT BLADDER CANCER

Dates: Last Tuesday of every month

Time: 7pm to 8:30pm

Address: Macquarie University Hospital, 3 Technology Place, Macquarie University

Contact: Adam Lynch, President BEAT Bladder Cancer 0421 626 016

ANZ CONVATEC AWARDS SCHOLARSHIPS FOR STOMAL THERAPY NURSES

ConvaTec ANZ has awarded three scholarships for nurses to take the Graduate Certificate in Stomal Therapy Nursing and one of them is based in NSW.

As part of a collaboration between The Australian College of Nursing (ACN), the Australian Association of Stomal Therapy Nurses (AASN) and The New Zealand Nurses Organisation (NZNO), the scholarships, provided by ConvaTec, will help support the nurses to progress their careers in what is a dynamic and very demanding area.

One of the recipients, Vivian Nguyen, works within NSW Health. Vivian is a Wound and Stoma Clinical Nurse Specialist who's passionate about her work within the NSW public health system supporting highly vulnerable patients with complex care needs, throughout the state. Completing the Graduate Certificate in Stomal Therapy Nursing will provide her with the skills and expertise necessary to deliver and coordinate evidence-based care in the highly specialised area of stomal therapy nursing.



Vivian Nguyen

"The calibre of applicants was very high and it was a hard decision for the independent selection committee to make but we are sure that the three recipients will really value and embrace the knowledge and leadership skills that this course brings" said Karen O'Connor, General Manager of ConvaTec Australia and New Zealand.

"The scholarships are part of ConvaTec's commitment to improving stomal therapy care - valued at just over \$12,000 each, they bring an enormous saving to nurses' keen to advance their career.

*Congratulations
Vivian!*



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