

# OSTOMY

WINTER 2022

NSW LTD



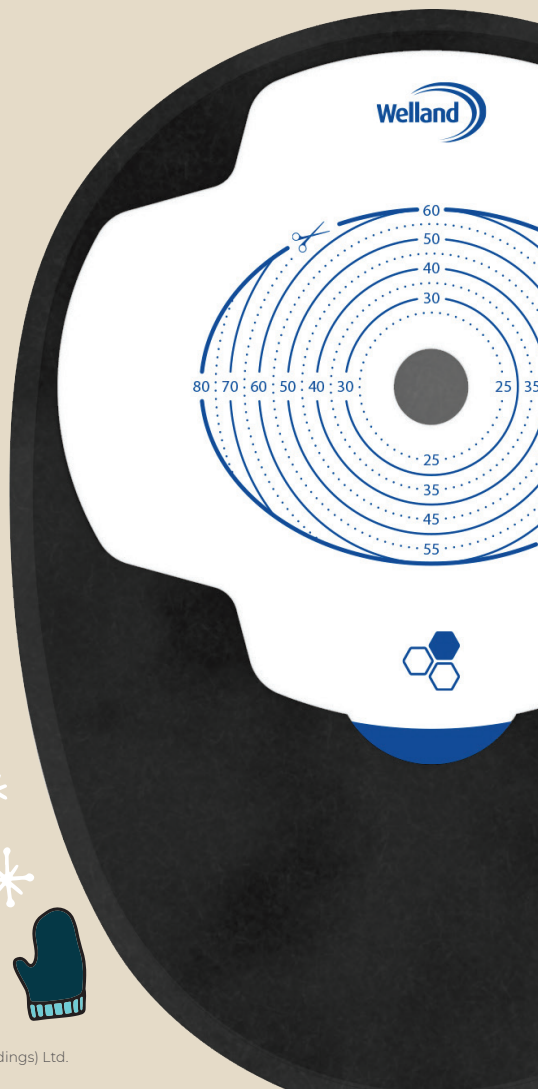
# Make a positive choice this Winter



Call **1800 819 274**

for your free  
sample of BLACK  
or SAND 1 piece  
flat pouches

**Aurum® Plus** 



Welland®, the Welland logo™ and Aurum® are trademarks of CliniMed (Holdings) Ltd.



**OMNIGON**

AU **1800 819 274**

[info@omnigon.com.au](mailto:info@omnigon.com.au)  
[www.omnigon.com.au](http://www.omnigon.com.au)

## CONTENTS

Covid-19 Illness and travelling overseas .....	4-5
Ostomy NSW Director Biography .....	6-7
New STN Fiona "Lee" Gavegan.....	9-11
Importance of Medicare number .....	12-13
Donation - Earn & Return .....	14
Perry Trip To Ireland – An ONL Story.....	16-19
Stomal Therapy Services Directory .....	20-25
2022 Regional Information Meetings .....	26-27
Stephen Grange, Vice President .....	28-31

## TO CONTRIBUTE ARTICLES/FEEDBACK

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

Winter Edition .....	16th May 2022
Spring Edition .....	15th August 2022
Summer Edition .....	15th October 2022

**ONL PHONE:** 02 9542 1300

**ONL FAX:** 02 9542 1400

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

## ORDERS: *We are unable to accept phone orders*

Online: [http://www.ostomynsw.org.au/order\\_form18.php](http://www.ostomynsw.org.au/order_form18.php)

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

Fax orders to: 02 9542 1400

Post orders to: PO Box 3068, Kirrawee NSW 2232

## PICKING UP ORDERS: *Counter hours of operation*

At the time of publishing due to COVID-19, no Pick-ups are permitted. Check our website for any updates and changes.

Express Counter – CLOSED

Warehouse Counter – CLOSED

Click to boot - Now available

## PAYMENTS

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

**Account Name:** ONL

**BSB:** 112879 (St George Bank)

**Account Number:** 45 664 3389

**Reference:** Your Member Number and Surname

## POSTAGE RATES

- Standard NSW \$15; Interstate \$20
- 2-month orders NSW \$30; Interstate \$40
- Express \$22

## OSTOMY NSW LTD STN CLINIC – Lee Gavegan

Please phone 02 9542 1300 for appointment.

Lee is available every Tuesday from 9am to 3pm.

All consultations are by telephone - Lee will call you.

## BOARD OF DIRECTORS

### Emeritus President:

*Tom Flood OAM*

### Vice

**President:** *Stephen Grange*

**Treasurer:** *Vacant*

### Directors:

*Greg Doyle*

*Adam Keam*

*Perry Johnstone*

*Michael Rochford*

*Ernie Schmitt*

**Manager:** *Stephen Lardner*

## YOUR ONL TEAM:

### Operation

**Supervisor:** *Kim*

### Warehouse

**Supervisor:** *Manny*

## THE TEAM:

*Aye Aye, Belinda, Bev,*

*Carole-Anne, Cheryl, Colleen,*

*Frank, Luke, Matt, Rhys.*

## PLUS OUR DEDICATED VOLUNTEERS

## DISCLAIMER

Advertisements in this newsletter are published as submitted by advertisers. The publisher has not checked the veracity of the advertisements and accepts no responsibility for their content. The publisher specifically disclaims all responsibility and liability for any material contained in this Newsletter and in particular any material that may breach confidentiality or privacy or may be considered defamatory. Such liability shall be assumed by the relevant author of the material. The reader is strongly advised to first obtain appropriate medical advice from an STN or GP before trialling any products advertised in this publication. No advertisements published in this Newsletter shall be taken to constitute an endorsement of products contained in that advertisement, either by the Editor, this association or any government department connected with the Stoma Appliance Scheme.

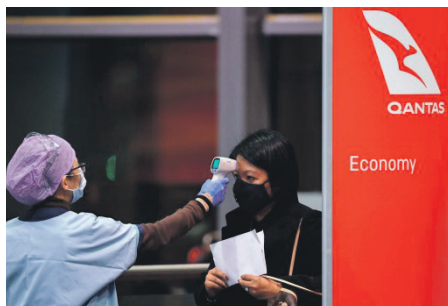
# COVID-19

## ILLNESS AND TRAVELLING OVERSEAS

### Murphys' Law - What can happen?

We see and hear the media hype, Australia is open for business, families can be together again. Off we go inter intrastate, interstate, overseas. Wopeeee !!!

Before booking and before you travel, ensure you check the latest Government travel requirements, which may include mandatory health declarations, vaccinations, COVID-19 tests, use of face masks, entry permits, pre-approval and quarantine (possibly at your own expense), or you could be denied entry.



**Qantas says while flying might look a little different, particularly in the short term, they are here to help you get travel ready through each part of your journey.**

#### Check the Department of Foreign Affairs web site for the latest Covid rules!

I love travel as it inspires me displaying all that is humanly good over the centuries. I am an osteomate, retired insurance professional travelling with my wife. However due to Covid I'm cautious and risk adverse.

People now have a heightened awareness of a world disease. In late May 2022 WHO (World Health Organization) is tracking the latest disease 'Monkeypox'. Australian health authorities are continuing to promote Covid booster shots and flu shots predicting a worse than ever flu season this winter.

Under the above circumstances we still consider travel. Crowded into planes, transiting airports, queues, ships, trains and buses with people from everywhere and anywhere. Accepting hygiene and vaccination standards and wear a mask 24/7 while on public transport, planes and in airports.

#### Covid Rules -

Further you may not have Covid but have an attention attracting \* cough \* sneeze \* wheeze (asthma), temperature (flu? other cause?) so you and your companions are stopped in transit somewhere enroute. If you become ill, where do you stay?

The risk is that some official alleges that a traveller has 'Covid'. The official insists on tests, then the traveller must await results in a foreign country with a different language and rules. In addition, a traveller is unsure where to stay. If a Covid test is positive then a traveller must seek and endure treatment and obtain medical proof that he or she has recovered from Covid. A Traveller will still 'shed' and could prove positive to Covid tests for months. A cruise may disembark a Covid passenger enroute. (Note: some foreign countries may recognise Medicare for public health care).



My assessment is a 'simple' 1-2 destination trip which would involve a low risk of disruption. Remember Tasmania! New Zealand. Pacific Countries. Short haul, less dollar\$\$ to lose on a cancellation. To visit foreign relatives not simple either!

I've experienced dealing with officials in other Countries, speaking in foreign languages. It can be very difficult and challenging. But, I'm still a little keen.

There are two examples below where airlines expect travellers to know the rules applying to the airline, countries you travel to, from and through. Rather daunting and the Australian Government advice is you have to check out the rules of other countries regarding Covid.



### Airfares, travel bookings nasty shocks.

If you cancel or seek to postpone, the first problem may be the fare difference \$ cost for the dates you change to for travel. A Company may give a 'certificate' for the current value to be used by a date. Yet there may be a higher fare on those 'new dates'. Given travel is returning early low priced incentive deals are going away replaced by more full priced as demand rises.

### Insurance. International and Domestic

Medical insurance with limited Covid cover is now available for travellers to many countries. The Department of Foreign affairs says 'ok' to travel too. Note the loss must be caused by Covid. If your trip is stopped and you prove to not have Covid then no insurance coverage. No cover if the country suddenly bans travel in, to, or through. We all have pre-existing medical conditions so we need to apply to the insurer to cover ostomate pre-existing conditions AND our travel companions too, if they are disrupted by an ostomate's event. Travellers together should insure together. Pre-existing exclusion applies to anyone who can disrupt your trip including aged parents at or in a home.

Like the airlines, work out the rules yourself!!!

And NOT all circumstances are covered, these exclude.

### COVID-19 Travel Insurance

**IMPORTANT:** Our customer service team cannot provide customers with personal advice over the phone or confirm if a claim will be approved. All claims need to be submitted online via our claims portal for consideration by our claims team. For general questions related to our Cover-More COVID-19 cover, please read the PDS and/or you Policy Wording, review our COVID-19 FAQs, or call us on 1300 72 88 22.



**Government Border Closures, Lockdowns or Quarantine**



**Mandated COVID-19 Tests (PCRs and Rapid Antigen Tests)**



**Close Contacts of a Person Diagnosed with COVID-19**



**Cruise Cabin Confinement Costs Related to COVID-19**

## OSTOMY NSW DIRECTOR BIOGRAPHY 2022

### Stephen Grange – Vice President

Stephen joined the Ostomy NSW board in 2007. A retired insurance professional with many years experience in various general insurance aspects including: technical, sales, marketing then coaching. Gained Fellowship status in Insurance, Marketing. Gained MBA from MGSM. He has attended numerous national ostomy meetings, supporting national efforts, tasks etc.

Due to bladder cancer had a urostomy from 1 June 2006.

Stephen is passionate about ostomate welfare, wishing for higher non-ostomate revenue to enable more services to ostomates, especially the disadvantaged ostomate. Believes in ostomate 'demostomy' where ostomates direct their own charity organisation to severe ostomates, with 2 viable Associations in larger States to provide choice.

### Greg Doyle – Director

#### Why become an ONL Director?

Good question!

I joined ONL as an ostomate member in Jan 2011. Following my surgery, that left me a double ostomate, I returned to my normal place of employment until late in 2012 when I retired.

For the following couple of years I placed and received my orders like clockwork, without any questions. I used to browse quickly through the quarterly newsletter, just reading any articles that caught my eye. During this time, the Association "was just there when I needed my monthly order". However the request for volunteers was a regular part of these newsletters that I seemed to always notice - do you??

I decided to apply to help out and my application was greatly accepted. I started volunteering for one day each week in February 2014. By the end of that year I was employed for 20 hours a week working in the warehouse. I enjoyed the work and atmosphere of "do our best for the members".

In 2015 the then General Manager asked me if I would consider joining the Board. I wasn't too sure what I could bring to the Board as my previous employment required me to manage repairs and maintenance of heavy and mining machinery. It didn't seem to fit with the ins and outs of a stoma association. However, I threw my hat into the ring, and here I am!!

Initially I was mildly uncomfortable with the legal requirements of a board member, but I soon came to appreciate that the staff and management were appreciative of having an operating and visible board, meeting regularly to hear reports, and to advise and guide management through any issues as they arise. I realised quickly that the position was needed for the Association to function as best as possible.

In my time here a number of board members have come and gone for various reasons however we now seem to have a good balance of Directors who always have something to offer during meetings. We have a good balance. We also have a number of positions on the board to be filled by enthusiastic people from our membership.

My humble beginnings began in the mountains of the Upper Yarra Valley in Victoria, in 1953. I apprenticed as a Holden mechanic, served in the Australian Army and from the late 1970's I worked in the civil construction and mining industries (generally for the one employer) as a plant mechanic and later a General Superintendent.

I'm a bit of a nutter for AFL football. Not sure if that is a prerequisite for Directors,

and I can be a bit of a joker” at times. I have enjoyed being involved with our current and past employees and proud of the excellent service that they give our membership. I’m not sure that the above answers “why become a Director” but it will have to do.

### **Adam Keam – Director**

I am a 41-year-old Ostomate and have been living with an ileostomy since 2018 after undergoing surgery to treat a reoccurrence of bowel cancer (after living with chronic ulcerative colitis since my teens).

As a result of my experience, I am passionate about making a positive impact for other Ostomates and advocating for continued and improved services via the Stoma Appliance Scheme.

I have previously volunteered with the NSW Cancer Council in several areas, including Co-Chair of the Manly Relay for Life.

I work as an Executive Director, for the US Investment Bank J.P. Morgan primarily focusing on

Finance and Business Management, with prior roles with the firm in Hong Kong and London. I am a Board Member of J.P. Morgan Nominees Australia Limited and a member of the Chartered Institute of Management Accountants (CIMA). With a Bachelor of International Business, majoring in Economics and Asian Studies from the Flinders University of South Australia.

In my spare time, I enjoy water sports, Australian Rules Football (AFL), travelling and spending time with my wife and three young sons (12, 8 & 5).

Given my passion, I am keen to continue to serve the Ostomate community via involvement with the Australian Council of Stoma Associations and in turn use my personal and professional experience to continue to assist, govern and grow the council for the benefit of each and everyone of us.

### **Tom Flood – President**

To many members Tom Flood is purely the name of the President of Ostomy NSW Ltd. (ONL), and the Vice-President of Bladder Exstrophy, Epispadias, Cloacal Exstrophy, and Hypospadias Australian Community (BEECHAC). To others Tom may be a neighbour, a friend or relative, a fellow worker, someone that travels on the same bus or train as you. Tom joined the Board in 1990 and has been President since 1998. Many great and unknown Australians contribute a vast amount to our society and without volunteers that ask for no reward our community would not prosper as it does.

Tom became even more involved with the IA in NSW: manning the counter, editing and helping to get the Newsletter out, becoming Secretary of the association, then Vice-president and on to President a position he still holds today... all the time feeling how good it is to help new and old members, organising and attending the United Ostomy Associations, NSW country meetings and realising the importance of the stoma support groups. Tom says that he loves being one of a team bringing peace of mind to others through support, reassurance and provision of information.

Tom is humble and exceptional in that he had the foresight from an early age to pursue his vision for, and love of, humanity. He appears to have never been daunted whatever obstacles confront him, and, with dedication and enthusiasm continues to be a driving force providing guidance and support to ONL and its members, his Church, and BEECHAC.

[Footnote: on 9th June, 2014, Tom was awarded the ‘Order of Australia Medal’(OAM) in the Queen’s Birthday Honours for service to community health through leadership and advocacy for people living with stomas.]

## FIONA "LEE" GAVEGAN

Hello to those of you who know me and to those who don't. You may or may not know my birth name or given name which is Fiona and my middle name is Lee. My mother always called me "Lee" and that is what I answer to. Why did she do this? I really don't know! What I can tell you, is that it is embarrassing sitting at the Motor Registry after having a new photo taken for my licence and thinking they are taking a long time. Meanwhile someone, has been calling for Fiona, to collect her licence, but "Fiona" is sitting there day dreaming. Lee is thinking, what is the holdup?

One of the questions I get asked by patients and nurses all the time is, "Why did you choose to become a Stomal Therapy Nurse?" My answer is always the same, because I didn't know how to help a young man who had two stomas when I was a community nurse. He was the same age as me, had a motorbike accident which left him a paraplegic, wheelchair bound, with a urostomy and colostomy. For several years he was one of my community patients, who lived alone and managed to cope with his two stomas. When there was a problem, a question, I tried my best to help. It was my own lack of understanding that led me on this path.

With my Stomal Therapy certificate under my wing I was all prepared to help Stoma patients. I was seconded from Community Nursing into the newish Post Acute Community Care (PACC) team. This was an upmarket community nurse role where we were taught to cannulate and give intra venous antibiotics, take blood, do complex dressings, plus a variety of other nursing requests, travel across the whole of the area health to meet and care for our patients in their homes. From PACC I was seconded from my secondment into Westmead Hospital Stomal Therapy Service. What a large and daunting



*Lee Gavegan*

place when you have been a community nurse for a long while? But at last, I was able to learn and apply the craft of Stomal Therapy. I was lucky enough to be with much more experienced Stomal Therapist(s) and not on my own. Here I learnt about colostomies, ileostomies, urostomies, Neo Bladders, Indiana Pouches, J pouches, antegrade enemas, Chait Buttons, Mickey Buttons, EntriSta Buttons, fistulas and a whole range of openings/stomas that I did not know about. Some people needing one, two or even three pouches. I had learnt that one pouch does NOT suit every stoma. We are so lucky to have such a selection of products here in Australia, with the Stoma Appliance Scheme, company aid and in NSW the two Associations; Ostomy NSW Ltd and NSW Stoma to support our stoma patients.

Later there was a Stomal Therapy position advertised and I was the successful applicant. I have been a full time Stomal Therapist at Westmead Hospital for twenty-two years. The role is Clinical Nurse Consultant - Stomal Therapy.





Stoma  
Skin  
Soul



Helping you  
feel comfortable  
in your own skin

Nils, Crohn's Rebel

## When it comes to your skin, there's no such thing as too much protection

### Dansac TRE seals are designed to:

- Provide a secure and flexible seal to help protect the skin from stoma output and to be easy to remove
- Help absorb excess moisture without losing internal or external strength to help maintain skin's natural balance
- Help maintain the pH balance of naturally healthy skin



Available in 3 sizes: 18mm, 30mm & 40mm

For more information about Dansac TRE seal and to order a free sample  
please call Customer Care on **1800 880 851** or visit **[www.dansac.com.au](http://www.dansac.com.au)**

For useful educational resources visit **[www.dansac.com.au/livingwithastoma](http://www.dansac.com.au/livingwithastoma)**

### DANSAC TRE SEAL

Prior to use, be sure to read the Instructions for Use for information regarding  
Intended Use, Contraindications, Warnings, Precautions, and Instructions.

The Dansac logo and TRE are trademarks of Dansac A/S. All other trademarks and copyrights  
are the property of their respective owners. ©2021 Dansac A/S. AUD050. May 2021.



dansac

Create a secure seal

to help prevent leakage

with an Adapt CeraRing™



Adapt CeraRings are infused with ceramides to help protect the skin

Code	Product Description
	<b>Adapt CeraRing Flat Rings</b>
8805	Standard thickness – 4.5mm
8815	Slim thickness – 2.3mm
	<b>Adapt CeraRing – Round Convex Rings</b>
89520	20 mm – can be stretched to 25 mm
89530	30 mm – can be stretched to 35 mm
89540	40 mm – can be stretched to 45 mm
	<b>Adapt CeraRing – Oval Convex Rings</b>
89601	22 x 38 mm
89602	30 x 48 mm
89603	38 x 56 mm



Choosing the right Adapt CeraRing will depend on your stoma size and the surrounding skin.

Call Customer Care to determine which size is best for you and order a sample.

1800 880 851

[www.hollister.com.au](http://www.hollister.com.au)

Monthly Issue:

**3 Boxes**

(10 per box)

Prior to use, be sure to read the instructions for use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions for Use. The Hollister logo, Adapt, CeraPlus and "Healthy skin. Positive outcomes." are trademarks of Hollister Incorporated. Not all products are CE marked. © 2022 Hollister Incorporated. AUH277. February 2022



Ostomy Care  
*Healthy skin. Positive outcomes.*

This is a varied and complex position as it is seeing all ages of patients. There are the exceedingly small babies in Neonatal Intensive Care (NICU), with a stoma the size of the tip of your little finger, to the older population on the wards and in the general Intensive Care (ICU). The days are busy with a Stomal Therapy outpatient clinic too. Prior to COVID there were 700 outpatients through the clinic in one year. Part of acute hospital care is meeting new patients, preparing them for surgery, sitting for a possible or planned stoma, post operative care, recovery, and follow up. Understanding about diet and exercise, as well as home environment and support when home. Ongoing outpatient care in the community often lacks support as this is when lots of issues are found needing help. Often, I find, it is not until patients are at home and managing on their own that issues small or large may arise. Something as simple as weight gain or loss may hinder stoma appliance attachment.

Facilitation and knowledge transfer for new stomal therapy nurses is something I am enthusiastic about. I have aided over twenty clinical placements for nurses doing the Stomal Therapy Course via the Australian College of Nursing (ACN) here in NSW.

In hospital Stomal Therapy is also about staff and education exchange too. I have been part of education for nursing staff and have been an invited speaker at Tripartite Colorectal Meeting and Asia Pacific Enterostomal Therapy Nurse Association (APETNA) international conferences. I have presented at other conferences both locally and overseas. It is always interesting to take part, learn and gain innovative ideas. One funny experience that I will never forget was the electrical lady trying to attach a microphone speaker to my pants, on stage. This was in front of the large overseas audience, and

she was horrified that I did not have pockets in my pants as she wanted to place the speaker box in my pant pocket! In front of everyone, she lifts my top up to look for my pockets. I'm trying to pull my top down; her head is under my top and I'm trying not to laugh, be embarrassed and stay collected

for my presentation while she was so serious and annoyed at me. She had to see for herself that I didn't have any pockets in my pants. Who has no pockets in their pants?? I try to have none as they make my hips bigger than they al-

ready are!

Generally, if lucky enough to travel locally and overseas, it is always fun, like an adventure. I enjoy travelling and learning about places I have never been to before.

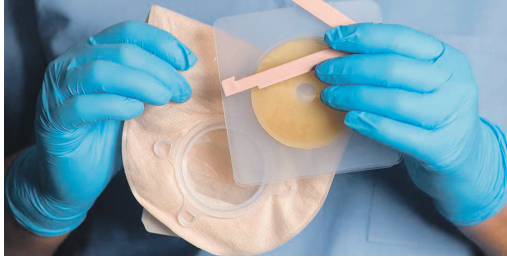
Aren't I lucky to have been unconsciously guided down this path to Stomal Therapy? It has been such a rewarding career for me where I have spent the last twenty-two years at Westmead Public Hospital as a CNC Stomal Therapy. I have had the privilege of collaborating with many talented people, patients and I am forever grateful for their support, understanding and help over the years.

My next journey will be as the Stomal Therapy Nurse linked to Ostomy NSW Ltd. I hope with all my heart that I will be able to help any ostomates that connect with me in any way I can. No one person's experience is complete, and it is realistic to acknowledge that we are all learning and together hopefully we will be able to address any problems that arise.

I will look forward to hearing from you in the future.

Kind regards,

**Lee Gavegan**  
**Stomal Therapist**  
**Ostomy NSW Ltd M: 0499 980 330**



# IMPORTANT

## 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 write your current **Medicare number** and **Valid To date** on your order (in the notes field) for us to update our records

**We need your full number**

eg: 1234 56789 2

**Your position on card eg:**

2 Jane A Citizen

**Expiry date eg: 08/2020**



Please check and update on your next order, or email to

[orders@ostomynsw.org.au](mailto:orders@ostomynsw.org.au)

and remember to quote your membership number.

Check if you are using an expired number from a past order form.

ONL order forms all provide space for your Medicare number:

- Packing slip order form
- Online order form
- Templates on our website

I confirm I am eligible to claim products under the Stoma Appliance Scheme and that the goods requested are for my own personal use.



## KEEP US INFORMED OF YOUR DETAILS FROM YOUR PACKING SLIP

**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.

**Account Balance:** The balance of your account, after any costs associated with this order \$XX.XX

OSTOMY NSW LTD  
PO BOX 3068  
KIRRAWEE NSW 2232  
Tel : 02 9542 1300  
Fax: 02 9542 1400

Packing form: 26/04/2022

\* Membership Fees for 2022/23 are soon due \*  
Full membership \$70  
Concession \$60  
Membership fees must be paid by 1<sup>st</sup> July 2022.  
Thank you for your prompt attention to payments.

**Ms. N. MEMBER**  
**1 STREET ROAD**  
**KIRRAWEE NSW 2232**

EMAIL: new.member@bigpond.com  
MOBILE: 0400 123 456  
Member No: **12345X**

**Delivery NSW**

**The balance of your account, after any costs associated with this order is \$62.00.**

You may use the reverse of this form to order again when you next require supplies.  
Fill in the order form and then fax to (02) 9542 1400, mail to the address above or scan and email to orders@ostomynsw.org.au.

The following products are enclosed

Supplier Item No	Supplier	Description	Units	Packets	Maximum
402532	CC	STOMAHESIVE 402532 SYS. 2 STD. DRAINABLE 38MM	60	6 pkt	60
125143	CC	STOMAHESIVE 125143 SYS. 2 WAFERS 38MM	5	1 pkt	30
183910	CC	STOMAHESIVE 183910 PASTE 60G	1	1 pkt	3

See other side for order form

**Front**



# DONATE YOUR DRINK CONTAINERS TO SUPPORT OUR FUNDRAISING EFFORTS



Scan your barcode at the machine

**1**

**SCAN this BARCODE  
at the machine reader**



**2**

**Return your glass bottles;  
plastic bottles; and cans**

**PAYOUT**

**3**

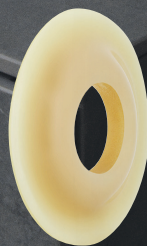
**Select payout when you  
have completed returning  
your containers**

**THANK YOU**

**4**

**Your DONATION has been  
received by Ostomy NSW**

# A new combination to feel secure



SenSura® Mio Concave fits snugly over outward areas.

+ **Brava® Protective Seal Convex** provides convexity to the area around your stoma and can be shaped to fit round or oval stomas.

▼ **Double protection** for a snug seal between the baseplate and your skin.

*Together, Brava Protective Seal Convex and SenSura Mio Concave help you personalise the fit of your pouching solution*

If your stoma lies at or below your skin level, or if you have skin folds, creases, or scars, try the new **Brava Protective Seal Convex** combined with SenSura Mio Concave – a solution specially designed to fit snugly over outward areas.

Get your free Brava Protective Seal Convex samples today!

🖨️ [http://coloplast.to/BPS\\_Convex](http://coloplast.to/BPS_Convex)

☎️ 1800 531 823



NEW



TGA: ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE



**Brava® Protective Seal Convex**

Coloplast Pty Ltd, PO Box 240, Mount Waverley, VIC 3149 Australia  
[www.coloplast.com.au](http://www.coloplast.com.au) The Coloplast logo is a registered trademark of Coloplast A/S. ©2022-02 CEX140c. All rights reserved Coloplast A/S

## PERRY TRIP TO IRELAND – AN ONL STORY

After three failed attempts due to Covid and international border closures, our family finally made it to Ireland for our planned trip. Originally we planned to attend a family member wedding and hoping for a white Christmas. The pandemic postponed the wedding but also stopped us from travelling.

The federal government relaxed the restrictions, we took up our credit with the airline and booked our flights for a white Christmas in Ireland.

After we booked we began the process of getting extra supplies from ONL and travel insurance for a pre-existing condition. The friendly staff at ONL organised all my supplies and my concerns were dissipated once I received all the items that I required.

Travel insurance took a while to source, but I finally found a company and I was feeling more secure knowing that the Ireland and Australian governments have reciprocal medical healthcare arrangements.

headed to our Hotel. The aim was simply to try and stay awake as long as possible to beat jetlag, we hit the beach and became very active and felt alive, and then as they say what goes up, must come down and we crashed, but with the time zone heading into Ireland in a few days we were happy with our plan.

Dubai is a great city if you are a tourist or a cashed up local, unfortunately, if you are not then it's a harsh city to live with the extreme heat and the local sandstorms.

We played tourist and went and visited the worlds tallest building and then went to the man-made lagoon in town and watched a laser show. We visited the worlds biggest shopping centre and the highlight for me in Dubai was the Dubai snow park which is an indoor version of the North Pole where we fed penguins and snow skied whilst it was over 30 degrees outside.

The second last day was another travel PCR test in order to get us into Ireland from

---

I highly recommend that where possible everyone take the chance to travel, the safe guards we put in place such as extra stoma bags, travel insurance, knowing where the local associations are etc all gave me the confidence to travel and experience a trip of a lifetime!

---

The last thing we required was a travel PCR test to depart Australia at \$75 a pop which was an expensive exercise on top of the uncomfortable feeling of having the swabs shoved up passed my eyeballs.

The big day arrived and we headed to the airport with paperwork, passports, and our new best friend the mask. It was compulsory that we all wore masks inside the airport and then on the plane.

The flight to Dubai was a long flight with masks on during the entire trip plus to top it off, we had an additional hour sitting on the plane while they fixed a maintenance problem.

We arrived in a sunny and warm Dubai and

Dubai, which was another \$105 each.

We finally arrived in Dublin, where grey rain clouds and a chilly 4 degrees greeted us for our trip to Kinsale, in County Cork. The drive in the hire car was an experience with the blinkers and wiper handles on the opposite side to the location in my car, so every time I changed lanes the wipers came on, it took a while to adjust to that.

Once in Kinsale it was a knock on the door to surprise the family members there and a bit of confusion then happiness as loved ones saw each other for the first time in what seemed like many years.

When I got over the shock of the sun coming up around 9:00am and going down





Consider the Two-Piece Soft Convex

**CeraPlus™ Skin Barrier**

*with Remois Technology\**

**REQUEST  
A SAMPLE**  
of the Soft Convex  
CeraPlus skin  
barrier.

The Two-Piece Soft Convex CeraPlus skin barrier is designed to:

- **achieve a comfortable fit**
- **help prevent leakage**
- **help maintain healthy skin**



**Call Customer Care on 1800 880 851**  
or visit **[www.hollister.com.au](http://www.hollister.com.au)**

Prior to use, be sure to read the instructions for use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions for Use. The Hollister logo, CeraPlus and "Healthy skin. Positive Outcomes." are trademarks of Hollister Incorporated. All other trademarks and copyrights are the property of their respective owners. Not all products are CE marked. © 2022 Hollister Incorporated. AUH275. February 2022.



*\*Remois is a technology  
of Alcare Co., Ltd.*



**WINTER 2022**

**Ostomy Care**  
*Healthy skin. Positive outcomes.*

# Feeling Comfortable In Your Own Skin



Worry less about skin problems  
with the help of TRE

## NovaLife TRE™ product range:

- Stays in place, yet easy to remove
- Help absorb stoma output and perspiration to protect your skin
- Help maintain the pH balance of naturally healthy skin

When it comes to your skin, there's no such thing as too much protection. Visit [www.dansac.com.au/tretechnology](http://www.dansac.com.au/tretechnology) to learn more.

To order a free sample, contact Customer Care on **1800 880 851**

Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.

Dansac, the Dansac logo, NovaLife and TRE are trademarks of Dansac A/S.  
© 2021 Dansac A/S. DAN056 July 2021



NovaLife TRE barriers are  
available in 1 piece and 2 piece  
Flat • Soft Convex • Convex



TRE seals are available in 3 sizes  
18mm • 30mm • 40mm

**dansac** 



around 4:00pm I was fine, we did plenty of tourist things plus spent many occasions with family and it was the perfect mix.

Ireland had plenty of issues with Covid and social distancing, mask wearing was in play everywhere we discovered to the horror of all, pubs were closed at 8:30 every night by order of the local government.

Ireland is such a beautiful country steeped in tradition and its hard not to get caught up in it all, as a proud Aboriginal man and knowing what the English did to our people and country and learning what the English did to the Irish made me feel a special kindred to the local people.

One of the special places we visited was the town of Gougane Barra a monastery built on a small island in the 6th century and is the one of the five Pilgrim paths of Ireland. Walking into the Church and then a walk through the surrounding grounds brought a feeling of calmness and peace throughout the body. In true Irish tradition we retreated to the towns only pub and had a nice lunch washed down by a refreshing liquid beverage.

A visit to Ireland must include a visit to Blarney Castle to climb and kiss the Blarney Stone. The climb inside the castle is very

tight and no good for less mobile people or people who are claustrophobic but we all got there and then in the tradition laid down and lent backwards to kiss the stone, which gave us all the gift of the gab.

Christmas day was my very first cold Christmas day and a tradition in Ireland is a swim in the ocean on Christmas day. We went to the beach but I wasn't brave enough to jump in, that's one tradition I will leave to the Irish.

As with all holidays they must end and it was quite sad saying goodbye, although you can face time people these days, you do realise when you say good bye that we really are a long way down under. Driving back from Cork to Dublin the radio weather report said there was a very good chance of snow falling that night and as we got into the area they mentioned snow had fallen. We pulled over and got out of the car and made a few snow balls and threw them, a perfect way to end the trip. We had one more PCR test to get us back into Australia what's another \$95 p.p..

I was a bit anxious to travel especially thinking I might catch Covid or if I have an issue with my stoma, but nothing happened, in fact I caught Covid a week after I arrived home.

# STOMAL THERAPY SERVICES - (NSW &

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

## **NSW STOMA LTD. CLINIC**

Anne Marie Lyons STN.

Mobile: **0468 582 951**

Email: [stomanurse@nswstoma.org.au](mailto:stomanurse@nswstoma.org.au)

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

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

## **OSTOMY NSW LIMITED CLINIC**

Lee Gavegan CNC

Phone: **(02) 9542 1300**

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

## **SYDNEY METRO AREA**

### **BANKSTOWN-LIDCOMBE, FAIRFIELD & BRAESIDE HOSPITALS**

Phone: **(02) 9722 7196**

Tracey McMorrow  
Fiona Le

### **BLACKTOWN HOSPITAL**

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

### **CAMPBELLTOWN PRIVATE HOSPITAL**

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

### **CHRIS O'BRIEN LIFEHOUSE**

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

### **CONCORD REPATRIATION GENERAL HOSPITAL**

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

### **HORNSBY HOSPITAL**

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

### **HURSTVILLE PRIVATE HOSPITAL**

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

### **KAREENA PRIVATE HOSPITAL**

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



# ACT) DIRECTORY AS AT JUNE 2022

## **LIVERPOOL, CAMPBELLTOWN AND CAMDEN HOSPITALS**

Phone: **(02) 8738 4308**

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

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

Diane Hooper

## **MACQUARIE UNIVERSITY HOSPITAL**

Colette Craft CNC STN

Phone: **(02) 9812 3483**

Email: colette.craft@muh.org.au

Kenneth Salazar CNS STN

Phone: **(02) 9812 3484**

Email: kenneth.salazar@muh.org.au

## **MATER HOSPITAL**

Johanna Ward STN

Mobile: **0401 532 108**

Email: wardjohanna@ramsayhealth.com.au

## **MT DRUITT HOSPITAL**

Lesley Jack CNC STN (Mon. to Fri.)

Phone: (02) 9881 8000 Pager 7610

Mobile: **0408 923 788**

## **NEPEAN PRIVATE HOSPITAL**

Nothabo Ndoweni STN

Phone: (02) 4732 7333

Phone the Banksia Ward and leave a message

Kerrie Wrenford STN

Phone: **(02) 4734 1245**

Fax: (02) 4734 1426

## **NEPEAN PUBLIC HOSPITAL**

Naomi Houston CNS STN

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

**(02) 4734 2000** and request a page)

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

## **NORTHERN BEACHES HOSPITAL**

Phone: **(02) 9105 5549**

Kathryn Bolton

Sarah Beecham

## **NORTH SHORE PRIVATE**

Johanna Ward STN

Phone: **(02) 8425 3540**

## **NORWEST PRIVATE HOSPITAL**

Phone: **(02) 8882 8882**

Kieren Zaballa STN

Email: kieren.rocillo@healthscope.com.au

## **PRINCE OF WALES**

Phone: **(02) 9382 3869**

Katherine Wykes Page 44220

Lisa Graaf CNC Page 44403

Michael Breeze Page 44220

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

## **PRINCE OF WALES AND SYDNEY CHILDREN'S HOSPITAL**

Alison Kennedy STN

Phone: **(02) 9282 1627**

## **PRINCE OF WALES PRIVATE HOSPITAL**

Phone: **(02) 9650 4470**

Mandy Richardson CNC

## **ROYAL NORTH SHORE HOSPITAL**

Rachael Hodgkins

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

## **ROYAL WOMEN'S HOSPITAL**

Jenny Duggan STN

Mobile: **0417 944 247**

## **ROYAL PRINCE ALFRED HOSPITAL**

Phone: **(02) 9515 7280**

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

Colleen Mendes CNC

Betty Boles CNC STN

## **RYDE HOSPITAL**

Lisa Naylor (Mon. and Thurs.)

Phone: **(02) 9858 7987**

## **ST GEORGE PRIVATE HOSPITAL, KOGARAH**

Phone: **(02) 9598 5342** Kerrin Hammon CNS

## **ST GEORGE PUBLIC HOSPITAL**

Phone: **(02) 9113 3519**

Daniela Levido CNC

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

Anne Mamo CNS

Deborah Dutchak CNS

Melanie Perez

## **STRATHFIELD PRIVATE HOSPITAL**

Maureen O'Shannessy CNC

Phone: **(02) 9745 7444**

# STOMAL THERAPY SERVICES - (NSW &

## **ST VINCENT'S PRIVATE HOSPITAL**

Marnie Simpson  
Louise Gallagher  
Phone: (02) 8382 7010

## **ST VINCENT'S PUBLIC HOSPITAL**

Mark Murtagh CNC  
Phone: (02) 8382 2671 or (02) 8382 1111  
(pager 6158)  
Ann Sullivan Phone: (02) 8382 2963

## **SUTHERLAND HOSPITAL**

Melissa Lampard CNC (Mon. to Thu., 8am-4pm)  
Phone: (02) 9540 7111 (pager 473)

## **SYDNEY ADVENTIST HOSPITAL**

Email: StomalTherapy@sah.org.au  
Glenda Flew CNS Mobile: 0419 285 113  
Sandra Cryer CNC STN Phone: (02) 9487 9111  
Kerrie Whitson CNC STN Phone: (02) 9480 4972

## **WESTMEAD CHILDREN'S HOSPITAL**

Charmaïne Richards CNC Stomal Therapy/  
Wound Management  
Phone: (02) 9845 2158  
Email: Charmaine.Richards@health.nsw.gov.au

## **WESTMEAD HOSPITAL**

Fiona (Lee) Gavegan CNC  
Mobile: 0409 962 111  
Email: Fiona.Gavegan@health.nsw.gov.au  
Karen Shedden CNC  
Phone: (02) 8890 5555 (page 22888 or 27904)  
Mobile: 0427 127 795  
Email: Karen.Shedden@health.nsw.gov.au  
Call the answering service on (02) 8890 7969 if unable to contact via pager.

## **ILLWARRA AND SOUTH COAST**

### **BATEMANS BAY & MORUYA HOSPITALS**

Trena O'Shea CNS STN (Clinical Co-ordinator)  
Phone: (02) 4474 2666  
Email: trena.Oshea@health.nsw.gov.au  
Servicing Monaro, South Coast & Southern Tablelands.

## **BEGA COMMUNITY HEALTH CENTRE**

PO Box 173, Bega NSW 2550  
Julie Metcalf CNS STN (Mon / Tue, 8:30am-4pm)  
Phone: (02) 6491 9800  
Email: julie.metcalf@health.nsw.gov.au

## **NOWRA COMMUNITY HEALTH CENTRE**

5 – 7 Lawrence Ave, Nowra 2541  
Stomal Therapy Clinic: Mondays by appointment  
Phone: (02) 4424 6300  
Fax: (02) 4424 6347  
Brenda Christiansen STN (Mon. to Fri., Clinic)

## **RAMSAY PRIVATE NOWRA**

Liz McLeod Phone: (02) 4421 5855

## **WOLLONGONG HOSPITAL**

Julia Kittscha CNC Phone: (02) 4255 1594  
Mobile: 0414 421 021  
Email: Julia.Kittscha@health.nsw.gov.au

## **WOLLONGONG PRIVATE HOSPITAL**

Helen Richards CNC (Ward 4 South, Mon. only)  
Phone: (02) 4286 1109  
Fax: (02) 4286 1312

## **CENTRAL COAST**

### **GOSFORD DISTRICT HOSPITAL**

Phone: (02) 4320 3323  
Sharon Gibbins  
Mary Cuzner  
Annika Leystone (Mon. to Fri., 8am-4pm)  
Deb Day CNC  
Emma Cutugno

### **GOSFORD PRIVATE HOSPITAL**

Phone: (02) 4304 3297  
Karen McNamara STN  
Dee Coulton STN

# ACT) DIRECTORY AS AT JUNE 2022

## NEWCASTLE REGION

### CALVARY MATER HOSPITAL

Phone: (02) 4014 3815

Email: stomaltherapy@calvarymater.org.au

Tess Richards CNC

Jane Fifield STN

Lara Riley STN

Casey Luke

Kellie-Anne Russell

Phone: (02) 4014 3810.

### JOHN HUNTER HOSPITAL

Phone: (02) 4921 3000

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

Jenny O'Donnell CNC

Karen Cole STN

Mitchell Eddington (casual)

### HUNTER VALLEY PRIVATE HOSPITAL

Alison Lincoln STN

Phone: (02) 4944 3777

Email: alison.lincoln@healthecare.com.au

### LAKE MACQUARIE PRIVATE HOSPITAL

Rachel Wiley (Mon. to Thu.)

Phone: (02) 4947 5362

### LINGARD PRIVATE HOSPITAL

Alison Lincoln STN

Phone: (02) 4969 6799 for an appointment

Email: alison.lincoln@healthecare.com.au

### MAITLAND PUBLIC HOSPITAL

Phone: (02) 4936 5507

Remedios Wilson STN

Email: remedios.wilson@health.nsw.gov.au

Phone: (02) 4939 2000

### MAITLAND PRIVATE HOSPITAL

Rhonda Farthing (Education)

Phone: (02) 4931 2304

### NEWCASTLE PRIVATE HOSPITAL

Phone: (02) 4941 8741

Jill Fairhall STN CNC

Cecelia King (casual)

### WALLSEND COMMUNITY HEALTH

vacant

Nash Street, Wallsend.

Phone: (02) 4924 6100

## NORTH COAST

### COFFS HARBOUR COMMUNITY NURSING

HEALTH CAMPUS

Mandy Hawkins CNC, STN/Continence

Roslyn Adamson

Phone: (02) 6656 7820

Alyssa Higoe

Phone: (02) 6656 5467

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

### GRAFTON BASE HOSPITAL

Jane Kulas STN CNS

Phone: (02) 6640 2222

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

### GRAFTON COMMUNITY HEALTH

Jane Kulas STN CNS

Phone: (02) 6641 8200

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

### LISMORE BASE HOSPITAL

Phone: (02) 6620 2850

Margaret McKee STN CNC

Belinda Sams CNS for in-hospital

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

Janelle Wilson STN

Phone: (02) 6621 3252

Outpatient service also available on Tuesday and Friday

### LISMORE COMMUNITY HEALTH

Janelle Wilson STN

29 Molesworth Street, Lismore.

Phone: (02) 6620 2097

Mobile: 0499 540 325 Fax: (02) 6620 2963

### MACLEAN DISTRICT HOSPITAL AND COMMUNITY HEALTH

Jane Kulas STN CNS

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

### MANNING HOSPITAL (TAREE)

Phone: (02) 6592 9469

Karla MacTaggart STN (Tue. to Thu.)

Mobile: 0419 859 281

Naomi Case STN (Tue. to Thu.)

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

# STOMAL THERAPY SERVICES - (NSW &

## PORT MACQUARIE BASE HOSPITAL

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

## PORT MACQUARIE AND KEMPSEY COMMUNITY HEALTH CENTRES

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

## ST VINCENT'S HOSPITAL (LISMORE)

Debbie Flick STN  
Phone: **(02) 6627 9448** or **(02) 6627 9449**

## TWEED HEADS COMMUNITY HEALTH CENTRE

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

## NEW ENGLAND

### TAMWORTH BASE HOSPITAL

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

### NARRABRI COMMUNITY HEALTH

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

## WESTERN NSW

### ALBURY WONDONGA HEALTH SERVICE

Phone: **(02) 6058 1800**  
Mobile: **0457 522 000**  
Gerardine O'Brien  
Amanda Forbes

### ALBURY WODONGA PRIVATE HOSPITAL (AWPH/ASG)

1125 Pemberton St., Albury 2640  
Gerardine O'Brien STN  
Phone: **(02) 6022 4350**  
Email: gerardine@alburysurgical.com.au

### BATHURST HEALTH SERVICE

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

### BROKEN HILL BASE HOSPITAL

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

### DUBBO BASE HOSPITAL

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

### GRIFFITH BASE HOSPITAL

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

### GRIFFITH COMMUNITY HEALTH

Raye Martin STN  
Phone: **(02) 6922 9903**  
Email: raye.martin@gsahs.health.nsw.gov.au

# ACT) DIRECTORY AS AT JUNE 2022

## **ORANGE HEALTH SERVICES**

Joe Webster STN

Phone: **(02) 6369 7455**

Email: [Joseph.Webster@health.nsw.gov.au](mailto:Joseph.Webster@health.nsw.gov.au)

## **WAGGA WAGGA BASE HOSPITAL**

Irene Cozens

Phone: **(02) 5943 1545**

Karyn Bowering

Phone: **(02) 5943 1500**

Naomi Smith

Mobile: **0412 324 136**

## **WAGGA WAGGA RURAL REFFERAL HOSPITAL**

Karrinda Kenny

Mobile: **0412 324 136**

## **YOUNG MERCY CENTRE**

Contact Community Nurses

Phone: **(02) 6382 8444**

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

## **CALVARY HOSPITAL (CANBERRA)**

Marree Pegrem STN.

Phone: **(02) 6201 6045**

Kellie Burke CNC

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

## **COOMA HEALTH SERVICE**

Vicki Black STN

Phone: **(02) 6455 3222**

## **COOTAMUNDRA HOSPITAL**

Raylene Godvier

Phone: **(02) 6942 1861**

Mobile: **0419 123 508**

## **QUEANBEYAN COMMUNITY HEALTH CENTRE**

**Jo Morgan STN**

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

Visits patients in Queanbeyan & Yarralumla areas.

## **CANBERRA AND DISTRICT**

### **ACT COMMUNITY HEALTH CARE**

Clare Love CNC

Phone: **(02) 6205 2147**

### **BELCONNEN HEALTH**

Cheryl Jannaway CNC

Phone: **(02) 6205 1201**

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





# 2022 REGIONAL

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

## BANKSTOWN AREA

- Dates:** 1st Wednesday every 2nd month commencing Wednesday 2nd February 2022; then 6th April 2022, 1st June 2022, 3rd August 2022, 5th October 2022, 7th December 2022
- Time:** 10:00am to 12:00pm – morning tea
- Address:** Revesby Workers Club, 2B Brett Street, Revesby, Ph 02 9772 2100
- Access:** Close to public transport and lots of free parking
- About:** A stoma support group hosted by Bankstown Hospital STNs for you and your family. Everyone is welcome but must be double vaccinated.
- RSVP:** Please RSVP for catering purposes to your Bankstown Hospital STN or Clare Jacobs on 0400 921 901 or [aucldo@coloplast.com](mailto:aucldo@coloplast.com) for further information.

## ST GEORGE AREA

- Dates:** 3rd Tuesday of every month March 15th, April 19th, May 17th, June 21st
- Time:** 11:00am - 1:00pm – morning tea
- Address:** Ramsgate RSL Club, Ramsgate Road and Chuter Avenue, Sans Souci NSW 2219
- Access:** Close to public transport and free parking
- About:** Everyone welcome – please RSVP for catering purposes to your STN or Clare Jacobs on 0400 921 901.

## SHOALHAVEN SUPPORT GROUP

- Dates:** 23rd February 2022, Nowra School of Arts Annex  
25th May 2022, Nowra School of Arts Annex  
27th July 2022, Ulladulla Community Health Centre  
26th October 2022, Nowra School of Arts Annex  
14th December 2022, Ulladulla Community Health Centre
- Time:** 2:00pm
- Address:** Nowra school of Arts Annex: adjacent to School of Arts, 12 Berry Street, Nowra. Car parking surrounds the building. Ulladulla Community Health Centre: Corner of South Street and Princes Hwy, Ulladulla. Street parking.
- About:** The contact is Brenda Christiansen STN CNC. Ph. 02 44246300  
[e. brenda.christiansen@health.nsw.gov.au](mailto:brenda.christiansen@health.nsw.gov.au)

## DUBBO STOMA SUPPORT GROUP

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

## BOWRAL STOMA SUPPORT GROUP

- Dates:** 1st March, 7th June, 6th September and 29 November  
– Due to current COVID restrictions only fully vaccinated people may attend. Proof will be required upon entry.
- Time:** 1pm to 3:00pm Everyone is welcome!! Please RSVP 1 week prior.
- Address:** Bowral Bowling Club, 40 Shepherd Street, Bowral
- Contact:** Lu Wang & Erin Wagner Stomal Therapists, Liverpool Hospital—(02) 87384308  
Or Clare Jacobs 0400 921 901 / [aucldo@coloplast.com](mailto:aucldo@coloplast.com).

# INFORMATION MEETINGS

## NEPEAN EDUCATION STOMA SUPPORT GROUP

**Dates:** Last Friday every second month, commencing in April 2022 (and Covid dependent)  
29th April, 24th June, 26th August, 4th November (not 28th Oct).

**Time:** 2-3:30pm – afternoon tea

**Address:** 63 Derby St, Penrith (University of Sydney Medical School)

**Access:** The building is opposite Nepean Hospital's Emergency Department. Enter via the side path to the Clinical School's Outpatient waiting room.  
Please wait until 2:00 pm when you will be directed to the meeting room.

Car Parking: Either on the street or in the multi-story car park on Somerset Street, Kingswood (free for pensioners for the first 3 hours)

**About:** Family & friends are most welcome. Any enquiries please contact Naomi Houston on 4734 1245

## SOUTH WEST SYDNEY AND LIVERPOOL STOMA SUPPORT GROUP

South West Sydney and Liverpool stoma support group 2022

**Dates:** 3rd Thursday every second month 17th February, 21st April, 16th of June,  
Thursday 30th September and Thursday 16th December

**Time:** 1:30pm to 3:30pm

**Address:** Campbelltown Catholic Club 20/22 Camden Rd, Campbelltown NSW 2560

**Contact:** Erin or Lu on (02) 8738 4308, or Bernadette 0412 222 566

## ILLAWARRA OSTOMY INFORMATION GROUP

**Dates:** 16th Feb, 13th April, 15th June, 10th August, 12th Oct,  
14th Dec (Xmas luncheon. Venue to be advised)

**Time:** 10:00am to 12:00pm

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

**Contact:** For Further Information contact:

Helen Richards CNC STN Wollongong Private Hospital phone: 42861109

richardsh@ramsayhealth.com.au

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

julia.kittscha@health.nsw.gov.au

## CANBERRA ACT SUPPORT GROUP

**Dates:** 2nd Tuesday every month – commencing from Tuesday 8th February 2022;  
then 8th March 2022, 12th April 2022, 10th May 2022, 14th June 2022, 12th July 2022

**Time:** 10:00am to 12:00pm

**Address:** Act & Districts Stoma Association {the old stoma association room}  
2nd Floor, City Health Building, 1 Moore St, (Cnr Moore & Alinga ST), Canberra

**Contact:** Your Stomal Therapy Nurse, or Clare Jacobs on 0400 921 901, or Geoff Rhodes {actual ostomate happy to chat with you} on 0416 206 871 or email Clare on auctdo@coloplast.com for further Information. Everyone is welcome but must be double vaccinated to attend. RSVP for this meeting is required by ACT Health so we can comply with COVID numbers and restrictions.

## GRAFTON/CLARENCE VALLEY 2022 \*NEW

**Dates:** Tuesday 9th August 2022

**Time:** 10am to 11:00am Everyone is welcome!!

**Address:** Aruma Community Health, 175 Queen St, Grafton NSW 2460

**Register:** Jane Kulas Tel (02) 6640 2222 | Mob 0459 943 062

**Contact:** Jane Kulas Tel (02) 6640 2222 | Mob 0459 943 062

## Stephen Grange, Vice President

For me, in 2006, an ostomy gave me life. I remained in paid employment, then retired to enjoy my grandkids. To listen, talk to my wife. Enjoy other cultures (pre Covid!!). I've been an ONL Director since November 2007. In 2007 our (now) Emeritus Chairperson Tom Flood OAM wrote to members to say 'join the Board or we close'. With 5 others I joined. I can't live without pouches, wipes, seals. How about you??

Without sufficient participation ostomates won't have SAS (Stoma Appliance Scheme) delivered by not-for-profit charities, mostly by volunteers. It will be replaced with for-profit organisations, with fee for service charges, paid by ostomates or the Government. ONL was nearly privatised in 2020 (Ostomy Australia page 5 August 2021) Throughout 2021 the previous Government declined to pay more to Associations.

The ONL (Ostomy NSW Limited) Board decided in April 2022 to not permanently increase membership fees trusting ostomates to make \$10-\$50 contribution. In June 2022 the media reported inflation costs of 5%-6% through to 2024. 69% of ONL members are concessional card holders and the Board expect more members to suffer financial distress.

In May 2022 ONL member participation survey suggested "members feel they don't need to be involved because they reside outside Sydney, and the service will continue as expected". As at 15 June 2022 over 294 members have donated with their renew. Participation for ONL members includes tax deductible donations to fund nursing services and provision of services for the disadvantaged.

What you would expect a charity to do but care for ostomates who are less than 100%? ONL engage with volunteers who care to save members \$264,000pa.

The ONL Board calculated a voluntary contribution target of \$150,000 to 30 June 2023. (tax deductible). Costs and revenue was explained in the Autumn 2022 magazine. ONL's external accountant advised the Board to 30 June 2021, that employee benefit cost was only 5.6% on

Department of Health fee income.

### STN (Stomal Therapy Nurse).

Elsewhere in this magazine members' STN nurse is introduced

ONL request a donation of \$10 per 30 minute consult time with an STN. A new member zoom session occurs monthly. Education sessions will occur more frequently, regularly with video recorded on the ONL web site section "Education and Wellbeing". Ostomates tell us having access to a stomal therapy nurse is critical. STN's are qualified professional and their time is precious and costly.

Some ostomates enjoy near normal lives while others need more support. For example an ONL staff talking through members SAS orders or non-availability of items or the members need to have a talk consult with a stomal nurse.

---

You need to know your stoma. Know about supply of your items. New items...ensure we have a valid mobile phone number and email address.

---

ONL for many years has partially covered the costs of training and certifying 2-3 new stomal nurses each year. One day will all need a stomal nurse. This is a worthwhile use of members' funds.

Resumption of NSW ostomate Education Days recommences in Newcastle on 24th June 2022. Other venues will be announced during 2022-3.

Please find some \$\$ to contribute. ONL really wants the concept of voluntary contribution donations to replace compulsory fee cost increase for all ostomates. Inflation will ensure ONL's costs rise during 2023-4.

### Background references

The members of Ostomy NSW are focused as a result of three major ostomate surveys. Further a recent survey in the ONL Summer 2022 magazine clearly informed what ostomates want in services. ONL fees

# SUPORTX<sup>TM</sup>



sutherlandmedical



Suportx<sup>TM</sup> Breathable  
Shorts and Briefs

Suportx<sup>TM</sup> Girdles



Suportx<sup>TM</sup> Shield Belt

**Suportx<sup>TM</sup> Hernia Support**

Variety of sizes and colours, supports abdominal muscles and helps prevent or support hernia and are designed to be worn over a stoma pouch without restricting the natural output of the stoma.

Check out our Full Product Brochure at [www.sutherlandmedical.com.au](http://www.sutherlandmedical.com.au)



1300 664 027

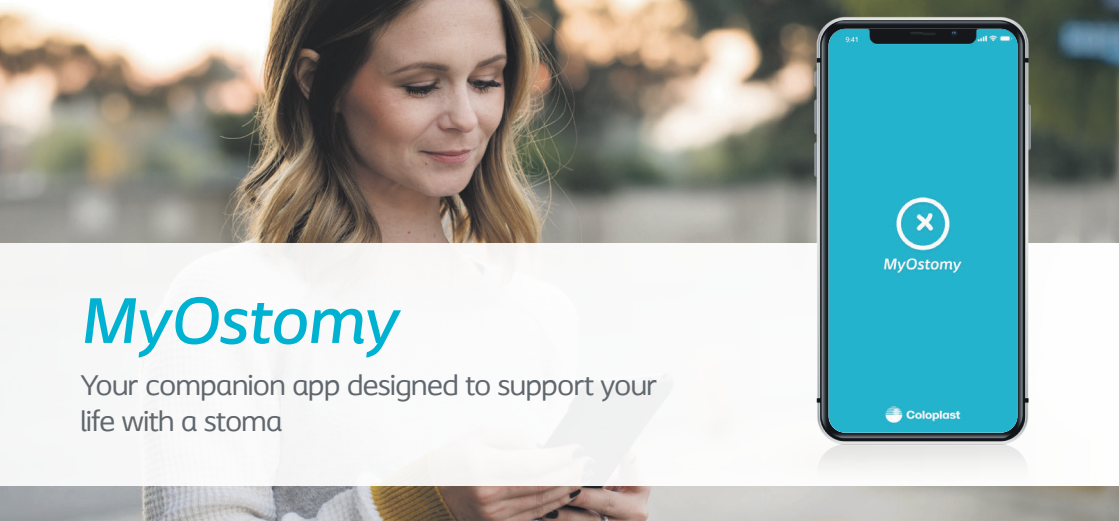
Mon - Fri 8:30 - 4pm  
excluding Public Holiday



[www.sutherlandmedical.com.au](http://www.sutherlandmedical.com.au)



Sutherland Medical  
Unit 2, 195 Chesterville Road,  
Moorabbin VIC 3189,  
Australia



# MyOstomy

Your companion app designed to support your life with a stoma



MyOstomy is designed to support you in managing your life with a stoma with various features that can be useful in your daily life.

## MyOstomy offers you:

**A digital stoma journal**

Take pictures of your stoma and log your changing routine to build your digital stoma journal.

**Set and track goals**

Set personalised goals for your daily life and track your progress to inspire and motivate you.

**Learn and get inspired**

Looking for information that can support your daily life with a stoma? Get access to a personalised library of educational and inspirational content.

Scan the QR code to download MyOstomy today

Available on the App Store

GET IT ON Google Play



**Got any questions about MyOstomy or living with a stoma in general?**  
Contact our dedicated Coloplast Care specialists to get free and personalised advice.

 1800 431 297       [aucare@coloplast.com](mailto:aucare@coloplast.com)



are spent solving member stated needs.

In Autumn 2022 the ONL magazine explained ONL revenue and costs. The media may criticise charities that spend large portions of revenue on staff, staff functions, and promotions. In 2021/2 ONL spent 5.6% of Medicare distribution fee income, being 2.75% on SAS values, and on ONL employee benefits.

From July 2020 ONL have been using email, facebook, web site and SMS communications to inform members of important issues e.g. availability of pouches and other SAS items. An AGM mail post-out costs \$9,000-\$10,000. That money can buy 4 months STN clinic services for all members.

ONL still has to many members with no current mobile phone number or no email address and can include a carer or a family member. To employ extra staff to make phone calls is a cost we believe ostomates generally are not prepared to fund. Cost of accessing SAS is reported in surveys, as a problem (a negative).

The days of posting a letter attaching a stamp are over. Ostomates tell us that they want fast updates on supply. They want lowest costs for themselves to use the Stoma Appliance Scheme "SAS".

ONL FOR MANY YEARS HAS PARTIALLY COVERED THE COSTS OF TRAINING CERTIFYING 2-3 NEW STOMAL THERAPY NURSES EACH YEAR. WE WILL ALL ONE DAY NEED A STOMAL NURSE. THIS IS A WORTHWHILE USE OF MEMBERS' FUNDS.

Some of our members are children. Some older (I am 67 with a 16 year old ostomy) ostomates who can afford a few dollars, need to fund an organization for now, and for tomorrow to help ostomates of today have capable lifestyles in 10 – 20 years. I donate 'return earn bottle' money. The Government's SAS (Stomal Appliance Scheme) created in 1975 (the 'Whitlam dismissal year!!) is wonderful for ostomates. In 2021 Federal Department of Health expected Associations to raise funds to deliver education and dispatch services to ostomates.

There are 3,915 SAS items and is an

enormous inventory to understand, know and interpret supply rules. So your pouches, wipes, clothing items' costs are covered for you by PBS-Medicare. Like a bulk billed medical practice.

Covid , Omicron, Monkeypox, influenza.. etc

Whether we are past the worst, time will tell. For ostomates, many with under lying health issues ( as I do) the last two plus years have been isolating, frustrating, anxious, zooming. ONL people at Kirrawee have battled on for us. Many of the parcels you receive are packed by volunteers. These wonderful people do an accurate, excellent job. They enjoy it.

### Know your ONL

Go to ONLs (Ostomy NSW Limited) web site Company notices: [https://www.ostomynsw.org.au/company\\_notices18.php](https://www.ostomynsw.org.au/company_notices18.php)

The Board's 2021 update and explanation of the operations financials are detailed. Do note the surplus relates partially to the timing receipt of ONL's various insurance claim payments from GIO Australia, as compared to our claim costs. We all thank GIO for their claim attitude.

### Summary

Improve your service by ensuring ONL have members email and mobile phone contact details

You now have access to a STN (Stomal Therapy Nurse) for tele health consult (donation requested),

Save ONL communication costs (supply email/phone).

Only phone if complex issue otherwise email,

Use ONLs online order and payment services. ONL purchases are secure payments.

Answer the Summer magazine member survey – tell us how it all going.

Decide how you can help Australian ostomates. With donation\$, volunteering, joining the Board. ONL Board members are ostomates. We are an 'ostmocracy'. We believe in two viable Ostomy Associations in NSW. Volunteering is donating and is Valuable!

NEW

# choose freedom

**Don't accept leaks,  
choose eakin freeseal®**

eakin freeseal® is just  
1.8mm thin, ideal for  
convex drainable pouches.

Choose freedom from  
leaks, to live every day  
with confidence.

Life with  
**freeseal®**



eakin  
**freeseal®**

**Order your free  
sample now**

**AU 1800 819 274**

[info@omnigon.com.au](mailto:info@omnigon.com.au)

[www.omnigon.com.au](http://www.omnigon.com.au)

Life  
**Before**



**OMNIGON**