

OSTOMY

AUTUMN 2026

NSW LTD



SEE PAGE 3 FOR
MORE DETAILS.

CONTENTS

Company News	3-7
The Day My Stoma, Joey, Spoke Before I Did.....	8
Happy Birthday Heather Hill AM	10
An Anniversary Wish	13
Lets Travel	14-20
Stomal Therapy Services - (NSW & ACT) Directory	22-27
NSW / ACT Support Group Meetings 2024/25	28-30

TO CONTRIBUTE ARTICLES/FEEDBACK

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

Autumn 10th April 2026
 Winter 22nd May 2026
 Spring 14th August 2026
 Summer 13th November 2026

ONL Phone: 02 9542 1300

ONL FAX: 02 9542 1400

WEBSITE: www.ostomynsw.org.au

ORDERS: *We are unable to accept phone orders*

Online: http://www.ostomynsw.org.au/order_form18.php Email orders to: 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*

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 \$17; Interstate \$24
- 2-month orders NSW \$34; Interstate \$48
- Express \$26; Click to Boot \$5

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

Vice
 President: Vacant

Treasurer: *Manhattan Prayag*

Directors: *Stephen Byrne
 Jacky Carusi
 Paul Howlett
 Perry Johnstone
 Adam Keam
 Dinaaz Lentin
 Manhattan Prayag
 Terry Scully
 David Turner*

Manager: *Stephen Lardner*

YOUR ONL TEAM:

Operation
 Supervisor: *Vacant*

Warehouse
 Supervisor: *Manny*

THE TEAM:

*Aye Aye, Belinda, Bev, Mel
 Carole-Anne, Cheryl, Debby,
 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.

Introducing...



... the new business name of Ostomy NSW Limited

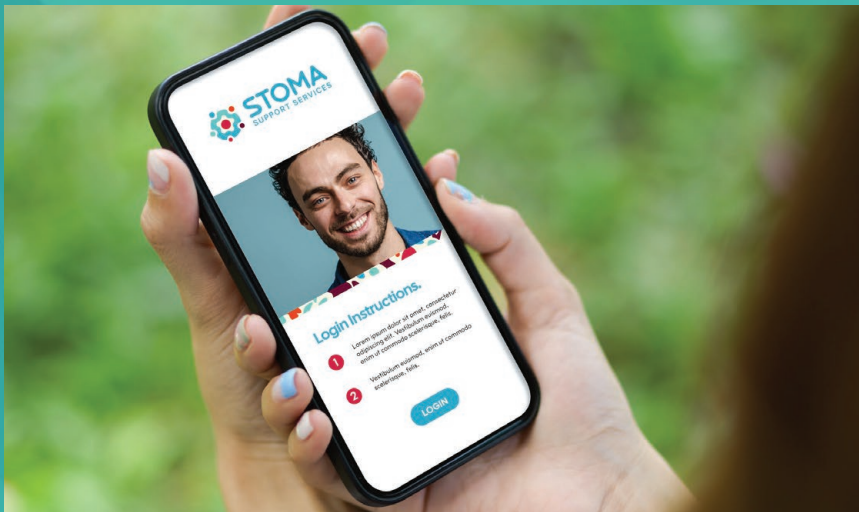
At the heart of the logo is the distinctive red stoma circle.

The shapes that surround it represent the supportive community Stoma Support Services provides and creates - with connection and care.

The multiple circles that surround it speak to the wide range of support, products and services offered, and the multiple people that contribute: carers, donors, nurses, patients, staff and volunteers.

The curving shape which connects them all shows movement and activity - a vibrant, welcoming and positive space.

The colour palette has been chosen for its friendly, refreshing, and nurturing qualities.



What changes, what stays the same?

Officially, we are still Ostomy NSW Limited.

All reference to our business changes to Stoma Support Services.

Timing: May 2026

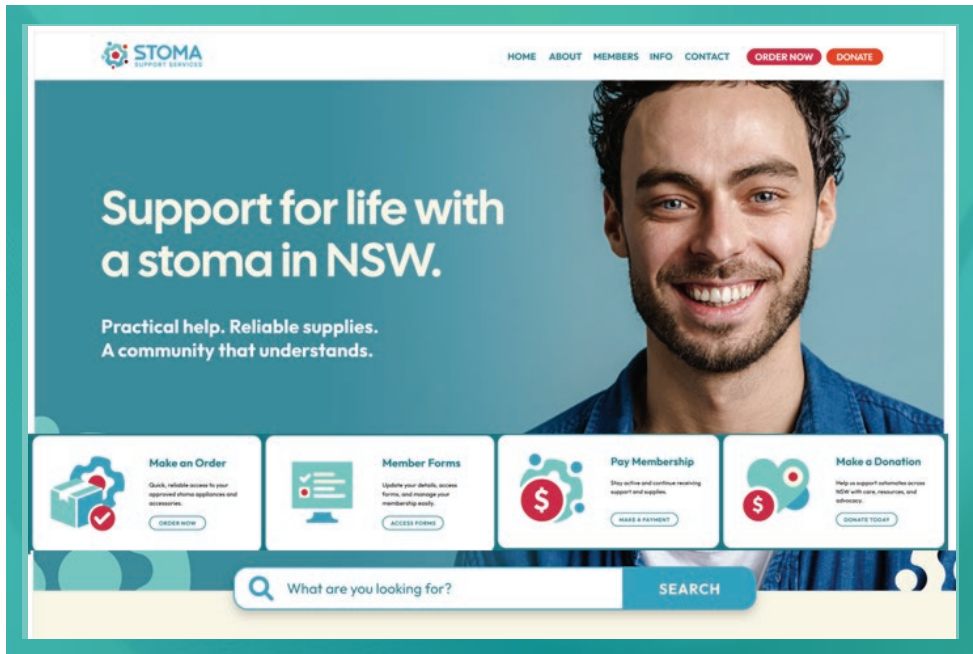
Making it easier to do business with us

New website will guide users more easily.

Easy access to Portal, online ordering and payments.

Resources for STNs to find forms, sign up members.

Product information available on our website.



Stoma Support Services

MISSION

To deliver and distribute stoma products for ostomates to ensure they live their best life.

VISION

Ostomy NSW stands as a beacon of hope and empowerment, guiding ostomates and their families towards a life of confidence and normalcy, underpinned by a commitment to improving the quality of life through every stage of their ostomy journey.

VALUES

**We Advocate
and nurture
our support
network**

**We put our
members
needs first**

**We run
our organisation
in an effective
and efficient
manner**

**Together we
represent the
member's
interest**

**Jointly with
Stoma Nurses
we support our
patients**

History of our association

In October 1957, Betty Hughes, a qualified nursing sister in NSW, with the assistance of Dr Wilson, set about forming **Q.T. Sydney**. The first meeting was 15 March 1958.

1958: A corporate association established by people who gathered to help each other overcome the difficulties they faced after an event resulting in a stoma. Ostomates today owe a debt of gratitude to those pioneers who gained what we consider to be the world's best support.

1971: The national body met in Sydney. The association name was changed from Q.T. Sydney to **Ileostomy Association of NSW (IA)**.

1975: Appliances were approved on the free list. The distribution of appliances became free to members of associations like IA across Australia.

2008: When the association became a company, the name was changed to **Ostomy NSW Limited**. This was a better name to reflect the full scope of the association's activities in supporting members with an Ileostomy, Colostomy, Urostomy and other conditions that meet the requirements of the Stoma Appliance Scheme.

2010: Created website to assist with the communication of information to our members. In 2018 the website was upgraded to improve its role in making information easily accessible for our members.

2020: Worked through Covid19 and building fire to maintain our business.

2026: the next chapter of the association continues...

Our promise

We are here for you on your ostomate journey.

Brand personality

Our brand personality is friendly, trusting, efficient and competent.

Brand positioning

Ostomy NSW is a stoma support organisation that helps ostomates in NSW with stoma support, advice and products because we want ostomates not to be held back from living fulfilling lives.

We asked our members in 2025 about our organisation

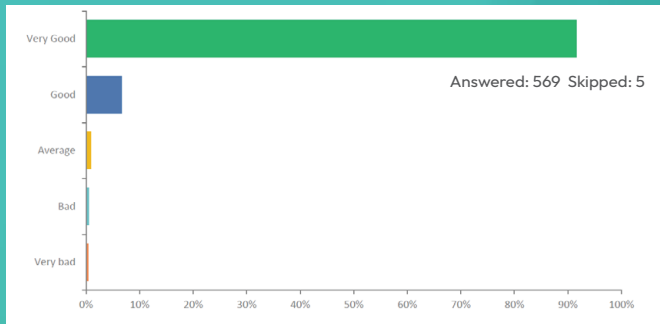
You responded with positive responses to:

- Overall satisfaction = 98% very good or good.
- Access to support, assistance when you contact us and reliable access to supplies.
- More lifestyle information and better product updates.
- Positive to including "Stoma" in our name (60%+)

Members Survey March 2025

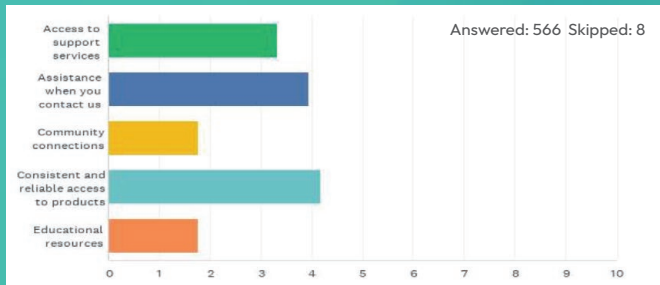
QUESTION: ▶

Overall Experience: How would you rate your overall experience with Ostomy NSW over the past 12 months?



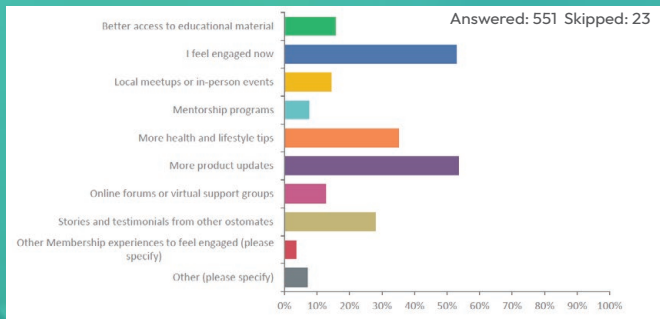
QUESTION: ▶

Key Aspects of Importance: What aspects of an organisation like Ostomy NSW are important to you?



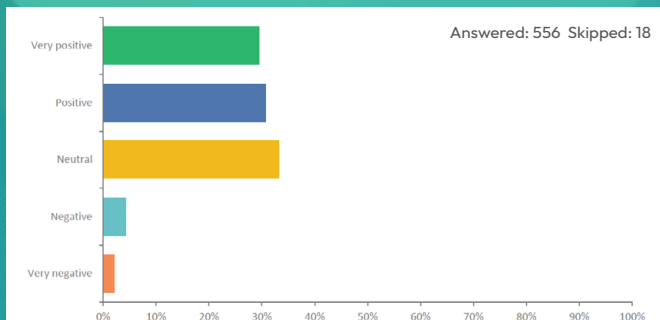
QUESTION: ▶

Increasing Engagement: What could Ostomy NSW do to help you feel more engaged and connected with the community?



QUESTION: ▶

To help our organisation be more easily recognised, we are considering incorporating "Stoma into our name. How would you feel about this decision?



The Day My Stoma, Joey, Spoke Before I Did

Why only other ostomates truly get it

By Dinaaz Lentin

I was sitting in a very important meeting. Thirty-second floor. Corner boardroom. Views stretching across Sydney's skyline. The kind with a long table, serious faces, and an even more serious chairperson. The chair looked in my direction and said, "Let's go around the room and introduce ourselves."

Perfect timing. Just as I opened my mouth to speak, Joey—my usually extremely well-behaved stoma—decided this was his moment to shine. He let out an almighty, unmistakable, very long announcement. Not subtle. Not shy. Definitely not ignorable.

There was a pause. Raised eyebrows. All eyes on me. And me? I burst into hysterical laughter. Luckily, the room was filled with healthcare professionals who didn't need an explanation. They understood. They laughed. And the chair said, "Welcome, Dinaaz—and a very special warm welcome to Joey."

But this is not how it's always been. Joey — or rather Joey and his predecessor — has had superhuman powers to single-handedly empty lifts and, on one memorable occasion, an entire train carriage. I had my first stoma—Joey Mark 1—over 30 years ago. There were no Stoma Therapy Nurses (STNs). Products were basic. Support was minimal. I was dealing with the physical and psychological challenges largely on my own, and I felt isolated.

Living with a stoma isn't just

about learning how to manage appliances or follow medical instructions. It's about navigating life — work, relationships, confidence, humour, embarrassment, and resilience — all at the same time. It wasn't easy. Twelve months later, I said goodbye to Joey Mark 1. The reversal wasn't just a procedure — it was worthy of a celebration, with fireworks.

Fast-forward to two years ago, Joey Mark 2 arrived. This time, it was different. Yes, experience helps — a bit like riding a bike, you never quite forget — but it was also simpler because so much had changed. There was the Stoma Appliance Scheme, knowledgeable and supportive STNs, a wide range of products, and, importantly, organisations like Coloplast actively listening to what ostomates said they needed.

But one thing remained true. The most valuable knowledge doesn't come from brochures, pamphlets, or clinical manuals. And as incredible as our surgeons, STNs, and allied health professionals are, they can never truly understand life with a stoma—unless they have one themselves. That understanding can only come from other ostomates.

It became clear that what many people were missing was peer connections — support grounded in lived experience. By listening first, Coloplast brought the Peer Support Network to life.

As soon as I heard about it, I put

my hand up. So did many others. We all carry the memory of what it felt like to struggle after a life-changing operation, and we know how much it matters to speak with someone who truly gets it.

What we wanted wasn't another clinical resource. We wanted a way to connect freely, safely, and genuinely—to talk about the unspoken parts of the journey with people who have been there. People who won't judge, and who can laugh right along with you when your stoma decides to introduce itself before you do.

The result is a free, Australia-wide peer support platform supported by Coloplast and shaped directly by what ostomates said they needed. Every person in the directory is an ostomate with lived experience. Everyone has undergone training. And everyone involved is a volunteer — giving their time because they remember what it felt like to be new, uncertain, and alone.

This isn't about fixing problems or giving medical advice. It's about sharing perspective, a bit of humour, and a lot of hope. Because sometimes the most comforting thing in the world isn't a brochure—it's hearing someone say, "Yep... that's happened to me too."

A community like this only works if we talk about it, share it, and welcome others in. Real, lived connection changed things for me — and I know it can change everything for you, too.



Get support from someone who knows what it's like

You're not alone.

Connect with experienced ostomates for free, one-on-one ostomy support.

- ✔ Talk to someone who's been there.
- ✔ Share stories and gain confidence.
- ✔ Feel understood and less alone.

You don't have to figure this out alone.

Talking to someone who truly understands can help you feel more confident getting back out there

Living with an ostomy can make meeting people hard. A simple coffee feels easier with someone who gets it.



Scan and connect

Explore our Peer Support Directory and choose a match by age, location, or interests.



Disclaimer: Peer Support Champions are not healthcare professionals and cannot give medical advice. Their role is to share personal experiences and offer emotional support. Always seek guidance from your healthcare provider for medical concerns.

Coloplast Pty Ltd, PO Box 240, Mount Waverley, VIC 3149 Australia
www.coloplast.com.au Coloplast and the Coloplast logo are trademarks of Coloplast A/S.
©2026-02 CEX476 Coloplast A/S. All rights reserved.



Happy Birthday Heather Hill AM

Our longest serving volunteer and enduring supporter of stoma care, Heather Hill recently celebrated her 90th birthday. Heather is a regular volunteer on Tuesday supporting our team with processing orders, printing and filing and answering the phone to support your enquiries.

To celebrate her birthday, Heather's son and daughter-in-law from England flew out to help her celebrate, together with her daughter and son-in-law and extended family living on the NSW South Coast. She has taken a well-earned break from Ostomy NSW over the past few weeks to spend time with her family.

Heather began nursing as a mature-age entrant in her forties and soon discovered the joy of assisting people having a stoma formed by surgery. She was instrumental in developing the role of Stomal Therapy Nurses and has maintained her interest ever since. Heather joins our regional education days and participates with greeting people, engaging in conversations and sharing her experience in Q&A forums. She has a strong bond with many of our NSW STNs and keeps her membership of the Australian Association of Stomal Therapy Nurses (AASTN). She is a former president of AASTN and has been Australia's international representative on the World Council of Enterostomal Therapists* (WCET™) global committee and held the position of Treasurer.

Heather has a strong bond with many STNs, not only in Australia, but around the world. She is a former President of the AASTN and is a life-member of both AASTN and the international WCET associations. She has been a board member on both Ostomy NSW and Colostomy Association boards in addition to her national and international positions. Heather is instrumental in creating the first Norma N. Gill scholarship being awarded (read more about Norma Gill in this article). Heather was involved in the first Singapore Stomal Therapy Nurse training group and maintained along professional connection to Singapore.

When Heather takes a break from her stoma life, she enjoys croquet, being a member of the Jamberoo Croquet Club. She enjoys theatre and regularly attends ensembles in Sydney. Her mind is kept active playing Bridge in Kiama and socialising with a group of locals.

On 9th June 2003, The Queen's Birthday 2003 Honours List awarded Heather Hill a Member of the Order of Australia (AM). Heather was awarded "for service to nursing, particularly in the field of stomal therapy, and as an adviser to support groups." This is an excellent honour received by Heather, an award of which she is both proud and humbled to receive.

We wish Heather many more happy and healthy returns, as she strives to reach 108 and see the blood red moon lunar eclipse return to the skies on Sunday 13 March 2044.



How very **you**



“Black is a colour that makes me feel powerful, makes me feel sexy, and it gives me confidence”

Clare, TRE™ Product User

Dansac NovaLife TRE™ Black pouch. Embrace your personal style while feeling secure and confident

The NovaLife TRE™ Black pouch
It's about having choice, celebrating self-expression and feeling good in your own skin every single day.



For your free sample call **1800 880 851**
or visit **www.dansac.com.au**

Scan to
learn more



The testimonials, statements, and opinions presented are applicable to the people depicted. These testimonials are representative of their experience, but the exact results and experience will be unique and individual to each person.

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 and NovaLife TRE are trademarks of Dansac A/S.
© 2026 Dansac A/S. DAN089. February 2026.



dansac

Make life more colourful

WITH
CONFIDENCE
BE go™



Now you can feel confident in any colour.

Confidence BE go™ is a new stoma bag that comes with a choice of covers in six different colours. The covers are washable, reusable and easy to change, giving you the freedom and flexibility to match your outfit, activity or mood on-the-go.

Wherever you are, whatever you want to do, you can go for it with Confidence BE go™

It's as easy
as 1, 2, 3

Scan the QR code to watch our super simple how-to video:



Closed and drainable bags are available with flat and soft convex wafers and a choice of six different covers.



For samples or more information:
freephone: **1300 372 587**
email: info@saltshealthcare.com.au
or visit: www.saltshealthcare.com

Follow us:  
[@saltshealthcareglobal](https://www.saltshealthcare.com)



© Registered trade marks of Salts Healthcare Ltd. © Salts Healthcare Ltd 2026. Products and trade marks of Salts Healthcare Ltd are protected by UK and foreign patents, registered designs and trade marks. Always follow the directions for use. For further details, please visit www.salts.co.uk RM766384 01/26 v.0

An Anniversary Wish

For thirty years I've not been fully fit.
It seemed you see I had acquired an ileostomy
- a heavy hit. It changed my life, tested my wit -
and when sitting down, it made me mishit.

Now three decades into my second life
I'd like something special, not just more strife.

I ask not for much, not much for most,
merely something quite normal as a fitting toast.

I know all you 'stomanites' will understand why,
but I suspect the rest of our species will not let it fly.

For apart from its indelicacy, I'm forced to admit
any hope of it happening I ain't gonna git.

And though we're used to it - we have no choice -
there's no harm, only groans this way to voice.
So with this poor lit I'll say it now, not wait for my obit.

Though I guarantee you won't want to see it.

For, for a long time now I've been aware
- and mistake me not, of this I swear -
that I'd love to feel, at least for one more time
what I once took for granted all those many years before.

Alas the memory from this nitwit
of when I and us had our full kit.

Which leads me to finish with this wish:
To sit on the throne and have a proper shit

From Charles Kingston - West Wyalong NSW



Let's Travel

by Lee Gavegan CNC STN



Disclaimer: This information is for educational use only. No company is preferred to another. If concerned please speak to your STN, GP, Stoma Association, or Company Representative.

Travel Tips and Info



Scissors in the cargo !!!!

Trial wearing a drainable pouch before your trip

Keep two weeks supply in hand luggage rest in cargo

Aisle seat not too far from the toilet is easier.

If wearing cut to fit pouches/bases have several prepared

HIDDEN disabilities

NOT EVERY DISABILITY IS VISIBLE Some are just not so obvious

The Hidden Disabilities Sunflower is a simple tool for you to voluntarily share that you have a disability or condition that may not be immediately apparent – and that you may need a helping hand, understanding, or more time in shops, at work, on transport, or in public spaces.



Food & Drink

- A change in drinking water, either in your own country or abroad, can cause a change in bowel habits.
- Drink only bottled water if you are suspicious of sanitation etc in another country.
- To avoid “traveller’s diarrhoea,” always be aware of what you are eating and drinking. (Dansac)



Save the date

SYDNEY
Bladder Cancer Awareness Walk
Sunday 17th May 2026
10am



Free to Attend | Register Now

**Coastal walk from Mona Vale Beach via Warriewood
Beach to Turimetta Headland (and back)**
Mona Vale NSW

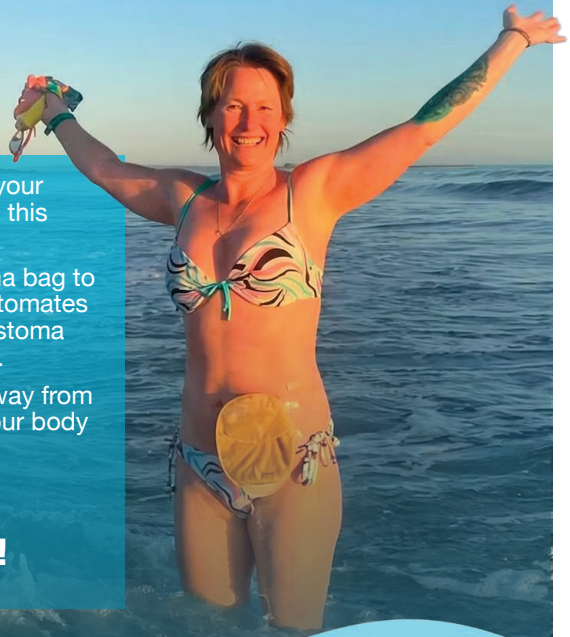


Swimming

WITH A STOMA

- Once you feel confident about your stoma in private, you can show this confidence in public.
- You do not need a special stoma bag to go swimming, though some ostomates like to wear a smaller bag or a stoma cap whilst they are in the water.
- Some find a secluded beach away from everyone and go pouchless! Your body your choice

**... and some people
just are not that fussed!**



Hints & Tips

- For Colostomy and ileostomy pouches – cover the filter with the little stickers you find with your pouches (although most filters are waterproof now).
- Empty your pouch before you swim.
- Change your pouch if needed (1/2-hour prior)
- For our ladies - wear firm fitting 1 piece costume a patterned print can disguise your pouch (and many other things!!!)
- For the gentlemen wear high waisted board shorts, an abdominal support band or a rashie.
- For othersthey are just not fussed and sport their pouch for all to see, it's your choice.
- The most important thing is that you wear something that makes you feel good.



Swimming tips

- Find swimwear you are comfortable in
- Check yourself out in the mirror, usually helps you feel more confident
- When changing afterwards if there is a disabled toilet use it, they usually have a dryer to dry your bag if it has not been active.

**Remember. . .
enjoy your
time in
the water**

**Be proud
of yourself for
overcoming
such a big
obstacle**

**Think that
nobody will see
your pouch
unless you
want them to!**

After swimming & showering

YOUR POUCH WILL BE WET/DAMP



If needing to change your pouch use the disabled toilet as more bench space, cleaner & often has a dryer if pouch not being removed

- Place a layer of hand towel next to your skin to absorb any excess
- Use a stoma bag cover
- Purchase x 2 baby bibs terry towelling and clip together to have one behind the pouch and one in front



Sachets and wipes are smaller to carry and can be taken onboard flights



Worried about odour or gas build-up in your bag?



Feel confident again with SenSura® Mio*

Feel confident with SenSura Mio's full-circle filter for proven control over odour and ballooning**, so you can feel comfortable and at ease wherever you are - whether you're out for coffee with friends or simply enjoying your day.

Request a SenSura® Mio sample in grey or black (our black bag is currently available in 1 piece drainable, soft, shallow or deep convex) and receive a FREE Brava® Lubricating Deodorant for smoother flow and odour reduction.

Customers tell us that our Brava® Lubricating Deodorant smells great and works well for colostomates and ileostomates with thicker output, as well as urostomates, as it helps mucus move through the bag and helps mask urine odour.

Sample today and receive FREE Brava® Lubricating Deodorant

Scan the QR code or call
1800 531 823



*Coloplast Data-on-file, product evaluation (02/2025), n=305

**Tested against SenSura. Virgin-Elliston T, Nonboe P, Boisen EB, et al. Evaluating the Performance and Perception of a Stoma Bag Full-Circle Filter in People with a Colostomy or an Ileostomy – Two Randomised Crossover Trials. Healthcare. 2023-11-369.

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

Coloplast Pty Ltd, PO Box 240, Mount Waverley, VIC 3149 Australia
www.coloplast.com.au Coloplast and the Coloplast logo are trademarks of Coloplast A/S.
©2026-02 CE478 Coloplast A/S. All rights reserved. PM-41672

Diana | Ostomate



SenSura® Mio

 Coloplast

STOMAL THERAPY SERVICES - (NSW &

OSTOMY NSW LIMITED CLINIC

Lee Gavegan CNC

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

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

NSW STOMA LTD. CLINIC

Anne Marie Lyons STN..

Mobile: 0468 582 951

Email: stomanurse@nswstoma.org.au

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

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

SYDNEY METRO AREA

BANKSTOWN-LIDCOMBE, FAIRFIELD & BRAESIDE HOSPITALS

Phone: (02) 9722 7196

Fiona Le CNC STN (Wed/Thurs/Fri)

Mandy Ng STN (Mon/Tues)

Phone: (02) 9767 6761

HORNSBY HOSPITAL

Vivian Nguyen CNC Stomal Therapy

Phone: (02) 9477 9184

HURSTVILLE PRIVATE HOSPITAL

Trish Doherty CNS (Mon/Tue/Thu/Fri.)

Phone: (02) 9579 7865

BLACKTOWN HOSPITAL

Lesley Jack CNC STN (Mon. to Fri.)

Phone: (02) 9881 8000 Pager 7610

Mobile: 0408 923 788

KAREENA PRIVATE HOSPITAL

86 Kareena Road, Caringbah NSW 2229

Kelly Taylor RN STN (Mon, Tue and Fri)

Phone: (02) 9717 0290

CAMPBELLTOWN PRIVATE HOSPITAL

Lisa Howarth STN

42 Parkside Crescent, Campbelltown

Phone: (02) 4621 9166

LIVERPOOL, CAMPBELLTOWN AND CAMDEN HOSPITALS

Phone: (02) 8738 4308

Afin Rasul STN (Tues/Thurs/Friday)

Mobile: 0417 026 109

Erin Wagner CNC STN (Mon/Wed)

Mobile: 0419 224 662

Mathew Sebastian STN (Mon-Fri)

CHRIS O'BRIEN LIFEHOUSE

Jason Plunkett

Phone: (02) 8514 0000

CONCORD REPATRIATION GENERAL HOSPITAL

Ian Whiteley NP

Anne Marie Lyons CNS

Roger Riccardi CNS

MACQUARIE UNIVERSITY HOSPITAL

Yuki Sakamoto: STN

yukiko.sakamoto@muh.org.au

Phone: (02) 9812 3484

MATER HOSPITAL

Amanda Kelly STN

Mobile: 0401 532 108

Email: kellyamanda@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 Ndiweni STN

Phone: (02) 4732 7333

Phone the Banksia Ward and leave a message

Phone: (02) 4734 1245

Fax: (02) 4734 1426

NEPEAN PUBLIC HOSPITAL

Naomi Houston CNS STN

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

(02) 4734 2000 and request a page)

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

Debbie Odlum, Jessika Slowik, Claire

Johnston Hall

NORTHERN BEACHES HOSPITAL

Phone: (02) 9105 5549

Kathryn Bolton

Amy Stephenson

NORTH SHORE PRIVATE

Amy Stephenson STN

Phone: (02) 8425 3540

NORWEST PRIVATE HOSPITAL

Phone: (02) 8882 8882

Kieren Zaballa STN

Email: kieren.zaballa@healthscope.com.au

PRINCE OF WALES

Phone: (02) 9382 9623 or Pager (02) 9382 2222

Lisa Graaf CNC Monday to Friday Page 44403

Katherine Wykes on maternity leave until June 2025

Michael Breeze Monday to Friday Page 44220

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

Level 2, Dickinson Building, Barker Street, Randwick NSW 2031

PRINCE OF WALES AND SYDNEY CHILDREN'S HOSPITAL

Alison Kennedy STN

Phone: (02) 9282 1627

PRINCE OF WALES PRIVATE HOSPITAL

Phone: (02) 9650 4470

Mandy Richardson CNC

ROYAL NORTH SHORE HOSPITAL

Rachael Hodgkins

Phone: (02) 9463 2824 (pager 41244)

Jen Mojica Urology CNC

(Tuesday & Wednesday)

Phone: 02 9463 2844

ROYAL WOMEN'S HOSPITAL

Jenny Duggan STN

Mobile: 0417 944 297

ROYAL PRINCE ALFRED HOSPITAL

Phone: (02) 9515 7280

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

Colleen Mendes CNC

Maria Bongat

RYDE HOSPITAL

Lisa Naylon CNS2

Stomal Therapy & Wound Care

(Mon, Tue, Thu and Fri)

Phone: (02) 9858 7395

ST GEORGE PRIVATE HOSPITAL, KOGARAH

Phone: (02) 9598 5342

Gillian Costello

ST GEORGE PUBLIC HOSPITAL

Phone: (02) 9113 3519

Daniela Levido CNC (Mon-Wed)

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

Anne Mamo CNS (Mon/Thurs/Fri)

Deborah Dutchak CNS (Wed-Fri)

Kerrin Hammon CNS (Mon/Tues/Thurs/Fri)

STRATHFIELD PRIVATE HOSPITAL

Vacant STN position

Phone: (02) 9745 7444

STOMAL THERAPY SERVICES - (NSW &

ST VINCENT'S PRIVATE HOSPITAL

Marnie Simpson

Email: marnie.simpson@svha.org.au

Marnie Simpson

Phone: (02) 8382 7010

Louise Gallagher (Maternity Leave)

Email: louise.gallagher@svha.org.au

ST VINCENT'S PUBLIC HOSPITAL

Mark Murtagh CNC

Phone: (02) 8382 2671 or (02) 8382 1111

(page 6158)

Royle Digamo

Phone: (02) 8382 2963

SUTHERLAND HOSPITAL

Melissa Lampard CNC

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

Phone: (02) 9540 7111 (pager 473)

SYDNEY ADVENTIST HOSPITAL

Email: StomalTherapy@sah.org.au

Phone: (02) 9487 9111

Kerrie Whitson CNC STN (Mon and Wed)

Phone: (02) 9480 4972

Michelle Scoble (Friday)

Phone: 9480 9481 Jessica Ratcliff STN

WESTMEAD CHILDREN'S HOSPITAL

Charmaine Richards CNC Stomal Therapy/
Wound Management

Phone: (02) 9845 2158

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

WESTMEAD HOSPITAL

Fiona (Lee) Gavegan CNC

Mobile: 0409 962 111

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

Karen Shedden CNC

Phone: (02) 8890 5555

(page 22888 or 27904)

Mobile: 0427 127 795

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

Ashleigh Peters (Mon and Tue)

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

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

7969 if unable to contact via pager.

ILLWARRA AND SOUTH COAST

BATEMANS BAY & MORUYA HOSPITALS

Trena O'Shea CNS STN (Clinical Co-ordinator) on leave until July 2025

Phone: (02) 4474 2666

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

Jessica Jackson STN

Email: jessica.jackson@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

Samantha Lawrie - STN (Wed-Rri)

Rachael Browbank - STN (Mon/Tues)

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 WYONG HOSPITAL AND CHC

Phone: (02) 4320 3323

Sharon Gibbins, Mary Cuzner
Emma Cutugno

GOSFORD PRIVATE HOSPITAL

Phone: (02) 4304 3297

Dee Coulton STN

NEWCASTLE REGION

CALVARY MATER HOSPITAL

Phone: (02) 4014 3815

Email: stomaltherapy@calvarymater.org.au

Kellie-Anne Russell, Deb Smith

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, Renee Bootland

HUNTER VALLEY PRIVATE HOSPITAL

Alison Lincoln STN

Phone: (02) 4944 3777

Email: alison.lincoln@healthcare.com.au

LAKE MACQUARIE PRIVATE HOSPITAL

Ellie Duiz STN

Phone: (02) 4947 5362

Email: Duiz.ellie@ramsayhealth.com.au

LINGARD PRIVATE HOSPITAL

Alison Lincoln STN

Phone: (02) 4969 6799 for an appointment

Email: alison.lincoln@healthcare.com.au

MAITLAND PUBLIC HOSPITAL

Phone: (02) 4936 5507

Annika Leyshon (Mon-Tues & Thurs-Fr)

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

Phone: (02) 4939 2000

MAITLAND PRIVATE HOSPITAL

No on site STN covered by
Fabia Fiveash – Skin and Wound Care
Consultancy

Phone: (02) 4931 2304

NEWCASTLE PRIVATE HOSPITAL

Phone: (02) 4941 8741 Cecelia King STN

Email: cecilia.king@healthscope.com.au

Melissa Williams STN

WALLSEND COMMUNITY HEALTH

Please refer back to the hospital where you
had your surgery

Nash Street, Wallsend.

Phone: (02) 4924 6100:

NORTH COAST

COFFS HARBOUR COMMUNITY NURSING HEALTH CAMPUS

Mandy Hawkins CNC, STN Stoma

Continenence

Phone: (02) 6656 7804

Email: mandy.hawkins@health.nsw.gov.au

Alyssa Higoe CNS, STN Stoma Continenence

Email: Alyssa.higoe@health.nsw.gov.au

Phone: (02) 6656 5467

Darren Fitzgerald RN Stoma Continenence

Email: darren.fitzgerald@health.nsw.gov.au

Phone: (02) 6656 5468

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

Phone: (02) 6641 8200

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

Aruma Grafton Community Nursing

Nadia Hartley

LISMORE BASE HOSPITAL

Phone: (02) 6620 2850

Ed Cooke STN for all out-of-hospital ostomy
patients **Email:** Edgar.Cooke@health.nsw.gov.au

Phone: (02) 6621 3252 Outpatient service
also available on Tuesday and Friday

LISMORE COMMUNITY HEALTH

Jane Kulas STN

29 Molesworth Street, Lismore.

Phone: (02) 6620 2097 **Fax:** (02) 6620
2963

STOMAL THERAPY SERVICES - (NSW &

NORTH COAST *continued*

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 (Mon - Tue)

Mobile: 0419 859 281

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

PORT MACQUARIE BASE HOSPITAL

Kate Hallett

Mobile: 0427 795 765

Phone: (02) 5524 2439

Email: kate.hallett@health.nsw.gov.au

PORT MACQUARIE AND KEMPSEY COMMUNITY HEALTH CENTRES

Maria Emerton-Bell STN CNC

Phone: (02) 6561 2790

Casey Luke STN

Serving towns and communities between Laurieton, Port Macquarie, Kempsey, Wauchope, South West Rocks and Stuarts Point.

ST VINCENT'S HOSPITAL (LISMORE)

Tracey Eason STN

Phone: (02) 6627 9448 or (02) 6627 9449

TWEED HEADS COMMUNITY HEALTH CENTRE

Lisa Clare Stomal/Continence Advisor.

Phone: (07) 5506 7540

Email: Lisa.Clare@health.nsw.gov.au

Siobhan Mills

Mobile: 0427 064 815

Covering Tweed Heads Hospital & Communities from the Tweed Heads NSW/ QLD border to Bangalow.

NEW ENGLAND

TAMWORTH BASE HOSPITAL

Robin Skillman CNC

Phone: (02) 6767 7733

Serving towns and communities between Tenterfield, Boggabilla, Mungindi, Moree, Wee Waa, Quirindi, Armidale, Walcha, Uralla, Guyra, Bundarra, Tingha, Glen Innes, Emmaville, Ashford, Warialda, 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

Megan Jordan STN in the Hospital

0437 064 618 or 08 8080 2236

Shirley Victory (Community nurse resources person only)

Phone: (08) 8080 1642

DUBBO BASE HOSPITAL

Renee Chandler RN

Phone: (02) 6809 6000

Mobile: 0427 150 649

Hannah Mines

Phone: (02) 6908 6809

Serving Dubbo, Cobar, Coonamble, Narromine, Nyngan, Trangie, Warren,

Wellington, Baradine, Gulargambone, Coolah, Gilgandra, Coonabarabran, Dunedoo, Gulgong, Mudgee, Bourke, Brewarrina, Collarenebri, Goodooga, Lightning Ridge & Walgett.

GRIFFITH BASE HOSPITAL

Naomi Smith

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

GRIFFITH COMMUNITY HEALTH

Phone: (02) 6922 9903

ORANGE HEALTH SERVICES

Joe Webster STN

Phone: (02) 6369 7455

Email: Joseph.Webster@health.nsw.gov.au

WAGGA WAGGA BASE HOSPITAL

Naomi Smith

Mobile: 0412 324 136

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

Irene Cozens

Phone: (02) 5943 1545

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

CALVARY PRIVATE

WAGGA WAGGA HOSPITAL

Naomi Smith

Mobile: 0412 324 136

YOUNG MERCY CENTRE

Contact Community Nurses

Phone: (02) 6382 8444

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

CANBERRA AND DISTRICT

CANBERRA HEALTH SERVICES

Phone: (02) 5124 0000

STOMAL THERAPY SERVICE

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

CANBERRA HOSPITAL

Anju Mamachan

Phone: (02) 5124 4255 Pager 50959

Email: anju.mamachan@act.gov.au

BELCONNEN HEALTH

Olivia Dyrivw CNC

Phone: (02) 6205 1201

THE NORTH CANBERRA HOSPITAL

Marree Pegrem STN.

Phone: (02) 6201 6060 –

ask for surgical ward

Phone: (02) 6244 2222

(then page stomal therapist))

QUEANBEYAN COMMUNITY HEALTH CENTRE

Skye Millowick STN

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

Visits patients in Queanbeyan & Yarralumla areas.

COOMA HEALTH SERVICE

Vicki Black STN

Phone: (02) 6455 3222

COOTAMUNDRA HOSPITAL

Ray Godbier STN

ray.godbier@health.nsw.gov.au

Phone: (02) 6942 1861

Mobile: 0419 123 508

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

NSW / ACT SUPPORT GROUPS

NOTE: At the time of publishing 2025 dates were not confirmed by all groups. The confirmed groups have 2025 written alongside. Please call or email your contact for updated dates and information where the listing is showing 2024.

BANKSTOWN AREA 2025

Dates: 2nd Wednesday every 3rd month commencing Wednesday 12th March 2025, 11th June 2025, 10th September 2025 and 10th December 2025

Time: 10:00am to 12:00pm – 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 is welcome to attend.

Access: Close to public transport and lots of free parking available

RSVP: Contact your Stomal Therapy Nurse or Carolyn Nichols on 0419 335 046 or carolyn.nichols@dansac.com.au for further information. Please rsvp for catering purposes.

ST GEORGE AREA 2026

Dates: Thursday 5th March 2026, 4th June 2026, 3rd September 2026 & 3rd December 2026

Time: 11:00am – 1:00pm – morning tea

Address: Ramsgate RSL Memorial Club, Corner Ramsgate Rd & Chuter Ave, Sans Souci NSW 2219

About: The Stomal Therapy Nurses from the St George and Sutherland Shires would like to invite

you to attend a stoma support group for ostomates and their families to meet and have a cuppa and light lunch.

Access: Car parks available. Contact your Stomal Therapy Nurse or Carolyn Nichols on 0419 335 046 or carolyn.nichols@dansac.com.au for further information. Please RSVP for catering purposes

WESTMEAD STOMA SUPPORT GROUP 2026

Dates: Wednesday 4th March 2026, 3rd June, 2nd September & 2nd December 2026.

Time: 10:00am – 12:00pm

Address: Westmead Hospital, Lecture Theatre 4, Education and Conference Centre (WECC)

Westmead Hospital, Crn Hawkesbury & Darcy Rds, Westmead.

Topics: March – Sleep: Kirsty Wade Nutritionist

Sleep & CPAP Consultant

June – Emotions and body image: Mark Micelli, Clarity Therapy

September – Stoma Fashion, Jacky Carusi, Stomabuddies®

December – Diet and the stoma: Westmead Dietitian.

Contact: STN Lee Gavegan M: 0409 962 111 or Karen Shedden M. 0427 127 795

About: The Stomal Therapy Nurses from Westmead would like to invite you to attend; “the more the merrier”, so any one is allowed to access if they would like to participate.

NORTHERN BEACHES SUPPORT GROUP

Dates: Thursday 3rd July 2025

Time: 3:30pm to 5:00pm (followed by drinks and dinner if you wish to join)

Address: Forestville RSL Club, 22 Melwood Avenue, Forestville

About: Bob Cooper, email: bob.cooper542500@gmail.com Carolyn Nichols, Dansac – Suppliers of Dansac and Hollister Stoma Care products in Australia

NEPEAN EDUCATION STOMA SUPPORT GROUP 2026

Dates: Fridays every second month, commencing on 27th February 2026, 24th April 2026, 26th June 2026, 25th September 2026 & 27th November 2026.

Time: 2-3:30pm – afternoon tea

Address: Sydney Medical School Nepean, 62 Derby Street, Kingswood. NSW 2747

Access: The building faces the round about on Derby St opposite the current Nepean Hospital main entrance. We meet upstairs – first floor (Rm 1 & 2). There is a lift in the foyer. 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).

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: Whether you're a new ostomate or have years of experience, you are very welcome to attend. Family & friends are most welcome. Any enquiries please contact Naomi Houston on 02 4734 1245

RSVP: nbmlhd-stoma@health.nsw.gov.au

GROUP MEETINGS 2025/2026

SOUTH WEST SYDNEY LIVERPOOL & CAMPBELLTOWN STOMA SUPPORT GROUP 2026

Dates: 19th February 2026, 23rd April, 18th June, 20th August, 15th October and 19th November 2026.

Time: 1:30pm to 3:30pm

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

RSVP: Erin Wagner and Afin Rasul 0419 224 662
Mathew Sebastian- 0417 026 109
Stomal Therapists for catering purposes please.

ILLAWARRA OSTOMY INFORMATION GROUP 2025 AND 2026

Dates: 11th February 2026, 8th April, 10th June, 12th August, 14th October & 9th December 2026.

Time: 10am to 12pm

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, Sam & Rachael Stomal Therapy Nurses
Wollongong Hospital mob: 0414421021
ishd-stomaltherapy-NIHG-SIHG@health.nsw.gov.au

SHOALHAVEN SUPPORT GROUP 2025

Dates: 12th February 2025 (Dansac) at Nowra Community Health Centre.
28th May 2025 (Coloplast). Ulladulla Community Health Centre.
25th June 2025 (ConvaTec and Omnigon). Nowra Community Health Centre.
22nd October 2025 (Salts). Nowra Community Health Centre.
19th November 2025 (Hollister and BBraun). Ulladulla Community Health centre.
10th Dec 2025 at 1200 - Christmas Party:
Worrigeer Sports Club, 131 Greenwell Point Road, Worrigeer.
Please let me know if you will attend so I can book a table.

Time: 2pm

Address: Nowra Community Health centre 5-7 Lawrence Ave, Nowra NSW 2541

Ulladulla Community Health Centre:
Corner of South Street & Princes Hwy,
Ulladulla. Street parking.

About: Please phone the week prior to confirm your spot. Contact Brenda Christiansen STN CNC; please notify Brenda on 0422006550 to register. e. brenda.christiansen@health.nsw.gov.au

SOUTHERN HIGHLANDS STOMA SUPPORT GROUP 2026

Dates: Tuesdays 3rd March 2026, 16th June, 1st September and 1st December 2026.

Time: 1:00pm to 2:30pm Everyone is welcome!! Please RSVP 1 week prior.

Address: Mittagong RSL Club, 148-150 Old Hume Hwy, Mittagong- 2575

Contact: Erin Wagner and Afin Rasul 0419 224 662
Mathew Sebastian- 0417 026 109 Stomal Therapists, Liverpool Hospital—(02) 8738 4308. Please RSVP for catering.
Plenty of car parking for everyone! Tea/Coffee will be available;
Finger food will be available

CANBERRA ACT SUPPORT GROUP 2025

Dates: 21st August and 16th October 2025

Time: 11am to 1:00pm

Address: Act & Districts Stoma Association, Training Room Two 1st Floor, City Health Building, 1 Moore St, (Cnr Moore & Alinga ST) Canberra

Info: The local support group can provide peer to peer advice and support. It is held regularly throughout the year Members can find support group information through the Association. RSVP's are required.

Contact: Contact - Geoff Rhodes (ostomate happy to chat with you) on 0416 206 871 *On the occasions a Stomal Therapy Nurse is in attendance, advice provided will be of a general nature. For personal consultations please book through community health intake for an appointment 02 51249977 or STOMA@actstoma.net.au.

SUPPORT GROUP MEETINGS

JOHN HUNTER HOSPITAL OUTREACH CLINICS 2025

JHH Stomal therapy nurses will be available for appointments in the clinics at Nelson Bay polyclinic

Dates: Clinic days for 2025 will be:

Thursday 10th April 8:30am-2pm;
Wednesday 15th Oct 8:30am-2pm

Contact: Appointments can be made by contacting The stomal therapy nurses on 02 49213000 and asking switch to page 36206 or via email on HNELHD-JHHStomal@health.nsw.gov.au Priority will be given to patients who have not been reviewed by a Stomal Therapy Nurse in the past 5 years.

CENTRAL COAST STOMAL THERAPY SUPPORT GROUP 2026

Dates: Thursday May 21st 2026 at Gosford.

Time: 1:30pm to 3:30pm Everyone is welcome!!

Address: Child and Family Health Services – Gateway Centre Gosford Level 1, 221–237 Mann Street, Gosford

Register: To your local Stoma nurse via email by 11th May 2026

Email: CCLHD-Stomaltherapy@health.nsw.gov.au or Phone: 02 4320 3323

Contacts: We look forward to meeting you, seeing you and supporting you Stomal Therapy Team- Emma | Mary | Nichole | Megan | Dee

HASTINGS MACLEAY SUPPORT GROUP 2026

Dates: 18th February 2026, 15th April, 17th June, 19th August, 21st October & 16th December

Time: 10am to 12noon.

Address: Port City Bowling Club, 4 Owen Street Port Macquarie NSW 2444

Contact: Secretary, Kevin Cook on 0428187953. You do not have to notify ahead, just turn up on the day.

GRAFTON/CLARENCE VALLEY 2025

Dates: 2nd Tuesday Bi-monthly commencing Tuesday 11th February 2025, Other dates to be advised in 2025.

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

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

Register: Jane Kulas 0459 943 062

Contact: Jane Kulas 0459 943 062 or Gary Tobin 0400 675 277

COFFS OSTOMY GROUP 2024

Dates: 4th Thursday of every second month –meeting dates 22nd February 2024, 18th April 2024, 27th June 2024, 22nd August 2024, 24th October 2024.

Time: 2pm–4pm

Address: Sawtell RSL, First Avenue SAWTELL 2452. Upstairs

Contact: Mandy Hawkins CNC Stoma Continence Coffs Harbour Health Campus

Phone: (02) 66567804 Email: mandy.hawkins@health.nsw.gov.au

MANNING AND GREAT LAKES OSTOMY SUPPORT GROUP 2024

Dates: The first Wednesday of every 2nd Month: 7th February 2024, 3rd April 2024, 5th June 2024, 7th August 2024, 2nd October 2024 & 4th December 2024.

Time: 10.30 am

Address: Taree Group Three Leagues- Downstairs meeting room, 43 Cowper St, Taree.

Contact: Karla McTaggart, CNC Stoma | Wound | Gastrostomy, Hunter New England Local Health District T (02) 6592 9169 email: karla.mactaggart@health.nsw.gov.au

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

FIND YOUR FIT LEAK PREVENTION

Say **NO** to leaks and sore skin!

“ Bag leaks are one of the **most stressful** things about being an ostomate, it is so **easy to miss an event just because the confidence isn't there.**

I can honestly say that with the eakin **freeseal® versa** 30mm, I have had **no sign of the start of a leak.** My bag has lasted a **whole extra day longer** than normal **without a leak or sore skin,** so it has really **increased my confidence.** ”

Anna, UK, Unstoppable



CODE	DESCRIPTION	
AIR	HOLE	WIDTH
839017	10mm	48mm - 1.8mm thin
839007	18mm	48mm - 1.8mm thin
839008	30mm	60mm - 2.4mm thin
VERSA		
839027	18mm	48mm - 3.2mm thick
839028	30mm	60mm - 3.2mm thick

CODE	DESCRIPTION
COHESIVE SEALS	
839001	Large 98mm - 2.1mm thin
839002	Small 48mm - 4.2mm thick
839005	Slims 48mm - 2.8mm thick
839006	Stoma Wrap 85mm - 3mm thick

Find your unique fit. Improve confidence and help prevent leaks and sore skin with 9 seals across the **freeseal® versa** and **air** ranges, or eakin **Cohesive®.**

Please call 1800 819 274 or email info@omnigon.com.au for more information.



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



You spoke, We listened.

CeraPlus™ Pouch* just got even better.**1,2,3

You can still rely on:



A secure and comfortable **Fit**



Our moisturising ceramide **formulation** that helps minimise dryness and itching⁴

The outcome? A better quality of life for you, with more comfort and dignity.

For a personalised discussion call us on 1800 880 851.

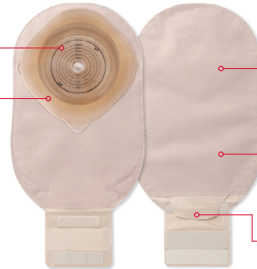
www.hollister.com.au

*CeraPlus™ Skin Barriers contain the Remois Technology of Alcare Co.,Ltd.

**compared to our previous pouches. 1 Data on File, 2023; n=43. 2 Data on File, 2024. 3 Data on File, 2023; n=110. 4 Data on File, 2023; n=68 OSO Registry. Prior to the use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions. Not all products are CE marked.

Hollister, the Hollister logo and CeraPlus are trademarks of Hollister Incorporated. © 2026 Hollister Incorporated. AUH377. February 2026.

Upgraded pouch** features include:



Softer fabric that's smooth on the skin



Improved discreet beige colour¹



Upgraded easy to use closure

Find out more at Hollister.com.au/update or call: 1800 880 851



CeraPlus™
Ostomy Products