



IA UPDATE



July 2025

Welcome

If you're looking for a physical challenge in the coming months, how about training (and fundraising) for next April's London Landmarks Half Marathon? Read on for details of this and other more relaxing events.

Our July round-up covers events from around the network, volunteering news and more. Don't forget, we love hearing from you too so please get in touch, whether it's to share your story, give us feedback or let us know about your events: marketing@iasupport.org

Join us for IA's 70th celebrations, 25 April 2026

Preparations are under way for the charity's 70th anniversary milestone next year, which will be officially celebrated at our Information Day on Saturday 25 April, following the AGM on 24 April (for company law members and board members only).

We're creating yet another packed programme for this special platinum anniversary, so watch this space! You can, of course, expect to be entertained and enlightened by subject matter experts on the topics that matter most.

Once the day's workshops and presentations are complete, we invite you to join us for our celebratory evening entertainment. Don't miss the chance to don your best bib and tucker for our black-tie gala dinner and live music!

Date: AGM (for company law members and board members only): Friday 24 April, time tbc; Information Day: Saturday 25 April, time tbc.

Booking: Please spread the word and save the date(s) for now. We will release more details as soon as we can, and keep you informed through our usual channels, online and in print.

Information Day, 25 April 2026

Chesford Grange Hotel, Kenilworth, Warwickshire CV8 2LD.

The historic manor house hotel is close to a host of attractions to help you make the most of your stay, including castles in Kenilworth and Warwick; Shakespearean theatre, history and heritage in Stratford-upon-Avon; museums, shopping and cathedrals in Coventry, not to mention miles of beautiful countryside to explore.



Share a story for IA's 70th anniversary booklet

Thanks to everyone who has sent us their earliest memories of living with a stoma or pouch. We've been amazed by your experiences from the 1950s, 60s and 70s. Do keep them coming! Please email editor@iajournal.co.uk

... or perhaps just a sentence

Ahead of our 70th anniversary, we invite you to send us a short sentence (up to around 20 words) about what IA means to you – this could perhaps sum up the support, understanding or friendship you have found through the charity, or simply be a bullet point list that describes your emotions. Submissions will be anonymous though we would like to include the name of your group. Your sentence will feature on IA's memory tree, which will be displayed at Information Day next year. We'd love to hear from you! Please send to marketing@iasupport.org

Birmingham IA's farewell to Peggy Costello

On 2 July, members of Birmingham IA's committee gathered to say farewell to Peggy Costello (pictured).

A member of Birmingham IA since 1977 and membership secretary for more than 25 years, Peggy has been a permanent fixture within the committee.



Members helped to create a memory book for Peggy, including a foreword by former Chair Mike Jameson. Featuring many photos and quotes from the group's members who knew her best, we hope Peggy will enjoy the book and remember the good times shared with fellow ostomates, and the huge difference she made to people's journeys with Birmingham IA.



Fancy running in aid of IA in the London Landmarks Half Marathon?

IA has five spots available in the London Landmarks Half Marathon, taking place on 12 April 2026. Last year, the event attracted a number of runners for IA and we are pleased to offer this opportunity again. The ballot for places nationally has now closed, so the only way to secure a spot is to take a charity place.

We invite anyone who would like to take part in this iconic half marathon, to email caroline.bramwell@ia-support.org as soon as possible to secure their spot.



Pouch Information Day, 20 September 2025

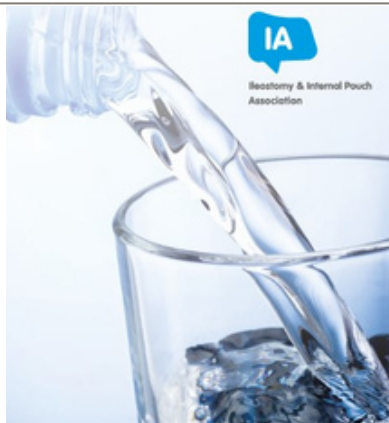
This year's Pouch Information Day will be held on Saturday 20 September at the Novotel, Broad Street, Birmingham B1 2HT. The event will run from 10am (coffee and registration from 9am) until 4pm and cover 'all things pouch'.

Join us to ask any burning questions you have in an informal setting, and to discuss observations and experiences with fellow 'pouchies' and would-be pouchies, surgeons and nurses. We'll also be assisted on the day by a dietitian, a psychologist, and pharmacist. Visit pouch.iasupport.org/pouchday25 to book your place.

Hydration matters

The intensity of heat and humidity across the UK this summer has kept us refilling our glasses and bottles. If you're jetting off to even warmer climes, you'll need to be extra vigilant about fluid intake – at the destination and during the journey.

Why not print or download a copy to your phone of [IA's Staying Hydrated leaflet](#),



so you can refer to it on your travels, keeping a watchful eye on your hydration levels. Whether you're by the pool or taking in the sights, a few careful pointers can help ensure you hydrate safely. Remember, sweating in the heat can lead to a loss of electrolytes that cannot be replaced by water alone, so do pack some rehydration options. [Visit IA's Literature webpage](#) for details and other health information.

Staying Hydrated

Ileostomy and Internal Pouch



IA Group News from Roy Bustin, Group Relationship Lead

Shared resources

This month we launched our 'IA Group Shared Resources'. As we continue to support the development of our group network, we recognise the importance of providing volunteers with easy access to resources. Things can change quickly in the charity world, so groups need up-to-date resources to help them to continue to make an impact locally. This is an online area, allowing volunteers to access a variety of documents, templates and guides to support your activities. Here, you will find our key policies, volunteer role descriptions, finance matters, social media guidance and much more. If you would like to request access, please email us at volunteering@iasupport.org

Peer leadership development

We've been in discussion with NHS England to find out more about their [Peer Leadership Development Programme](#). This is a personal development programme for people with lived experience and is free to access for 28 days.

The programme is delivered online via an accessible and interactive learning platform called FutureLearn. The first two steps are completed in your own time, at your own pace. On the third step, people come together as a small group. Step three is facilitated by the NHS Lived Experience team using FutureLearn and Microsoft Teams. We are now looking for two to three volunteers who might like to trial this programme. If you would like to consider being involved and want further details, please email us at volunteering@iasupport.org

Please note, although this is an NHS England initiative, it is open to anybody in the UK.



Networking for volunteers

Our next volunteer network meeting takes place on Monday 1 September, online, at 7pm. If you are currently volunteering with us, do join us for an informal session involving networking, sharing information and general updates. It would be great to see you there.

Alternatively, if you aren't currently volunteering with us, but would like to find out more, we have the session for you! Join us on Tuesday 2 September at 12.30pm for our online 'Introduction to Volunteering with IA' for general information about how you can get involved.

To register for either meeting, please email volunteering@iasupport.org

Finally, thank you to those of you who have been involved in our 'Volunteering in Action' project so far this year. It's great to hear of the actions happening locally and the impact that they are making. Look out for details of the next actions that you can get involved in from next month – we would be very grateful for your support.

Please do get in touch with me: roy.bustin@iasupport.org if you would like to discuss anything related to your group. I look forward to hearing from you.