



IA UPDATE



September 2025

Welcome

After a long, hot summer, the autumn months are shifting up a gear with events, activities and product launches. Diaries at the ready...

Our September 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

West & Central Scotland IA Information Day, 8 November 2025

**Voco Grand Central Hotel, Victoria & Regent Suite, 99 Gordon Street, Glasgow
11am to 5.30pm**

Don't miss the opportunity to learn from medical professionals and health & wellbeing specialists at West & Central Scotland IA's Information Day in Glasgow.

The event will include workshops, presentations from guest speakers and attendance by appliance companies. With lunch and refreshments included, it will be both an informative and a social event. All welcome!

Speakers include:

- Elaine Paton, Senior Pharmaceutical Advisor, NHS Greater Glasgow & Clyde.
- Maria Masnoui, AMI Medical: Benefits & Challenges of Support Garments.
- Mr Scott MacDonald, NHS Greater Glasgow & Clyde: Emergency Stoma Formation.
- Rosie Lawson, Life Coach: Creating calm.

Booking details:

**Saturday 8 November, 11am to 5.30pm.
Voco Grand Central Hotel, Victoria & Regent Suite, 99 Gordon Street, Glasgow G1 3SF.**

You can register online at:

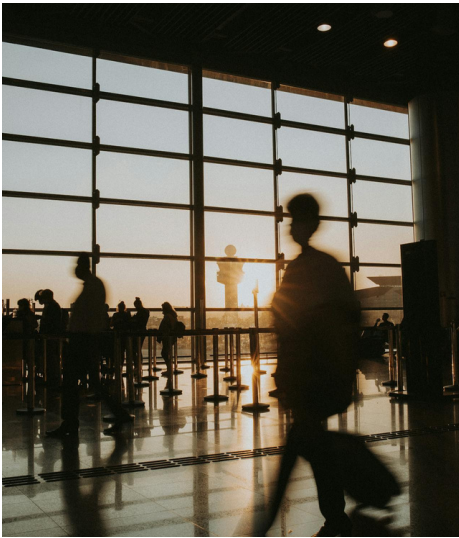
<https://iasupport.org/scotland25/>

For more information, please contact:

jacqui.sibbald@iasupport.org



Have your say... Complete IA's UK airport survey



As reported in the August IA Update, IA is concerned that UK airports are not held to account in meeting their accessibility obligations through their Airports Accessibility Framework and that much more needs to be done to ensure that the rights of anyone wearing a medical device, such as a stoma bag, are respected.

For those with a complaint about a UK airport, this should be taken up with the airport in the first instance, but further action is available through the CAA if you are dissatisfied with the response.

In order to ascertain the extent of the issues ostomates are encountering at UK airports, **please complete IA's survey.**

Last few spaces on IA's Effective Communication Skills course

We have a limited number of places left on our popular One2One Support training course, 'Effective Communication Skills', taking place in October and November 2025.

Where and when

This year, we look forward to seeing attendees 'in person' on our 'Effective Communication Skills' course, which will be held in Warwickshire over the following three dates:

Saturday 25 October, Sunday 26 October & Saturday 22 November 2025
Chesford Grange Hotel, Kenilworth, Warwickshire CV8 2LD.

Anyone applying for this course needs to be a member of IA and be at least 12 months post completion of surgery. The course is non-qualified but is endorsed by the Association of Stoma Care Nurses UK and on completion, successful participants will receive an IA certificate.

There is no fee for the course but delegates, or their member organisations, are responsible for their own travel expenses and we would suggest contacting your member organisation to discuss what financial assistance they may be able to offer, should this be required.



Sign up

If you're interested in becoming a One2One Support Volunteer, we'd encourage you to contact your local group and chat about the volunteering opportunities that they have available to become more involved with IA locally and the support that we offer. For more information and to request an application form, please contact IA National Office via info@iasupport.org or 0800 0184 724.

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



2026 is a platinum year for IA, and we're excited to celebrate this milestone at our Information Day in Warwickshire. The event will comprise presentations from medical professionals and health and wellbeing specialists, alongside some very special guests! Take part in workshops, hear about the latest developments in stoma and internal pouch management and care, and meet a host of product exhibitors.

We hope you can stay on for our black-tie gala dinner and live music to end the occasion in style, and invite you to **pre-register your interest** in attending the day.

Information Day, 25 April 2026

Chesford Grange Hotel, Kenilworth, Warwickshire CV8 2LD.

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

Booking: Pre-register without obligation: <https://iasupport.org/infoday26>



M&S launches men's stoma underwear

Following the success of M&S' stoma underwear for women last year, with 28,000 packs sold, the store has now balanced the scales with men's stoma trunks.

The '3-pack Cotton Rich Stoma Trunks', £18, have a higher waistline for comfort and an internal pocket to securely hold a stoma bag in place, providing support and discretion. The trunks are available in black.

Now available in store and [online](#).



Stoma Information Day at Ulster University

**Ulster University,
4 College Avenue,
Derry~Londonderry
BT48 7JL**
(Entrance at main reception)



Ileostomy & Internal Pouch
Association



Western Health
and Social Care Trust



**Saturday 18 October
From 10am to 3pm**

Don't miss the Stoma Information Day at Ulster University's Magee Campus, hosted by IA Northern Ireland and the Western Trust's Stoma Care Team.

The programme will include talks from health professionals and researchers at Ulster University.



Programme for Stoma Information Day 2025, Ulster University

This event will have something for everyone, whether you have had your stoma for many years or just recently. Throughout the day there will be workshops on travel, diet and support wear, and a chance to take part in a walk around the campus.

The event is free of charge. You can come along for the whole event, or just for part of it. To help you decide, please see the schedule below:

Morning

- 10.00am – Arrival and refreshments
- 10.30am – Welcome and introductions
- 10.45am – Turning experience into action: the value of taking part in stoma research (Ulster University-led session)
- 11.30am – Q&A session
- 11.45am – Organised walk around the campus or gentle exercise

Afternoon

- 12.30pm – Lunch (to be provided)
- 1.30pm – Workshops led by health professionals on travel; diet & nutrition; support wear
- 2.30pm – Q&A session
- 3.00pm – Refreshments and finish

Advance registration required

We would really appreciate it if you could kindly let us know if you plan to attend all or part of the day. To do so, please email: anne.demick@iasupport.org or call her on 07785 393516, as soon as possible. Everyone welcome and we look forward to seeing you there!

October is Internal Pouch Awareness Month

We were delighted to welcome a great turnout to our recent Pouch Information Day where we shared information and advice on all things internal pouch. To continue the momentum, we'll be laser-focused on internal pouches throughout October, and invite you to keep an eye on our social media platforms and please engage and share our posts.

The theme for this year's internal pouch campaign is 'Everything you wanted to know but were afraid to ask'. We will be focusing on:

- Hydration, nutrition, rest
- Mental health
- Movement and mobility
- Connection



If you have any internal pouch questions that you'd like to ask anonymously, please direct message us on the social platform or email: laura.bailey@iasupport.org who will create a social media post to answer your question. This can be a great way to help others with similar concerns.

A big thank you to everyone who attended IA's successful Internal Pouch Information Day at the Novotel Birmingham on 20 September. Presentations on surgery, complications, diet, medication and mental health were delivered in the morning. A lovely lunch was provided, and the afternoon comprised round-table table discussions hosted by the speakers, allowing small group- and one-to-one questions and sharing of experiences. IA was thrilled to receive valuable feedback from the event, and we hope to see you again next year!



**IA Group News from
Roy Bustin, Group
Relationship Lead**

Volunteering in action

Continuing our plans to work more closely with our group network, we have another volunteering 'action' lined up this autumn. As with our previous actions, we hope it will help us better connect with members and communities across the UK.

Trustees' Week, 3-7 November 2025

This is a time to come together to celebrate the achievements of nearly one million trustees across the UK. We have trustees who oversee the work of the national charity, as well as trustees across the affiliate group network.

The action: To share your experience of being a trustee by writing an article to be shared on our website.



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.