



IA UPDATE



October 2025

Welcome

Events, surveys, discounts, presentation videos, celebrity guests and a job opportunity... just a few items to share over a particularly busy month for IA!

Our October 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
From 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



Stoma Patient Information Day, 22 November 2025

Mayo Building, Salford Royal Hospital, 11am – 2pm

IA will be present at the Stoma Patient Information Day on 22 November at Salford Royal Hospital's Mayo Building, and looks forward to meeting you to share information about the support IA can offer.

The event will include presentations given by a colorectal surgeon, a dietitian, and urology consultant, as well as workshops and a product exhibition showcasing the latest innovations from major manufacturers.

Ostomy charities including Urostomy Association, Crohn's & Colitis UK and Colostomy UK will also be present. Refreshments available.

No pre-booking required. For more information, please contact: StomaCare@nca.nhs.uk

Exercise best practice recommendations published



Sarah Russell,
Clinical
Exercise
Specialist

Sarah Russell MSc, Clinical Exercise Specialist, has been leading a project on behalf of the Association of Stoma Care Nurses (ASCN UK) to develop best practice recommendations for exercise and physical activity after stoma surgery. The recommendations from the 'EXPASS' project (Exercise and Physical Activity after Stoma Surgery) are now published on the ASCN UK website.



Sarah said: “Under the umbrella of the ASCN UK, I have been project lead and co-author – alongside my brilliant colleague physio Kerry Archer – and together with our expert panel of surgeons, nurses, physios and other patients, we have basically published the world's first guidelines, and they have been endorsed by many other global nursing and physiotherapy groups.

“We have created visual aids and tools to help put it into practice. And we hope this helps to simplify it and give people a starting point and a framework on which to base their recovery pathways and long-term goals.”

Whilst the recommendations are aimed at healthcare, medical and exercise professionals and published on the ASCN UK website, they are accessible and available to everyone and we'd fully encourage taking a look and downloading a copy.

IA's UK airport survey still open: your opinion counts

Just a little reminder that IA's airport survey is still open, if you wish to share your personal experiences at UK airports. For those with a complaint about an 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.



Local formularies patient survey: have your say

A patient survey is being run on behalf of the Department of Health and Social Care who will use your responses to develop good practice guidance on the development and use of local formularies for prescribing medical devices that patients will use either at home or in the community.

Apart from National Institute for Health and Care Excellence (NICE) guidance on developing local formularies (Overview | Developing and updating local formularies | Guidance | NICE), there is no central support for NHS teams in developing and maintaining local formularies for medical devices prescribed through the Part IX Drug Tariff for use by patients at home or in the community.

Industry and patient groups say NHS teams operate local formularies differently and variation may mean patients are not always prescribed the most appropriate medical devices for them to use at home and/or in the community.

IA recommends...

IA recommends respondents kindly emphasise patient choice/need, shared decision-making, and quality of life, not just cost. **The survey will close at midnight on 30 November 2025.**

Analysis of survey responses will help develop local formularies 'good practice' guidance to:

- Improve the appropriateness of local formulary prescription of medical devices.
- Provide a framework to support clinical decision-making.
- Ensure patients are at the heart of decisions about clinically appropriate prescribing of medical devices.
- Improve long term stability for medical device manufacturing businesses.
- Support the aims of the 10 Year Health Plan and Life Science Sector Plan to streamline the innovation pathway.

Internal pouch video presentations

If you were unable to join the internal pouch team at their Information Day in Birmingham in September, all is not lost! Head to the IA website to see the latest presentations by subject matter experts, or direct to YouTube for:

- **When Pouches Go Wrong (Miss Abi Patel):** <https://youtu.be/gO3aF2fvhLc>
- **Restorative Surgery (Mr Richard Lovegrove):** <https://youtu.be/vGfU7p8JATo>
- **Medication Matters (Anita Sangera):** <https://youtu.be/tRRiAWAPW1Y>
- **Dietary Advice for People with Pouches (Sophie Turigel):** <https://youtu.be/ug1P03A8SxA>
- **Mental Health Matters (Carrie Helman):** <https://youtu.be/9yDtYybJXJc>

IA platinum anniversary celebrations, 25 April 2026



2026 is a platinum year for IA, and we're excited to celebrate this 70-year milestone in style at our Information Day on Saturday 25 April 2026 in Warwickshire.

The event will comprise presentations from medical professionals and health and wellbeing specialists, alongside special guest speakers, including TV personality and disability campaigner **Mollie Pearce** and world champion fitness model **Zoey Wright**.

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
Information Day: Saturday 25 April

Times: tbc

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

Take part in workshops, hear about the latest developments in stoma and internal pouch management and care, and meet a host of product exhibitors.

After a day of information gathering, we hope you'll stay on to let us entertain you into the evening with live music after a black-tie gala dinner, and invite you to **pre-register your interest** in attending the day.



Discounts for volunteers

With Christmas fast approaching, many of us are looking at ways to make our money stretch a little further. So, it's good to know that many high street retailers support the efforts and commitment of those who work and volunteer for charities across the UK.

Discounts extend to travel and days out, finance, insurance, motoring and utilities. To register for a range of discounts, click: [Charity Worker Discounts | FREE Savings for Volunteers & Staff.](#)

A screenshot of the Charity Worker Discounts website. The header includes the logo "charityworkerdiscounts", a search bar, and navigation links for "Partner with us" and "Sign in". Below the header is a menu with categories: "ode cashback card", "Shopping", "Travel", "Finance", "Insurance", "Mobiles", "Motoring", and "Broadband". The main content area features a large blue banner with the text "Free Volunteer & Charity Worker Discounts" and "Our members can save over £2,000 per year." There is a prominent yellow "Join FREE" button. Various retailer logos are displayed in circles, including Haven, OFFICE, NEW LOOK, TUI, holiday extras, PANDORA, Apple, LOOKFANT, and Nike. At the bottom, it says "Charity Worker & Volunteer Discounts" and "Exclusive discounts, cashback & vouchers for Charity Workers & Volunteers."

Support and insight at IA Northern Ireland Information Day at Ulster University

IA Northern Ireland hosted a Stoma Information Day on 18 October at Ulster University's Magee campus. The event brought together members, stoma care nurses, and researchers for a day focused on learning, connecting, and wellbeing.



IA Northern Ireland committee member, Niamh Magee, said: "We were delighted to present two new training torsos to the stoma care team at the Western Health and Social Care Trust. These will support nurse education and patient training, helping to enhance the standard of stoma care across the Trust."

The morning session featured engaging presentations from the Stomasense Research Group at Ulster University, who shared insights on the importance of participating in stoma research, the psychological impacts of surgery, and useful coping strategies. They also provided an update on their ongoing research projects, all aimed at improving quality of life and wellbeing for people living with a stoma.

Midday activities gave attendees a chance to unwind and connect. Some enjoyed a guided walk around the beautiful Magee campus, while others took part in a seated Pilates session led by committee member and physiotherapist, Gillian Clarke. Both options proved popular, offering a space for light-hearted conversation in equal measure.

Lively conversation filled the room over lunch, and the day concluded with an informative talk on 'Nutrition with a stoma' by dietitian Hannah Scott. Hannah offered practical advice on maintaining a balanced diet and managing common challenges following surgery.

Niamh added: "The event was a great success and reflected the strong sense of community within IA Northern Ireland. Members left feeling informed, uplifted, and supported. The committee extends sincere thanks to everyone who attended, as well as to the Stomasense Research Group and Ulster University for their warm hospitality and contribution to a truly inspiring day."

IA attends ASCNUK25 Conference, Wales

On 12-14 October, stoma care nurses and other healthcare professionals gathered at ICC Wales, near Newport, for ASCN UK's annual conference.

The programme comprised education, discussion and professional development under the theme 'Developing trends – enhancing the future of stoma care', with keynote talks, practical sessions, breakfast symposiums, workshops, and opportunities to explore the latest in stoma care practice and innovation.

IA was present in the exhibitors' hall, building and renewing connections and showcasing our support provision. IA's Stoma Nurse Liaison, Carol Katté, was in attendance to promote IA's newly published kidney health leaflet, which can be downloaded from our website at: <https://iasupport.org/information-support/literature/>



Above: IA Trustees Brigitte Siefken and Stuart Hay.
Left: Carol Katté

Job opportunity:

IA seeks a Stoma and Pouch Care Specialist Nurse

IA is offering an exciting opportunity for a compassionate and experienced Stoma and Pouch Care Specialist Nurse to help us lead and develop our clinical support services to people living with an ileostomy or an internal pouch, family, friends and those interested in our work.

The successful applicant will have been in a similar role for at least 12 months as an experienced Stoma/Pouch Specialist Nurse and qualified to at least (NHS) Band level 6. As someone who is passionate about helping people who have been through, or are considering life-changing surgery, your empathetic approach, high standards and professionalism together with your excellent clinical knowledge and experience will put the patient at the heart of everything that you do.

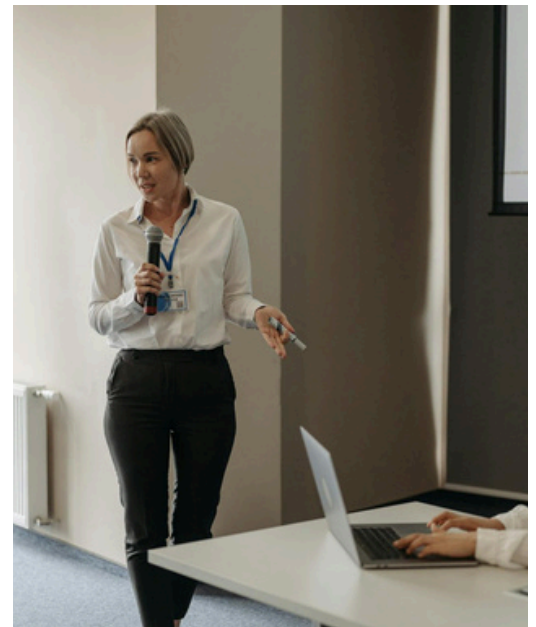
In addition to direct support through one of our many communications channels, your clinical experience will help us to further our charitable aims, developing additional strategic services supported by our team of staff, trustees and volunteers, many of whom have been through life changing surgery themselves.

As someone who is flexible in their approach and is prepared to think outside of the box, each day will offer a different challenge. Whether you are representing IA at external meetings, on various multi-disciplinary committees or advocating for improvements in products and services available to people living with a stoma and internal pouch, your strong voice and stakeholder management skills will represent both the charity and the voice of the patient.

As a hybrid role, the successful applicant is expected to be a self-starter with drive and determination to help us to grow our services and develop our patient support model.

In return, IA is offering a salary commensurate with experience, 28 days holiday plus bank holidays together with a generous benefits package.

For more information, please view the [job role specification](#) or email recruitment@iasupport.org



Stoma care podcast award nomination

On 22 October, IA's PR & Communications Manager, Caroline Bramwell, attended the Nursing Times Awards in London along with ASCN UK, as the podcast series which she had worked on with them, as part of the Patient Pathway project, was shortlisted for the 'Continence Promotion and Care Award'.

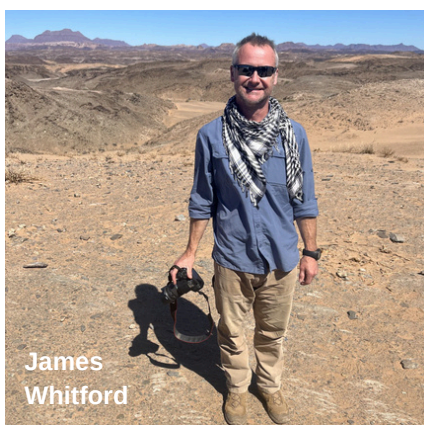
The ASCN UK 'Beyond the Bag: Challenging Differences in Stoma Care' podcast explores the entire

patient journey, from diagnosis and surgery to discharge home, and extends to look at life with a stoma. The podcast also explores the psychological adaptation to life with a stoma, and aims to highlight and educate on the inequalities and variations in stoma care services compared to other chronic long-term conditions.

Though the podcast didn't win, this is the highest position the topic of stomas has achieved at these Awards. **You can listen to the podcast [here](#).**

Adventurer departs on 5,000-mile journey

To say that ileostomate James Whitford has an adventurous spirit would be an understatement! The geologist from Brockton in Staffordshire has taken on the challenge of a lifetime: a ten-week, 5,000-mile drive overland from Stafford to Dakar in Senegal, inspired by the legendary Paris to Dakar race that first captured his imagination years ago.



James Whitford

Keep an eye on IA's social media, where we'll report on James and Emma's progress. And look out for more on James and his story in next summer's IA Journal.

crossing the Sahara, would be an extraordinary undertaking for anyone, let alone someone navigating life with an ileostomy.

For James, it is an opportunity to realise a long-held dream while showing the world that having a stoma doesn't mean giving up on your goals. He said: "Don't let your stoma define you, and don't be afraid to try things. Whether it's travelling, sport, or just everyday life – there are products and support out there to help you. There's no reason you should stop living your life."

Together with his partner Emma, 52-year-old James set off in his Land Rover on 18 October. This epic adventure, which includes



IA Group News from Roy Bustin, Group Relationship Lead



This month we have published our new Volunteering Agreement. If you volunteer with us, we want you to have a positive and rewarding experience. The Volunteering Agreement outlines the principles in which we work together, and applies to all IA volunteer roles. The document helps clarify the relationship between volunteers and the charity and the expectations of those involved. The document can be found in the 'IA Group Shared Resources' portal in the 'Volunteer policies and information' folder. If you are a volunteer and don't yet have access, let us know at volunteering@iasupport.org and we can arrange it.

Our next volunteer network meeting takes place on Monday 1 December, online, at 12pm. If you are currently volunteering with us, do come along for an informal session involving networking, sharing information and general updates. It would be great to see you there. Alternatively, if you don't currently volunteer with us, but would like to find out more, then we have the session for you! This is also happening online on Monday 1 December with a 7pm start. The 'Introduction to Volunteering with IA' is a general information session about how you can get involved.

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

Volunteering in action

Crohn's and Colitis Awareness Week, 1-7 December 2025 – This week is a chance to raise awareness of your group and show your support to members affected by Crohn's and Colitis.

The action: *To get in touch with your group's local network of Crohn's and Colitis UK, to exchange information about any activities happening that could benefit members. Details of local networks can be found on [Crohn's and Colitis UK's website](https://www.crohnsandcolitisuk.org).*

International Volunteer Day, 5 December 2025 – This is a day where volunteers are acknowledged, and the spirit of volunteerism is promoted at the local, national and international levels.

The action: *To record a short film clip to let members know why you volunteer with IA.*