



IA UPDATE



May 2026

Welcome

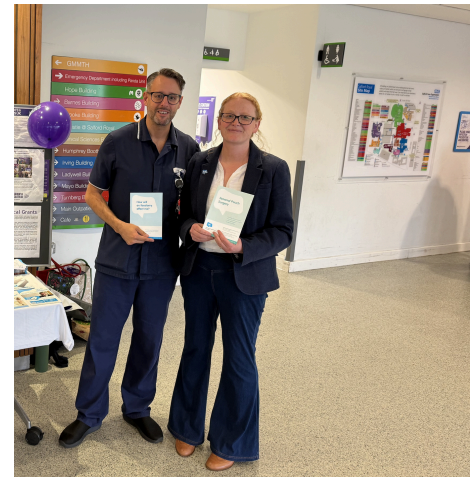
With more UK heatwaves on the cards, it's important to stay hydrated to avoid kidney problems – see page 2 for our tips to help keep you safe. Plus, dates for the diary, staff changes, and a new research award...

May's 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

IA attends Salford Royal on World IBD Day, 19 May 2026

World IBD Day is a global awareness campaign focusing on Inflammatory Bowel Disease (IBD), specifically Crohn's disease and ulcerative colitis, which affect over 10 million people worldwide. As an educational campaign, its purpose is to raise awareness, advocate for early diagnosis, and improve quality of life for patients.

IA's new Stoma and Pouch Care Specialist Nurse, Emma Greenwood, was invited by the Salford Royal IBD nursing team (pictured right with the team's Ben McDermott) to support this event, alongside volunteers from Crohn's & Colitis UK. Together, the teams set up a joint IA/CCUK information stand just inside the main entrance of the hospital.



Emma said: "This was a wonderfully busy awareness stand, and I was very grateful to the Salford Royal nursing team for their support throughout the day. Members of the stoma team also kindly popped along in between clinics. We distributed a wealth of information, all of which is also [available online](#)."

The most common topics discussed at the stand were travelling with a stoma, navigating airports, and discussing stoma and internal pouch surgery with children. Emma added: "A huge thank you to the IBD team for their kind invitation to this awareness event and for all their hard work on the day."

Scottish Information Day, 10 October 2026

10 October 2026, Voco Grand Central Hotel, Glasgow G1 3SF
10.30am-5pm (registration from 9.30am)

The annual Scottish Information Day returns this autumn in Glasgow and will once again host a mix of speakers, workshops and ostomy company representatives. This informal event provides a great opportunity to catch up with old friends and make many new ones! There'll be surgical presentations and [life coach Rosie Lawson](#) will make a welcome return to provide relaxation tips and advice.

Booking now open via the IA website: <https://iasupport.org/scotland26/>



Hydration tips: keep your kidneys safe in the heat

Remember those record-breaking temperatures in the last week of May? Many people with an ileostomy or internal pouch can find themselves at greater risk of dehydration during hot spells because the body can't absorb water the same way it usually does. With increasingly common heatwaves here in the UK, hydration is important to consider at home as well as abroad.



IA's summer hydration tips

💧 You may need to increase your intake of the types of fluid below if you are sweating heavily or your stoma output is higher than usual.

🚰 If your output is normal for you and you're not feeling thirsty, that's a good sign you're drinking enough. But if your output increases or thirst kicks in, switch to electrolyte drinks. Good options include:

- Oral rehydration solutions such as St Mark's, Dioralyte, O.R.S
- Full sugar sports drinks (not diet or zero versions)
- Coconut water
- Diluted full sugar squash with a pinch of salt
- Milk (if not lactose intolerant)

🟡 Check your urine. Pale straw yellow = well hydrated. Dark = drink more.

🔪 Your appliance may need changing more often – heat can affect the adhesive seal.

❄️ Store spare appliances somewhere cool – heat degrades the adhesive.

⚠️ If you feel dizzy, have no urine output for 6+ hours, or can't keep fluids down, contact your GP or call 111.

To better understand how to support your hydration and protect your kidneys, IA offers [kidney health](#) and [hydration](#) leaflets, available to download from our website.



Improve your journey with an IA Travel Certificate



Travel Certificate
For people with an ileo-anal pouch

IA
Ileostomy & Internal Pouch
Association
Registered Charity

www.iasupport.org

Travelling soon? Don't forget IA offers free-of-charge travel certificates which, in multiple languages on the same leaflet, explains that the bearer has a stoma bag or internal pouch.

Showing the travel certificate to staff at security checkpoints can help minimise potential anxiety at major transport hubs, and serve as a reminder to staff that any inspection they make should be done with sensitivity.

If you have a complaint about treatment at any UK airport, please contact the airport in the first instance. If you are dissatisfied with their response, you can take it further through the [UK Civil Aviation Authority](#).

To request a free IA Travel Certificate, please call: **0800 0184 724** or email: info@iasupport.org



Travel Certificate
For people with an ileostomy

IA
Ileostomy & Internal Pouch
Association
Registered Charity

www.iasupport.org

All change: a new appointment and a fond farewell

Social Media Manager

Welcome to Daniel O'Reilly (Danny) who joins IA as our new full-time Social Media Manager. Danny started on 18 May and is currently working on our social media strategy moving forward. Currently on pre-planned leave, when Danny returns, he will continue to support with the strategy in addition to the work he is doing in preparation for Internal Pouch Awareness Month in October.

With over ten years' experience working in social media and the last five years as a strategist developing and managing clients' accounts, we look forward to developing our online presence much more. Danny will also be engaging with local groups over the coming months, and more information about this can be found in the email being sent to groups.



PR & Communications Manager

After 7.5 years in the role of IA's PR & Communications Manager, Caroline Bramwell has announced her decision to leave the charity to focus on running her own business. She said: "I have been working as a self-employed consultant to IA since November 2018. Originally it was just to provide three days per week marketing support but over the years this has ebbed and flowed. It has been a pleasure representing IA and supporting its commitment to those with a stoma or internal pouch. I have made many friends throughout the industry in that time and am sure our paths will cross again."

IA would like to thank Caroline for her dedication and commitment, and wish her every success for the future.

Pouch Information Day, 3 October 2026

Leonardo Royal Hotel, 245 Broad Street, Birmingham B1 2HQ

10am-4pm (registration from 9am)

Advanced booking required: tickets £10

(non-refundable once booked)

If you have an internal pouch or are considering one, come and meet the experts! The event will comprise presentations, discussion with experts, and the opportunity to learn more about pouches, both from a medical and lifestyle perspective. This is the place to address any concerns you may have and hear from those who have undergone surgery. Our hope is to provide the facts, advice and support to help you make an informed decision on whether a pouch is right for you.

Lunch and refreshments included. Booking in advance is required to allow us to manage numbers, and we will be closing booking around 10 days before the event to finalise numbers with the hotel. Please book early and don't miss out! In the event of being unable to complete your registration online, please contact IA National Office on 0800 0184 724 who will assist with booking.

Book your place today at: pouch.iasupport.org/pouchday26



Neil Smart Memorial Research Award

In memory of Professor Neil Smart, colorectal surgeon and IA trustee for many years, IA has established a dedicated research award, recognising Neil's commitment to advancing research and improving patient outcomes through knowledge and collaboration. Funds donated will directly improve quality of life for people living with an ileostomy or an internal pouch.

Neil was a brilliant and technically gifted surgeon, an insightful academic, and, most of all, a kind and thoughtful person. He had a genuine desire to improve the lives of people living with the consequences of bowel surgery.

A prominent national and international figure in colorectal surgery, Neil served as a consultant surgeon at the Royal Devon and Exeter Hospital and as editor-in-chief of *Colorectal Disease*, the journal of the Association of Coloproctology of Great Britain and Ireland. IA was immensely fortunate to have his support as trustee and co-chair of our research subcommittee.

Neil was a regular attendee at the annual IA Information Day and was himself awarded the Bryan Brooke Medal for his services to patients with bowel disease in 2017. Neil died in June 2025 at the age of only 50 after facing cancer with immense bravery, positivity, and dignity.

To donate to the Neil Smart Memorial Research Award online, please visit: iasupport.org/neilsmartaward



Donate via Text Giving to Neil Smart Memorial Research Award

Text **NEIL** to **70480** to donate **£10**
OR text NEIL plus donation amount of your choice e.g.,

NEIL1 to **70480** to donate £1*
NEIL20 to **70480** to donate £20*

**Please ensure you have the bill payer's permission. Texts will cost the donation amount plus one standard network rate message. Text Giving allows the maximum of £20 per donation subject to maximum of £240 per month per mobile number.*

IA will receive the cost of your donation less processing fees charged by our third party suppliers. For online payments this is 1.5% (UK cards) of the donation amount plus 20p; for donations via Text Giving this is 5% of the donation amount plus a single monthly payment fee. Fees may be subject to change.

Parastomal hernia insight for Surrey IA at AGM

Surrey IA President Jonathan Trickett (pictured right), gave a fascinating presentation at the group's AGM on 18 April. His talk, 'Parastomal and Incisional Hernias', was a topic relevant to many members, with parastomal hernias affecting around half of all ostomates over time.

Jonathan explained how repair techniques have evolved from simple closure to mesh reinforcement and full anatomical reconstruction. He compared the main approaches: keyhole (now largely abandoned due to high recurrence), Sugarbaker procedure, DynaMesh Funnel, and the modern Pauli repair – which places mesh safely away from the bowel and shows recurrence rates as low as 5–10%. He also outlined the different mesh types available and stressed the importance of preoperative CT planning in guiding the right choice for each patient.

Surrey IA's Andrew Watkin said: "The talk prompted plenty of questions and discussion, and all who attended the event are very grateful to Jonathan for sharing his expertise."



Ostomate campaigner raises awareness on ITV

On 13 May, ITV's *This Morning* presenters interviewed influencer Mesha Moinirad (@MrColitisCrohns) about his experiences of IBD and living with a stoma.

Ostomate Mesha was joined in the studio by medical broadcaster Dr Nighat Arif, raising awareness of bowel disease and what managing a stoma involves. Mesha bravely changed his bag in front of the cameras – highlighting the realities of everyday life for thousands of people in the UK. [You can watch the interview here.](#)



IA Group News from Roy Bustin, Group Relationship Lead

Volunteer network meeting

Thank you to those volunteers who joined our quarterly online volunteer network meeting. As usual, there was lots of lively discussion. We were pleased to be joined by new IA colleagues Emma Greenwood, Stoma and Pouch Care Specialist Nurse, and Danny O'Reilly, Social Media Manager. It would be great to see more volunteers involved in future meetings, so do look out for the next date in September.

Welcome to new volunteer Faye Snowden who joins the network

Last month we welcomed Emily Townsend as Area Co-ordinator at Kent IA. The good news is that Emily now has company! I'm pleased to introduce Faye Snowden (pictured right) who joins as Group Volunteer, supporting Emily in developing activity across the county.

Hello, my name is Faye and I live in Kent with my partner and our three children. I joined IA as a Group Volunteer in May and have both personal and professional experiences of ileostomies, having an ileostomy myself and from my role as a Paediatric Nurse.

I first discovered IA while preparing for my surgery in 2023. The wealth of information and support available was incredibly valuable, not only for myself but for my loved ones who benefitted from being able to better understand and support my journey.

Since having my ileostomy, I have regained so many parts of my life that were impacted by years of suffering with ulcerative colitis. I feel extremely grateful for the positive changes it has brought and am passionate about supporting and empowering others who may be going through a similar experience. I'm very excited to be part of IA and hope to help build a strong community where people feel encouraged, understood, and supported.



Volunteer pledges

If you've been following our social media channels throughout Volunteers' Week, hopefully you will have seen the three pledges we have made as part of the [Vision for Volunteering](#). We are committed to continuing to develop a thriving volunteer community where people can get involved in ways which are meaningful and impactful. We hope that the following pledges will support this:

- Review and update our Volunteer Policy
- Regularly review our volunteering opportunities
- Establish consistent ways to reward and recognise the contribution of volunteers

Powering up with our new volunteering framework

A big thank you to those groups that I've been chatting to around all things volunteering. The insights and ideas shared will be taken forward as we continue to shape the volunteering experience at IA. The volunteer journey comprises six stages: Recruitment; Induction; Training; Ongoing support; Reward and recognition; Exit.

It's not too late to get involved – the deadline for this work is 30 June 2026, so if your group would like to be part of the conversation, please reach out to me at roy.bustin@iasupport.org