



IA UPDATE



March 2023

Welcome

Spring has sprung and doesn't it feel good, with lighter days, flowers in bloom and hopefully, warmer days on the way?

Easter is fast approaching, and also just over the horizon is IA's annual Information Day, which we're egg-cited(!) to tell you more about. You'll find the details here, along with all our other news. As usual, there's lots going on as we continue to support our growing community.

April is Ileostomy Awareness Month

As a charity, it's vital that IA continues to evolve so that we remain fit for purpose and continue to offer the highest levels of support for everybody who needs us.

Thanks in large part to stoma charities, including IA, plus social media where some people are sharing their own personal stories, there's been an increase in awareness of what it means to live with a stoma. There's still a long way to go to create better understanding, though – including that not all stomas are the same - and that's why we created Ileostomy Awareness Month, which is throughout April.

This is our campaign dedicated to all those living with an ileostomy or preparing for surgery, and throughout the month we'll be sharing stories to help educate everyone and shine a light on this still too-hidden subject.

Keep an eye on IA's social media for more on this, including personal stories demonstrating that with the right information and

support, having an ileostomy or internal pouch doesn't need to hold you back in life. Far from it!

Please get in touch with our Communications Assistant, Paola, if you'd like to share your story.

You can reach her at paola.simoneschi@iasupport.org.



Information Day - Are You Ready?

Tickets for our Information Day on Saturday, 29th April, are selling fast, so don't forget to book your place so you don't miss out!

Stronger
Together

Here's the full line up for Information Day:

- 09.00 Exhibition open, browse the exhibition and chat with company representatives
- 10.00 Welcome by IA National President, Prof Gordon Carlson CBE. BSc(Hons), MH ChB(Hons) MD FRCS, Consultant Colorectal Surgeon
- 10.05 **'The high output stoma, a rationale guide'** - Prof Gordon Carlson CBE
- 10.25 **'Your kidneys and you'** - Sheilagh Bickerton, Lead Clinical Nurse Specialist for Acute Kidney Injury, Royal Wolverhampton Hospitals NHS Trust
- 10.55 **'Current trends in managing pouchitis'** - Abi Patel, Consultant Colorectal Surgeon, University Hospitals, Coventry & Warwickshire NHS Trust
- 11.25 Tea, coffee and viewing of exhibition
- 11.55 WORKSHOPS:
1. **'Living with an Internal Pouch'** - Maggie Butler, Brigitte Siefken and Wendy Watt
 2. **'Eating and drinking without a colon'** - Sophie Medlin
 3. **'How would you describe the skin around your stoma?'** - Wendy Osborne
 4. **'Working life with a chronic illness'** - Sam Wilkinson-Lee
- 12.40 Lunch and viewing of the exhibition
- 13.40 **The Bryan Brooke Lecture: 'Technology and innovation in the surgical management of patients with bowel disease'** - Professor David Jayne, Professor of Surgery, University of Leeds
- 14.25 WORKSHOPS:
1. **'Living with an Internal Pouch'** - Maggie Butler, Brigitte Siefken and Wendy Watt
 2. **'Eating and drinking without a colon' & Big Bake Celebration** - Sophie Medlin and Caroline Bramwell
 3. **'How would you describe the skin around your stoma?'** - Wendy Osborne
- 15.10 Tea, coffee and viewing of exhibition
- 15.40 **'Growing an effective Member Organisation; from socials to support and all things in between'** - Mike Jameson and Kalpana Manotta, Birmingham IA
- 16.10 **'The importance of research'** - Neil Smart, Consultant Colorectal Surgeon & Associate Professor, Royal Devon & Exeter NHS Trust/ Professor Tom Pinkney, Consultant Colorectal Surgeon, University Hospitals Birmingham NHS Trust
- 16.35 **Q&A Speaker Panel** – an opportunity to ask the experts
- 16.55 Close of Conference - Prof Gordon Carlson CBE

We're really looking forward to seeing you!

If you've yet to book, visit our website

<https://iasupport.org/infoday23/>

Please share this information as widely as possible with your members so that nobody misses out on the opportunity to attend.

IA's Big Bake – help us raise some dough!

Whether you're a flan fan, a cake connoisseur or a complete beginner, we're calling on you to roll up your sleeves and raise funds for IA by taking part in our charity's first-ever Big Bake.

Coinciding with Ileostomy Awareness Month, our fundraiser is designed to let everyone know that just because you have an ileostomy, what you eat doesn't have to be bland – yippee! So, have some fun creating something savoury or sweet. The choice is yours, from buns, flapjacks and pies to cakes, tarts and muffins. What matters is the dough you raise to help us keep IA services running for everyone who needs us now and in the future.

You could theme your bake (a James Bunned or Quentin Tart-entino film theme, anyone?!) or introduce a bit of friendly competition with a regional meeting bake-off. But those are just a couple of ideas – we're sure you'll have plenty more!



It's really easy to take part. Simply download the Big Bake poster from our website which you can add your details to and host your own event.

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

Calendar Reminder

Just a reminder that we'd appreciate your help in distributing the IA calendars we posted out to you recently so that local hospitals, GP surgeries, clinics and community nurses are all aware of IA and have our contact details to hand.

We need them to be anywhere and everywhere they're likely to be seen by people who need our support. Perhaps you are attending a local open day event, or are you hosting a coffee morning?

These are an extra promotional item for you to

have in your kit, to help spread the word about IA.

If you'd like further copies, please email paola.simoneschi@iasupport.org.

Thank you for helping us get the word out!



Get Your Belly Out Ball

With IA being the proud headline sponsor of the Get Your Belly Out (GYBO) Ball, we dressed to impress and had a wonderful night meeting everyone at this fantastic event in Birmingham. It was a great opportunity to meet and engage with younger people with stomas and IBD.



Thank you to Victoria Marie, founder and director of GYBO, and everyone else at the organisation for making us so welcome. We hope to meet some guests again at our Information Day.

How would you describe the skin around your stoma?



With the increase in telephone consultations with stoma nurses, patients need to be able to describe the problem accurately. ASCN is putting together a Guideline on treatment of sore skin, and they would be interested in hearing from ostomates as to how they actually describe it. As part of the workshop at the Information Day we are requesting people send in photographs beforehand (which would be anonymised) and then 'described' in the workshop – in order to come up with a set of terms that would then be standardised for use by both patients and Healthcare Professionals.

Please send photos to **carol.katte@iasupport.org** as soon as possible.

Tell us about your events

We're always keen to hear about your events, so don't forget to let us know what you've got planned so we can share details on our website.

You can update your group page, or get in touch if you need assistance. Please send event information to **paola.simoneschi@iasupport.org**.

