



# IA UPDATE

December 2023



## Welcome

Welcome to IA's latest newsletter. The final update is here, and we couldn't be more proud of what we have achieved in the past 12 months as a charity. In this update we bring you news of our festive plans, and share a Christmas message from our latest recruit Roy who many of you have now spoken to.

Thank you for the fantastic work our volunteers and colleagues continue to do. The charity continues to thrive with your support. We hope you are enjoying time with your family and friends over Christmas, and be comforted in the knowledge that you have made such a difference to the lives of ostomates and pouchies across the UK. Thank you!

## Festive Fun at IA



On our IA socials this month we had fun with our "Meet the IA team this Christmas", introducing our followers to some of the IA management team! Our video features Stuart Hay, Michael Bell, John Smail and Anna Rennie. Dancing beside them is the lovely Leann, who works tirelessly in the IA National Office.

Are you following us on socials? If not find us here:

**Facebook:** IA - Ileostomy & Internal Pouch Association

**Instagram:** @ia.support



## *One2One Support Volunter Meeting*

Christmas cheer was had at IA's One2One Support Volunteer meeting, which was held on Wednesday 6th December. It was wonderful to see so many of our support volunteers and support volunteer co-ordinators together. All had embraced the Christmas spirit by wearing Christmas jumpers and hats whilst sipping on their favourite tippie! The meeting was a mixture of social chitchat and discussions on topics of interest to those within One2One Support. The quarterly Zoom catch up meetings are a great way for those involved to get together, support one another, and share information.

May we take this opportunity to say thank you to all our wonderful support volunteers and our support volunteer co-ordinators, who selflessly give their time to help and support others. You are truly inspirational and we are extremely lucky to have you on board. Our next meeting will be in March 2024, and if you're a support volunteer we'd love to see you there.

Thank you to Office Manager Leann for keeping us updated on the group festivities!

# **IA INFORMATION DAY 2024 NEW BEGINNINGS**



**THE EVENT OF THE YEAR FOR OSTOMATES  
AND THOSE WITH AN INTERNAL POUCH  
EMMINENT SPEAKERS \* WORKSHOPS \* GALA DINNER**



**Saturday 20th April, 2024  
Hilton London Heathrow Airport  
Terminal 5, Slough, Berkshire**



# Catch Up With IA Group Relationship Lead Roy Bustin



Hi all,

It feels good to have finally started with IA, and I have been grateful for such a warm welcome. I've spent the first few days meeting with colleagues and doing lots of background reading about the charity, and particularly the work of groups. Thank you to those that have been able to speak with me or connected with over email.

It has been really useful to hear about the significant contributions that are being made by volunteers. It is important that we keep up with communications in all directions so that, together, we are best placed to support our members. We know that there are challenges in our work, but building partnerships can also bring about some great opportunities.

I will look forward to exploring these opportunities with groups so that we can make an even bigger impact in local communities across the UK and Ireland. I hope to meet many more of you in due course, but feel free to reach out to me at [roy.bustin@iasupport.org](mailto:roy.bustin@iasupport.org) if you would like to discuss any group matters. In the meantime, season's greetings and I wish you all a happy new year!

Thanks,  
Roy

## ***Student Volunteers***

Next February brings Student Volunteering Week. Are you a student volunteer? Roy would like to chat to you to gain insight into your experience of volunteering for IA, with the chance of being involved in activities during the week commencing 12th February 2024.

If you would like to be involved, please email Roy at [roy.bustin@iasupport.org](mailto:roy.bustin@iasupport.org).



## ***Merseyside IA***

On 9th December, Merseyside IA met for its winter meeting in Liverpool. Members turned out despite the wind and rain to listen to a guest speaker share his personal story. A buffet lunch was enjoyed and an update from the stoma services shared.



## ***Birmingham IA***

Great fun was had by all at the annual Christmas gathering with Birmingham IA at the United Reformed Church, Sutton Coldfield. They had more members than ever this year enjoy the festivities!

*Photo right to left:  
Bogusha Bury and Kate Pine*

# London Landmarks Half Marathon



**Going the extra 13.1 miles for IA**

**Having a stoma or internal pouch doesn't mean you have to stay indoors.**

If you, a family member or friend, is a keen runner with a heart for making a difference, we're offering the opportunity of a guaranteed place at the 2024 London Landmarks Half Marathon, a fantastic challenge event taking in the iconic sights of the capital.

We will supply a free running top for each competitor running in our name and, of course, they will make it into our Hall of Fundraisers Fame!

Email [caroline.bramwell@iasupport.org](mailto:caroline.bramwell@iasupport.org) for more information and secure your guaranteed place.



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[www.iasupport.org](http://www.iasupport.org)

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The last month has seen more runners sign up to represent IA at the London Landmarks Half Marathon. The running tech top you get as part of your dedication to running for us has been ordered, and we share the design below. We hope you love it as much as we do!

We appreciate the time, effort and sacrifice you make choosing to take on such a challenge. With a fundraising target of £250 we have lots of ideas to share with you for reaching your goals.

When you sign up we will connect you with a JustGiving page for your supporters to donate through, or if you prefer to collect cash donations you can easily donate it yourself following the event.

## ***Ideas for meeting the challenge:***

- Gather a team or partner from your family and friends, and work towards the £250 goal together.
- Don't fancy running it? Walk it instead or do a bit of both. Do it in the best way that suits you and your fitness.
- Does your employer sponsor charities or events on a regular basis? Tell them about IA and what it means to you. You may gain a new sponsorship or fellow employees to take on the challenge with you.

## ***Claim your FREE Running Tech Top!***

We have been busy behind the scenes designing our new edition of running tech tops. Each person that signs up to run the London Landmarks Half Marathon will receive one of these to represent the charity with pride.

Be sure when you sign up to let us know what size you are from S/M/L/XL. The tops are unisex and are of the highest quality to ensure you are comfortable whilst running.

