

Connect

ISSUE | 03

**TOP TIPS
TO KEEP
HYDRATED
THIS SUMMER**

**DELICIOUS
SUMMER
RECIPES
INSIDE**

**Getting fit and healthy
after stoma surgery -
read Ryan's story, page 5**

**Falling in love
with an ostomate -
read Laurence's story,
page 9**

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Letter from Chris

Dear Reader,

Welcome to our summer edition of Connect. I am delighted to hear that so many readers are enjoying receiving and reading our magazine. It is great to hear from our readers and include some of your personal stories in the magazine, they are truly inspirational. This edition also features questions and answers from our nurse, another chance to get to know more members of the Respond team and recipes to make your mouth water!

Most of us go away on holiday during the summer months whether it be a holiday in the UK, overseas or just a short break to visit family or friends. If, like me, you find organising a holiday, packing your suitcase and traveling to your holiday destination stressful (perhaps because I leave most of the organising to the last minute) you will be pleased to know that we are able to support you in preparing for your holiday. Our customer services teams can provide you with information and advice to support you before and during your holiday – just ask a member of the team when you speak to us next. You can also request your free travel certificate from us. This is a little booklet that explains you have a stoma and why you are carrying supplies in several different languages so you can show airport staff in countries you are travelling.

I hope you have an enjoyable summer and find this edition informative and useful.
I look forward to hearing from you very soon.

Regards,

Chris Cochlin,

Director of Home Delivery Service



A huge congratulations to our Cardiff based delivery driver George and his beautiful wife Mandy on their wedding day.

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Ask our Nurse

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Do you have any tips to avoid my pouch ballooning?

Ballooning is when gas, which is naturally passed from your body goes in to the pouch and inflates it. All pouches have an integral filter which slowly lets the gas out but at the same time neutralises any odour. However, some filters are better than others and it may be a case of trying different makes of pouches to see if there are any that are more effective in dispersing this wind in a timely manner. There are filters available that you can apply on to the pouch as an extra filter and advice can be obtained from your stoma supplier. If a drainable pouch is used, eliminating the wind is easier through the end opening but most drainable pouches now also have an integral filter.

I experience quite a lot of diarrhoea, are there any foods or natural remedies I can take to help?

The consistency of the stoma output varies not only because of the type of stoma but how the individual tolerates certain foods. It may be a case of trying different foods and keeping a food diary to

identify any foods or drinks that make the output looser. However if there is a sudden change in the output that persists then medical advice should be obtained.

There are foods that will naturally thicken up the output especially if you have an ileostomy such as marshmallows, raw jelly cubes, jelly babies, mash potatoes, white rice and pasta. From a practical point if a drainable type pouch is not being used, obtaining a small supply of these is useful to use when the output is loose. Also there are solidifying agents available on prescription that can be used in the pouches, which changes the output in the pouch to more of a gel consistency. This aids containing the output and also emptying the pouch. Your stoma nurse and/or stoma supplier can advise you on both of these products.

I sometimes suffer with odour from my pouch, what can I do?

You should not be able to smell odour from your pouch, for if the pouch fits correctly there should be no seepage of faeces going under the pouch and onto the skin, which is usually the reason for any odours. If this is not the case then it may be that the filter in the pouch used is not effectively neutralising the smell of the

gas being released through it and it may be worth looking at an alternative pouch. In addition there are odour neutralising gels and drops that can be put into the pouch that help reduce the odour when emptying or changing the pouch. Your stoma nurse or stoma supplier can advise you on these products.

How can I reduce excessive wind from my stoma? Sometimes I have wind and it can be embarrassing as I have no control over it. Are there foods or drinks I should avoid?

Diet can help reduce the amount of wind produced by vegetables. Root veg, onions and fizzy drinks are some of the main culprits for causing excessive gas. Onions help give our diet flavour and rather than omit them from the diet try cooking with the onion whole and then remove it before eating, you will still get the flavour as it is the slicing and eating the onion which appears to cause excess wind production. Probiotic drinks and yoghurts as well as peppermint tea and peppermints can also be effective in reducing wind. Keeping a food diary for a short time period, may be useful in identifying wind producing foods that particularly effect you. Finally, medication is available over the counter that can reduce gas production and your pharmacist will be able to advise you.

I'm a really active person, I enjoy keeping fit and doing lots of sports, sometimes my flange lifts a little on one side - I think it's from, excessive sweating. Is there anything I can do to help it stay down?

Before you do any exercise check the pouch is secure and if it is a newly applied pouch leave it an hour or so before you do exercise so that it has a chance to adhere properly. However, if you are still experiencing issues there are a number of products on the market that extend the sticking area of the flange and prevent lifting particularly when you are more active. They are available in various shapes and material and are placed over the edges of the flange like a picture frame. Your stoma nurse and/or stoma supplier can advise you.

Respond Nurse Team



Thank you to all the questions we have received. If you have a question for our nurse email hello@respond.co.uk and we will answer it in the next issue.

#GYBO Ball

April 8th 2017 saw #GetYourBellyOut host their 3rd charity evening in Birmingham with over 200 'bellies' joining the founders to let their hair down. Guests enjoyed being amongst others that understood what life can be like living with Inflammatory Bowel Disease. The night was filled with laughter, plenty of selfies and some very questionable dance moves.

The theme was Alice in Wonderland and supporters jumped on board by sporting some very funky hats and accessories. It's always a pleasure to see so many "bellies" all in one room as well as the team from Respond who really got into the spirit of the event.

The party was a wonderful success with many commenting about the incredible family feel that the campaign has managed to create. So much so that guests have already booked their accommodation for next year's ball.



Text
GYBO50 £3
to 70070 to
donate

#Get Your Belly Out

A global campaign for Crohn's disease
& Ulcerative Colitis.

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Getting fit and healthy

by Ryan Phillips



I started my fitness journey in September 2016, 18 months after emergency stoma surgery for fulminated colitis. I gained weight since my surgery and it was effecting my self-esteem, I had been taking anti-depressants and I knew I had to do something to turn my life around so I started back at the gym.

I tried to go back as soon as it was safe but looking back now I can see how unwell and weak I was, I struggled to do 5 to 10 minutes in the beginning which was so disheartening at times.

After a few months and putting on even more weight I met with a personal trainer. I joined a gym around the corner from my work and started doing 2 sessions with him and 2 on my own every week. This gave me the push I needed and eventually I started going to my local gym and even doing the odd spin class with a friend.

I went from doing one spin class a week to two I then went on to doing a Vibe class which is great for building up strength and toning using a studio barbell. I built a great relationship with Vicky the instructor and it wasn't long before I asked her to give me personal training. This turned out to be a great decision, since then I've progressed lots; I've increased my strength and most importantly built my confidence to workout on my own - I even completed a 3-hour charity spinathon.

A big part that's helped in my progress is reintroducing foods and logging it with the Myfitnesspal app, this has provided me with a better understanding of food nutrients. I meal prep my foods for 3 to 4 days in advance as this helps keeps me on track. Vicky also gave me a plan that gave me greater understanding of what type of foods I need per meal to reach my macronutrients goals.

Another great app I use is Instagram. I've used this in several ways, the first was I could interact with other ostomates that were into fitness which made me realise I wasn't alone. I also found it useful for finding the best support belts for me to wear at the gym. After chatting with others I found the HiLine breathable stretch ostomy belts are brilliant, these are good because they are firm but not restricting. I often get messages from other ostomates as I post a lot of my food prep and meals on Instagram, often it is osotmates asking me how can I eat the foods I eat being an ostomate myself and my answer is everyone is different. I've never been afraid to introduce the foods I need but have been mindful of what I'm eating may need extra cooking or chewing.

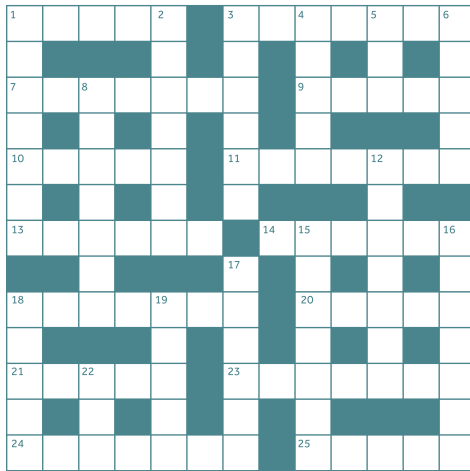
What's next? I've lost a total of two and a half stone in weight and I continue to see body changes. I don't want to lose anymore weight but I want to concentrate on building my core strength and fitness levels. I am going to continue doing all my classes and I plan to do my first Cardiff Half Marathon in October.

I'm no expert but I love working out and cooking nutritious meals. If you want to get in touch or follow my fitness journey then follow me on Instagram @RyanEatsUK



Puzzle page

Crossword and Suduko



		5	6	9		2			
9					4		1	8	
6		7	1	2		5		9	
	5	1	4		2	8			
			3		9				
		2	8		5	3	4		
1		4		3	6	7		2	
5	7		2					3	
					7	9			

Across

1. Goddess of love (5)
3. Revoke (7)
7. Floor show (7)
9. Oversight (5)
10. Last letter of the Greek alphabet (5)
11. Rising warm air current (7)
13. Symbol of disgrace or infamy (6)
14. Sour (6)
18. Inscrutable (7)
20. Type of snake (5)
21. Photo book (5)
23. Luxurious (7)
24. Commotion (7)
25. Restorative (5)

Down

1. Asinine (7)
2. Satire (7)
3. Turn on an axis (6)
4. Unguent (5)
5. Mischievous fairy (3)
6. Live (5)
8. Transience (7)
12. Gruesome (7)
15. Explanation (7)
16. Forceful and extreme (7)
17. Educational institution (6)
18. Intone (5)
19. Musical speed (5)
22. Saloon (3)

Please find the answers on page 29

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**We'll always
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securing your stoma bag to your body more
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Falling in love with an ostomate

Hi, I'm Laurence and I'm a 43-year-old father of a lovely 10-year-old girl, whom I have full custody of. Being a single dad has been one of the hardest things I have ever done but also one of the most amazing and rewarding things. There has been lots of learning along the way. Then one day, when I least expected it, the most beautiful courageous woman I have ever met, came into my life.

When I first met Rachel

Well, what can I say...except when I first met this beautiful person she had an aura about her and amazing eyes that you can just see so much of her beautiful spirit in them.

We met each other through mutual friends more than a year ago. Rachel offered to support me in the care of my daughter Molly and do some arts and crafts. Even though she is terminally ill, has been in and out of hospital regularly with sepsis and other complications she has such a big heart. From that moment on I knew I had made a very special friend but little did I know what would happen next.



I had split up with my partner and when my daughter met Rachel they got on so well that Molly kept hinting "Dad isn't Rachel beautiful." I replied saying don't get any funny ideas she is just a friend. However, over time that friendship has developed into me falling in love with her and vice versa. Rachel had some bad experiences with other men around her two stomas and to my horror at the beginning she would not spend the whole night with me. With previous relationships Rachel had always gone into her room at night and not stayed the night with them because of the prolapsed ileostomy causing accidents. We soon sorted that out! She could see I loved her and she come to realise that I didn't care about any accidents.

I loved her for her, let alone thinking her body is beautiful. When she asked if I minded her bags I replied "Your beauty goes much deeper," it warmed my heart to see her smashing her fears of sleeping the whole night with me.

When she told me about her Autonomic Neuropathy Failure and how it was terminal I said: "Well you deserve to be happy as much as anyone else and I would be happy to take that journey with you." I went into the relationship with my eyes wide open. Not long after this, she went into the hospital with suspected sepsis which later turned out to be that she was in kidney failure. It was amazing to see again how she dealt with this.

I also remember the first time I saw Bob her prolapsed ileostomy, the bowel was out and very inflamed but it didn't bother me at all as I'm first aid trained I just got stuck in and helped her to stick her bag over it. Not long after, I was introduced to Squirt which was formed when she had her bladder removed, which I embraced. I accept both Bob and Squirt as they are lifesavers to Rachel. If there's ever an accident I just scoop up the sheets, put them in the wash and ask how I can help her.

I love her so much and I'm so lucky she's chosen to allow me to make her happy. In turn, she has made me the happiest I've ever been too. I'm in this for the long haul and no matter what as that's what you do when you truly love someone.

As for my daughter, she knows everything about Rachel including that we may lose her one day and she may get worse. Molly is so accepting around Rachel's bags and they have such an amazing bond. Rachel has picked Molly up from school in the electric wheelchair, even though Rachel worried that Molly would be embarrassed but she just said she is proud of her like I am and we love her so much. I want to spend the rest of my life with her. Rachel, I love you and you ROCK girl!!

Laurence xx



Strawberry cheesecake pots

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Recipe Card

Strawberry cheesecakes pots

Ingredients:

- 250g biscuits (digestive or buttery biscuit)
- 250g cream cheese
- 250ml double cream
- 7 tbsp icing sugar
- 1 tsp vanilla essence
- 500g strawberries, halved
- 8 jam jars, ramekins or pots



Method:

- Blitz biscuits to crumbs in a food processor. If you don't have a food processor you can crush the biscuits in a bowl with the end of a rolling pin. Divide the biscuit crumbs between your pots/jars.
- In a bowl, mix the cream cheese, 6 tbsp icing sugar and vanilla essence until softly whipped.
- In another bowl, place half of the strawberries and the rest of the icing sugar into a bowl and crush with a fork to a puree.
- Add a spoonful of strawberry puree to the pots then top with a good spoonful of the cream cheese mix, then continue to layer puree and cream cheese mix until all has gone. Top the cheesecakes with remaining strawberries and chill for 30 mins in the fridge.

Top tip:

You can switch strawberries for your preferred fruit, maybe try peaches or blueberries.

Active Ostomates

Sport and Fitness after Stoma Surgery

Thinking about getting fit or returning to sport?

Active Ostomates from the **Colostomy Association** can help.

Request a copy of our booklet today for advice on:

- ▶ Gentle Exercises to try at home
- ▶ Walking, jogging and running
- ▶ Yoga and Pilates
- ▶ Cycling, swimming and the gym
- ▶ Team and contact sports
- ▶ Hernia Prevention

Active Ostomate sessions are run through a number of support groups, these include chair yoga, archery and walking football classes. Please get in touch for more information.

Colostomy Association is a national charity that provides support, reassurance and practical advice to anyone who has or is about to have a colostomy in the UK. We believe that everyone with a colostomy should be able to live a full and active life.

Contact us for our **FREE** support services and literature.


General Enquiries:
Tel: 0118 939 1537

24-Hour Helpline:
0800 328 4257

Website:
www.colostomyassociation.org.uk

E-mail:
cass@colostomyassociation.org.uk

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www.colostomyassociation.org.uk

Our trip to Stoma Aid

By Caroline Hill at The Southern Ostomy Group

When I first had my operation to have my ileostomy I never even questioned whether I'd be able to afford the supplies I'd need or if I could obtain such items. Of course I didn't because I live in England.

I can't imagine having that worry on top of all the other fears you have after surgery.

For those of us living in England that have a permanent fistula (for example caecostomy, colostomy, laryngostomy or ileostomy) requiring continuous surgical dressings or require an appliance are entitled to apply for a medical exemption certificate which then entitles us to free prescriptions.

Now I know that the majority of us do pay towards such privileges but I can't help feeling a sense of pride that we take care of each other in this country and look after the sick regardless of their income. Not a single one of us in this country has to make stoma bags out of tin cans, plastic bags, crisp packets and bits of cloth.

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Caroline and the unwanted supplies ready for Stoma Aid



After having my operation in 2013 it took a while to find the right appliance for me. I went through endless amounts of bags to get to the stage where my skin was no longer sore and I didn't get any leaks and whilst finding the 'right' bag for me I ended up collecting a number of bags that weren't suitable. I feel very fortunate to have such a privilege of being able to choose between so many different products!

The question was 'what do I do with all these unwanted unused products?'

I couldn't give them back to the hospital as they have to throw them away which is terrible! I then found out the Colostomy Association had launched Stoma aid.

The Stoma Aid project collates unused ostomy supplies in the UK and redistributes them to patients living with a stoma in developing countries that cannot afford or access supplies.

I run a support group that meets monthly in Gosport, Hampshire and as a group we have been collecting unwanted supplies for a little while now and sending them by post to Stoma Aid. With the cost of postage mounting up we decided recently with the help of Respond we would do a trip ourselves up to Stoma aid in Bolton and distribute as many unwanted supplies as we possibly can. My dining room is getting more and more cluttered with boxes of supplies for our trip in June but I think it is a very small price to pay when I think of all the good it is doing.

Here are some stories that have inspired me:

The family of one patient, Dumitru, travel over 100km each month just to collect his stoma supplies:

"I wanted to send a sincere thank you from the bottom of my heart for helping me by providing pouches for my intestinal stoma. Because of the low pension that I receive, I cannot afford to buy these myself. Thank you that you exist and that you help people like me."

If you live in the Portsmouth area and you have unwanted Stoma supplies that can help others in developing countries please call Caroline on 07756819291 or email southernostomygroup@hotmail.com

Our van full of unwanted supplies for Stoma Aid



Stoma Aid cannot accept the following supplies: syringes, deodorant, aerosols, prescribed medication or drugs of any kind. All two-piece donations must feature both the pouch and the matching flange/base plate. All supplies must be in date.

a dedicated delivery and support service.

George and Kate's story

Having a stoma has given George and Kate a new lease of life and the support they are receiving is helping them live it to the full.



After retiring in 2010, George was diagnosed with a tumour in his bowel resulting in a stoma. George used the Respond service from day one. He has been so pleased with the service that now his wife Kate is using it too.

"I can't fault the service. They will bend over backwards to accommodate you. Respond really do deliver on every promise they make".

Kate had previously suffered from cervical cancer and as a result of radiotherapy, she suffered damage to her bowel. Two years ago her condition worsened and it resulted in a stoma. *"I have always been with Respond. If you want something they will do it for you, they really do go the extra mile"*.

"They really do go the extra mile"

George and Kate usually pick up their supplies from their local care centre in Perth.

Kate explained: *"We enjoy going in and picking them up and having a chat"*. Recently, they have taken advantage of the delivery service as their daughter was due to give birth to their first grandchild and they were staying with her to help. *"We asked the Respond team to deliver our supplies to our daughter's house and they delivered exactly as promised. What a service! Just what you need when you have your first grandchild due any day!"*.



"What a service!"

Recently, George has taken advantage of the Respond events by attending one held in Dundee. George said: *"I did a talk at one of the events last year in Dundee. I told everyone*

about my experiences. If sharing my story can give confidence or inspire just one person then it's worth doing".

"Friendly, sympathetic and understanding"

With the support and reassurance that they receive from Respond, George and Kate can now relax and enjoy the important job of being grandparents!



Proud grandparents George and Kate

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restores confidence.

Raised £60,000 for charity.

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www.GetYourBellyOut.org.uk





Meet Ruth your community nurse

Ruth began her nurse training in 1978 in Middlesex and since qualifying in 1981 she has worked in various specialities in a hospital and community setting, having worked as a District Nurse, around London for eight years. In 1991 she relocated to Lancashire where she worked initially as a Practice Nurse within a G.P surgery, gaining experience in all aspects of medical and surgical intervention in the community.

In 1993 she began working as a Stoma Care Nurse in her local hospital providing care and support to stoma patients at all stages of their treatment and recovery. In 1998 she completed her three years specialist training in stoma care to degree level and over the next few years she completed further training in other areas relating to stoma care including bowel disease and oncology as well as completing her nurse prescribing training in 2006.

In 2014 she retired from the NHS having worked for the last six years as a Nurse Practitioner within surgery but her continued interest and compassion for caring for stoma patients both in the hospital and community, saw her return to work as a Stoma Care Nurse a few months later.

Ruth is committed to providing high quality holistic care enhanced by her knowledge and experience.

Ruth covers Manchester and surrounding areas.

Do you have a question for Ruth?
email hello@respond.co.uk

We are here to help

Our community nurses

Our local community nurse teams are available through the Respond service. Their support complements the care you receive from your hospital stoma nurse and healthcare professionals.

To find out more or book an appointment visit
respond.co.uk/our-nurses

Summer Pesto Pasta

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Recipe Card

Light summer pasta with a pesto sauce

Ingredients:

- 100g penne or fusilli pasta
- 3 tablespoons of green pesto
- 1 tablespoon extra-virgin olive oil
- Pinch of salt and pepper to taste
- 75g baby tomatoes*, halved
- 100g mozzarella
- Teaspoon of dried basil



Method:

Bring a large pot of water to the boil, cook the pasta for approx. 8-10 minutes until tender; drain and cool.

Mix pesto, olive oil, dried basil, salt, pepper, in a bowl and add the cooked pasta. Toss to coat. Fold in tomatoes and mozzarella.

**Some people with ileostomies may find tomatoes cause them a problem. If this is the case, you could try swapping them for a different vegetable or leaving them out of the recipe.*

A day in the life of an Operations Manager

Mark Hogg



How long have you been in your role?

I have worked for the group for over 14 years, firstly as a Warehouse Manager, then into a Purchasing & Logistics Manager role and I am now the Operations Manager for Respond.

What are your three favourite things about your job?

- Customer satisfaction
- Wide variety of tasks
- Working with and meeting people

What's the last film you watched?

Star Wars rogue one – great film!

What are your hobbies?

I love cycling. I have been cycling for around 5 years which started by completing the Brecon to Cardiff cycle challenge to raise money for Ty Hafan in 2013 which got me hooked and was followed by many other challenges.

I also enjoy visiting national trust sites throughout the UK with my family and socialising with friends.

Do you ever compete in races?

I have entered the Carten 4 times, Vale and Valley twice, five valleys sportive, Velothon twice, L'ETAPE Dragon twice, Evans Ride it sportive and I attempted to climb Mt Tiede (Tenerife) whilst on holidays in 2016 all of which was around 100 miles.

What is your favourite thing about cycling?

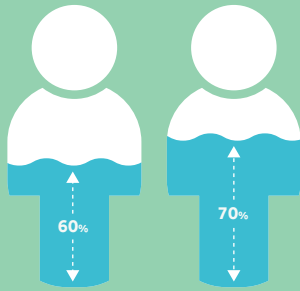
The challenge is the biggest attraction crossed with the fitness aspect. As I get older the satisfaction of completing challenges most people I know would find impossible which maybe keeps me feeling a little younger.

What's your most memorable race?

Probably my recent Dragon ride (for all the wrong reasons) which took me over the Brecon beacons in the wind and the rain, not the most enjoyable but will definitely not forget it.

To find out more about your team at Respond visit our blog at respond.co.uk





60 - 70%

Of the human body consists of water,
KEEPING HYDRATED IS ESSENTIAL!

Did you know?

Watermelon, strawberries and grapefruit
each have a water content of over

90%

perfect for keeping hydrated!



Drink 8 glasses of water a day,
a lack of water causes dehydration

HydrationTip

Make your own vitamin water, simply add
slices of cucumber, lemon, lime or berries
to a jug of cold water.



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IA specialises in supporting people with an ileostomy or internal pouch

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email: info@iasupport.org



My kind of job

**Helen Coulter, Community Nurse,
Respond**

What was your first job?

At school I worked in a small hardware shop in Carrickfergus before I started my nursing training when I was 17 years old.

What qualifications do you have?

I trained as a State Registered Nurse now called Registered General Nurse in the Belfast Group School of Nursing and then transferred to the Royal Belfast Hospital for Sick Children and completed my registered Sick Children's Nursing Course. After a few years working in the Paediatric ICU I moved to Musgrave Park Hospital and successfully undertook an Orthopaedic Nursing Certificate. I worked here for 16 very happy years, 11 of these as a ward manager. I then moved to Antrim Area Hospital where I worked in a female general surgical ward and this ignited my interest in working with patients who had undergone abdominal surgery and had a Stoma formed.

When I started with Respond I spent some time working with a Stoma Care Nurse Specialist in Wales this invaluable experience helped me focus on what was needed in Northern Ireland to set up the nursing service. Each year I attend the Annual Stoma Care Nurse Conference which means we are always up to date on any new developments in stoma care. Respond has nurses in Northern Ireland,

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England and Wales and as a group of nurse specialists we meet quarterly, these meetings provide us with the opportunity to discuss any interesting stoma related problems, we update the group on any developments from previous discussions and we develop new protocols and guidelines and most importantly support each other, after all a problem shared is a problem solved in the Respond stoma world.



What do you attribute your success to?

I like my job and what I do. I think that if you enjoy what you do on a daily basis then you tend to want to expand your knowledge and I have been lucky enough to be able to do that from early on in my career both in Orthopaedics and Stoma care.

How would you describe yourself to someone who'd never met you?

Happy and not always quiet! Talkative and keen to get to know others. I believe I'm hardworking and not a clock watcher and someone who loves a good night out with friends and family.

Who do you look up to in business?

I admire anyone who works hard in their chosen field, and working outside the NHS has been an eye opener for me.

The gentleman who founded Eakin, Tom Eakin, saw a need for a stoma appliance and through hard work and, I'm sure, a lot of determination, he developed a seal to protect the skin around a stoma. He developed this whilst working as a pharmacist and raising a family, not an easy task. The company has grown, and he now has two sons heading the company in product innovation and delivering to a worldwide market. Tom still comes in to the Comber office quite a few days of the week and I think that passion and commitment is amazing.

What website could you not do without?

I love the BBC food network as I'm always looking for new recipes.

Tell us something interesting about yourself?

I love to entertain, I'm happy in the kitchen cooking and baking for family and friends, nothing fancy, I just love good food and good company.

What sort of a car do you drive?

I was allowed to choose my own company car and I need a car to be practical as I carry a lot of stock in my day-to-day work as I visit patients around Northern Ireland and need to ensure I have the appliance

or accessory they require with me, so a big boot was a pre requisite. I settled on a Peugeot 3008 and I haven't been disappointed.

How do you unwind after a busy week?

I enjoy spending time with my family. I love to get away for the night when we can, we live on a farm so we leave our son in charge. My husband and I both love walking (weather permitting) and we are very content on the north Antrim coast. Otherwise it's the normal working-wife weekend of housework and shopping.

What's your greatest passion outside work and family?

I help with a Girls Brigade company in our local village, I was a GB girl but had to leave to start my nursing training. I took my daughter to join when she was three and the following year I was delighted to be asked to help for a few weeks. That was 20 years ago and I still enjoy every Monday night. We have an ever growing company of fabulous girls age 3-18 years, and it's a pleasure to see them grow into beautiful young woman. My daughter is still there and is now an officer too.

What advice would you give to someone starting out in their career?

Make sure you pursue a career in something you are passionate about. If you enjoy your work and the people you work with then you will be happy there. I believe that when you are confident in your practice it shows in your work, and that's what it's all about.

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Events

We would love to meet you

We run events and open days throughout the year, all over the country.

They're a great chance to meet with the Respond team, your community nurses and other people who are living with a stoma.

So whether it's at a coffee morning, a roadshow, an open day or clinic at one of our premises we'd love to welcome you.

Visit our website to find out about our upcoming events.



You'll also find lots of information on our **facebook** and **twitter** pages, so keep in touch!

respond.co.uk  respondltd  @respondltd

If you have any further questions about open days, please give us a call on 0800 220 300 or email hello@respond.co.uk



Specialist support and encouragement, covering all types of urinary diversion

Local Branches give a chance to meet with others,
or our trained volunteers can assist on a one-to-one basis.

Comprehensive website and closed Facebook group

First year of membership free of charge, giving access to
our regular magazine and full range of leaflets.

Supporting people with any form of urinary diversion for over 45 years



**Supporting urology
professionals and people with a
diversion for over 45 years**

The Urostomy Association, 4 Demontfort Way,
Uttoxeter, Staffs. ST14 8XY

Tel: 01889 563191

email: secretary@urostomyassociation.org.uk

www.urostomyassociation.org.uk

Puzzle Answers

Crossword and Sudoku

1	V	E	N	U	2	S		3	R	E	4	S	C	5	I	N	6	D
	A					A			O			A			M			W
7	C	A	8	B	A	R	E	T			9	L	A	P	S	E		
	U			R			C			A		V						L
10	O	M	E	G	A				11	T	H	E	R	12	M	A	L	
	U			V			S			E					A			
13	S	T	I	G	M	A			14	R	15	A	N	C	I	16	D	
				T					17	S		C			A			R
18	C	R	Y	P	19	T	I	C			20	C	O	B	R	A		
	H					E				H		O			R			S
21	A	L	22	B	U	M			23	O	P	U	L	E	N	T		
	N			A			P			O		N						I
24	T	U	R	M	O	I	L			25	T	O	N	I	C			

8	1	5	6	9	3	2	7	4
9	2	3	7	5	4	6	1	8
6	4	7	1	2	8	5	3	9
3	5	1	4	6	2	8	9	7
4	6	8	3	7	9	1	2	5
7	9	2	8	1	5	3	4	6
1	8	4	9	3	6	7	5	2
5	7	9	2	8	1	4	6	3
2	3	6	5	4	7	9	8	1



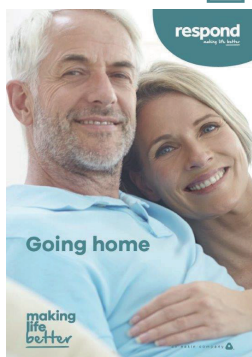
The complete range of accessories

☐


HiLine support garment brochure

☐

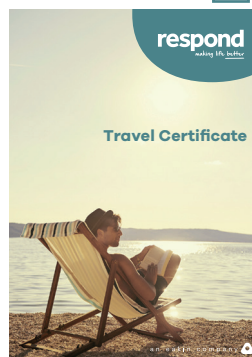

Ostomy & Incontinence Swimwear

☐


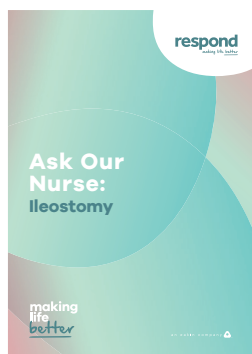
Advice when leaving hospital

☐

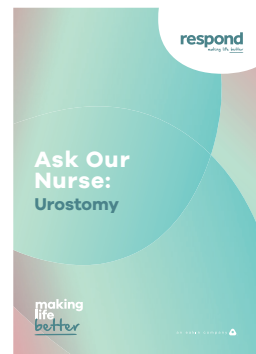

Going on holiday

☐


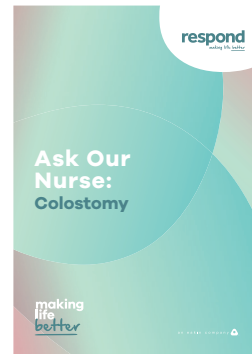
Travel certificates

☐


Support for managing your ileostomy

☐


Support for managing your urostomy

☐


Support for managing your colostomy

☐


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Address

Post Code

Telephone Email

Please detach and send to:

Freeport RTSZ-SLYE-EBTL, Respond Healthcare Ltd, Greypoint, Cardiff Business Park, Parc Ty Glas, CARDIFF, CF14 5WF

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Useful contacts

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Colostomy Association

Enterprise House
95 London Street
Reading
Berkshire
RG1 4QA

T: +44 (0)118 939 1537
Helpline 0800 328 4257
E: cass@colostomyassociation.org.uk
www.colostomyassociation.org.uk

Ileostomy Association

Danehurst Court
35 - 37 West Street
Rochford
Essex
SS4 1BE

Freephone: 0800 018 4724
T: 01702 549859
E: info@iasupport.org
www.iasupport.org

Get Your Belly Out

www.getyourbellyout.org.uk
Find us on Facebook and Twitter,
search #GetYourBellyOut

Macmillan Cancer Support's Online Community speak to others affected by cancer and living with a stoma.

Ileostomy, colostomy and stoma support -
macmillan.org.uk/stomagroup

Urostomy Association

National Secretary
Mrs. Hazel Pixley
4 Demontfort Way
Uttoxeter
ST14 8XY

T: 01889 563191
E: secretary@urostomyassociation.org.uk
www.urostomyassociation.org.uk

Crohns and Colitis UK

45 Grosvenor Road
St Albans
AL1 3AW

T: 0300 222 5700
www.crohnsandcolitis.org.uk

The Bladder and Bowel Community

7 The Court
Holywell Business Park
Northfield Road
Southam
CV47 0FS

T: 01926 357220
E: help@bladderandbowelcommunity.org
www.bladderandbowelfoundation.org

Contact us



Contact us free on: 0800 220 300 or 0800 028 6848 (N. Ireland)



Manchester

2 Victoria Avenue East
Manchester
M9 6HB
Direct 0161 702 3380
Fax 0161 795 3725
8:00am to 5:00pm Monday to
Friday. Closed Saturday

Scotland

9 York Place
Perth
Scotland
PH2 8EP
Direct 01738 629 395
Fax 01738 638 090
8:00am to 5:00pm Monday to
Friday. 8:30am to 12:30pm Saturday

Larne

Unit 57
Ledcom Industrial Estate
Larne
Co. Antrim BT40 3AW
Direct 028 282 60506
Fax 028 282 60782
8:00am to 5:30pm Monday to
Friday. 08:30am to 12:30pm Saturday

Cardiff

Greypoint
Cardiff Business Park
Cardiff
CF14 5WF
Direct 029 2076 7880
Fax 029 2076 7881
8:00am to 5:00pm Monday to
Friday. Closed Saturday

Peterborough

20 Phorpres Close
Cygnets Park
Hampton
Peterborough PE7 8FZ
Direct 01733 348 883
Fax 01733 344 795
8:30am to 5:30pm Monday to
Friday. 8:30am to 12:30pm Saturday

London

23 Heritage Avenue
London
NW9 5XY
Direct 0208 166 4593
Fax 0203 051 2412
8:00am to 5:00pm Monday to
Friday. Closed Saturday

Ferndown

530 Wimborne Road
East Ferndown
Dorset
BH22 9NG
Direct 01202 890782
Fax 01202 890781
8:30am to 5:30pm Monday to
Friday. Closed Saturday

Nottingham

97 Manvers Street
Nottingham
NG2 4NU
Direct 0115 940 3080
Fax 0115 940 3388
8:30am to 5:30pm Monday to
Friday. 08:30am to 12:30pm Saturday