

ASHBURTON OSTOMY SOCIETY INC



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Dear Friends,

Spring is here at last so we can now look forward to some settled weather. I hope you all have come through the winter without catching any of the terrible bugs that were going around.

To all new Ostomates remember the society is here to help in any way we can. We are available at any time to help so just give us a call. Our meetings are held bi-monthly in the **Savage Club rooms**, Cnr William & Cox Streets commencing at **2pm** and are open to all regardless of whether or not you are a financial member of our Society. Family members and supporters are always welcome.

Our next meeting will be on **Wednesday 25th October** with Guest Speaker Allan Lilley followed by afternoon tea.

If you require transport to any of our activities, please don't hesitate to call one of the members as detailed in this newsletter. Remember we are all only a phone-call away.

END OF YEAR OUTING

The Ashburton Ostomy Society received a generous donation from the family of the late Keith Chisnall with the suggestion that it be used for a bus trip for the group. It has been decided to join with the Beckley's Christchurch rebuild tour on **Sunday November 12th**. The bus will leave the Ashburton Hotel car park at 9.30am. Lunch will be a set menu at a venue yet to be decided. The cost is \$40 per person, this includes the meal. The society will be subsidising the trip. & thanks to the above donation there will be no charge for members. The bus is comfortable to travel in & lowers to make getting on & off easier. We can arrange to pick up those unable to get to the Hotel car park. If there is enough interest there is the possibility of a ride on the Christchurch tram which goes right through the central city where the buses are not able to go. This would be at a cost of approximately \$15 to those interested. To be sure of a seat names are required by October 25th.

PLEASE RING - BARBARA SUMMERFIELD - 308 5471 OR DENNIS BLINCOE - 308 3741

MAGAZINES & NEWSLETTERS – Issue 3/2017 of the NZ Ostomate Magazine is enclosed with this newsletter. The magazine is edited & printed locally and distributed FREE 3 times each year to ostomates in New Zealand as well as to several overseas countries. We hope you will find it an interesting read and are able to share it with family and friends. It is the policy of the Federation of New Zealand Ostomy Societies that all ostomates regardless of whether or not they are a member of a Society are entitled to receive a free copy of the NZ Ostomate Magazine 3 times each year thus ensuring that every Ostomate in our region receives the information and access to support that they deserve. **If you are aware of an ostomate who is not receiving regular newsletters and magazines or no longer wish to receive this information yourself, please contact one of the committee members as detailed above.** Contributions for the magazine are always welcome. If you have a story to tell, experiences to share or hints you have found helpful, please put pen to paper and let Jill have them by mail at Jill Newton, 2/68 Cameron Street or by email newtj@actrix.gen.nz If there is something in particular you would like featured in the magazine, let Jill know and every endeavor will be made to get the information for you. Magazines can also be found on the website: <http://www.ostomy.org.nz>

THE CLOSING DATE FOR ARTICLES FOR ISSUE 1/2018 IS 20TH FEBRUARY 2018

Remember: - This is your magazine and can only be as good as the articles we all provide for publication in it.

SUBS

These remain at a very low \$10 per year with \$5.00 of this going to our National Federation for affiliation fees. Thank you to those folk who have paid subscriptions to date. By paying a subscription it helps give us a better voice at government level, which in turn ensures we all continue to get free supplies and the support we need. The privacy of all ostomates and those who are members of our society is totally guaranteed. Please note that your membership is extremely valuable in ensuring that we can provide continued services to our community and that our national voice is heard. We must not get complacent about our access to cost free ostomy supplies. Our situation in New Zealand is rather unique and we can count ourselves as one of the most fortunate countries in the world with regards to ostomy care. We urge you to consider supporting our work by forwarding us your membership fee. Being a member of a Society does not mean you have to attend meetings but it is great to see you now and again. Subscriptions may be paid at meetings or posted to our Treasurer at the above address or contact any of those as detailed above and we will gladly call and pick it up from you.

WHERE DOES YOUR MONEY GO?

- ☺ We send a delegate to National Conference to keep us up to date with national issues and initiatives, and to be a voice for our society.
- ☺ We support our National Federation so they can advocate at Government level for the continuation of cost free Ostomy supplies.
- ☺ We support work for young ostomates throughout the country.

WHAT CAN YOUR SOCIETY DO FOR YOU?

- ☺ Regular newsletters and distribution of NZ Ostomate magazine.
- ☺ Contact with supply company representatives who keep us up to date with new products.
- ☺ Educational support with our DVD and book library.
- ☺ NZ Ostomate information and networking through National Conference.
- ☺ Support group meetings throughout the year.
- ☺ One on one support as and when needed.
- ☺ Hospital visiting as requested.
- ☺ An empathetic ear, someone to share your problems with.

DATES TO REMEMBER

DATE	TIME	VENUE	
Wednesday 25 th October	2.00pm	Savage Club Rooms Cox Street	General Meeting Speaker Allan Lilley
Sunday 12 th November	9.30am	Leaving from Hotel Carpark	The rebuild tour of Christchurch with Beckley Travel with a meal included.

Suggestions are always welcome for Speakers, outings or events you would like your Society to provide for you, just speak to Dennis, or Barbara (details above) at any time and we will see what can arrange.

LOOKING FORWARD TO SEEING AS MANY OF YOU AS POSSIBLE ON WEDNESDAY 25TH OCTOBER

Good Health to you all.
From your Committee

Helpful Tips for traveling with Medications and/or Ostomy Supplies:

- Keep your medicines (and emergency pouches) with you—not in the checked luggage.
 - Bring more than enough medicine and/or ostomy supplies for your trip.
 - Keep a list of all your medicines and/or ostomy supplies with you.
- Don't store ostomy supplies in your car, especially under the hot summer sun.