



CANTERBURY STOMY SOCIETY INC.

ESTABLISHED 1961

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Newsletter 396

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HI EVERYONE – WELCOME TO 2018

I hope you're keeping cool as I'm sitting here typing away with all the doors open and there's hardly a breeze. It has really been hot over the last month or so. I'm back at work but I hope you've had the opportunity to take in the wonderful weather.

This is our first newsletter for the New Year which outlines some events coming up. Unfortunately we have been unable to secure a speaker for our planned general meeting on Thursday 15th February so we have cancelled that in favour of continuing our coffee mornings.

Our next general meeting is now the AGM on Thursday 26th April and a newsletter will come out before then. Don't hesitate to put your hand up and perhaps join the committee as we are always looking for new people with new ideas 😊.

NEXT COFFEE MORNING

We realised that our next planned date for our coffee get together is actually Waitangi Day, Tuesday 6th February, so we will be moving this to Wednesday 7th February 10am at Kidd's Cakes in Cranford Street. Hope we can see you there as these meet ups have been very successful. If you need a ride or aren't quite sure where it is just let a committee member know.



“The cure for boredom is curiosity... there is no cure for curiosity”

RECENT EVENTS

We had another delicious Christmas Lunch at the New Brighton Club in early December. We were fortunate to have the restaurant basically to ourselves for lots of lively chatter. The committee will be starting to look at venues for this year after the AGM. Any ideas would be gratefully appreciated.

A NOTE FROM JACKIE HUTCHINGS @ NURSE MAUDE

A couple of years ago Dansac stopped supplying Windless tablets and liquid to us. This has now been reinstated, so if you were previously on it and would like to have it put back on your stoma supply order please contact the Stomal Therapists on 03 3754289.

This product is not suitable for everyone as it depends on what is causing the excess gas in your bag and only works for about 25% of Ostomates.



WHY DO YOU COM E TO AN OSTOMY MEETING:

This article is a testament to every Ostomate as to why they should consider attending an ostomy support meeting such as are provided by countless Ostomy Associations, both large and small, throughout the world. This article was copied from the Auckland Support Services Newsletter.

- Our presence is an encouragement to others. No matter how long ago your surgery was, no matter how many meetings you attend, there is always information to be gained
- To keep up with new techniques
- We may have problems and questions that can be asked and answered at the meeting
- To give support and encouragement to the volunteers (leaders and trained visitors) and to each other
- To be role models for new ostomates to show an active life can continue
- To see that many of those who were in trouble are now helping others
- To hear what is new in ostomy management equipment
- To “feel good” with our peer support group
- To experience a sense of accomplishment and a renewed positive attitude for life and fulfilment

REMINDER OF UPCOMING EVENTS:

- **Wednesday 7th February** - **Coffee Morning Kidd’s Cakes in Cranford Street**
- **Tuesday 6th March** - **Coffee Morning Artisan Café, 18 High Street, Rangiora
(more parking at the Warehouse car park across the road)**
- **Wednesday 4th April** - **Coffee Morning Kidd’s Cakes in Cranford Street**
- **Thursday 26th April** - **Annual General Meeting at Scottish Society Hall**

Love to see you at one or all of these events!

Please note if anyone requires transport to any outings or meetings please contact a committee member – we are happy to help out