



North Harbour Ostomy Society (Inc)

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Registered Charity No: CC29298

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President: **Douglas Laughlan**, ph 486 2294

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Newsletter : November 2017 – January 2018

As Victor Meldrew from the British TV show would say – “I just don’t believe it!” Where has this year gone– can anyone tell me??!!! We are fast approaching Christmas, which means only one thing – our AGM and Xmas brunch meeting is nearly here. I do hope we see a lot of you there. The AGM itself, doesn’t take too long but the Xmas brunch is always good. There will be the big Christmas Raffle and door prize and our fantastic Stomal Therapy Nurses will be on hand too

September General Meeting

The general meeting held at Red Beach on the 16th September, saw Omnigon’s Lorraine Andrews, present a very informative talk about all types of Hernias. She was very informing about the management and treatment for a hernia (or trying not to get one in the first place!). Everyone at the meeting was asking her questions which she was able to answer. I think we all learned a lot from her. The information provided in the last NHOS newsletter did explain a lot – but it is always useful to have it explained in person – so “thank you, Lorraine”. There were a few new faces, so hopefully they’re be more at the next meeting later this month. Thanks to those that helped set up/bring nibbles etc.

Next General Meeting – Red Beach

AGM & Xmas Brunch

Saturday, 25th November

Once again, STN Julie and her team will be on hand for an open-door surgery from 9am to 10am for her Rodney district clients (being those covered under the Rodney area), then from 10am to 10.30pm for refreshments and a good amount of mix & mingling.

The AGM is usually a very quick affair, but we really do need new members on the committee, as our Temporary Treasurer really, really would like to stand down and if anyone out there wants to do the secretarial role or this newsletter, then please put your hand up! They’re not onerous roles, but doing both the secretarial and newsletters are quite time consuming, so any help would be appreciated. A Q&A session will follow, until we break for the social part of the meeting.

We will be having our usual huge Christmas Hamper raffle – so if you can bring a donation to put in it – that helps tremendously, plus we will have our usual door prize. There will also be a lovely Christmas brunch spread (bringing a plate of something sweet or savoury would also be appreciated.

Any questions or lifts required to the meeting, please contact one of the numbers listed at the head of this page.

Quote:

The happiest people don’t have the best of everything, they make the best of everything they have.

Supplies

I mentioned this in the last newsletter, but worthy of noting again, especially for new ostomates out there! When you receive your supplies, check the packing slip that comes with it, as it will provide the next approximate delivery date. Keep this piece of paper in a safe place or jot this date down. Supplies will usually arrive 3-5 days before this date, but should you find yourself getting low (as in less than 2/52 supply) and there is a while to go before this date, then contact the service on (09) 442 3242 – as this may reduce any unnecessary anxiety. Don’t wait until you’re down to a

few days of pouches - as very limited stock is carried by the STNs.

Also, if you know you are going to have a reversal or that there might be a chance your usual supplies may change, please speak to your STN straight away. She will put your product “on hold”. If required, it can easily be reinstated – but it will save in ordering too much.

Hydration

Remember, with summer approaching (and hopefully, it will be a good one this year) – everyone needs to keep hydrated – especially so for ostomates. We mentioned this a while ago, but here is a preparation to keep in mind. Designed by a UK hospital, St Mark’s Electrolyte Mix is a type of oral rehydration solution used in the management of short bowel syndrome. It has to be made daily using the stated formula and, if you find it bitter, then store it in the fridge and/or adding a small amount of orange juice or lemon and lime squash. It is better for you (and cheaper) than sports drinks, which are high in sugar and low in salt content. Here’s the recipe if you want to make it yourself:

- 20g (5 level 5ml spoonfuls) of glucose
- 2.5g (1 heaped 2.5ml spoonful) of sodium bicarbonate
- 3.5g (one level 5ml spoonful of sodium chloride (salt)

Dissolve in 1 litre tap water and drink this throughout the day to maintain hydration.



2017/18	General Society Meetings Saturdays, unless otherwise stated		Alexander Park luncheons Last Wednesday monthly
	AUCKLAND: Main Hall, Domain Lodge, 1 Boyle Crescent, Grafton. 10.30am to Midday	NORTH HARBOUR: Red Beach: 136 Whangaparaoa Road, Red Beach. 10.00am for cuppa then 10.30am to Midday	Alexander Bar & Café Alexandra Park Raceway, 11.30am. Please phone Monte (09) 534 4494 if interested in attending
November 25		Red Beach AGM & Xmas Brunch	28 November
December 2	Main Hall –9.30am to 2pm Christmas Lunch		
2018			
February 17	Main Hall		31 January
March 17		Red Beach	28 February
April 7	Main Hall		28 March
May 12		Wellsford Wellsford RSA, 1 Olympus Road	25 April
June 16	Main Hall - AGM		30 May
July 14		Red Beach	27 June
August 4	National Conference –Wellington		25 July
August 18	Main Hall		29 August
September 8		Red Beach	26 September
October 13	Main Hall		31 October
November 24		Red Beach AGM & Xmas Brunch	28 November
December 1	Main Hall –9.30am to 2pm Christmas Lunch		

Ostomy New Zealand

<http://www.ostomy.org.nz>

Federation of NZ Ostomy Societies (FNZOS)

Issue 106 of the national magazine, the NZ Ostomate, is out now, so look out for a copy with your supplies or upload a copy from the website.

The front cover shows the new FNZOS committee following the AGM in August.

There is now a Facebook page: [ostoMATES](#) and a dedicated website (noted above).



NOW DUE - NHOS Subscriptions:

Annual \$15 2017/2018 subs (1st Oct to 30th Sept). You can either post a cheque to: NHOS, PO Box 31574, Milford, Auckland 0741, pay by cash at our meeting on the 25th November or pay via internet banking.

BNZ 02 0272 0496230 00

Please remember to put your full name and what you are paying (subs/donation etc) as payment reference.

STOMA NURSE CONTACT DETAILS

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North Shore

Jennifer Rowlands
Julie Skinner

Tel: 09 486 8945 (Takapuna)
Tel: 09 427 0300 (Rodney)

West Auckland

Sandy Izard

Tel: 09 837 8828

North Shore Supplies Tel: 09 442 3242 then press 1 if you live in **Rodney** or 2 for **all other areas**

Travelling Overseas

Travel Certificates are available from the FNZOS. Once your doctor has signed this form, including a list of your prescribed medication, this should help make travelling trouble-free. Download a form from www.ostomy.org.nz or write to us for one at nho@hotmail.co.nz.

If travelling to the US, information can be located at: www.tsa.gov/traveler-information-ostomies

Remember: if you move home, change your e-mail address, no longer require supplies or have surplus that you do not need, do please let us know and we can action accordingly.

Also, if you do have an e-mail address, we can send this newsletter to you electronically. This saves on time and money – not to mention on the environment. If you currently receive these newsletters via e-mail, thank you and you don't need to do anything further. If not, and you would like to, please provide your E-Mail details to **NHOS** nhos@hotmail.co.nz.