



# Wellington Ostomy Association

Patron: William A. Rees QSM

## President's Message

Hello everyone,

I hope you have been enjoying our run of fine weather. I was getting a bit concerned about our summer but everything is back on track now just in time for autumn. As I write this message I have just got over a bout of flu and strep throat - the flu in February!! I guess that's what happens when the immune system is low like mine is due to active Crohn's or working with students. I've found that we take things for granted, like talking. With my throat problems, I had lost my voice for a couple of days (my voice is a whisper no one but the cat can hear) or I sounded like someone completely different. It is a funny time for answering the phone I can tell you.

I wonder if you all saw the news item back in early February about Nicole Thornton? She is the 12yr old girl who suffers from Crohn's who took a petition to Parliament. She is trying to get a law change to allow people with IBD or Crohn's to be allowed access to any work place toilet. What an intelligent, brave young lady. I remember knowing, and still do really, know where every toilet is from the railway station to Manners Mall.

A record turnout at Palmer's for the February morning tea just over a month ago. Even though there were a few committee members missing, the rest of us enjoyed each other's company and plenty of yummy food to go along with a beautiful summer's day.

A couple of quick reminders now: Our AGM is coming up on Sunday 2<sup>nd</sup> April. Consider putting your name forward for the committee. Also the Ostomate magazine is coming out soon and in it will be the registration form for the New Plymouth conference. Have a good read; there might be an early bird special for the hotel booking.

Our next morning is at La Bella Italia in Petone on Wednesday 17<sup>th</sup> May at 10.30 am. Enjoy these lovely summer evenings, see you soon.

*LISA* 

*"What I'm looking for is a blessing that's not in disguise" - Kitty Collins*

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**Please address all correspondence to WOA**

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## 2017 dates to take note of

April 2<sup>nd</sup> Sun

Luncheon 1 pm, A.G.M. 2 pm

The Soup Kitchen, 132 Tory Street

May 17<sup>th</sup> Wed

Coffee morning 10.30 am

La Bella Italia, Petone

July 8<sup>th</sup> Sat

Luncheon 11.30 am

Quinn's Post, Upper Hutt

August 4<sup>th</sup> – 6<sup>th</sup>

**FNZOS Conference and AGM**

**New Plymouth**

September 17<sup>th</sup> Sun

Q & A session 2.30 pm

Trentham School, Upper Hutt

October 14<sup>th</sup> Sat

Luncheon 11.30 am

TBA, Paraparaumu

November 26<sup>th</sup> Sun

Christmas Dinner 5.30 pm

Angus Inn, Lower Hutt

## Luncheon & 47<sup>th</sup> A.G.M.

Sunday 2<sup>nd</sup> April 2017

The Soup Kitchen

132 Tory Street, Wellington

(there is plenty of parking)

Guest speaker

1 pm Finger food pot luck lunch

2 pm Annual General Meeting

New volunteers for committee members to help run your association are needed. If you are interested, simply contact a committee member.

We can arrange for movers and seconders for you if necessary.



*Pictured:  
New member-  
Super Hero  
Pete's last  
day of  
radiation*

### Subscriptions for 2017 = \$0

Donations are always welcome, and can be made via internet banking to account number:

**03 0531 0496076 000** or by sending a cheque to:

**Wellington Ostomy Association,**

**PO Box 1142, Wellington 6140**

*Please call David 021 4725148 to let him know of your deposit or email us at [wellington.ostomy@gmail.com](mailto:wellington.ostomy@gmail.com)*

### Do you need a ride to a meeting?

Have you wanted to attend a meeting but haven't had transport? These people can be contacted for a ride in the following areas:

<b>Island Bay:</b>	Catherine Hannan	383 7271
<b>Khandallah:</b>	Aileen Broughton	479 7731
<b>Newlands:</b>	Jan Haines	972 9684
<b>Whitby:</b>	Sandra Zukerman	234 7434
	Lisa Groos	235 9159

Please don't hesitate to contact the above people for a ride to a meeting. We look forward to hearing from you.

**Please contact any of us** if you need a home visit from a friendly face, or if you know of anyone in hospital who wants to see us. We are also happy to assist 'out of town' Ostomates who are in need of a visit when undergoing treatment in our local hospitals.

Do not struggle on alone or feel isolated. There is a good team of support people here to help.

**Members of our association are here to support one another, by helping you to cope with everyday issues and to return to a normal way of life.**

### Wellington Stoma Therapists

All appointments are on an individual basis. For appointments and queries:

**Phone: Sue or Rochelle 04 918 6375**

email: [stomanurses@ccdhb.org.nz](mailto:stomanurses@ccdhb.org.nz) or [ostomysupplies@ccdhb.org.nz](mailto:ostomysupplies@ccdhb.org.nz)

To speak to them call between 8 am and 9 am, otherwise leave a message with reception and Sue or Rochelle will return your call later in the day.

### Hutt Stoma therapist

*By appointment only*

Please phone **570 9148** and ask for **Vicky Beban** or email

**[Vicky.Beban@huttvalleydhb.org.nz](mailto:Vicky.Beban@huttvalleydhb.org.nz)**

The best times to call are 8 am - 9 am,  
1 pm - 1.30 pm or after 3.00 pm.

## President's Report

### 47<sup>th</sup> A G M Wellington Ostomy Association 2<sup>nd</sup> April 2017

Another year has whizzed by too quickly for me and the Association.

The coffee mornings, luncheons and Q & A sessions still proved to be an enjoyable way for us to stay in touch with each other in 2016, although we did have a tense time of it at the Paraparaumu luncheon in October. Thanks to those people who stepped in and got the matter sorted for me. We did go on to finish our lunch - but let's just say we will need to find another place for this year's Paraparaumu outing. Of course there was no Christmas Dinner due to the 7.8 earthquake but the evening was looking promising.

We continued The Gwen Price Student Nurse Awards in 2016. We had one from Massey University and one from Whitireia Polytechnic. They both received a \$500.00 book voucher towards their studies. Aileen Broughton and I met both young ladies and we feel they will both become caring nurses.

The AGM in 2016 saw Carine Stewart join the Executive Committee. She has been an important contributor at our meetings, which is wonderful.

In August (which was one of the worst days in Wellington's winter) the FNZOS held a Training Day out in Kilbirnie. A handful of us attended and I have to say for the most part it was a good day. Nice to catch up with folks from other Societies.

The Q & A Sessions in Upper Hutt are becoming very popular. The latest one last year saw several new faces and I believe it's the relaxed atmosphere that helps people come along and talk about the issues that worry them.

A special thanks again must go to Sandra Zukerman, our newsletter editor extraordinaire, and to the rest of my committee, Aileen Broughton, Jan Haines, Sister Catherine Hannan, Derek Smith, Carine Stewart and David Barnes. Thank you for all the vital work you continue to do for this Association.

Lastly, we lost our dear friend Bill Rees in 2016. I'm sure I covered it all in the October newsletter just how much I will miss him.

**Lisa Groos**

**President**

### Articles for *The NZ Ostomate*

Dear Members,

I am currently planning issues of the *N.Z. Ostomate* magazine and invite members to send articles for inclusion in the future issues of the magazine.

If you have a story or experience to share, a question you would like answered (*these will be referred to the necessary professional*), hints to share, Society happenings, or something you have read in another publication and think others would enjoy reading please send them to me by post, email or fax. (*please remember to seek permission and include an acknowledgement with copied articles*).

The closing dates for magazine contributions for 2017 are, **20<sup>th</sup> May and 20<sup>th</sup> August** and in fairness to the printer who also has to plan their programme, these dates need to be strictly adhered to.

Please remember this is YOUR magazine and therefore needs to include articles of interest to you all.

Kind Regards and good health to you all.

**Jill Newton**

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### Coffee morning

Wednesday 17<sup>th</sup> May 10.30 am

### La Bella Italia

10 Nevis Street

Petone

*Shout yourself a morning out for a natter and a nosh.*

*There's plenty of street parking.*

