

S.C. OSTOMY SOCIETY INC.

SUPPORT, INFORMATION & EDUCATION

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STOMA NURSES

Bronney Laurie &
Coralie Bellingham
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Mon/Tue/Thur

(03) 687 2100
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cleared Mon/Tue/Thur)

Clinic available by
appointment,
Tuesdays and
Thursdays.

www.ostomy.org.nz

South Canterbury Ostomy News April 2020

Dear Ostomates, families and supporters ☺

I hope this finds you well and managing to stay occupied within your bubble as we approach the next phase. Challenging times indeed and particularly concerning for those who are over 70 or have compromised health. If this is you, things may not change that much for you in the immediate future so please take care and continue to keep yourself safe. I hope you will feel confident to reach out to any of us if you need assistance of any kind or are simply in need of someone to chat to.

Lee King, President

MEETINGS & COFFEE GROUPS

Obviously all face to face activities on our calendar are currently on hold. Our next newsletter is due out around June so we should be able to provide you with further updates at that time. We will do our best to provide you with opportunities to access person to person support and fellowship, dependent on what is safe and appropriate, as we move through alert levels.

MEMBERSHIP DATABASE

We are grateful for all the work Michelle Ackroyd has been doing to build our member database and while it is coming together, we still have many gaps. Our current situation is a perfect example of why it is crucial for us to have an email address for as many members as possible. If you haven't already, please email your details to Michelle at michelleandmurray@xtra.co.nz

NZ OSTOMATE JOURNAL

The latest issue of the NZ Ostomate journal can be now found on the Ostomy NZ website <https://ostomy.org.nz/https-ostomy-org-nz-wp-content-uploads-2020-04-ostomate-2020-113-v2-2-pdf/>

Please note that in order to ensure **every** Ostomate in our region gets access to our news and services, you will continue to also receive your magazines by post. These will be mailed out as soon as we regain access stationery and postal services.

A NOTE FROM YOUR STOMA NURSES

PLEASE let us know if you are building up a large supply of stock. We often get huge returns sent to us which we are unable to return. Your order can be easily put on hold for a short time if needed without any repercussions.

This is a good time to take stock and avoid unnecessary waste.

Your help in this is appreciated. Regards to you all, Bronney and Coralie ☺

Contact us anytime for a hospital or home visit or a friendly phone call. Your privacy is guaranteed.

ANNUAL SUBSCRIPTIONS

Yep, it's 'that' time again so please find attached an invoice for your 2020-21 subscription fees. Our fees remain at \$15.00 for the year, with \$5 of this going directly to Ostomy NZ for affiliation but **please** give either myself (President) or Chris, our Treasurer, a call any time if the cost of subscription is a barrier for you. Our door is open to **all** Ostomates and their families/supporters, we want you to feel welcome and included.

While it is in no way expected, many of our members also provide us with donations which help to cover the cost of mail-outs and other sundry expenses of our organization. We are always grateful for the many types of support our group receives.



CONSTITUTION/RULES of our Society

Your committee is about to embark on a review of our society rules. This is an important piece of work for the following reasons:

- Our Rules have not been reviewed since 2012 so are well overdue
- We need to ensure our society runs on a clear and simple set of rules, free of unnecessary restraint.
- The face of volunteering and the not for profit sector as a whole is changing. We need to ensure our rules keep pace with that and prepare us for the future.

The Process:

1. Your committee and other co-opted members, will complete a review.
2. Once completed, we will prepare a draft set of rules with our recommendations and circulate to our members.
3. You will then get an opportunity to provide feedback on the draft rules.
4. A finalised set of rules will be circulated which will be put forward for adoption at AGM 2021.

If you are interested in helping us with this, please email me and I will include you in the process.

Lee King, President
leeking39@gmail.com

CLOSED FACEBOOK GROUP FOR NZ OSTOMATES

If you want some online company where you can discuss the finer points of having an ostomy, or just to share experiences, you might like to join the closed Facebook Group set up specifically for Ostomates in NZ. Search OstoMATESNZ

<https://www.facebook.com/groups/237390785093/>

NZ OSTOMATE JOURNAL

Issue 1 2020 is included with this newsletter, we hope you enjoy it. The magazine is edited, printed & packed in Ashburton and distributed FREE to every Ostomate in New Zealand three times a year.

Contributions or ideas for the magazine are always welcome contact the Editor, Jill Newton 0274 547 388 or email newtj@actrix.gen.nz

The Covid Crawl

It seems like this will be a long and lonely haul, in particular for those who are over 70 or who have underlying health issues. We want you to know we are here to support you in any way we can.

If anyone has concerns of any sort, please, please get in touch.



Also thinking of all our essential workers and health team who support us.

You are appreciated more than you know.



Contact us anytime for a hospital or home visit or a friendly phone call. Your privacy is guaranteed.