



# Wellington Ostomy Association

## President's Message

What a Roller Coaster ride we have all been on during Covid-19 and that ride has not finished yet!!! There has been low times and high times, twists and turns, yet we all still do not know when this ride will finish.

We have all pulled together in a time of national need and we will all remember this time for the rest of our lives.

I take great heart in knowing that so many New Zealanders gave up so much so they could keep the most vulnerable safe in our country.

I am sure that many of you, like me, have not been able to attend family birthdays, gatherings at church, funerals, meeting friends and family, and so many other events we normally have in our lives. I know that Kevin and I have lost two loved ones, and had to send our thoughts and love via email and texts.

As what was stated last month from Intensive care specialist Andrew Stapleton from Hutt Hospital – “we were facing down a barrel!!”

"There was a feeling of dread, a sickness in the pit of your stomach, early on in February, thinking, 'Why isn't anyone else getting this? This is terrible.' ... Once we've got a patient who is sick, we know what to do. It's the prospect of having 20 who are sick and only having five ventilators – that's the scary thing."

The reason we had to go Hard and Fast was our hospital system would have been overwhelmed if we did not. In acting the level 4 Alert meant we, as a country, still had the capacity to treat the really sick as well.

Last night I attended a memorial service held at a workmates house for her Father-in-Law that had died in the UK due to Covid-19. It reminded me that yes, we have done well here, but the danger is still there. It seems to me that we have done well as a nation and are trying to get back to normal, while outside our borders the virus rages on.

Please, all stay strong and safe, if you are feeling unwell please call your Doctor, as being proactive and not stoic is the way we will stay on top of this virus. We all have to play our part in keeping us all safe on our journey forward.

**Brent**

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**Please address all correspondence to WOA**

PO Box 1142  
WELLINGTON 6140

**President:**

Brent Hamlin  
027 561 2704

**Secretary/Treasurer:**

David Barnes  
027 472 5148  
wellington.ostomy@gmail.com

**Newsletter Editor:**

Sandra Zukerman  
234 7434  
*Please send articles of Interest to:*  
The Editor  
PO Box 1142  
WELLINGTON 6140  
wellington.ostomy@gmail.com

### 2020 dates to take note of

July 28<sup>th</sup> Tue

Coffee morning 10.30 am

La Bella Italia  
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August 7<sup>th</sup> Fri

**FNZOS AGM on Zoom**  
Email Jill Newton [newtj@actrix.gen.nz](mailto:newtj@actrix.gen.nz)  
to be sent the link to this meeting.

November 22<sup>nd</sup> Sun

Christmas meeting TBA

## Winter is here



With our first winter blast upon us, here are some simple tips to make sure you are safe and happy this winter.

- Have the flu vaccination.
- Wash your hands. Winter illnesses are easily spread by hands. Wash both sides of the hands and between the fingers for at least 30 seconds, use soap and dry hands with a clean dry towel.
- Exercise daily. A 30-minute walk outside gives you some fresh air and helps your body get stronger.
- Choose to eat healthy food. This helps to build your immune system. Include fish and vegetables and try to reduce sugar and salt intake.
- Get fresh air in your home. Open windows during the day (even for a short time) and then close them before the sun goes down or before you turn on the heating. A well aired home helps to keep it dry and keeps your family well.
- Reduce dampness. Keep the bathroom door closed when showering or bathing to lessen dampness settling around the house and use the extractor fan. Use also when cooking. Remember to place lids on saucepans. Dampness allows mould and mildew to grow and can lead to respiratory illnesses.
- Consider a dehumidifier. If possible use a dehumidifier in your home as it can help keep your home dry, especially if there is a lot of moisture or dampness. A dry house is much easier to heat.



### Coffee morning

Tuesday 28<sup>th</sup> July 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*

### 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>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.**

## Subscriptions for 2020 = \$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 027 4725148 to let him know of your deposit or email us at [wellington.ostomy@gmail.com](mailto:wellington.ostomy@gmail.com)**

## ANZ ConvaTec Scholarships for Stomal Therapy Nurses announced June 2020

ConvaTec ANZ is delighted to announce that three nurses have been awarded scholarships to take the Graduate Certificate in Stomal Therapy Nursing, commencing next month.

As part of a collaboration between The Australian College of Nursing (ACN), the Australian Association of Stomal Therapy Nurses (AASTN) and The New Zealand Nurses Organisation (NZNO), the scholarships, provided by ConvaTec, will help support the nurses to progress their careers in what is a dynamic and very demanding area.

This year's recipients, chosen by the nursing organisations' committee, are Vivian Nguyen who works within NSW Health; Linda (Ching Yi) Chen from The Wesley Hospital, Qld; and **Rochelle Pryce from Capital and Coast District Health Board, NZ.**



Vivian Nguyen

Vivian Nguyen is a Wound and Stoma Clinical Nurse Specialist who's passionate about her work within the NSW public health system supporting highly vulnerable patients with complex care needs, throughout the state.



Linda Chen

Linda Chen has been nursing for more than ten years and recently became a Clinical Nurse in Stomal Therapy and Wound Management. Inspired by her colleagues, she's enthusiastic about progressing her career in Stomal Therapy Nursing.

In New Zealand, Stomal Therapy Nurse, Rochelle Pryce, values her ability to deliver and co-ordinate evidence-based care for her patients, whilst staying abreast of new innovations that continue to shape the future of ostomy patient care.



Rochelle Pryce

Each of the nurses has a clinical background and the completion of the *Graduate Certificate in Stomal Therapy Nursing* will provide them with the skills and expertise necessary to deliver and coordinate evidence-based care in the highly specialised area of stomal therapy nursing.

"This is a very challenging area and ConvaTec is delighted by the collaboration between the nursing organisations to provide Vivian, Linda and Rochelle with the opportunity to progress their careers in Stomal Therapy nursing," explained Karen O'Connor, General Manager of ConvaTec Australia and New Zealand.

"The calibre of applicants was very high and we'd like to thank everyone who applied. It was a hard decision for the independent selection committee to make but we are sure that the three recipients will really value and embrace the knowledge and leadership skills that this course brings."

"The scholarships are part of ConvaTec's commitment to improving stomal therapy care - valued at just over \$12,000 each, they bring an enormous saving to advance their careers."

"By supporting this specialist education and pioneering trusted medical solutions, ConvaTec seeks to help those with stomas to live the life they want," she concluded.

### Hutt Stoma therapist

*By appointment only*

Please phone **570 9148** and ask for **Vicky Beban** or email **Vicky.Beban@huttvalleydnhb.org.nz**

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

### Wellington Stoma Therapists

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

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

email: **stomanurses@ccdnhb.org.nz** or **ostomysupplies@ccdnhb.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.