

# Inside Out

## HAPPY NEW YEAR & NEW MILLENNIUM!

### Note from the editor

Firstly, apologies for the lateness of this issue but I had an operation in December and have been busy recuperating and watching daytime television. But on a personal level please can I be cheeky and use this issue to thank all the nurses and doctors on Fred Salmon ward especially for allowing me to leave on Xmas eve after all my pleading.

### Support Group meeting 7/12/99

We held our 2<sup>nd</sup> support group meeting on 7<sup>th</sup> Dec which saw a great turnout with both old and new faces.

The main item on the agenda was to find a name for the group. The nominations were: -

Top Marks

Bum Bags

Bottoms Up

Stoma ites

Cheers

Wicks & Saints

Inside Out

Friends of St Marks Ostomy Advice Group

The winner of the vote was **Inside Out** which was a huge relief to the editor as she did not have to change the masthead!

Also, thanks to Dansac for their display and help with providing refreshments.

### Minutes of Committee meeting 13/1/2000

Present: Bob Azevedo-Gilbert, Jean Burke, Barry Kindred, Mitchell Sandler, Clare Bossom  
Apologies for absence: Barry Kaplan, Susan Tuck

1. Bob reported that a bank account had been opened with Barclays bank, Natwest had turned down our application.
2. Data Protection act – Bob was hopeful that we would be covered by the Hospital's "umbrella", he is to seek further advice on the situation.
3. The Bank have advised us to prepare a formal constitution which the chairman and secretary will be starting work on prior to the next meeting.

The committee then discussed the main themes of this year's meetings (see box below) as well as thinking of some possible extra outings i.e.:

Brands Hatch

Horse Race meeting

Legoland

Hot air ballooning

Theatre trips

Pub Lunches

Quiz Night

Again, these can be discussed further at our next meeting.

**Events for 2000**

**Feb 29<sup>th</sup> Support Group Meeting**

Presentation by Clare Bossom on the different types of stoma. Chairs of local primary care groups and senior community nurses on PCg will be invited to attend.

**May 23<sup>rd</sup> Support Group Meeting**

Presentation by Solveig Wilson (Social Workers Council) Committee resolves to invite Clare Rayner to this meeting.

**Sept 5<sup>th</sup> Garden fete/Barbecue/Fashion Show**

(All members are invited to think of ideas to make this event as lively and fun as possible)

**Dec 5<sup>th</sup> Support Group meeting**

Presentation by Robin Phillips (surgeon)  
"Future of stoma care and irrigation"

**Millennium Madness by Mitchell Sandler**

In November I was standing on Waterloo Bridge one evening admiring the view (St Pauls etc. to my left, Westminster including the wheel to my right, Jupiter and Saturn shining over the South Bank ahead of me) and musing on how brilliant the London skyline can be. When I discovered shortly afterwards what was planned for New Year's Eve I knew where I had to be on December 31st so with my cousin in tow I set off at 6 in the evening for the Embankment hoping to get a good spot on the bridge. By 7.30 we'd staked our place on the bridge and started the long wait enlivened by the giant video screen showing us Moscow, Cape Town, Paris etc. as the astronomical line of midnight moved closer. Eventually the firework display (which exceeded expectations) came

and went and it was time to go home. Having not emptied my bag since 5.30 I knew after seven hours that finding a toilet was going to be a high priority, my plan was simple - get into Waterloo station and use the toilets there, however...

Thousands of other revellers had decided to make their way to Waterloo which the authorities had responded to by closing the station. This meant that we were stuck in the middle of a very large - albeit good natured - crowd in the road outside. In the middle of the throng were two ambulances unable to move in any direction. After several minutes of worrying about my bag I decided I really couldn't tough it out any longer so I battled through to the ambulance and told the paramedic that I was an ileostomist and I needed to empty my bag, could he tell me where there was a toilet. The correct response to this question is to open up the back door of the ambulance and invite me to climb in and do what was necessary, unfortunately his response was to apologise and say he didn't know where there were any toilets.

It was time to break out of the crowd (my cousin had been cast adrift in the crowd somewhere) and start combing the South Bank. I passed a pub which had some plastic beer glasses outside and purloined one of these on the grounds it might come in helpful. I continued to walk and eventually found myself at the bottom end of Coin Street which was, thankfully, a dark cul-de-sac with nobody in the immediate vicinity. I faced the brick wall (thus looking to any passers by like an 'ordinary' man relieving himself) and emptied the contents of my bag into the plastic glass. All I could then do, with a feeling of guilt for the cleaning department of



Southwark council, was put the thing down in a corner and walk away. I then had to find my way back to the tube. Waterloo was obviously a non-starter so I set off towards London Bridge; encouraged by a policeman telling somebody it was open. By the time I got there it was temporarily closed (passenger action at Angel apparently) so it was over the bridge towards Monument. That was also closed but I, along with some hopelessly confused American tourists who had been trying to get back to Kensington, managed to get in at Bank - it was now 2.30. One hour later I finally got back to my flat. I gather the authorities are planning to repeat the experience next year, I think that this is a once in a lifetime event, which I'm more than happy to leave that way.

A couple of lessons from all this - given that up to 3 million people were expected to attend the firework display why weren't more toilet facilities provided and why can't ambulance staff recognise that ileostomy bags need emptying and adopt a more positive attitude?

WORD PUZZLE

Got a few minutes spare? Waiting to see the consultant? Why not try this ostomy related word puzzle so you know the lingo before you get in to see him!

S	T	I	T	C	H	E	S	R	U	N	I	P	M	T
G	Y	M	B	E	C	G	A	B	C	I	R	O	S	E
N	I	O	D	N	R	V	P	O	C	E	O	U	I	G
U	L	D	I	I	O	E	P	O	D	R	R	R	T	A
R	E	E	A	T	H	K	L	N	H	G	S	O	I	K
P	O	E	R	S	N	O	I	T	E	G	Y	S	L	C
S	S	R	R	E	S	S	A	O	H	O	A	T	O	O
H	T	F	H	T	O	B	N	H	J	L	S	O	C	L
C	O	L	O	N	O	S	C	O	P	Y	U	M	P	B
S	M	M	E	I	D	Z	E	S	O	T	R	Y	U	A
R	Y	P	A	E	B	I	Y	P	U	E	G	M	E	R
I	R	O	T	C	O	D	E	I	C	L	E	U	R	I
H	V	S	U	P	P	O	R	T	H	Y	R	E	A	U
I	A	B	A	L	W	J	U	A	Y	W	Y	L	L	M
P	H	D	S	T	O	M	A	L	U	T	S	I	F	G

- |               |           |
|---------------|-----------|
| APPLIANCE     | BAG       |
| BARIUM        | BATHROOM  |
| BLOCKAGE      | COLITIS   |
| COLONOSCOPY   |           |
| COLOSTOMY     | CROHNS    |
| DIARRHOEA     | DIET      |
| DOCTOR        | DYSPLASIA |
| FISTULA       | FLARE UP  |
| FREEDOM       |           |
| HIRSCHSPRUNGS |           |
| HOSPITAL      | IBD       |
| ILEOSTOMY     | ILEUM     |
| INTESTINE     | J POUCH   |
| NURSE         | PASTE     |
| PREDNISON     | RECTUM    |
| STITCHES      | STOMA     |
| SUPPORT       | SURGEON   |
| SURGERY       | UROSTOMY  |

*Surfing the Information Superhighway?*  
 If so, why not visit  
[www.ostomy.fsnet.co.uk](http://www.ostomy.fsnet.co.uk)

*Jason Dale is a 24-year-old from Leeds who has a permanent colostomy done at St Mark's. He has produced an award winning website on living with a colostomy. Special features include an invaluable guide both pre and post op surgery, chatroom and a discussion forum*

**Quote of the Quarter**

**"There are a lot of things I cannot do , but there's nothing I can't do because of my stoma"**

**US gymnast Lori Musser**

**Useful Contacts**

**BCA Helpline  
0800 328 4257**

**Ileostomy & Internal Pouch Support Group  
0800 018 4724**

**Urostomy Association  
01245 224 294**

**NACC  
01727 830 038**

**National Advisory Service for parents of children with a stoma  
01560 322 024**

**Did you know?**

**For a time in the early 19<sup>th</sup> century US surgeons favoured colostomy sites on patient's backs rather than stomachs!**

**Next Meeting**

**Will be held in seminar 3 (will be signposted) on 29<sup>th</sup> February to include a talk from Clare Bossom, Stoma Nurse on the different types of stomas and how to visit patients about to have or who have recently had stoma surgery.**

**Ostomy Humour**

**What does the ostomate include on their CV?**

**Have bag, will travel**

**What is an ostomate's favourite punctuation mark?**

**A semi-colon**

**Editor's note - now you can see why these were sent to me anonymously!**

**YOUR NEWSLETTER NEEDS YOU!**

**We need contributions for your newsletter - any tips, hints, amusing stories, letters, poems. Anything you feel others would like to read. Please send them to Susan Tuck, 13 Osborne road, Redhill, Surrey, RH1 2HX**



**Want to join the support group?**

**If you have a colostomy, ileostomy or a urostomy and you would like more information, please complete the form below and send it to:c/o Stoma Care Dept, Clare Bossom, St Marks & Northwick Park Hospital, Watford road, Harrow, Middlesex, HA1 3UJ**

Name:-----

Address:-----  
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Tel Number:-----

Postcode-----