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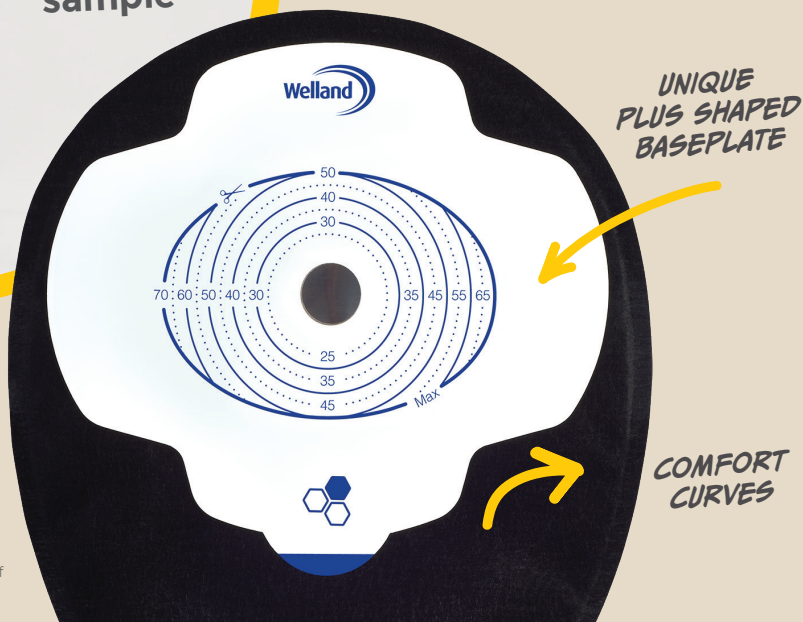
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TO CONTRIBUTE ARTICLES/FEEDBACK

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QUEANBEYAN EDUCATION DAY MARCH 2023

The latest education day held jointly with NSW stoma and Ostomy NSW was held on 31st March at the Roos Club in Queanbeyan. The format of these days remains focused on our members and ensuring they receive the information that assists with patient care and living the best life. We had close to fifty people attend including a number of RNs keen to learn more about caring for their patients with a stoma.

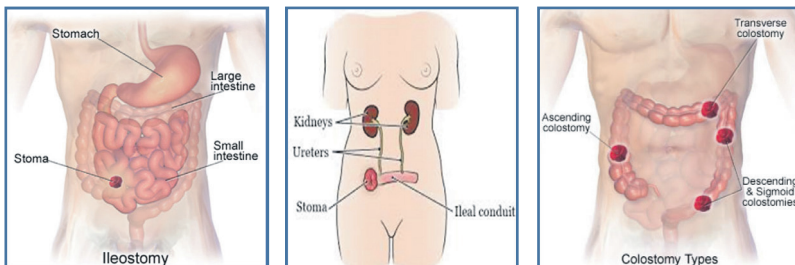
The suppliers continue to support these days bringing products, information and their teams to our events to talk with members. It is pleasing that our suppliers work very cooperatively together when assisting member needs. We opened the day with members and RNs talking one on one with suppliers. This provides an opportunity to look at new products and products that may assist you to feel more comfortable. There is nothing better than a hands-on approach to seeing what is available.

The presentation began with an acknowledgement of country and ice breaker sessions conducted by Carol Quast from NSW Stoma. Mary Egan (NSW Stoma) and Stephen Lardner (Ostomy NSW) jointly presented on our associations and the support we provide. Do you know we support around 14,000 members, delivering 61,000 cartons per month and claiming in excess of \$33 million from Medicare on your behalf? Our membership base is very broad, across all ages, city and regional, all genders, nationalities and personalities! We had very good support with five directors from the associations joining our meeting and being available to talk with our members. Feedback from previous meetings has recommended we mix our presentations during the day, between associations, member's stories and clinical presentations.

Renee spoke next on her journey as an ostomate with a full and fun lifestyle, with a husband and young daughter to look after! Renee was diagnosed with Ulcerative Colitis and had her stoma formed in 2015. The rest of her journey chronicles the ups and downs of health issues she has faced and been able to overcome. This article could not do justice to the story Renee tells and where this has taken her. If you want to read more or be in contact, Renee formed a group Ostomingle and there is a link on our Ostomy NSW website. Our Autumn 2019 journal featured this group and you can refer back to past editions on our website by searching "publications".

Continued page 7

Types of Stoma



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1. T.G. Eakin Product Evaluation, eakin dot® 1-piece soft convex drainable pouches, (n=29) 2020 [Data on file] 2. T.G. Eakin Product Evaluation, eakin dot® 1-piece flat drainable pouches, (n=20) 2020 [Data on file] 3. T.G. Eakin Laboratory Testing Summary report, skinsmart hydrocolloid 2020 [Data on file]



OMNIGON

Following Renee's story was a presentation from Anne Marie Lyons, CNS STN who works with Concord Hospital and always joins us at our meetings. Anne Marie spoke about the types of stoma, how they are formed and the implications for your healthy lifestyle and diet depending on your stoma. There are three most common stomas; colostomy is formed in the large bowel, ileostomy in the small intestine and ileal conduit or urostomy is formed from the kidneys to replace your bladder. Anne Marie spoke about the formation of the stoma and the implications to your diet as a result of your stoma. She always makes a point of the importance of knowing what type of stoma (and stomas) that you had formed (see the illustrations alongside this article).

In the afternoon we had another patient's story from Carol. As a long-term member (having her surgery in 2012), Carol is an experienced ostomate and leads a very active and fulfilling life. Her journey began with a bowel testing kit that is received by all people after their fiftieth birthday. An irregular result, despite no other symptoms, was able to catch her malignant tumour. Carol's advice is to encourage everyone to use the kit when it arrives. Just a few weeks after surgery she began to travel again, firstly to Canberra and then overseas to England. Her stoma nurse, coincidentally Anne Marie, spoke about an opportunity to try a colostomy irrigation. There is a possibility for those with a stoma in the lower part of the colon, for descending and sigmoid colostomies. Other considerations are to have adequate dexterity and vision to use the equipment safely, be well motivated and eager to succeed and have adequate facilities and a suitable lifestyle. This procedure requires regular scheduling and good memory skills. Ostomates need to ask their surgeon and Stoma Therapy Nurse if they are suitable before being trained by their Stoma Nurse to irrigate.

The penultimate session was delivered by Brenda Christiansen STN who is based in Nowra. This is a favoured presentation topic on hernias, including the types, the locations of hernia and why they may occur. It is very common after having a stoma formed to also have a hernia, due to the positioning of the stoma through the abdominus muscles. The signs and symptoms include tender, swollen bulge of tissue that you are unable to push back into the abdomen, abdominal or pelvic pain and sometimes pain precedes a lump formation. When present the lump increases in size when standing & sitting and may be worse at the end of the day, feeling heavier or "dragging". One symptom is difficulty getting appliances to remain intact. As with all of the advice provided, consultation with your STN, GP or surgeon is an important step towards resolving any issue. It can be useful to take a picture and send ahead of any meeting. When there is severe pain, immediately seek emergency treatment.

The day ended with a Q&A session featuring the presenting STNs and some of the local STNs from the community. There were questions asked that begin with one person's experience and are often reinforced by others at the session. Our STNs were able to provide well-informed responses to the questions raised. Feedback provided by those who attended indicate the day was very worthwhile and the mixed format of association, patient experience and clinical knowledge is the right blend.

NEXT MEETING: We are planning an education day in northern Sydney later in the year – most likely mid-October. Keep an eye on our website for details of when and where. We will send invites by email to our Sydney and surrounding area members about six weeks before the meeting.

Stephen Lardner
Manager Ostomy NSW



Diet and living with your stoma

By Fiona (Lee) Gavegan CNC STN

The advice in this article is general in nature and not intended to be taken as personal advice. You should seek your own professional advice and this article may assist with questions you may ask. Discuss any issues you may have with your STN, GP/Surgeon.

Australian Dietary Guidelines 2013

1. Healthy weight, physically active, match nutritious food & drinks to energy needs
2. Eat from a wide range of nutritious foods: a) veg, b) fruit, c) grains, d) lean meats, fish, poultry, e) dairy, yoghurt, milk
3. Limit saturated fats, added salt, added sugar,
4. Encourage, support, & promote breastfeeding
5. Care for your food, prepare & store safely. (I'd add don't waste.)

It is important that you understand the type of stoma(s) you have and the impact of diet on the performance and output from your stoma.

Dietary Fibre – roughage or bulk?

What does roughage do? Keeps internal plumbing clear and helps regulate bowel pattern and provide nutrients for body to absorb.

Body cannot absorb or digest fibre (roughage).

There are two types of roughage and these may impact on your digestion and the output from your stoma.

Soluble – will absorb moisture and pass more easily in your digestive system.

Insoluble – remain more solid and are less able to break down in your digestive system.

Blockage Cause: Foods – Bean sprouts, celery, corn, coconut, mango, nuts, oranges, mandarins, stir fry veggies, whole grain foods, zucchini skin, mushrooms, dried fruits, popcorn, fruits with seeds

Symptoms: abdominal cramping, watery diarrhoea or no output and vomiting. Food having difficulty passing through bowel & out of stoma.

What can you do? Have a warm shower onto your lower back, try to relax, place a heat pack to your abdomen with care not to burn your stoma (stoma has no feeling) or skin. Seek medical help if this persists

HINT: Chew your food well, especially ileostomates, make low fibre food choices and increase your fluids.

Gas/Wind – we all produce gas (around 2 litres per day) and your stoma does not alter this fact. Some food causes are fizzy drinks, beer, cabbage, cauliflower, legumes, peas, radish, onion and spicy foods. There are non-food causes as well; chewing gum, drinking with a straw, talking while eating, smoking and irregular eating times.

There are hints to deal with gas; eat regular meals, open fizzy drinks & allow them to settle; add yoghurt daily. Try changing your pouch at night for fresh filter when going to bed, and if you are wearing a drainable pouch, add odour reducing gelling sachets.

Odour - Some of the common causes are fish, eggs, onions, garlic, beer, asparagus, beans, nutritional supplements and medications. This is true for everyone, not just having a stoma.

HINT: If pouch output smelly try lubricating deodorants that aim to neutralise odour. Try striking a match which burns off the sulphur smell. Your choice of drinks and foods can assist. Good remedies include peppermint tea, live yoghurt culture and buttermilk.

Diarrhoea / High output

Causes: diet (spicy) & how your body processes food. Output mostly water, increased emptying, change from usual pattern. Other factors may be Infection – Clostridioides difficile (C'diff) a germ bacterium that causes diarrhoea and colitis or food poisoning.

HINT: Foods to eat include banana, cheese, apple sauce, marshmallows, white rice, mashed potato, milk arrowroot biscuits, rice and noodles. You may choose to wear a drainable pouch to empty more frequently. Use gelling agent into pouch e.g. Perform.

Dehydration

Signs of dehydration: thirst, dark coloured urine, reduced amount of urine, weakness, lethargy, faintness, dry mouth, dry skin, muscle & abdominal cramps, confusion, headache, tingling in fingers &/or toes. Increased emptying of pouch, change in consistency and vomiting are a risk of dehydration.

Ring an ambulance if tingling in fingers and toes a later sign of dehydration.



Constipation

This is more prevalent with Colostomates. When you know your bowel pattern & output consistency and there is a noticeable change. In the first instance, increase fluids and insoluble fibre, roughage, bulk e.g. pears, kiwi fruit, leafy veg, watermelon, rockmelon, prunes, prune juice and cabbage. Consider liquorice or some type of food you know makes you regular. Add some gentle exercise and soluble fibre like Psyllium (**need to drink 2ls H₂O**). If this does not assist, ring STN or GP for guidance.

Urostomates

Coffee, tea and alcohol are diuretics, try reducing before bed if not connecting to overnight drainage bag or try overnight drainage bag.

Foods; increase your intake of vitamin C to make urine more acidic (citrus, soft berries, blackcurrant cordial). This will reduce the risk of UTIs.

Try limiting bananas, peanut butter or add cranberry to reduce mucous. Cranberry & Warfarin medication should not be taken together. Food dye, vitamins, beetroot, spinach will all add colour to your urine output.

Final Hints & Tips

Choosing healthier food options and read labels e.g. diet drinks often sweetened by sorbitol. Too much sorbitol can cause diarrhoea. Avoid high levels of salt (sodium). After a new faecal stoma, start with small frequent meals and bland types of food. Revisit foods again later that may have caused discomfort and introduce them in small quantities to your diet. Colostomates try not to eat evening meals too late. For professional advice, talk with your GP or dietician about a management plan specific for your needs.

If you wish to contact me, the clinic is every Tuesday between 9am and 3:00pm. Call Ostomy NSW on (02) 9542 1300 to make an appointment.





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YUKIKO SAKAMOTO SCHOLARSHIP AWARD RECIPIENT FROM 2021

My name is Yukiko Sakamoto and I have been working at Macquarie University Hospital for the past six years.

I completed my Bachelor of Nursing in 2015 and my graduate nurse program (in) at Macquarie University in February 2017. Moreover, I have contributed to the new graduate registered project.

I am currently working in an acute complex general surgical ward and I am looking after colorectal patients who have undergone surgery such as hemicolectomy, Hartmann's procedure, end ileostomy, colectomy, and colostomy formation.

As a registered nurse working in a colorectal ward, I have been educating patients on how to care for their stoma (how to empty the stoma bag and how to change the bag), educating patients on a colorectal diet or low residual diet and being involved in the surgical wound ward. I have also had the experience to work in a colorectal ward in the public health sector.

In 2021 I was one of three recipients of the Stomal Therapist Scholarship that is offered by your association. I completed my studies through the Australian College of Nursing and graduated with qualifications that included a High Distinction. Ostomy NSW supported me financially and I have been fortunate to spend time at the ONL association to see how the team operates.

In April last year I spent time with the ONL team to understand the interaction they have with you as members



Yukiko Sakamoto

and the nursing profession. As a result of the time spent at Ostomy NSW I feel very confident that I understand the organization and how it works to assist the members with their stoma appliance needs.

I am now working as a fully trained Stomal Therapy Nurse, and I make a difference by improving our patient's quality of life, increasing patient satisfaction and wellbeing.

Our training helps reduce prolonged hospitalization, increasing patient confidence in caring for their stoma.

I am able to provide in-service training to other nurses and allied health care professionals.

I remain extremely passionate in stomal therapy, committed and enthusiastic. Thank you for supporting me to achieve this great outcome for patients.

STOMAL THERAPY SERVICES - (NSW &

OSTOMY NSW LIMITED CLINIC

Lee Gavegan CNC

Phone: **(02) 9542 1300** for appointment

A free Clinic is held every Tuesday between 9am and 3:00pm. Please ring ONL to make an appointment. The telehealth clinic will operate on Tuesdays from 9am to 3pm. Please call our office on (02) 9542 1300 to make an appointment, and Lee will contact you for a time to meet. The virtual clinic is offered to all of our members and we would appreciate a donation to Ostomy NSW to support the cost of providing this service. This service is especially recommended for members who are not able to see a local STN. At this stage there is no face-to-face clinic available at our temporary location.

NSW STOMA LTD. CLINIC

Anne Marie Lyons STN.

Mobile: **0468 582 951**

Email: stomanurse@nswstoma.org.au

The NSW Stoma Clinic (free to members) is open from 11am to 1pm at half-hour intervals on the second and fourth Thursday of each month in the private room at our office in Unit 5, 7-29 Bridge Rd Stanmore. Our lift has wheelchair access. Members with an ostomy problem may phone to organise a free consultation.

Due to COVID-19 our on-site clinic has been replaced by a phone and email service.

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Phone: **(02) 4944 3777**

Email: alison.lincoln@healthecare.com.au

LAKE MACQUARIE PRIVATE HOSPITAL

Rachel Wiley (Mon. to Thu.)

Phone: **(02) 4947 5362**

whilery@ramsayhealth.com.au

LINGARD PRIVATE HOSPITAL

Alison Lincoln STN

Phone: **(02) 4969 6799** for an appointment

Email: alison.lincoln@healthecare.com.au

MAITLAND PUBLIC HOSPITAL

Phone: **(02) 4936 5507**

Annika Leyshon (Mon-Tues & Thurs-Fr)

Email: annika.leyshon@health.nsw.gov.au

Phone: **(02) 4939 2000**

MAITLAND PRIVATE HOSPITAL

Alison Lincoln (visiting STN)

Phone: **(02) 4931 2304**

NEWCASTLE PRIVATE HOSPITAL

Phone: **(02) 4941 8741**

Cecelia King STN

Email: cecilia.king@healthscope.com.au

WALLSEND COMMUNITY HEALTH

Please refer back to the hospital where you had your surgery

Nash Street, Wallsend.

Phone: **(02) 4924 6100**

NORTH COAST

COFFS HARBOUR COMMUNITY NURSING HEALTH CAMPUS

Mandy Hawkins CNC, STN/Continence

Phone: **(02) 6656 7820**

Alyssa Higoe

Holly Ravenscroft

Phone: **(02) 6656 5467**

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GRAFTON BASE HOSPITAL

Jane Kulas STN CNS

Phone: **(02) 6640 2222**

Email: jane.kulas@health.nsw.gov.au

GRAFTON COMMUNITY HEALTH

Jane Kulas STN CNS

Phone: **(02) 6641 8200**

Email: jane.kulas@health.nsw.gov.au

LISMORE BASE HOSPITAL

Phone: **(02) 6620 2850**

Ed Cooke STN for all out-of-hospital ostomy patients

Edgar.Cooke@health.nsw.gov.au

Phone: **(02) 6621 3252**

Outpatient service also available on

Tuesday and Friday

LISMORE COMMUNITY HEALTH

Janelle Wilson STN

29 Molesworth Street, Lismore.

Phone: **(02) 6620 2097**

Fax: (02) 6620 2963

MACLEAN DISTRICT HOSPITAL AND COMMUNITY HEALTH

Jane Kulas STN CNS

Email: jane.kulas@health.nsw.gov.au

MANNING HOSPITAL (TAREE)

Phone: **(02) 6592 9469**

Karla MacTaggart STN (Mon - Tue)

Mobile: 0419 859 281

Jordan Chapman works (Wed - Fri)

Email: jordan.chapman@health.nsw.gov.au

Serving towns & communities between Wingham, Forster, Tuncurry, Taree, Harrington, Gloucester and Bulahdelah.

STOMAL THERAPY SERVICES - (NSW &

PORT MACQUARIE BASE HOSPITAL

Jean McCarroll STN (Mon. and Wed.)
Mobile: **0427 795 765**
Phone: **(02) 5524 2439**
Email: Jeanie.McCarroll@health.nsw.gov.au
Nerralee Cook STN
Mobile: **0427 795 765**

PORT MACQUARIE AND KEMPSEY COMMUNITY HEALTH CENTRES

Maria Emerton-Bell STN CNC
Phone: **(02) 6561 2790**
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Laurieton, Port Macquarie, Kempsey,
Wauchope, South West Rocks and Stuarts
Point.

ST VINCENT'S HOSPITAL (LISMORE)

Tracey Eason STN
Phone: **(02) 6627 9448** or **(02) 6627 9449**

TWEED HEADS COMMUNITY HEALTH CENTRE

Lisa Clare Stomal/Continence Advisor.
Phone: **(07) 5506 7540**
Email: Lisa.Clare@health.nsw.gov.au
Siobhan Mills
Mobile: **0427 064 815**
Covering Tweed Heads Hospital &
Communities from the Tweed Heads NSW/
QLD border to Bangalow..

NEW ENGLAND

TAMWORTH BASE HOSPITAL

Robin Skillman CNC
Phone: **(02) 6767 7733**
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Emmaville, Ashford, Warialda, Inverell,
Bingara, Barraba, Boggabri, Manilla,
Gunnedah, Tamworth, Werris Creek, Nundle.

NARRABRI COMMUNITY HEALTH

Lavinia (Alvin) Hill
Phone: **(02) 6799 2800**

WESTERN NSW

ALBURY WONDONGA HEALTH SERVICE

Phone: **(02) 6058 1800**
Mobile: **0457 522 000**
Gerardine O'Brien
Amanda Forbes

ALBURY WODONGA PRIVATE HOSPITAL (AWPH/ASG)

1125 Pemberton St., Albury 2640
Gerardine O'Brien STN
Phone: **(02) 6022 4350**
Email: gerardine@alburysurgical.com.au

BATHURST HEALTH SERVICE

Louise Linke NP STN
Phone: **(02) 6330 5676**
Fax: (02) 6330 5742
Email: louise.linke@health.nsw.gov.au
Serving Bathurst, Orange, Parkes, Forbes,
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BROKEN HILL BASE HOSPITAL

Shirley Victory (resources person only)
Phone: **(08) 8080 1642**

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GRIFFITH BASE HOSPITAL

Naomi Smith
Phone: **(02) 6969 5555** (ext. 695)

GRIFFITH COMMUNITY HEALTH

Phone: **(02) 6922 9903**

ORANGE HEALTH SERVICES

Joe Webster STN
Phone: **(02) 6369 7455**
Email: Joseph.Webster@health.nsw.gov.au

WAGGA WAGGA BASE HOSPITAL

Irene Cozens
Phone: **(02) 5943 1545**
Email: irene.cozens@health.nsw.gov.au
Naomi Smith
Mobile: **0412 324 136**
Email: naomi.smith@health.nsw.gov.au

CALVARY PRIVATE WAGGA WAGGA HOSPITAL

Naomi Smith
Mobile: **0412 324 136**

YOUNG MERCY CENTRE

Contact Community Nurses
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CANBERRA AND DISTRICT

CANBERRA HEALTH SERVICES

Phone: **(02) 5124 0000**

STOMAL THERAPY SERVIC

You can make an appointment by calling Central Health Intake on **(02) 5124 9977**.

CANBERRA HOSPITAL

YAnju Mamachan
Phone: **(02) 5124 4255** Pager 50959
Email: anju.mamachan@act.gov.au

BELCONNEN HEALTH

Cheryl Jannaway CNC
Phone: **(02) 6205 1201**

CALVARY HOSPITAL (CANBERRA)

Marree Pegrem STN.
Phone: **(02) 6201 6045**
Kellie Burke CNC
Phone: **(02) 6244 2222** (then page stomal therapist)

QUEANBEYAN COMMUNITY HEALTH CENTRE

Jo Morgan STN
Phone: **(02) 6150 7144** or **(02) 6150 7670**
Visits patients in Queanbeyan & Yarralumla areas.

COOMA HEALTH SERVICE

Vicki Black STN
Phone: **(02) 6455 3222**

COOTAMUNDRA HOSPITAL

Raylene Godvier
Phone: **(02) 6942 1861**
Mobile: **0419 123 508**

ALBURY WODONGA HEALTH

Albury Community Health Centre,
Gerardine O'Brien
Phone: **(02) 6058 1800**
Email: stomaltherapy@awh.org.au

ALBURY WONDONGA PRIVATE HOSPITAL

Gerardine O'Brien
Phone: **(02) 6022 4350**

UNEXPECTED SURPRISES ON TWO INTERNATIONAL TRIPS

Over many years I have travelled domestically and internationally extensively for both business and pleasure with little let-up after my ileostomy operation in 2003 until (almost) retirement three years ago. Now in a semi-retired situation with only a couple of board roles I travel virtually entirely for pleasure or board meetings.

The duration of my trips has varied from a few days to a few months, depending on the circumstances and reason for travel. And the trips have involved cruises, flights, sailing yachts in Greece, Croatia and Turkiye, canal boats in France and extensive sailing and caravanning in Australia.

With over twenty years as an ostomate, and more than forty years of travelling before that, one would expect there are few surprises and that one is always fully prepared. But that is not the case and one cannot afford to take things for granted or assume the status quo will always exist. Let me share two examples of surprises that I have experienced while travelling so that hopefully readers may get ideas for their preparations and travels.

On one fairly extended trip to France about five years ago, my wife and I spent two weeks on a canal boat with friends, followed by six weeks with our family in Paris. Some how my rate of consumption of ostomy supplies exceeded my pre-departure estimate – making me, an engineer, exceedingly annoyed in my poor estimating skills and my most patient wife rather

alarmed of the consequences, as I found myself looking down the barrel of running out of key supplies before I was due to depart Paris for home. I am not a French speaker so I was entirely dependent upon my Japanese daughter-in-law who was most fortunately a very competent linguist. She was able to identify where ostomy supplies might be sourced in Paris, forewarn the people of my predicament and impending visit and then instruct me on the route to the address on the other side of the city. Once there, my lack of French and the helpful staffer's lack of English, were overcome by her inviting me into the storerooms and allowing me to select the products nearest to my usual supplies. The lessons from this are – firstly estimate usage conservatively and then add on a comfortable contingency, and secondly try to identify beforehand where supplies might be obtained in foreign countries – just in case.

The second example of a surprise while travelling was our trip to Japan this year to visit family for a series of important birthdays. This was a fast one-week trip involving family gatherings, several dinners, and a brief trip to snow fields outside Tokyo. With family in Tokyo, we are very familiar with Japan and for my part I have navigated European and non-European toilet facilities, and the infamous flushing/douching music-playing toilets for which Japan is quite renowned. But on this trip, I was in for a real surprise – facilities specifically for ostomates.

Continued page 13

6 PAIRS*

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Picture: Ostomy facilities at Haneda International Airport

We travelled to the snow on the Shinkansen – the famous Japanese very fast train, but in this case, we were travelling on one of the newest models in service. So, imagine my surprise when on visiting the toilet I found, not only the usual toilet facilities, but also facilities specifically for ostomates – and labelled accordingly. There was a bowl for ostomates just below waist height for emptying bags and washing and cleaning in the event of changing bags and the like.

Then again at Haneda International Airport the same – within the conventional toilet facilities, toilet facilities specifically for ostomates. Again, the set out was like that on the Shinkansen to facilitate both emptying bags and washing and cleaning when changing bags and appliances. The ostomate facilities at Haneda shown in the picture clearly highlight how the Japanese are recognising the needs of ostomates and making travel in Japan that bit more welcoming and supportive.

Wouldn't it be fantastic if more countries – including our own – recognised the challenges of ostomates when travelling?

Paul Howlett



NSW / ACT SUPPORT

Note: at the time of printing, many support groups have paused due to COVID-19. Please contact the organiser before planning a trip to the meeting venue.

BANKSTOWN AREA 2023

- Dates:** 1st Wednesday every 3rd month commencing Wednesday 8th February 2023
Time: 10:00am to 12:00pm – morning tea
Address: Revesby Workers Club, 2B Brett Street, Revesby, Ph 02 9772 2100
Access: Close to public transport and lots of free parking
About: A stoma support group hosted by Bankstown Hospital STNs for you and your family. Everyone is welcome but must be double vaccinated.
RSVP: Please RSVP for catering purposes to your Bankstown Hospital STN or Mariam Elfoul on 0400 921 901, email: aumael@coloplast.com

ST GEORGE AREA 2023

- Dates:** 2nd Thursday, every second month (March, May, July, Sept, Nov, Feb 2024)
13th July, 14th September, 9th November and 9th February 2024
Time: 11:00am - 1:00pm – morning tea
Address: Ramsgate RSL Club, Ramsgate Rd and Chuter Ave, Sans Souci NSW 2219
Access: Close to public transport and free parking
About: Everyone welcome – please RSVP for catering purposes to your STN or Mariam Elfoul on 0400 921 901, email: aumael@coloplast.com.

SHOALHAVEN SUPPORT GROUP 2023

- Dates:** 22 February 2023, Ulladulla Community Health Centre
29 March 2023, Nowra Community Health Centre
28 June 2023, Nowra Community Health Centre
30 August 2023, Ulladulla Community Health Centre
29 November 2023, 29 Nowra Community Health Centre
Time: 2:00pm
Address: Nowra school of Arts Annex: adjacent to School of Arts, 12 Berry Street, Nowra. Car parking surrounds the building. Ulladulla Community Health Centre: Corner of South Street and Princes Hwy, Ulladulla. Street parking..
About: The contact is Brenda Christiansen STN CNC. Ph. 02 44246300
e. brenda.christiansen@health.nsw.gov.au

NEPEAN EDUCATION STOMA SUPPORT GROUP 2023

- Dates:** Last Friday every second month, commencing on 24th February 2023.
28th April, 30th June, 25th August and 27th Oct.
Time: 2-3:30pm – afternoon tea
Address: Medical School – Outpatients department, 62 Derby Street, Kingswood. NSW 2747
Access: The building is opposite Nepean Hospital's Emergency Department. Enter via the side path to the Clinical School's Outpatient waiting room. Please wait until 2:00 pm when you will be directed to the meeting room.
Car Parking: Either on the street or in the multi-story car park on Somerset Street, Kingswood (free for pensioners for the first 3 hours)
About: Family and friends are most welcome.
Any enquiries please contact Naomi Houston on 4734 1245

GROUP MEETINGS 2023

SOUTH WEST SYDNEY AND LIVERPOOL STOMA SUPPORT GROUP 2023

Dates: 3rd Thursday every second month (1st Thurs in December)
16th Feb 2023, 20th April, 15th June, no Aug meeting, 19th Oct and 7th Dec.
Time: 1:30pm to 3:30pm
Address: Campbelltown Catholic Club, 20/22 Camden Rd, Campbelltown NSW 2560
RSVP: Erin 0419 224 662 or Lu 0417 026 109 for catering purposes please.

ILLAWARRA OSTOMY INFORMATION GROUP 2023

Dates: 15th Feb, 5th April, 21st June, 9th August, 11th Oct,
13th Dec (Christmas luncheon. Venue to be advised)
Time: 10:00am to 12:00pm
Address: Education Room, Figtree Private Hospital, 1 Suttor Place, Figtree
Contact: For Further Information contact:
Helen Richards CNC STN Wollongong Private Hospital phone: 42861 109
richardsh@ramsayhealth.com.au
Julia Kittscha CNC STN Wollongong Hospital mob: 0414421021
office: 42551594 julia.kittscha@health.nsw.gov.au

BOWRAL STOMA SUPPORT GROUP 2023

Dates: 7th Mar 2023, 1st June, 5th Sept, 7th Nov. Due to current COVID restrictions only fully vaccinated people may attend. Proof will be required upon entry.
Time: 1pm to 3:00pm Everyone is welcome!! Please RSVP 1 week prior.
Address: Bowral Bowling Club, 40 Shepherd Street, Bowral
Contact: Lu Wang & Erin Wagner Stomal Therapists, Liverpool Hospital—(02) 87384308
Or Mariam Elfoul on 0400 921 901, aumael@coloplast.com

GOULBURN STOMA SUPPORT GROUP 2023

Dates: 18th May and 12th October..
Time: 10:00am to 12:00pm Everyone is welcome!! Please RSVP 1 week prior.
Address: Goulburn Workers Club, 1 McKell Place, Goulburn, NSW 2580
Contact: LMariam Elfoul on 0400 921 901, or email: aumael@coloplast.com
Hope to see you, your friends and loved ones there

CANBERRA ACT SUPPORT GROUP

Dates: 2nd Tuesday every month – commencing from Tuesday 11th July 2023,
12th September, 14th November..
Time: 10am to 12pm
Address: Act & Districts Stoma Association {the old stoma association room}
2nd Floor, City Health Building, 1 Moore St, (Cnr Moore & Alinga ST), Canberra
Contact: our Stomal Therapy Nurse, or Geoff Rhodes {actual ostomate happy to chat with you} on
0416 206 871 or email Geoff at grhodes@homeemail.com.au for further information.
Everyone is welcome but must be COVID vaccinated to attend.
RSVP for this meeting is required by ACT Health so we can comply with COVID numbers and restrictions.
CLINICAL ADVICE CANNOT BE GIVEN, PLEASE CONTACT YOUR STOMAL THERAPY NURSE



NSW / ACT SUPPORT GROUP MEETINGS

DUBBO STOMA SUPPORT GROUP 2023

Dates: Last Friday of the month
Time: 2pm to 3:00pm Everyone is welcome!!
Address: Dubbo Health Service Ian Locke, building Room 8 or join virtually via Pexip or phone.
Register: By phoning 0408 769 873 or email: Thulisile.Moyo@health.nsw.gov.au
Contact: Thulisile Moyo

GRAFTON/CLARENCE VALLEY 2023 *NEW*

Dates: 2nd Tuesday Bi-monthly commencing Tuesday 14th February 2023
11th April, 13th June – more dates to follow.,
Time: 10am to 11:00am Everyone is welcome!!
Address: Aruma Community Health, 175 Queen St, Grafton NSW 2460
Register: Jane Kulas Tel (02) 6640 2222 | Mob 0459 943 062
Contact: Jane Kulas Tel (02) 6640 2222 | Mob 0459 943 062

MANNING AND GREAT LAKES OSTOMY SUPPORT GROUP.

Dates: The first Wednesday of every 2nd Month
Time: 10.30 am
Address: Taree Group Three Leagues- Downstairs meeting room, 43 Cowper St, Taree.
Contact: Karla McTaggart, CNC Stoma | Wound | Gastrostomy, Hunter New England Local Health District T (02) 6592 9169 email: karla.mactaggart@health.nsw.gov.au

BEAT BLADDER CANCER

Dates: Last Tuesday of every month
Time: 7:00pm to 8:30pm
Address: Macquarie University Hospital,
3 Technology Place, Macquarie University
Contact: Adam Lynch, President BEAT Bladder Cancer 0421 626 016

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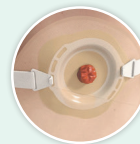
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