

OSTOMY

AUTUMN 2023

NSW LTD



A pouch with a choice of colours plus comfort



Call
1800 819 274
for your free
sample



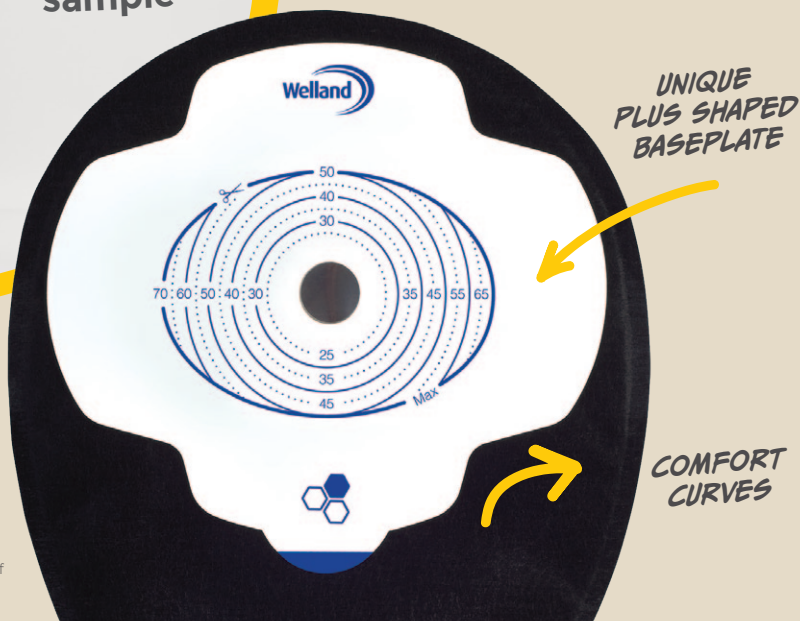
Unique plus shaped baseplate with Comfort Curves, designed to hug your body around your stoma and reduce the risk of leak channels forming



Skin-friendly hydrocolloid contains medical grade Manuka honey, which may help to promote healthy skin around the stoma



A choice of colours
Choose between Black or Sand pouches



Welland®, the Welland logo™ and Aurum® are trademarks of CliniMed (Holdings) Ltd.



OMNIGON

AU 1800 819 274

info@omnigon.com.au
www.omnigon.com.au

CONTENTS

Skin Health Lee Gavegan Stomal Therapy Nurse	4-5
United Ostomy Associations	
NSW Education & Information Day	6-7
STN members for your scholarship support.....	8
What products are available on the stoma appliance scheme?.....	11-12
Financial Report.....	15-19
Holly Ravenscroft post graduate thanks.....	20
Stomal Therapy Services Directory	22-27
NSW / ACT Support Group Meetings 2023.....	28-29
Annual General Meeting of Ostomy NSW Limited	30-31

TO CONTRIBUTE ARTICLES/FEEDBACK

Email to the editor (Manager) at info@ostomynsw.org.au by:
 SUMMER Edition.....23rd February 2023
 Spring Edition.....15th August 2023
 Summer Edition.....15th October 2023

ONL PHONE: 02 9542 1300

ONL FAX: 02 9542 1400

WEBSITE: www.ostomynsw.org.au

ORDERS: We are unable to accept phone orders

Online: http://www.ostomynsw.org.au/order_form18.php

Email orders to: orders@ostomynsw.org.au

Fax orders to: 02 9542 1400

Post orders to: PO Box 3068, Kirrawee NSW 2232

PICKING UP ORDERS: Counter hours of operation

At the time of publishing due to COVID-19, no Pick-ups are permitted. Check our website for any updates and changes.

Express Counter – CLOSED

Warehouse Counter - CLOSED

Click to boot - Now available

PAYMENTS

Payments can be paid by bank transfer (EFT) to:

Account Name: ONL

BSB: 112879 (St George Bank)

Account Number: 45 664 3389

Reference: Your Member Number and Surname

POSTAGE RATES

- Standard NSW \$15; Interstate \$20
- 2-month orders NSW \$30; Interstate \$40
- Express \$22

OSTOMY NSW LTD STN CLINIC – Lee Gavegan

Please phone 02 9542 1300 for appointment.

Lee is available every Tuesday from 9am to 3pm.

All consultations are by telephone - Lee will call you.

BOARD OF DIRECTORS

Emeritus President:

Tom Flood OAM

Vice

President: *Stephen Grange*

Treasurer: *Vacant*

Directors:

Greg Doyle

Adam Keam

Perry Johnstone

Ernie Schmitt

Peter Bettini

David Turner

Manager: *Stephen Lardner*

YOUR ONL TEAM:

Operation

Supervisor: *Kim*

Warehouse

Supervisor: *Manny*

THE TEAM:

Aye Aye, Belinda, Bev,

Carole-Anne, Cheryl, Frank,

Luke, Matt, Rhys.

PLUS OUR DEDICATED VOLUNTEERS**DISCLAIMER**

Advertisements in this newsletter are published as submitted by advertisers. The publisher has not checked the veracity of the advertisements and accepts no responsibility for their content. The publisher specifically disclaims all responsibility and liability for any material contained in this Newsletter and in particular any material that may breach confidentiality or privacy or may be considered defamatory. Such liability shall be assumed by the relevant author of the material. The reader is strongly advised to first obtain appropriate medical advice from an STN or GP before trialling any products advertised in this publication. No advertisements published in this Newsletter shall be taken to constitute an endorsement of products contained in that advertisement, either by the Editor, this association or any government department connected with the Stoma Appliance Scheme.

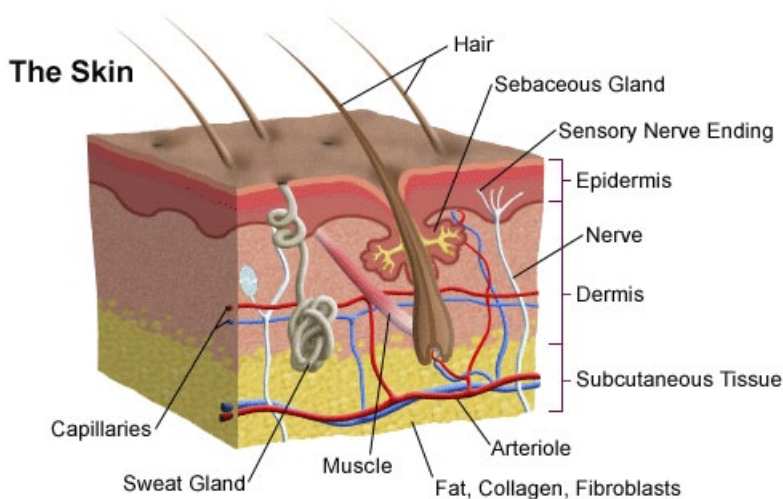
SKIN HEALTH | LEE GAVEGAN

Stomal Therapy Nurse ONL 2022

“Skin Health” are the words we see used now as the umbrella term for varying types of skin conditions. These may be planned (operation) or unplanned (emergency, accidental, or trauma) interruption(s) to the skin. Health professionals are trying to use a common language to communicate or pass on a message(s) about skin conditions. Common interruptions that the “Skin Health” umbrella covers are general wounds (operations), plastics (skin graft) wounds, vascular (blood supply) wounds, leg ulcers, dermatological conditions, pressure injuries (bed sores), skin tears, continence-related skin injuries and most important to us peristomal skin conditions/complications (PSC).

We know that the skin is our largest organ and what an amazing one it is? It holds everything in blood vessels, muscles, etc. and alerts us to pain, cold or heat, irritation and excessive moisture. Acts as a barrier to infection from organisms by keeping a pH layer called the “acid mantle” of 4.5 to 5.5. It helps regulate our temperature by allowing moisture to move out in the form of perspiration and around past the skin cells called transepidermal water loss. Our skin will hold 17.7 km of blood vessels and weigh on average about 4.8kg. Our skin cells generally renew themselves every thirty (30) days. Our thinnest skin is on our eyelids.

Our skin is in three layers. Epidermis the narrowest, outer layer and this houses the melanocytes responsible for hair, eye and skin colour and aids in the production of Vitamin D. Dermis is the middle layer and this has most of the nerves, blood vessels, hair follicles, connective tissue and glands. This protective layer has the ability to destroy toxins, bacteria, or impurities that may have crept past the epidermis. Hypodermis has connective tissue that gives strength and support. This layer also has a fat layer which acts as a cushion for added protection.





EPIDERMIS Protection from injury, Excessive water loss, foreign body identification

DERMIS Melatonin production, Vit D production, Heat regulation and cooling, Pain sensation

SUBCUTANEOUS TISSUE Loose connective tissue & fat (adipose tissue), Cushion, Energy store

In a recent consensus study published in 2022 **peristomal skin** is called that where the skin is closest around the stoma and **parastomal** is that skin on each side of the stoma but still covered by the ostomy appliance. Also published this year in the European Journal of Public Health was information that peristomal skin conditions / complications “are one of the main post-operative complications after ostomy surgery”. These complications cause a reduced quality of life for ostomates as well as representation to hospital and ongoing involvement with the stomatherapist and other health professionals. This paper reported that **PSC** as low as 11% but may be as high as **45%**.

For your own peristomal and parastomal skin health is important to remember these steps.

- Always remove your appliance gently and parallel to your skin.
- Roll down rather than rip off.
- Clean gently with soft cloth and water (especially if using a remover spray/wipe)
- Dry well prior to applying new pouch
- Do not use baby wipes or scented towels to clean or dry.
- Make sure there is a snug fit around stoma
- Weight gain or weight loss may affect the peristomal skin, review may be needed.
- Take a picture and send to your stoma nurse if concerned.
- Do not hesitate to ask questions. Easier to solve problems earlier rather than later.
- Keep in contact with your Stoma Nurse.

Peristomal skin - The skin immediately surrounding your stoma(s)
Some people may have two stomas. A urinary and faecal stoma still should have the same peristomal skin colour.

UNITED OSTOMY ASSOCIATIONS OF NSW EDUCATION AND INFORMATION DAY

NSW Stoma Ltd & Ostomy NSW Ltd are proud to present the return of our Stomal Therapy Education Days in 2022.

These days provide an opportunity for members to meet and support each other, meet representatives from your association, meet suppliers, listen to presentations from experienced stomal therapy nurses and more. All members, their families and carers are welcome.

We held 2 days this year. The first, in June, at Club Macquarie just outside Newcastle. What a wonderful Day! After more than 2 years of Covid restrictions we were finally able to meet in person and hold an Education and Information Day. The event also coincided with National Stomal Therapy week. More than 130 members and friends joined us for the day. Feedback from the day was overwhelmingly positive, with one member commenting: 'Until today I felt so alone with my stoma. Now I feel like I am part of a family'. The day was all about the members and there was lots of opportunity to ask questions and meet other members.

The second day was held at Canterbury League Club in South-Western Sydney with 125 members and friends attending, and again feedback was very positive. Members were really keen to talk to the suppliers about their products and meet other ostomates.

The Canterbury meeting commenced with members circulating among our suppliers who generously supported our day. The suppliers commented on how busy they were, and the amount of interest in new products as well as questions relating to existing products being used. Mary Egan from NSW Stoma and Stephen Lardner

from Ostomy NSW spoke about our associations and how we assist members with product supply, enquiries and information from various sources. They explained the complexity of managing the Stoma Appliance Scheme, which is world-class in its generosity and rigorous in the execution by associations.

There is always a great mix of presenters and content and the Sydney meeting was no exception. Mathew Boyd-Skinner spoke about his journey becoming an ostomate at a young age and the support he has received. As a young person whose life had been difficult, he inspired us with his story including a recent success directing a stage play of Joseph and His Amazing Technicolour Dreamcoat. Carol Quast has a journey that commenced with a bowel cancer screening test many years ago – a test that both changed and saved her life. She is now an avid international traveller, hard working educator and volunteer at NSW Stoma.

From hearing stories from fellow ostomates, our attention is drawn to clinical presentations from experienced STNs. Anne Marie Lyons presented on Understanding Stomas which takes us through knowledge of the various types of stoma, and where they are formed within the small bowel or ureters. She explains understanding your stoma assists the correct management of your stoma. A healthy stoma is normal and irregularities should be attended to by an experienced stomal therapy nurse.

Lee Gavegan, Stomal Therapy Nurse, then presented Parastomal Hernias, an issue that affects more than half of ostomates and can be treated with care and support. Lee spoke about signs to look out



for to ensure management of the parastomal hernia with correct fitting appliances and support garments.

A huge thank you to our STNs, Lee Gavagan and Anne Maree Lyons, who generously give their time and share their extensive knowledge. We could not run these days without them. Our Q&A session that concluded the day was joined by Rachel Hodgkins STN. There is a safe environment at these sessions and we are prepared to open up in discussions and share experiences. This was clearly shown with the openness of questions and the feedback provided by professionals and members alike.

Another big thank you to Carol Quast, whose time and effort in arranging the day, and then speaking on the day about her own experiences as an ostomate, was so valuable. Carol's tips and tricks for living with stoma should not be missed.

I also want to thank Mathew Boyd-Skinner for speaking at our Sydney day. Mat, you are an inspiration to us all.

These days are made possible by all the

major suppliers attending and supporting us financially. Without their support we would not be able to hold these events. Thank you to: Coloplast, Convatec, Future Environmental, JD Healthcare, Liberty Medical (Dansac & Hollister), Omnigon and Sutherland Medical, Ainscorp & AMSL.

Our Ostomy NSW website provides these presentations for you to view, albeit without the commentary from our presenters, under our Welfare Presentations tab at <https://www.ostomynsw.org.au/welfare.php>.

It is so lovely to meet so many of our fabulous members. Those I talked to at both Newcastle and Sydney were so positive about their experience with the day, saying they found it very useful and informative and it was great to meet other ostomates and hear their stories.

We are really looking forward to delivering more of these days in 2023 so watch our website <https://ostomynsw.org.au/>

for our next Education and Information Day, hopefully coming to a venue near you shortly.

Thank you STN MEMBERS FOR YOUR SCHOLARSHIP SUPPORT

"As a new stomal therapy nurse, I am planning to further train under my senior stomal therapist. Her remarkable work has inspired me to follow her footsteps. Under her guidance, I would like to enhance my knowledge and develop skills in this specialised field of nursing.

Moreover, I would like to develop leadership skills to guide my colleagues and student nurses in caring for ostomates. My aim is to provide current, evidence-based nursing care for patients. I have encountered complex stomas and wounds in my current workplace hence, I would like to be able to create clinical decisions, in collaboration with other members of the healthcare team, that would contribute to improving my patient's condition. My goal is to assist patients in restoring them back to health, adjust to a new life with a stoma and provide emotional support during the times they are most vulnerable. In addition, I would like to assist in establishing a stoma clinic in our

The scholarship provided by the association has greatly helped me in completing my studies for Stomal Therapy Nursing. Aside from lessening the financial burden, it has motivated me to do my best while studying and working.

Now that I am a Stomal Therapist, I am glad that I am able to help our Ostomates and their families during their recovery and healing process. One of the most important things I have learned during my placement was to reassure patients that they are not alone in their journey. I strive to provide reassurance that the assistance provided by STNs does not stop when they are discharged from hospital. I can attest that this provides them relief that help will always be there for them and their families once they are home.

I feel the sense of fulfilment most especially when I am able to assist the elderly patients become independent with their stoma care. They are the most vulnerable and it makes me very proud and happy that despite their age, they are able to continue with their lives as an Ostomate.



Mylene

hospital because of the increasing demand for these services.

Once the pandemic is over, I would also like to share my knowledge and skills to my fellow nurses in the Philippines. Being a developing world country, there is no specialised nursing care for ostomates and other patients with continence problems and complex wounds. I am planning to conduct information sessions for my previous colleagues as well as free assistance to patients in the community who cannot afford to see doctors.

I am yet to go back to my home country and conduct a teaching session for stoma care which is part of my long-term plan as an STN. At this time, due to concerns with COVID 19, it is still difficult to conduct. Hopefully, once the pandemic is over, I will be able to fulfil this plan.

Thank you once again for providing me the opportunity to finish my studies in Stomal Therapy Nursing. I will continue to do my best as an STN and I hope that the association will continue to help others in fulfilling their dreams of becoming a STN. There are no words to describe how STNs make a difference in each patient's journey.

Kind regards,

Mylene

Feeling Comfortable In Your Own Skin



Worry less about skin problems
with the help of TRE™

Dansac TRE product range:

- Stays in place, yet easy to remove
- Help absorb stoma output and perspiration to protect your skin
- Help maintain the pH balance of naturally healthy skin

When it comes to your skin, there's no such thing as too much protection. Visit www.dansac.com.au/tretechnology to learn more.

To order a free sample, contact Customer Care on **1800 880 851**

Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.

Dansac, the Dansac logo, NovaLife and TRE are trademarks of Dansac A/S.
© 2022 Dansac A/S. DAN066 September 2022



NovaLife TRE barriers are
available in 1 piece and 2 piece
Flat • Soft Convex • Convex

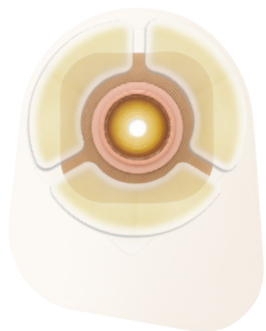


TRE seals are available in 3 sizes
18mm • 30mm • 40mm

A Sense of

Security Means

Everything



Three strips to create a custom frame around your skin barrier.

Adapt barrier extenders

Add an additional layer of protection to enhance your pouch security.



Increase the feeling of security when undertaking physical activity



Suitable for use in Summer temperatures to reduce barrier edge lifting

A thin and flexible hydrocolloid formulation conforms easily to body contours and may help to extend wear time.

Code	Monthly Allowance
------	-------------------

79402	60 per month
-------	--------------

**To order your FREE SAMPLE contact Customer Care on:
1800 880 851
www.hollister.com.au**



Prior to use, be sure to read the instructions for use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions for Use. The Hollister logo, Adapt, and "Healthy skin. Positive outcomes." are trademarks of Hollister Incorporated. ©2022 Hollister Incorporated. AUH143. November 2022

WHAT PRODUCTS ARE AVAILABLE ON THE STOMA APPLIANCE SCHEME?



This is a question that is raised in our various member events and through phone conversations. Many members request a full list of the products available. While there is a full schedule of products available from the Department of Health website, we don't recommend using it for a number of reasons. The list of products from the October 2022 schedule was just under 3,900 items. While the list may be of some use to you, please note we recommend it is used with caution, due to:

1. Long list – it contains 3,897 different items, and although there are Groups, sub-Groups or like items and descriptions, how to make an informed decision for you cannot be made without clinical consultation.

2. How to read allowances (by group and sub-group). Although each item has a monthly or annual allowance, products within Groups and across sub-groups cancel each other out. The Department of Health refers to this “for which the products serve the same purpose”. For instance, there are listed monthly allowances of two remover sprays and two remover wipes, but not together in one month. You may only receive 100% of the allowance for like products. In most instances, a base plate is a base plate; a bag is a bag and seals are seals. Even though they may serve different purposes (convex, flat, closed or drainable) the monthly allowance is still only 100% of any combination.

3. The same is true of Support Garments – the annual allowance is 6 briefs/boxers or

3 support belts, or a combination of both up to 100% of the allowance (for example 2 belts and 2 briefs is the maximum annual allowance).

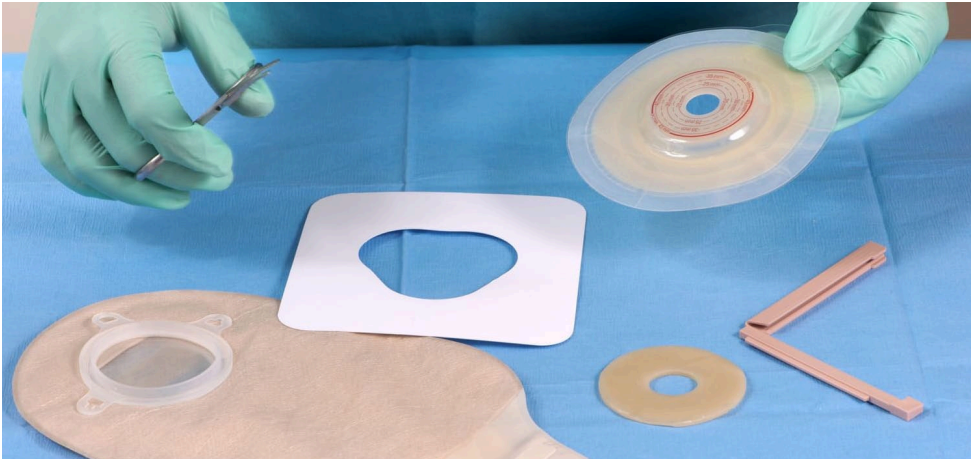
4. All allowances are in units. If the allowance is 30 and one box is 30, that is the maximum monthly allowance. If a box contains 10, you may be able to select a multiple of items, as long as the total allowance is still 100% or less.

5. We will not split cartons to allow for combinations of items.

Restrictions – some items have restrictions attached to them. These are designated by the letter “R” and a number (R1, R2, etc.). The explanation for these is:

R1 - Requires STN, Nurse Practitioner, Registered Nurse or Registered Medical Professional authorisation.

R2 - No authority for an increase in the yearly allocation can be granted.



R3 - Strict Usage Restriction – Requires STN, Nurse Practitioner, Registered Nurse or Registered Medical Professional authorisation including clinical justification.

R4 - Strict Usage Restriction – Requires Colorectal or General Surgeon authorisation.

6. Two-piece appliances – not all bags and base plates fit each other, there are combinations for the attachment of each item within brands and within types of products.

The list should also be read in conjunction with the Stoma Appliance Scheme Operational Guidelines – September 2022.

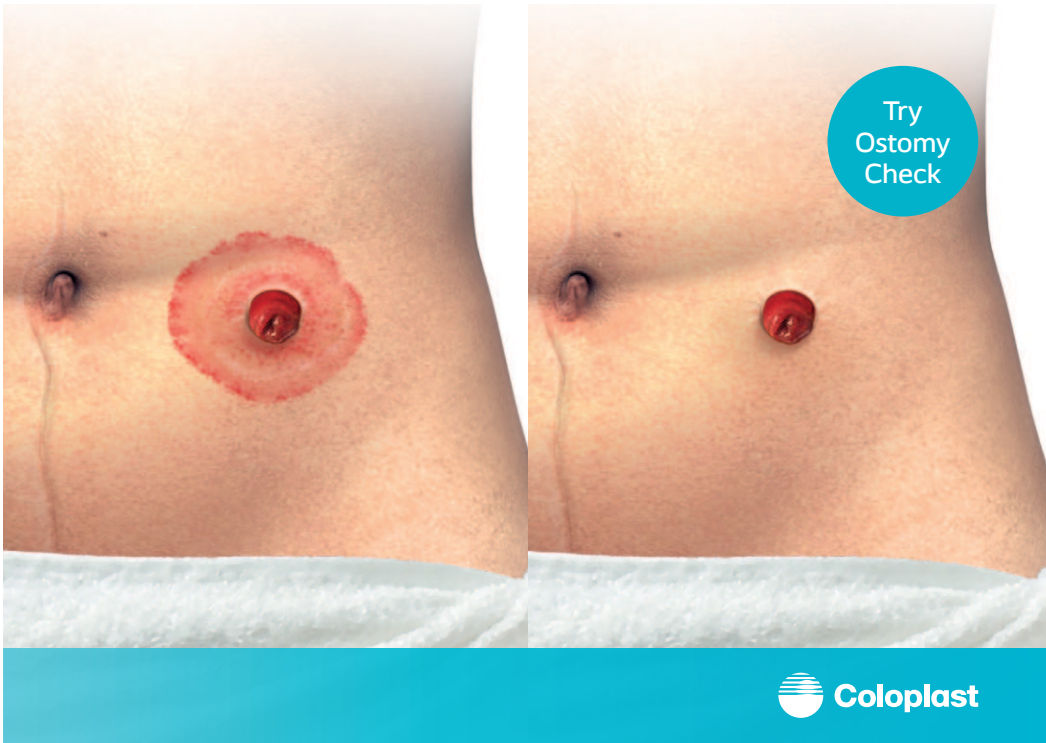
SAS Schedule:

<https://www.health.gov.au/resources/publications/stoma-appliance-scheme-schedule?language=en>

Operational Guidelines:

<https://www.health.gov.au/resources/publications/stoma-appliance-scheme-operational-guidelines?language=en>

Our advice is quite simple – for best results, consult with your Stomal Therapy Nurse or clinical professional. The staff and volunteers at Ostomy NSW are not trained professionals and cannot offer advice. If you need advice, contact our Stoma Nurse service Lee Gavegan by calling our office on (02) 9542 1300 or email to orders@ostomynsw.org.au to request a consultation. Our Stoma Nurse is currently available every Tuesday and we can also call her at other times as needed.



How healthy is the skin around your stoma?

Our bodies change through the years, and everyday wear and tear associated with bag changes may affect the fit of your ostomy bag, which plays an important role in keeping skin healthy and preventing leakage. Ask yourself, is the skin around my stoma healthy? What does unhealthy skin look like? How can I improve the health of the skin around my stoma and therefore reduce the chances of leakage?

A quick examination of your skin and adhesive will reveal if you are in the right routine.

Take our Ostomy Self-assessment questionnaire and, in 7 easy steps assess the current state of your ostomy and identify any issues by answering a few short questions.

Scan the QR code to take the Ostomy Check self-assessment or go to:

coloplast.to/OstCheck



Ostomy Care | Continence Care | Wound and Skin Care | Interventional Urology | Voice and Respiratory Care

Coloplast Pty Ltd, PO Box 240, Mount Waverley, VIC 3149 Australia

www.coloplast.com.au The Coloplast logo is a registered trademark of Coloplast A/S. ©2022-10 CEX204. All rights reserved Coloplast A/S



Brava®

Brava® Summer Set



Whether you're exercising or being active this summer, it is essential to ensure your baseplate is comfortable and secure to minimise the risk of leakage and to protect your skin.

The Brava® Summer Set is a 3-step care routine to give you the confidence in knowing your baseplate is comfortable and secure when moving around, and allows for an easy, sting-free removal.

The set includes Brava® Protective Seal, Brava® Elastic Tape and Brava® Adhesive Remover Wipes.

Scan the QR code to request your Brava® Summer Set today!

Alternatively, you can request via

☎ 1800 531 823

📄 coloplast.to/summer_set



ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE. PRIOR TO USE, BE SURE TO READ THE INSTRUCTIONS FOR USE FOR INFORMATION REGARDING INTENDED USE, CONTRAINDICATIONS, WARNINGS, PRECAUTIONS, AND INSTRUCTIONS.

Ostomy Care / Continence Care / Wound & Skin Care / Interventional Urology

Coloplast Pty Ltd, PO Box 240, Mount Waverley, VIC 3149 Australia
www.coloplast.com.au The Coloplast logo is a registered trademark of Coloplast A/S. ©2022-09 CEX191. All rights reserved Coloplast A/S



AUTUMN 2023

FINANCIAL REPORT

STATEMENT OF PROFIT OR LOSS – PAST FOUR YEARS

Ostomy NSW Limited				
Accounts	2019	2020	2021	2022
Income from Operations				
Sales			\$61,151	\$71,221
Membership Fees	\$292,743	\$378,547	\$387,503	\$388,131
Membership Postage	\$414,990	\$480,850	\$453,230	\$523,319
Medicare PBS Payments	\$12,885,047	\$13,028,317	\$12,322,989	\$12,760,062
Medicare Commission Paid	\$354,545	\$358,298	\$338,891	\$350,870
Total Membership Income	\$14,015,345	\$14,293,588	\$13,563,764	\$14,093,602
Total Non Membership Income	\$97,866	\$64,865	\$104,541	\$92,364
Total Income	\$14,115,271	\$14,358,452	\$13,668,305	\$14,185,966
Total Cost Of Sales	\$12,856,909	\$13,028,952	\$12,451,406	\$12,781,646
Gross Profit	\$1,204,081	\$1,329,500	\$1,216,898	\$1,404,320
Total Operational Expenses	\$487,353	\$509,121	\$563,508	\$668,540
Total Administrative Expenses	\$76,555	\$93,452	\$62,815	\$67,485
Total Employment Expenses	\$733,891	\$758,551	\$718,270	\$702,770
Total Expenses	\$1,297,800	\$1,361,123	\$1,344,593	\$1,438,795
Operating Profit	-\$39,438	-\$31,624	-\$127,695	-\$34,476
Total Other Income	\$12,912	\$77,615	\$333,071	\$3,854
Total Other Expenses		-\$46,641	-\$120,000	-\$314,803
Net Profit / (Loss)	-\$26,526	-\$649	\$325,403	\$284,181

Our association's AGM was held on Saturday 19th November to review the financial report of the association to 30 June 2022 and elect new directors to our board. The board is pleased to advise that Peter Bettini and David Turner were unanimously elected to the board. At the same time, the board accepted the resignation of Michael Rochford following seven years on the board. In addition, long-time President and volunteer at Ostomy NSW, Tom Flood, resigned from his position after thirty-two years of service to ONL. Tom is enjoying a well-earned retirement and continues to have good health living up on the Central Coast. The board and all our members extend our grateful thanks to the time and energy shown by both Michael and Tom over many years.

Revenue from sales, fees and postage has increased in the past twelve months up from \$902k to \$982k. Medicare also increased by \$12k. The increased income results in an increased Gross Profit of \$1.4m, which almost covers our costs for the year.

Expenses Operational costs have increased primarily due to postal charges from Aust Post and rent on our premises. The Administrative costs of running the office remain quite stable. There has been a steady decline in the cost of people, which has been achieved with increased volunteers, changes in personnel due to retirements, and provision for leave being used up.

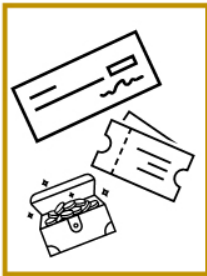
DEMYSTIFYING OUR FINANCIALS

HOW DO WE GENERATE INCOME?

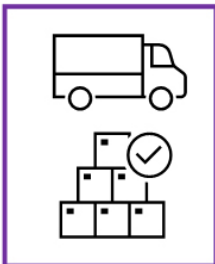


Department of Health **25%**
Medicare/PBS

- DoH provide a flat contribution of 2.75% of the cost of product supplied to Members*¹



Generous Donations & Fund Raising Actvitiy **6%**
- ACSA Membership levy
- Accounting & Bookkeeping



Postage & Handling **37%**
- Postage and handling fee
Primarily a pass-through expense

DEMYSTIFYING OUR FINANCIALS

HOW DO WE GENERATE INCOME?



SAS Access Fee

23%

- Annual fee determined by the Department of Health

\$60 or \$50 for concession card holders

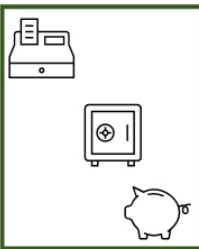


Membership Fee

4%

- Annual ONL Membership Fee

currently \$10



Other

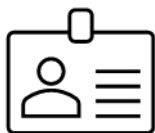
5%

- Advertising revenue (quarterly journal)
- Cash sales
- Bank interest

ONL IS COMMITTED TO TRANSPARENCY

ON HOW WE SPEND MEMBERS FUNDS
FOR EVERY \$100 WE SPEND...

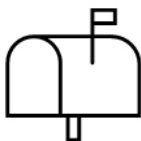
\$51



Our Awesome Team*¹

- Salaries & Wages
- Superannuation
- Leave loading

\$23



Postage

- Australia Post
- Boxes & packaging

\$12



Maintaining our Premises

- Rent
- Water & Electricity
- Strata Levy
- Security
- Insurance

ONL IS COMMITTED TO TRANSPARENCY

ON HOW WE SPEND MEMBERS FUNDS
FOR EVERY \$100 WE SPEND...



Office & Administration

- Office Expenses
- Communication
- Computers & Software



Ensuring Good Governance

- ACSA Membership levy
- Accounting & Bookkeeping
 - Audit
 - Legal Fees



Supporting STN Development

- Annual Nurse scholarship
now in its 8th year...



Giving Back

- Volunteer thank you lunch
*contributing an average of
172 hours a week!*

or

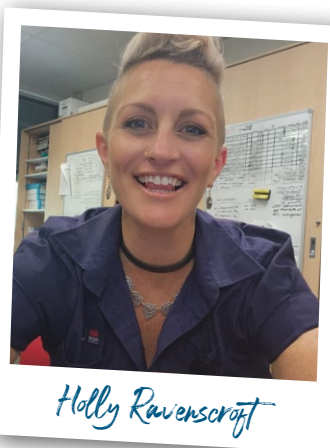
\$260,000

HOLLY RAVENSCROFT

POST GRADUATE THANKS

I'm very pleased to say I have officially completed my Postgraduate Certificate in Stomal Therapy, with the Australian College of Nursing.

Over the past year I have learnt a lot and had great experiences working with the skilled stomal therapy consultants in both the adult and paediatric locations at Westmead Hospital. I have taken back to the Mid North Coast the skills and experiences I gained and have applied them in my daily quality care as a stomal therapist. This opportunity allowed me to make quality relationships with other stoma nurses who have a wealth of knowledge to learn from and reach out to, with the aim of providing quality accessible stoma care for the members of our semi-rural demographic.



My day working with the fantastic staff at ONL was also insightful but enjoyable. This experience has significantly contributed to my understanding of how best to support people living with a stoma, and to all those who work hard and volunteer their time to ensure ostomates have quality stoma care products when needed. Again, thank you, the experience was appreciated.

The financial support the ONL scholarship has given me during this time has made this experience and education possible. As a single mother living in a rural demographic raising a young family, working and studying is a HUGE juggle that is often just not achievable, or easily accessible. This scholarship gave me an opportunity to take my practicum at a large Sydney hospital where I could gain quality experiences and education not attainable in my local area that can then be used to enhance the skills and services provided to our local community. In the time since completing my degree in July 2022, I have had the opportunity to be employed as an acting Level 2 Clinical Nurse Consultant in the Kempsey and Port Macquarie health districts. This experience has allowed me to support other stoma therapy nurses in their skills and development as well as confidently supporting our ostomates and their supportive families with the skills and experiences I have gained from completing this degree with much support from ONL.

Kindly

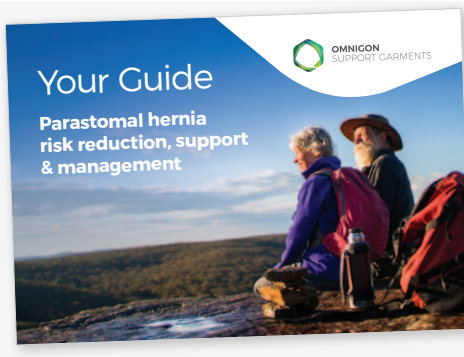
Holly Ravenscroft



OMNIGON
SUPPORT GARMENTS

Do you understand your risk of developing a parastomal hernia?

Learn more about how to reduce your risk of developing a parastomal hernia with the new support garment guide. Request your **free copy** today.



Did you know?

We have 3 levels of support to suit **your** needs, activity level and recovery stage.

Includes a helpful risk assessment tool for you to try



Call Omnigon to find out more about how support garments might help you



OMNIGON

AU 1800 819 274 info@omnigon.com.au
www.omnigon.com.au

STOMAL THERAPY SERVICES - (NSW &

*Any errors or omissions please email Heather Hill at
heathermaryhyde@yahoo.com OR phone: 0422 204 497(M)*

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

SYDNEY METRO AREA

BANKSTOWN-LIDCOMBE, FAIRFIELD & BRAESIDE HOSPITALS

Phone: **(02) 9722 7196**

Tracey McMorrow
Fiona Le

BLACKTOWN HOSPITAL

Lesley Jack CNC STN (Mon. to Fri.)
Phone: **(02) 9881 8000** Pager 7610
Mobile: **0408 923 788**

CAMPBELLTOWN PRIVATE HOSPITAL

Lisa Howarth STN
42 Parkside Crescent, Campbelltown
Phone: **(02) 4621 9166**

CHRIS O'BRIEN LIFEHOUSE

Jason Plunkett
Phone: **(02) 8514 0000**

CONCORD REPATRIATION GENERAL HOSPITAL

Ian Whiteley NP
Anne Marie Lyons CNS
Roger Riccardi CNS
Phone: **(02) 9767 6761**

HORNSBY HOSPITAL

Vivian Nguyen CNC Stomal Therapy
Phone: **(02) 9477 9184**

HURSTVILLE PRIVATE HOSPITAL

Trish Doherty CNS (Mon/Tue/Thu/Fri.)
Melanie Perez STN
Phone: **(02) 9579 7865**

KAREENA PRIVATE HOSPITAL

86 Kareena Road, Caringbah NSW 2229
Kelly Taylor RN STN (Mon. and Fri.)
Phone: **(02) 9717 0219**

LIVERPOOL, CAMPBELLTOWN AND CAMDEN HOSPITALS

Phone: **(02) 8738 4308**

Lu Wang CNS 2 Mobile: **0417 026 109**

Erin Wagner STN Mobile: **0419 224 662**

MACQUARIE UNIVERSITY HOSPITAL

Mylene Marero: STN

mylene.marero@muh.org.au

Yuki Sakamoto: STN

yukiko.sakamoto@muh.org.au

Phone: **(02) 9812 3484**

MATER HOSPITAL

Johanna Ward STN

Mobile: **0401 532 108**

Email: wardjohanna@ramsayhealth.com.au

MT DRUITT HOSPITAL

Lesley Jack CNC STN (Mon. to Fri.)

Phone: **(02) 9881 8000** Pager 7610

Mobile: **0408 923 788**

NEPEAN PRIVATE HOSPITAL

Nothabo Ndoweni STN

Phone: **(02) 4732 7333**

Phone the Banksia Ward and leave a message

Kerrie Wrenford STN

Phone: **(02) 4734 1245**

Fax: (02) 4734 1426

NEPEAN PUBLIC HOSPITAL

Naomi Houston CNS STN

Phone: **(02) 4734 1245** (if Urgent: phone

(02) 4734 2000 and request a page)

Email: Naomi.Houston@health.nsw.gov.au

Debbie Odlum, Jessika Slowik

NORTHERN BEACHES HOSPITAL

Phone: **(02) 9105 5549**

Kathryn Bolton

Sarah Beecham

NORTH SHORE PRIVATE

Johanna Ward STN

Phone: **(02) 8425 3540**

NORWEST PRIVATE HOSPITAL

Phone: **(02) 8882 8882**

Kieren Zaballa STN

Email: kieren.rocillo@healthscope.com.au

PRINCE OF WALES

Phone: **(02) 9382 3869**

Lisa Graaf CNC Monday to Friday Page 44403

Katherine Wykes Monday & Tuesday Page 44220

Michael Breeze Wed to Friday Page 44220

Email: SESLHD-StomalTherapyAndWoundManagementCNCs@health.nsw.gov.au

PRINCE OF WALES AND SYDNEY CHILDREN'S HOSPITAL

Alison Kennedy STN

Phone: **(02) 9282 1627**

PRINCE OF WALES PRIVATE HOSPITAL

Phone: **(02) 9650 4470**

Mandy Richardson CNC

ROYAL NORTH SHORE HOSPITAL

Rachael Hodgkins

Phone: **(02) 9463 2824** (pager 41244)

Jen Mojica Urology CNC

(Tuesday & Wednesday)

Phone: **02 9463 2844**

ROYAL WOMEN'S HOSPITAL

Jenny Duggan STN

Mobile: **0417 944 247**

ROYAL PRINCE ALFRED HOSPITAL

Phone: **(02) 9515 7280**

Email: SLHD-RPASTomalTherapy@health.nsw.gov.au

Colleen Mendes CNC

Maria Bongat

RYDE HOSPITAL

Lisa Naylor CNS2

Stomal Therapy & Wound Care

(Mon, Tue, Thu and Fri)

Phone: **(02) 9858 7395**

ST GEORGE PRIVATE HOSPITAL, KOGARAH

Phone: **(02) 9598 5342**

Kerrin Hammon CNS

ST GEORGE PUBLIC HOSPITAL

Phone: **(02) 9113 3519**

Daniela Levido CNC

Email: Daniela.Levido@health.nsw.gov.au

Anne Mamo CNS Deborah Dutchak CNS

Melanie Perez

STOMAL THERAPY SERVICES - (NSW &

STRATHFIELD PRIVATE HOSPITAL

Maureen O'Shannessy CNC
Phone: **(02) 9745 7444**

ST VINCENT'S PRIVATE HOSPITAL

Marnie Simpson
Email: marnie.simpson@svha.org.au
Louise Gallagher
Email: louise.gallagher@svha.org.au
Marnie Simpson
Phone: **(02) 8382 7010**

ST VINCENT'S PUBLIC HOSPITAL

Mark Murtagh CNC
Phone: **(02) 8382 2671** or **(02) 8382 1111**
(pager 6158)
Ann Sullivan Phone: **(02) 8382 2963**

SUTHERLAND HOSPITAL

Melissa Lampard CNC
(Mon. to Thu., 8am-4pm)
Phone: **(02) 9540 7111** (pager 473)

SYDNEY ADVENTIST HOSPITAL

Email: StomalTherapy@sah.org.au
Phone: **(02) 9487 9111**
Kerrie Whitson CNC STN (Mon and Wed)
Phone: **(02) 9480 4972**
Michelle Scoble (Friday)
Phone: **9480 9481**

WESTMEAD CHILDREN'S HOSPITAL

Charmaine Richards CNC
Stomal Therapy/Wound Management
Phone: **(02) 9845 2158**
Email: Charmaine.Richards@health.nsw.gov.au

WESTMEAD HOSPITAL

Fiona (Lee) Gavegan CNC
Mobile: **0409 962 111**
Email: Fiona.Gavegan@health.nsw.gov.au
Karen Shedden CNC Phone: **(02) 8890 5555**
(page 22888 or 27904)
Mobile: **0427 127 795**
Email: Karen.Shedden@health.nsw.gov.au
Ashleigh Peters (Mon and Tue)
Email: Ashleigh.peters@health.nsw.gov.au
Call the answering service on **(02) 8890 7969**
if unable to contact via pager.

ILLWARRA AND SOUTH COAST

BATEMANS BAY & MORUYA HOSPITALS

Trena O'Shea CNS STN (Clinical Co-ordinator)
Phone: **(02) 4474 2666**
Email: trena.Oshea@health.nsw.gov.au
Servicing Monaro, South Coast & Southern
Tablelands.

BEGA COMMUNITY HEALTH CENTRE

PO Box 173, Bega NSW 2550
Julie Metcalf CNS STN (Mon / Tue, 8:30am-4pm)
Phone: **(02) 6491 9800**
Email: julie.metcalf@health.nsw.gov.au

NOWRA COMMUNITY HEALTH CENTRE

5 - 7 Lawrence Ave, Nowra 2541
Stomal Therapy Clinic: Mondays by appt
Phone: **(02) 4424 6300**
Fax: (02) 4424 6347
Brenda Christiansen STN (Mon. to Fri., Clinic)

RAMSAY PRIVATE NOWRA

Liz McLeod Phone: **(02) 4421 5855**

WOLLONGONG HOSPITAL

Julia Kittscha CNC Phone: **(02) 4255 1594**
Mobile: **0414 421 021**
Email: Julia.Kittscha@health.nsw.gov.au

WOLLONGONG PRIVATE HOSPITAL

Helen Richards CNC
(Ward 4 South, Mon. only)
Phone: **(02) 4286 1109**
Fax: (02) 4286 1312

CENTRAL COAST

GOSFORD DISTRICT HOSPITAL

Phone: **(02) 4320 3323**
Sharon Gibbins, Mary Cuzner
Emma Cutugno, Linda Cox

GOSFORD PRIVATE HOSPITAL

Phone: **(02) 4304 3297**
Karen McNamara STN
Dee Coulton STN

NEWCASTLE REGION

CALVARY MATER HOSPITAL

Phone: (02) 4014 3815

Email: stomaltherapy@calvarymater.org.au

Casey Luke, Kellie-Anne Russell, Deb Smith

Phone: (02) 4014 3810.

JOHN HUNTER HOSPITAL

Phone: (02) 4921 3000

Email: HNELHD-JHHStomal@hnehealth.nsw.gov.au

Jenny O'Donnell CNC, Karen Cole STN

Mitchell Eddington (casual)

HUNTER VALLEY PRIVATE HOSPITAL

Alison Lincoln STN

Phone: (02) 4944 3777

Email: alison.lincoln@healthecare.com.au

LAKE MACQUARIE PRIVATE HOSPITAL

Rachel Wiley (Tuesday)

Phone: (02) 4947 5362

whileyr@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

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

Phone: (02) 6656 5467

Serving the towns of Coffs Harbour, Dorrigo, Bellingen, Macksville and Woolgoolga.

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 (Tue. to Thu.)

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**
Serving towns and communities between
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/Continenence 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**
Serving towns and communities between
Tenterfield, Boggabilla, Mungindi, Moree,
Wee Waa, Quirindi, Armidale, Walcha,
Uralla, Guyra, Bundarra, Tingha, Glen Innes,
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@albursurgical.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,
Cowra, Lithgow, Condobolin and surrounds.

BROKEN HILL BASE HOSPITAL

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

DUBBO BASE HOSPITAL

Thulisile Moyo STN
Phone: **(02) 6809 6000**
Mobile: 0427 150 649
Hannah Mines
Phone: **(02) 6908 6809**
Serving Dubbo, Cobar, Coonamble,
Narromine, Nyngan, Trangie, Warren,
Wellington, Baradine, Gulargambone, Coolah,
Gilgandra, Coonabarabran, Dunedoo,
Gulgong, Mudgee, Bourke, Brewarrina,
Collarenebri, Goodooga, Lightning Ridge &
Walgett.

GRIFFITH BASE HOSPITAL

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

GRIFFITH COMMUNITY HEALTH

Phone: **(02) 6922 9903**

ACT) DIRECTORY AS AT JANUARY 2023

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
Phone: **(02) 6382 8444**
Serving Young, Harden, Cootamundra,
Boorowa, Grenfell and district.

CANBERRA AND DISTRICT

CANBERRA HEALTH SERVICES

Phone: **(02) 5124 0000**

STOMAL THERAPY SERVICE

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

CANBERRA HOSPITAL

Anju 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

Vacant
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**

*Any errors or omissions please email Heather Hill at
heathermaryhyde@yahoo.com OR phone: 0422 204 497(M)*



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

BANKSTOWN AREA

Dates: 1st Wednesday every 3rd month commencing Wednesday 8th February 2023; then 3rd May 2023, 2nd August 2023 and 1st November 2023
Time: 10:00am to 12:00pm – morning tea
Address: Revesby Workers Club, 2B Brett St, 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

Dates: 3rd Tuesday quarterly – other dates to be advised 21st March 2023,
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

Dates: Feb 22 Ulladulla Community Health Centre, March 29 Nowra Community Health Centre, June 28 Nowra Community Health Centre, August 30 Ulladulla Community Health Centre November 29 Nowra Community Health Centre
Time: 2pm
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

DUBBO STOMA SUPPORT GROUP

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

NEPEAN EDUCATION STOMA SUPPORT GROUP

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

BOWRAL STOMA SUPPORT GROUP

Dates: **7th Mar 2023, 6th June, 5th Sept, 28th 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 St, Bowral.
Contact: Lu Wang & Erin Wagner Stomal Therapists, Liverpool Hospital—(02) 87384308 Or Mariam Elfoul on 0400 921 901, aumael@coloplast.com

SOUTH WEST SYDNEY AND LIVERPOOL STOMA SUPPORT GROUP

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

Dates: **15th Feb, 5th April, 21st June, 9th August, 11th Oct,
13th Dec (Christmas luncheon. Venue to be advised)**
Time: 10am to 12pm
Address: Education Room, Figtree Private Hospital, 1 Suttor Place, Figtree
Contact: For Further Information contact: Helen Richards CNC STN Wollongong Private Hospital
phone: 42861109 richardsh@ramsayhealth.com.au
Julia Kittscha CNC STN Wollongong Hospital mob: 0414421021 office: 42551594
julia.kittscha@health.nsw.gov.au

CANBERRA ACT SUPPORT GROUP

Dates: 2nd Tuesday every month – commencing from Tuesday 14th February 2022; then 14th March 2023, 11th April 2023, 9th May 2023, 13th June 2023, 11th July 2023.
Times: 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: Your 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 double vaccinated to attend.
RSVP for this meeting is required by ACT Health so we can comply with COVID numbers and restrictions.

GRAFTON/CLARENCE VALLEY 2022 *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

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

ANNUAL GENERAL MEETING OF OSTOMY NSW LIMITED

Our association's AGM was held on Saturday 19th November to review the financial report of the association to 30 June 2022 and elect new directors to our board. The board is pleased to advise that Peter Bettini and David Turner were unanimously elected to the board. At the same time, the board accepted the resignation of Michael Rochford following seven years on the board. In addition, long-time President and volunteer at Ostomy NSW, Tom Flood, resigned from his position after thirty-two years of service to ONL. Tom is enjoying a well-earned retirement and continues to have good health living up on the Central Coast. The board and all our members extend our grateful thanks to the time and energy shown by both Michael and Tom over many years.

The Vice President report

Good day fellow Ostomates As portrayed by our Kangaroo, your Association has focused on keeping your pouch attached. We have progressed through Covid with logistic disruptions providing a stable item supply. Huge thanks to staff and volunteers who have absorbed the disruptions to keep us in products. Perhaps products were a day or three later than in 2019. In 2021 we published the 3 ostomate surveys and in mid-2022 we issued a member participation survey. Sadly, only some 50 members or 0.90% responded, which is a pity.

ONL continues to engage a professional communication company to enable bulk emails, SMS, Facebook etc to inform members of disruptions and to better connect with members. This has not achieved marked benefits. Providing ONL with your email address enables these communications to continue and adds the benefit of order tracking through Australia Post.

Volunteers are wonderful people. They know the Stoma Appliance Scheme (SAS), relate to members, and provide services at little cost to members. Most are ostomates or relations of ostomates; and they reduce ONL wage costs to members some \$260,000pa. Love them!

The issue of our premises on Princes Highway Kirrawee with continued unit entitlement ownership within the Strata Plan has further progressed to resolutions. In our annual report your directors have provided the following update:

"8a. Directors are engaged with the Strata Plan Committee (SP43344) and other unit owners as to various options for the building and also potential legal action. Decisions rely on a majority vote by strata unit owners. The Strata Plan Committee have obtained property valuations for the damaged building, where if sale realised, ONL entitlement is expected to match or exceed the building asset recorded book value."

The Directors decided in April 2022, with the media talk of inflation, to replace the typical annual SAS access and membership fees increase with a voluntary contribution. We received some 327 contributions or 7% of membership. Whilst this is much less than hoped, our voluntary donation campaign continues until 30 June 2023, planning for \$150,000.

Lack of member interest is surprising. I am a urostomate and without ONL's role with Federal Government my supplies annual cost for pouches would be \$2,940, wipes \$1,120 and release spray \$180 – a total of \$4,240. My contribution is \$60pa (concession). New revenue needs to be gained to maintain the supply with these cost saving benefits to ostomates. Without increased government funding, ONL will need the continued support of members to be able to provide ongoing quality service.

Importantly, news that Tom Flood is standing down as Emeritus President after 32 years ...we wouldn't exist without Tom.

On behalf of members, a big thank you for those at ONL who volunteer to serve and manage the business; they don't have to. Finally, the Government has left SAS with the ostomate Associations and we expect Government wants ostomates to manage the services for themselves. It could have been very different.

Manager Report

Covid-19 response – We have been able to maintain our service to members throughout the financial year. Whilst there have been many days of staff and volunteer absence, we have been able to cover with our existing team.

Fire Insurance – we are continuing to rent temporary premises and it is only very recently that the owners are close to reaching a consensus on our building insurance claim.

Member meetings – In June we held our first joint meeting with NSW Stoma in Newcastle and October in Sydney. We were pleasantly surprised with around 140 guests at each. We commenced monthly Zoom meetings for new members this year where we present on how the association runs and how to order and an information session such as Skin Health and Diet and Exercise.

Click To Boot – commenced this year and has gained in popularity. This is our alternative to a counter service, with our council not permitting members to come on site, as that is considered retail.

STN Clinic – a new Stomal Therapy Nurse has been employed this year, replacing our retiring STN who left during 2021. All of her consults are via telehealth as we do not have a clinic available on site.

STN Scholarship – We continue to offer scholarship fund support for Registered Nurses (RN) to undertake the Graduate Certificate in Stoma Nursing through the Australian College of Nursing. This year we were able to support three scholarships for RNs in NSW.

Board of Directors – the Board continues to meet monthly to review the operation of ONL and financial reports. All directors are actively involved in the business as volunteers, except we do not see Tom Flood these days. Tom will be retiring from our board at this year's AGM. He is keeping in good health and is unable to travel now to be at our association.

Supplier Performance – there has generally been good support from suppliers by maintaining frequent and consistent supply of products. Where problems have occurred, we have addressed these with suppliers. There is some impact on our delivery performance due all the warehouses being located in Melbourne and only one in Sydney. Most suppliers had periods where items were unavailable due to covid-impacted supply chain.

Working with other associations – We have maintained professional working dialogue and discussions with NSW Stoma during the year, including regular visits to each other's facilities. There have also been discussions with many other associations. We look forward to introducing the Member Portal to our business early in 2023.

Financial Report

We celebrate making another surplus for this year, which has increased our member reserves. This has been assisted by insurance payments that recognised the additional cost to our business over the past two years.

Underlying revenue is static or slightly growing; expenses are increasing faster. Funds are available to maintain the association well into the future.

Total Land & Buildings - \$1,235,361. This is reported at "cost" less depreciation – the price we paid for it. Revaluation is not required for June 2022. The Strata Plan insurance claim on the whole building has been declined and further action is underway to recover the claim. It is expected the premises owned at 555 Princes Hwy Kirrawee will be sold prior to 30 June 2023 end of financial year. The Board will determine how to use the proceeds to further enhance member equity.

Net Working Capital is strong at \$1.65m – cash to use to support members and increased in 2022. Retained Earnings have grown with the 2022 surplus by \$284,000

Stephen Lardner, Manager

SUPPORTX™



sutherlandmedical



Suportx™ Breathable
Shorts and Briefs

Suportx™ Girdles



Suportx™ Shield Belt

Suportx™ Hernia Support

Variety of sizes and colours, supports abdominal muscles and helps prevent or support hernia and are designed to be worn over a stoma pouch without restricting the natural output of the stoma.

Check out our Full Product Brochure at www.sutherlandmedical.com.au



1300 664 027

Mon - Fri 8:30 - 4pm
excluding Public Holiday



www.sutherlandmedical.com.au



Sutherland Medical
Unit 2, 195 Chesterville Road,
Moorabbin VIC 3189,
Australia