

Contact Us

Ostomy NSW Limited
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www.ostomynsw.org.au

Hours of Operation

We are open 4 days a week Monday to Thursday.

Counter hours are 9:00am to 2:00pm.

President's Message

The Board of Directors and I thank our volunteers and paid employees for their hard work and dedication to ONL.

We are continuing to go through change due to technology developments, legislative change, and cost pressures.

Our recently appointed Manager, Bob Newman, is helping us all deal with the changes, and our objective is that our members will be unaware of the changes, other than knowing that their supplies are delivered efficiently and accurately.

We need volunteers to help manage our costs against a fixed rate of financial support from government. All are welcome, so please consider helping out if you can.

Tom Flood
President

Board of Directors

Tom Flood, President

Warren Nalty, Vice President

Gerard Watts, Treasurer

Directors: Heather Hill, AM, Stephen Grange, Kevin Skerritt, Perry Johnstone

Company Secretary & Manager

Robert (Bob) Newman

Your ONL Team

Operations Supervisor — Colleen

Office Team — Ros , Cheryl ,Aye Aye ,

Frank , Norma , Kim , Kelly , Natalie, Bev,

Carmen Warehouse Team — Barry ,Janice , Jim , Matt

Member Orders

Orders must be in writing and can be mailed, faxed or emailed . **ONL does not accept orders over the telephone.**

The email address is orders@ostomynsw.org.au

Orders can be collected at ONL or sent via Australia Post.

Packing & Handling Recoveries

\$12 and \$15, respectively, for NSW and interstate, from 1st January 2012.

Member Accounts

You may find it cheaper and easier to maintain a member account, paying an amount once or twice a year in advance for delivery, membership, raffle tickets, non-PBS items or donations.

Payments

Payments for all services can be made by cheque, money order, credit card (minimum amount \$36) or electronic funds transfer to BSB 112-879, Account No. 456643389, quoting your membership number and the reason for the payment (e.g. postage).

Please note that cash and EFTPOS are only available if you are paying in person at Kirrawee. **Do not send cash with orders.**

Thank you

The ONL Board is pleased to make known that your association will benefit from substantial bequests recently made by two members.

The legacy funds will be added to our Stoma Therapy Nurses Scholarship Fund. The Fund, is also supported by Sydney (Fruit & Vegetable) Markets and Narwee Baptist Creative Craft Group.

The Fund provides a cash scholarship to nurses undertaking study in stoma therapy.

The recipients are selected based on written applications assessed by the Australian Association of Stoma Therapy Nurses.

Whilst we were saddened to learn of the death of our members, it is wonderful to know that they thought enough to help facilitate the training of STNs, who are so vital to each of us.

The Scholarships are announced at the ONL AGM in November each year.

Public Holidays

Queens Birthday holiday is on Mon 11 June 2012.

Order early to ensure you receive your supplies in time—Email:

orders@ostomynsw.org.au

ONL Annual Get Together

Mark the Sat. 17 November 2012 - There will be some exciting changes for the 2012 AGM

STN Clinic at ONL

Upcoming dates: 6th June, 1st August, 3rd October, 5th December 2012

Annual Membership Renewal

All members are asked to note that renewal of membership is due by 30th June annually.

Please include your renewal fee with your next order. Many members find it convenient to make a single (annual or half-yearly) payment to their ONL account to cover membership fee, postage & handling, raffle tickets, etc.

Full members \$45-

Pensioner members \$35-

Advertising

Advertising in this newsletter is available at reasonable cost. Your family business could reach our over 6,000 members whilst helping ONL financially.

Contact Bob or Colleen for details.

We can also help publicise your not-for-profit group at no cost

Gastronauts Volunteer at ONL

ONL is always happy when people volunteer to help in the office or warehouse at Kirrawee.

We were particularly pleased to get some help from the Gastronauts on their way to their new homes with Stoma Therapy Nurses at various hospitals in NSW. They will be there to help young people who are going through similar experiences as the Gastronauts have themselves. Each has a stoma and together with the STN can help children understand the changes in their body.



Canley Vale (south-west Sydney) and Dubbo meetings

A successful UOANSW * meeting was held for members on 8th May 2012 at Cabra-Vale Diggers Club, an excellent venue, and well supported by the supplier companies. There was a fascinating presentation in the morning on the Basics of Genetics by Jennifer Philps who is from the Children's Medical Research Institute at Westmead.

Following lunch, Westmead's stomal therapy nurses, Lee Gavegan and Karen Shedden, (photo) provided a first class Q & A session, proving so popular we had to bring it to an end at 4 o'clock.



On May 23rd Amy Keogh STN from Dubbo Base Hospital hosted an Ostomy day at the David Palmer Centre, Dubbo, providing very informative information from local speakers about help and facilities available to people living in Dubbo and the extensive surrounding areas. The day was well supported by Coloplast, Dansac, Hollister, Omnigon and Salts and they also provided a delicious spread for lunch. CA NSW was represented by Kim Lyall and ONL by Heather Hill.

* *United Ostomy Associations of NSW refers to joint projects and activities by Ostomy NSW Limited and Colostomy Association of NSW Inc.*



Handy Hint: Heather tells us that one of the main questions addressed at both meetings was regarding bowel block-ages.

These occur primarily in people with ileostomies but quite a

number of people with colostomies experience block-ages too. The best advice is to talk with your STN or Doctor about this topic. Signs and symptoms include watery, or no output from stoma; abdominal distension (swelling); swollen stoma; and cramping and/or pain. With any of these symptoms, Heather suggests; stop eating solid food, increase your fluid, gently massage your abdomen, try and relax and phone your STN for advice.



Got something interesting to say?

Articles, questions, poems, jokes, stories,

Email or phone us—see Contact Us

ONL: Ostomates helping ostomates

Ostomy NSW Ltd had its beginnings in 1958 as a small group of ostomates helping each other with supplies and advice on skin care and other shared issues.

That small group has grown into over 6,000 ONL members, plus a team of paid staff and volunteers.

However, the objectives have remained the same for over fifty years.

ONL distributes supplies under the Stoma Appliance Scheme, funded under the PBS; and we also actively help our members and the cause of ostomates

generally through education and support.

We would like to know from each of our members what they would like ONL to be doing to achieve its charter.

Please let us know if you have suggestions

Send an email to

info@ostomynsw.org.au;

phone us, write us a letter, or raise an issue at our Annual General Meeting.

We would love to hear from you.

How to help

As a not-for-profit company, ONL is reliant on the support of members, friends, volunteers and a very dedicated paid staff.

ONL is endorsed as an income tax exempt charitable entity and as a deductible gift recipient.

Funds to continue our member services come from fees for distribution of Ostomy appliances under the Pharmaceutical Benefits Scheme

(PBS); sale of non-PBS products; interest earned on retained funds invested in bank deposits; sale of raffle tickets; donations and bequests.



If you would like to help ONL continue to provide for members, please visit www.ostomynsw.org.au

or contact the office for details

Regional Meetings

United Ostomy Associations of NSW (ONL and CA NSW) will be hosting the following meetings for members this year.

Cabravale Diggers Tue 8th May 2012

Wollongong in July 2012

Armidale in October 2012

Contact our office you if need details closer the dates.