

OSTOMY

SUMMER 2025

NSW LTD



THIS IS LIFE

Life is different with a stoma, but it can still be incredibly rewarding. Celebrate every little win along the way with the support of the most secure pouch on the market.¹



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TO CONTRIBUTE ARTICLES/FEEDBACK

Email to the editor (Manager) at manager@ostomynsw.org.au by:

Autumn.....	10th April 2026
Winter.....	22nd May 2026
Spring.....	14th August 2026
Summer.....	13th November 2026

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

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 \$17; Interstate \$24
- 2-month orders NSW \$34; Interstate \$48
- Express \$26; Click to Boot \$5

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.

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Vice

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Supervisor: *Manny*

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Aye Aye, Belinda, Bev, Mel

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Frank, Luke, Matt, Rhys.

PLUS OUR DEDICATED**VOLUNTEERS****DISCLAIMER**

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Mental Health Matters

Living with a stoma can have a real impact on mental health. Changes to our body, how it looks and functions differently with a stoma, can affect how we see ourselves, leading to feelings of isolation, anxiety and depression.

It is important to recognise these feelings and be able to reach out for help and support to navigate through these uncomfortable emotions. While there's lots of talk about the physical side of stoma surgery, it's just as important to shine a light on mental health. Because looking after your mind is just as vital as caring for your body.

Why Mental Health Matters

Our own mental health influences how we think, feel, and act. For ostomates, this may become complex as adapting to life with a new stoma can be full of challenges and this can impact confidence, self-image, relationships, and independence. It's normal to feel overwhelmed, especially in the early days, but you're not alone, and there is support out there.

Common Mental Health Challenges Faced by Ostomates

Every ostomate's journey is unique, but some shared emotional challenges can include:

Body image concerns – learning to accept a new look and feel.

Anxiety in public or social situations – particularly around leaks or noise.

Depression or low mood – related to loss of control or grief for your “old self” and concerns about what the future brings

Fatigue and emotional exhaustion – due to recovering from surgery and managing a long-term condition.

These feelings are valid and are more common than you think.

Recognising the Signs of Poor Mental Health

Sometimes it's hard to spot the signs in ourselves. Keep an eye out for:

- Constant worry or overthinking
- Feeling disconnected from others
- Trouble sleeping or changes in appetite
- Lack of motivation or joy in things you once enjoyed
- Avoiding social situations

If you're experiencing any of these regularly, it's okay to reach out.

The Importance of Self-Care

Self-care isn't a luxury, it's a lifeline. Make space in your week for things that make you feel good and grounded. That might be:

- Taking a walk outside
- Reading a good book
- Journaling your thoughts
- Listening to music or a podcast
- Practicing mindfulness or meditation

Doing small, kind things for yourself helps recharge your emotional batteries.

Coping Strategies That Work

Coping doesn't look the same for everyone. Here are a few tried-and-tested tips:

- Join an ostomy support group (in-person or online)
- Speak to a mental health professional – therapy can be life-changing
- Practice grounding techniques (like deep breathing or 5-4-3-2-1 method).

Give yourself permission to feel, there's no 'right' way to cope.

Building Confidence as an Ostomate

Confidence takes time, but it's absolutely possible. Wearing clothes that make you feel good, trying new activities, or even just managing your stoma independently can boost your sense of self. Remind yourself how far you've come, even on tough days

Talking to Friends & Loved Ones

You don't have to go through this alone. Talk to the people you trust about how you're feeling. You might be surprised at how supportive they are. Start small, be honest, and remember that sharing your story can deepen your connections. (If you're reading this as a friend of an ostomate, you can read more about supporting a friend with a stoma here).

Words from Our Ambassadors

Our ambassadors often remind us just how powerful mindset can be in managing both physical and emotional health after stoma surgery. Their lived experiences offer encouragement, honesty, and hope to others on similar journeys. Here's what they had to say:

Oktober

"One thing I've learned from having a stoma is that life doesn't always go to plan, but it's how you choose to look at it that matters. Take the highs when you have them; they'll carry you through the tough days. When I first had my surgery, I read a quote that said 'beautiful things can bloom from the seeds of the most difficult

times'. I remind myself that it's not a race, we all reach a good place in our own time. You have to be on your own journey, and you will get there."

Ed

"I always remind myself that my stoma saved my life. It's easy to get caught up in the challenges, but when I think about where I was before surgery, it really puts things into perspective.

I also think about how much support is out there now. The range of products available to help us live our best lives is incredible, and it makes such a difference. Knowing I'm not alone in this journey helps me stay positive every day."

Kate and Albie

"Focus on how far you've come, and embrace the journey you've been on. A stoma can help you continue building the life that you deserve."

Kathryn

"Spending time in nature and getting out in the fresh air really helps my mental health. I love being by the sea, swimming when I can or just sitting on the beach and listening to the waves. On tough days, it can be hard to find the motivation to leave the house, but I've learned that the less I feel like doing it, the more I probably need it and I always feel better afterwards."

You're doing better than you think and you're not alone! Whether you're newly adjusting to life with a stoma or years into your journey, your mental health deserves care, kindness, and attention.

Mental Health Resources

Here are some organisations offering fantastic mental health support:

Mind – mind.org.uk

Mental Health Foundation – mentalhealth.org.uk

Anxiety UK – anxietyuk.org.uk

NHS: Every Mind Matters – nhs.uk/every-mind-matters

Samaritans – <https://www.samaritans.org/>

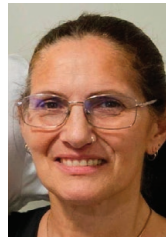
CALM – <https://www.thecalmzone.net/>

Togetherall – <https://togetherall.com/>

Shout 85258 – <https://giveusashout.org/>

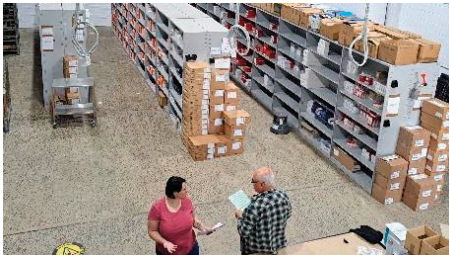
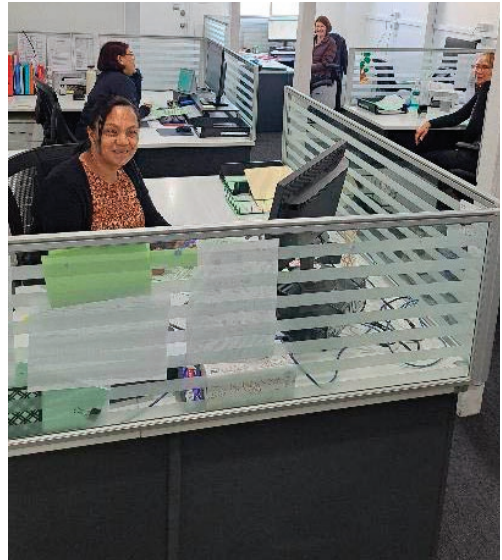
AGM 2025: Our Team

Thank you to all your employees, volunteers, and directors for another impactful year.



Our Current Facilities

We continue to operate in our Caringbah facilities through 2025, and into 2026.



Directors' Report

Stomal Therapy Nurse Engagement – 30th July 2025

Objective:

- To engage with Stoma Therapy Nurses (STN) as part of the strategic initiative for ONL's rebrand.
- To gain feedback into STN behaviours, motivators, and drivers for registering members to an association.
- To obtain feedback from STN's on the future direction of the rebrand.

Ideas & Output:

- Attendees did not resonate with names which focused on geography, familiarity or emotion, and modernisation.
- Attendees focused on clarity of purpose, simplicity of recall or usage.
- Attendees prioritised the inclusion of the generalised medical term rather than the specific.
- Attendees considered the future implications of the rebrand to avoid repeat rebrands.

Direction & Way Forward:

- The preferred name through collective thinking was "Stoma Support Services".
- Logo design was deemed to be the realm of design experts.
- Colourful logos were not endorsed due to forms being predominantly photocopied.

Drivers & Decision Influencers:

- Simplification of registration forms and de-risking of STN responsibilities for collecting personal information.
- Separation of membership and payment from registration.
- Consideration for both online forms whilst retaining paper forms due to technological limitations of hospitals or socioeconomic limitations of members.
- First or discharge order delivery services to hospitals.
- Material for sharing with members to provide context, background, and supporting the new member through initial phases of joining an association.
- Quality of service through knowledgeable, available, and compassionate staff was a key point of differentiation.

Key 2025/2026 Strategic Initiatives:

1. **Rebrand** – the Board is committed to undertaking the rebrand of Ostomy NSW as a key enabler for increasing member engagement, new member acquisitions, and fundraising. Through the past few years of engagement with STN's, Members, and external firms the brand values and visions have been reinforced which gives confidence for the board to continue with this initiative. It has earmarked \$15k in financial year 2026 to support this initiative.
2. **Business Name** – through the various engagement sessions the Board has resolved to register a trading name of Stoma Support Services under which the rebrand will be undertaken to build member and nurse engagement across the broader stomal landscape.
3. **Premises Rebuild & Options** – the Board waits to understand the rebuild plans of 555 Princes Highway which has now received DA approval. Whilst the Board has earmarked funds for the rebuild it is also undertaking its due diligence to understand if there are more suitable premises which would release some capital tied up in the asset as additional rent being incurred in the meantime.
4. **Member Portal & Engagement** – the portal provides up to date information about your membership from a secure, password protected platform. In 2025 our numbers have steadily increased to just over 2000 users, around 30% of our membership. We will continue to encourage members to join and use the portal; it provides view past orders and items, create a new order (cart), make pay

Finance Report

Financial Performance

- Profit for the financial year ending 2025 was loss of (\$135k) which was following a profit in 2024 of \$105k (adjusting for insurance claim payout would be a loss of (\$203k)).
- This represents our 3rd year running of an operating loss.
- Our average Medicare recovery per order through financial year 2026 is projected to be around \$10 per order with gross profit per order continuing to remain around \$35 per order (excluding freight). This represents an opportunity to transition members to more suitable products which yield greater Medicare recovery.
- Freight costs have unfortunately increased which has also been seen by members through an increase in postage charges for financial year 2026.
- Our controllable Operating Expenses remain relatively flat in the areas of Salaries, IT, Admin, and Services. However, we have seen increases in ACSA Fees which was incurred in 2025.
- Despite the losses our balance sheet remains strong with approx. \$2.4m cash-on-hand of which up to \$1M has been earmarked for the rebuild of our premises.

Balance Sheet as at 30 June 2025

Board is committed to undertaking the rebrand of Ostomy NSW as a key

Cash at bank.....	\$2.3m
Working capital	+\$1.38m
Equity	\$2.7m
Scholarship fund	\$30,000

Profit and Loss

Ostomy NSW Limited		
Accounts	2024	2025
Income from Operations		
Sales	\$50,922	\$52,021
Membership Fees	\$402,492	\$420,898
Membership Postage	\$480,224	\$497,301
Medicare PBS Payments	\$12,319,843	\$12,385,473
Medicare Commission Paid	\$338,796	\$340,610
Total Membership Income	\$13,592,277	\$13,696,302
Donations	\$59,423	\$91,278
Total Non Membership Income	\$88,561	\$122,332
Total Income	\$13,680,837	\$13,818,634
Total Cost Of Sales	\$12,374,197	\$12,438,731
COGS ratio	100.0	100.0
Gross Profit	\$1,306,640	
Total Operational Expenses	\$670,641	\$574,182
Total Administrative Expenses	\$55,486	\$189,242
Total Employment Expenses	\$826,712	\$810,411
Total Expenses	\$1,555,029	\$1,589,647
Operating Profit	-\$248,389	-\$209,744
Total Other Income	\$44,979	\$74,230
Total Other Expenses	-\$308,315	\$0
Net Profit / (Loss)	\$104,905	-\$135,515

Key Activities and Achievements

1. **Fire Insurance** – we are continuing to rent temporary premises and owners of 555 Princes Hwy Kirrawee have reached a consensus on re-building the premises and council plans are approved.
2. **Member meetings (in-person)** – we have held three member meetings since the last AGM:
 - a) Penrith (Nov),
 - b) Nowra (Mar),
 - c) Wagga Wagga (September) and
 - d) Liverpool (yesterday)
3. **Member meetings (online)** - we have continued monthly Zoom meetings for members this year where we present on how the association runs, how to order and an information session such as Skin Health and Diet and Exercise.
4. **Click To Boot** – continues to gain in popularity with around 200 pick-ups per month (7.5% of orders)
5. **STN Clinic** – Lee Gavegan is contracted each Tuesday. All her consults are via telehealth, and she makes regular contact with new members. Lee is also active in education within the aged care sector.
6. **STN Scholarship** – we continue to offer scholarship fund support for RNs to undertake the Graduate Certificate in Stoma Nursing through the Australian College of Nursing. This year we were able to support one scholarship for an RN in NSW.
7. **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.
8. **Staff and Volunteers** – we are fortunate to have a group of loyal staff and volunteers.
 - a) Seven of our 16 staff have exceeded 10 years' service;
 - b) Nine of our 34 volunteers also exceed 10 years' service;
 - c) Two staff have achieved 20 years service

Highlights

6,400
members



Average
order \$360



34,610 orders
dispatched



People
costs \$810k



Rent
\$100k



Cash
\$2.28m



Member bequest
\$50,000 received



Acknowledgements

1. Bequests:

- a) \$50,000 from one of our members through her will.

2. Fundraising:

- a) Annual Raffle \$10,450

3. Donations:

- a) \$41,278 from 718 individual donations.

4. Joiners, Movers, Leavers:

- a) Directors Greg Doyle (11 years' service) and Damain Gleeson (9 months) resigned this year.
- b) Kim Swain resigned after 15 years service; Debby Quinn has joined us.
- c) Frank Yu and Aye Aye Myint have both achieved 20 years' service.
- d) 35 volunteers throughout the year, ranging from a few hours to "like clockwork" weekly workers.
- e) 774 new members joined and 294 left as deceased, reversed or transferred.



Ireland and UK Self Drive Trip

IN SEPTEMBER 2025

Lorraine & Philip



Our wonderful UK trip started in Ireland arriving in Dublin for 2 nights. A busy interesting city bustling with tourist, itinerate and service industry workers. Our modern StayCity Hotel allowed us to walk into Dublin and view many old and new buildings along the river. We collected a rental car for 7 nights and set off to stay 3 nights in Galway at the Twelver Hotel near the sea. Took in a lot of sightseeing here and had beautiful seafood meals at wonderful restaurants near the harbour. Visited the market city of Galway called the Latin Quarter and had great coffee so colourful too. Travelled after Galway to stay 2 nights in Schull Harbour Hotel which we really enjoyed. The Hotel and very friendly locals

made us welcome and gave directions to where we could drive to local attractions. Philip was the driver and I was the navigator, and thanks to SatNav, we headed into the beautiful evergreen countryside along many one-lane roads.

Schull Harbour is small but very pleasant to walk around and head out to the great pubs or restaurants. The haddock fish and chips in Ireland was delicious. The



weather was great when it rained it didn't last long and didn't stop us from going out.

Travelling on to the Dean Hotel, Cork staying 2 nights in a high-rise modern hotel on a hill with great views of this big city which was



colourful with many locals enjoying their Sunday in the City. We took a flight from Cork airport to Glasgow and collected another rental car and headed to Fort William staying at the Garrison Hotel for 3 nights. The Hotel location allowed us to walk into the Fort William township and we also took the Jacobite Steam Train to Malliat and back to Fort William. The scenery was magnificent and hilly I was surprised to see how big the mountains were compared to Ireland. It was fantastic and we met other travellers from many countries travelling on the train and would highly recommend the trip to anyone. We left Fort William and drove to the Adagio Hotel in Edinburgh staying 3 nights and returning the rental car to set out more



on foot. Edinburgh has historical buildings including the Edinburgh Castle and walking around this big and busy city is popular with both locals and tourists! Amazing to see many locals walking their dogs into the city using train or bus and going to restaurants and pubs who welcomed their pets.

Collected another rental car and headed to Bailiffgate Hotel, Alnwick Northumberland for 3 nights! Enjoyed our stay here immensely and took in the beautiful tour of the Alnwick Castle and breathtaking countryside. It was easy to start up conversations with both locals and tourists wherever we went. The trip extended to visiting nearby Ashington to see Philip's grandparents house before the family emigrated to Australia in 1925 (100 years ago) The family included his grandparents and their young daughters which was Philip's Mum Nancy (aged 5) and Aunt Peggy (aged 1) who boarded the six week boat trip to start a new life in Australia and settling in Scarborough NSW. We also visited Newbiggin by the Sea and other smaller

towns. The small country one-way roads are just beautiful to drive along if you don't encounter a larger vehicle but somehow you manage to pull over and let them pass by. Driving on to York staying in a boutique guest house very close to the town centre and able to walk to view many attractions including the magnificent York Minster. There was even a wedding party at our guest house and we enjoyed seeing the bride and groom and young people sipping champagne! Next day headed to



Cambridge staying 3 nights and enjoyed meeting up with friends and it was great to share lunch with them at their new house. Our Cambridge accommodation was in the middle of the university grounds and the buildings were absolutely stunning. I was amazed with the history that was on view and thought it was even a bit more impressive than Oxford University which we only saw briefly. Early the next day headed off to Bath



staying 2 nights in a B&B on top of a hill where we walked into the city to see the main attractions like the cathedral and the roman baths. Bath was impressive and we took 2 hop on hop off buses to see the city and the countryside as well. After Bath we drove to Looe staying 4 nights in a hotel overlooking the Sea Harbour and visited areas around the Cornwall area. It was great to have a car as the terrain is quite steep. Some of the towns are like fairytales e.g. Polperra. We had lunch in a pub at Port Isaac and took a selfie of ourselves in front of Doc Martin's Surgery from the television series of 'Doc Martin'. It was great to see these buildings in real life compared to viewing only from a television.

I was well prepared with supplies for my ileostomy in fact took too much and would have been better to take less in my luggage adding less weight. Philip and I had no problems carrying our medications but did need to explain our devices at security gates at airports. Philip has a pacemaker

Pancaking

Pancaking is a common problem which many ostomates experience. It can be a frustrating issue which can cause discomfort, ballooning, leaking and sore skin. So let's learn more about pancaking, understanding what is and why it happens so we can prevent it and manage it, if it does happen.



What is pancaking?

Pancaking is a term which is used to describe the stoma output sticking to the plastic inner lining of your stoma bag, which stops the contents dropping to the bottom of the bag as they should. When you experience pancaking, you'll find that the output is usually a lot firmer than usual. This can then pool around the aperture (opening of your bag around your stoma) and if caught unawares the ostomate might not have the time or privacy to push the stool down into the bag, which can lead to an embarrassing situation of the bag pushing away from your body and leaking. This can result in sore and irritated peristomal skin.

The cause is a vacuum within the pouch itself which means the inner surfaces stick together. A little bit like the thin supermarket carrier bags when you can't get into them!

What causes it?

- It usually happens due to a combination of:
- Sticky or thick stool. Often the output from your stoma is thicker than usual when the pancaking occurs. This is more common with a colostomy rather than an ileostomy
- Lack of air in the bag, creating a vacuum that pulls the pouch walls together.
- Poor pouch airflow from a clogged filter or tight seal
- Tight clothing pressing against the pouch, can prevent the output from sliding down into the pouch
- If the filter on your stoma bag works too well, it may remove the air from your pouch, resulting in the vacuum effect.
- Poor lubrication. Without lubrication, stool sticks rather than sliding down.

Signs and symptoms:

- Thicker stool – pancaking is more common when stool is thicker and less fluid.
- Collection of stool around the stoma
- Stool may not fall to the bottom of the bag as expected, instead, it builds up around the stoma and potentially under the adhesive.
- Leakage can happen because of pancaking
- The accumulated stool can push against the adhesive, causing it to lift or tear, leading to leaks.
- Sore skin – the trapped stool and potential leaks can irritate the skin around the stoma.
- Pancaking can make it difficult for the stool to move down into the bag, leading to a feeling of fullness or difficulty passing stool.

Prevention strategies and tips

- Diet can help to improve pancaking issues.
- Ensure you are drinking plenty of fluids as this can help soften the stool and help any risks of pancaking.
- Water is also hydrating.
- Fruit juices such as orange apple and prune juices can help loosen the output. But be careful of these if you have an ileostomy as they can make your output too loose.
- Eat plenty of fibre. High fibre foods such as whole grains, fruits and vegetable will help to ensure the stool will pass safely through your stoma. If you have an ileostomy, again be mindful to avoid any fibrous foods that usually cause you problems.

Managing pancaking:

- Try and put some air into the stoma bag by blowing into the pouch prior to application, then apply a filter cover, this will make sure some of the air remains inside the pouch to prevent any vacuum. Once you have had a bowel movement, remove the filter cover. This will hopefully allow the stool to drop to the bottom of the bag.
- Some people find it helpful to use a drop of oil into the stoma bag through the hole/ aperture of the adhesive before applying, make sure you lubricate the opposite side of the internal film so when the stoma touches the material it will not stick, and the stool can slide to the bottom of the bag. If you have tried this with no effect, try some stoma deodorising lubricating gel.
- Rolling a small piece of toilet paper or cotton wool ball and dropping into the bottom of the stoma bag before you apply your pouch, can help provide some weight to the bag and the vacuum will hopefully then not occur.
- If you are using a two-piece system some people find it helpful to “burp” the bag, by lifting the edge of the bag off the flange to allow some air to escape and then re-seal. The same can be done with a drainable bag, simply undo the drain and allow any gas to escape.
- At the top of your stoma bag there should be a filter which allows air and gas to escape from your pouch. On occasions this filter can work too well, and it is worth placing a filter cover over the filter completely or cover half the filter. These covers are little stickers which can be found at the bottom of in your box of stoma bags. This can allow the air to keep the bag from sticking.

Impact on daily life:

Pancaking with a stoma can become a real challenge. You may find that pancaking doesn't happen all the time, but it can often be unpredictable which can impact your daily activities. You might find yourself going out less as you feel you cannot trust your pouch, which starts to feel socially isolating. When your stoma bag starts to let you down, it can understandably create feelings of fear and anxiety. Don't suffer in silence, reach out to your stoma care nurse for advice and support.

**FAQs and concerns:****Q: Can pancaking cause leaks?**

A: As the stool pools around the aperture part of the stoma bag, it can push the stoma bag off the skin causing leaks and sore skin. Make sure when you change your stoma bag, you clean the skin around your stoma and remove any caked stool from your skin to avoid developing sore skin

Q: Is it true that drinking more water can help?

A: Yes, this is true, as more fluids can help soften the stool and make it less sticky

Q: If I change my stoma bag more often, can it help with pancaking?

A: Yes – changing stoma bags when they are full can help with pancaking

Q: Should I try to increase the amount of fibre I eat?

A: The aim is to try and keep the stool consistency soft, increasing fibre in your diet and drinking more fluids can help

Q: Why has my filter stopped working – is it related to the pancaking?

A: As most filters are placed at the top area of the stoma pouch, they can easily become blocked by the stool which pools around the top of the stoma bag when it pancakes.

Q: Should I try another stoma bag if nothing helps with the pancaking?

A: Speak with your stoma nurse and they will guide you to what stoma products might help you. If you have tried all the regular tips for pancaking, you may well benefit from trialling a different stoma bag. Again, reach out to your stoma care nurse to find out which ones would be the best ones to try.

STOMA WARRIORS

NO IFS, ANDS OR BUTTS...

JUST STOMAS

A SUPPORTIVE FACEBOOK COMMUNITY FOR OSTOMATES, CAREGIVERS, AND ANYONE NAVIGATING LIFE WITH CHRONIC OR INVISIBLE ILLNESS.

HAVE YOU EVER THOUGHT?

- WHAT IF THIS STOMA IS FOREVER, HOW CAN I LIVE LIKE THIS?
- MY ENTIRE LIFE REVOLVES AROUND MY STOMA.
- HAVING A STOMA & CHRONIC ILLNESS IS SO ISOLATING.
- WHAT IF I'M DOING EVERYTHING WRONG?
- DOES ANYONE ELSE LIE AWAKE AT NIGHT, SCARED OF LEAKS, SMELLS, OR THEIR BAG FAILING?

WHY JOIN STOMA

WARRIORS?

- BUILT BY A PATIENT, FOR PATIENTS BECAUSE WE GET IT
- A SPACE TO SHARE YOUR STORY & FEEL LESS ALONE
- HONEST SUPPORT FOR THE THINGS NO ONE TALKS ABOUT GASLIGHTING, TRAUMA, GRIEF
- ASK ANYTHING, ANYTIME NO JUDGMENT
- REAL-LIFE TIPS FOR BEFORE AND AFTER SURGERY
- ENCOURAGEMENT ON YOUR BEST AND WORST DAYS



YOU ARE A WARRIOR

SCAN THE QR CODE TO JOIN STOMA WARRIORS
BECAUSE NO ONE SHOULD GO THROUGH THIS ALONE



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 Caringbah.

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

Fiona Le CNC STN (wed/thurs/fri)

Mandy Ng STN (Mon/Tues)

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.)

Kelly Taylor STN (Wed/Thurs)

Phone: (02) 9579 7865

KAREENA PRIVATE HOSPITAL

86 Kareena Road, Caringbah NSW 2229

Kelly Taylor RN STN (Mon. and Fri.)

Phone: (02) 9717 0290

LIVERPOOL, CAMPBELLTOWN AND CAMDEN HOSPITALS

Phone: (02) 8738 4308

Afin Rasul STN (Tues/Thurs/Friday)

Mobile: 0417 026 109

Erin Wagner CNC STN (Mon/Wed)

Mobile: 0419 224 662

Mathew Sebastian STN (Mon-Fri)

MACQUARIE UNIVERSITY HOSPITAL

Yuki Sakamoto: STN

yukiko.sakamoto@muh.org.au

Phone: (02) 9812 3484

MATER HOSPITAL

Amanda Kelly STN

Mobile: 0401 532 108

Email: kellyamanda@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 Odium, Jessika Slowik

NORTHERN BEACHES HOSPITAL

Phone: (02) 9105 5549

Kathryn Bolton

Amy Stephenson

NORTH SHORE PRIVATE

Amy Stephenson 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 9623 or Pager (02) 9382 2222

Lisa Graaf CNC Monday to Friday Page 44403

Katherine Wykes on maternity leave until June 2025

Michael Breeze Monday to Friday Page 44220

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

Level 2, Dickinson Building, Barker Street,
Randwick NSW 2031

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 Naylon CNS2

Stomal Therapy & Wound Care

(Mon, Tue, Thu and Fri)

Phone: (02) 9858 7395

ST GEORGE PRIVATE HOSPITAL, KOGARAH

Phone: (02) 9598 5342

Gillian Costello

ST GEORGE PUBLIC HOSPITAL

Phone: (02) 9113 3519

Daniela Levido CNC (Mon-Wed)

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

Anne Mamo CNS (Mon/Thurs/Fri)

Deborah Dutchak CNS (Wed-Fri)

Kerrin Hammon CNS (Mon/Tues/Thurs/Fri)

STOMAL THERAPY SERVICES - (NSW &

STRATHFIELD PRIVATE HOSPITAL

Vacant STN position
Phone: (02) 9745 7444

ST VINCENT'S PRIVATE HOSPITAL

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

ST VINCENT'S PUBLIC HOSPITAL

Mark Murtagh CNC
Phone: (02) 8382 2671 or (02) 8382 1111
(pager 6158)
Royle Digamo
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 Jessica Ratcliff STN

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) on leave until July 2025
Phone: (02) 4474 2666
Email: trena.Oshea@health.nsw.gov.au
Jessica Jackson STN
Email: jessica.jackson@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 appointment
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
Samantha Lawrie - STN (Wed-Rri)
Rachael Browbank - STN (Mon/Tues)
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 WYONG HOSPITAL AND CHC

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

GOSFORD PRIVATE HOSPITAL

Phone: (02) 4304 3297
Dee Coulton STN

NEWCASTLE REGION

CALVARY MATER HOSPITAL

Phone: (02) 4014 3815
Email: stomalthrapy@calvarymater.org.au
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, Renee Bootland

HUNTER VALLEY PRIVATE HOSPITAL

Alison Lincoln STN
Phone: (02) 4944 3777
Email: alison.lincoln@healthecare.com.au

LAKE MACQUARIE PRIVATE HOSPITAL

Ellie Duiz STN
Phone: (02) 4947 5362
Email: Duiz.ellie@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

No on site STN covered by
Fabia Fiveash – Skin and Wound Care
Consultancy
Phone: (02) 4931 2304

NEWCASTLE PRIVATE HOSPITAL

Phone: (02) 4941 8741 Cecelia King STN
Email: cecilia.king@healthscope.com.au
Melissa Williams 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 Stoma
Continenace
Phone: (02) 6656 7804
Email: mandy.hawkins@health.nsw.gov.au
Alyssa Higoe CNS, STN Stoma Continenace
Email: Alyssa.higoe@health.nsw.gov.au
Phone: (02) 6656 5467
Darren Fitzgerald RN Stoma Continenace
Email: darren.fitzgerald@health.nsw.gov.au
Phone: (02) 6656 5468
Serving the towns of Coffs Harbour,
Dorrigo, Bellington, 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
Phone: (02) 6641 8200
Email: jane.kulas@health.nsw.gov.au
Aruma Grafton Community Nursing
Nadia Hartley

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

Jane Kulas STN
29 Molesworth Street, Lismore.
Phone: (02) 6620 2097 **Fax:** (02) 6620
2963

STOMAL THERAPY SERVICES - (NSW &

NORTH COAST *continued*

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

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

PORT MACQUARIE BASE HOSPITAL

Kate Hallett

Mobile: 0427 795 765

Phone: (02) 5524 2439

Email: kate.hallett@health.nsw.gov.au

PORT MACQUARIE AND KEMPSEY COMMUNITY HEALTH CENTRES

Maria Emerton-Bell STN CNC

Phone: (02) 6561 2790

Casey Luke STN

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/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

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

Megan Jordan STN in the Hospital

0437 064 618 or 08 8080 2236

Shirley Victory (Community nurse

resources person only)

Phone: (08) 8080 1642

DUBBO BASE HOSPITAL

Renee Chandler RN

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

ORANGE HEALTH SERVICES

Joe Webster STN

Phone: (02) 6369 7455

Email: Joseph.Webster@health.nsw.gov.au

WAGGA WAGGA BASE HOSPITAL

Naomi Smith

Mobile: 0412 324 136

Email: naomi.smith@health.nsw.gov.au

Irene Cozens

Phone: (02) 5943 1545

Email: irene.cozens@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

Olivia Dyriw CNC

Phone: (02) 6205 1201

THE NORTH CANBERRA HOSPITAL

Marree Pegrem STN.

Phone: (02) 6201 6060 –

ask for surgical ward

Phone: (02) 6244 2222

(then page stomal therapist))

QUEANBEYAN COMMUNITY HEALTH CENTRE

Skye Millowick 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

Ray Godbier STN

ray.godbier@health.nsw.gov.au

Phone: (02) 6942 1861

Mobile: 0419 123 508

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 publishing 2025 dates were not confirmed by all groups. The confirmed groups have 2025 written alongside. Please call or email your contact for updated dates and information where the listing is showing 2024.

BANKSTOWN AREA 2025

Dates: 2nd Wednesday every 3rd month commencing Wednesday 12th March 2025, 11th June 2025, 10th September 2025 and 10th December 2025

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 to attend.

Access: Close to public transport and lots of free parking available

RSVP: Contact your Stomal Therapy Nurse or Carolyn Nichols on 0419 335 046 or carolyn.nichols@dansac.com.au for further information. Please rsvp for catering purposes. .

ST GEORGE AREA 2025

Dates: Thursday 6th March 2025, 5th June, 4th September and 4th December 2025.

Time: 11:00am - 1:00pm – morning tea

Address: Ramsgate RSL Memorial Club
Corner Ramsgate Rd and Chuter Ave, Sans Souci NSW 2219

About: The Stomal Therapy Nurses from the St George and Sutherland Shires would like to invite you to attend a stoma support group for ostomates and their families to meet and have a cuppa and light lunch.

Access: Car parks available. Contact your Stomal Therapy Nurse or Carolyn Nichols on 0419 335 046 or carolyn.nichols@dansac.com.au for further information. Please RSVP for catering purposes

NEPEAN EDUCATION STOMA SUPPORT GROUP 2025

Dates: Fridays every second month, commencing on 28th February 2025, 9th May 2025, 25th July 2025, 17th October 2025 and 5th December 2025.

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.

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 02 4734 1245
nbmlhd-stoma@health.nsw.gov.au

SOUTH WEST SYDNEY LIVERPOOL & CAMPBELLTOWN STOMA SUPPORT GROUP 2025

Dates: Thursday every second month (1st Thurs in December) 20th February 2025, 10th April, 19th June, 21st August, 16th Oct and 11th December.

Time: 1:30pm to 3:30pm

Address: Campbelltown Catholic Club, 20/22 Camden Rd, Campbelltown NSW 2560

RSVP: Erin Wagner and Afín Rasul 0419 224 662 Mathew Sebastian- 0417 026 109
Stomal Therapists for catering purposes please.

GROUP MEETINGS 2025/2026

NORTHERN BEACHES SUPPORT GROUP

Dates: Tuesday 10th September.
Time: 3:30pm to 5:00pm (followed by drinks and dinner if you wish to join)
Address: Forestville RSL Club, 22 Melwood Avenue, Forestville
About: Bob Cooper, email: bob.cooper542500@gmail.com Assoc. Professor Teresa Paterson-Mitchell speaking on dietary choices as a stoma patient.

ILLAWARRA OSTOMY INFORMATION GROUP 2025

Dates: 12th Feb, 9th April, 11th June, 13th August, 8th October, 10th 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, Sam & Rachael Stomal Therapy Nurses Wollongong Hospital mob: 0414421021 islhd-stomaltherapy-NIHG-SIHG@health.nsw.gov.au

SHOALHAVEN SUPPORT GROUP 2025

Dates: 12th February 2025 (Dansac) at Nowra Community Health Centre.
28th May 2025 (Coloplast). Ulladulla Community Health Centre.
25th June 2025 (ConvaTec and Omnigon). Nowra Community Health Centre.
22nd October 2025 (Salts). Nowra Community Health Centre.
19th November 2025 (Hollister and BBraun). Ulladulla Community Health centre.
10th Dec 2025 at 1200 - Christmas Party:
Worrigeer Sports Club, 131 Greenwell Point Road, Worrigeer.
Please let me know if you will attend so I can book a table.
Time: 2pm
Address: Nowra Community Health centre 5-7 Lawrence Ave, Nowra NSW 2541
Ulladulla Community Health Centre: Corner of South Street and Princes Hwy, Ulladulla. Street parking.
About: Please phone the week prior to confirm your spot.
Contact Brenda Christiansen STN CNC; please notify Brenda on 0422006550 to register. e. brenda.christiansen@health.nsw.gov.au

BOWRAL STOMA SUPPORT GROUP 2025

Dates: Tuesday 4th March, 3rd June, 2nd September and 2nd December 2025
Time: 1:00pm to 2:30pm Everyone is welcome!! Please RSVP 1 week prior.
Address: Mittagong RSL Club, 148-150 Old Hume Hwy, Mittagong- 2575
Contact: Erin Wagner and Afin Rasul 0419 224 662 Mathew Sebastian- 0417 026 109 Stomal Therapists, Liverpool Hospital—(02) 8738 4308
Plenty of car parking for everyone! Tea/Coffee with be available; Finger food will be available

GOULBURN STOMA SUPPORT GROUP

Dates: 8th May, 7th August and 6th November 2025
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: Mariam Elfoul on 0400 921 901, or email: aumael@coloplast.com
Hope to see you, your friends and loved ones there. Plenty of car parking for everyone!
Tea/Coffee with be available; Finger food will be available

SUPPORT GROUP MEETINGS

CANBERRA ACT SUPPORT GROUP ****NOT UPDATED FOR 2025 AT TIME OF PUBLISHING****

Info: The local support group can provide peer to peer advice and support. It is held regularly throughout the year. Members can find support group information through the Association. RSVP's are required.
Contact: 02 5124 4888 or STOMA@actstoma.net.au

JOHN HUNTER HOSPITAL OUTREACH CLINICS

Dates: Muswellbrook Hospital 5th June 2024, 4th December 2024
Singleton Hospital 15th August 2024
Tomaree Community Hospital 17th April 2024, 23rd October 2024
Contact: To make an appointment, phone John Hunter Hospital switch 02 4921 3000 pager 36206, or
Email: HNELHD-JHHSStomal@health.nsw.gov.au
Priority will be given to patients who have not been reviewed by a Stomal Therapy Nurse in the past 5 years.

CENTRAL COAST STOMAL THERAPY SUPPORT GROUP

Dates: Thursday May 23rd 2024 at Wyong, Tuesday 26th November Venue TBC
Time: 1:30pm to 3:30pm Everyone is welcome!!
Address: Wyong Community Health Centre- Group room, Level 1, 38A Pacific Hwy, Wyong NSW 2259
Register: To your local Stoma nurse via email by May 1st
Email: CCLHD-Stomaltherapy@health.nsw.gov.au or **Phone:** 4320 3323
Contact: We look forward to meeting you, seeing you & supporting you
Stomal Therapy Team. Emma, Mary, Sharon, Nichole

GRAFTON/CLARENCE VALLEY 2025

Dates: **2nd Tuesday Bi-monthly commencing Tuesday 11th February 2025, Other dates to be advised in 2025.**
Time: 10am to 11:00am Everyone is welcome!!
Address: Aruma Community Health, 175 Queen St, Grafton NSW 2460
Register: Jane Kulas 0459 943 062
Contact: Jane Kulas 0459 943 062 or Gary Tobin 0400 675 277

COFFS OSTOMY GROUP 2024

Dates: **4th Thursday of every second month –meeting dates 22nd February 2024, 18th April 2024, 27th June 2024, 22nd August 2024, 24th October 2024**
Time: 2pm-4pm
Address: Sawtell RSL, First Avenue SAWTELL 2452. Upstairs
Contact: Mandy Hawkins CNC Stoma Continence Coffs Harbour Health Campus
Phone: (02) 66567804 Email: mandy.hawkins@health.nsw.gov.au

MANNING AND GREAT LAKES OSTOMY SUPPORT GROUP 2024

Dates: **The first Wednesday of every 2nd Month: 7th February 2024, 3rd April 2024, 5th June 2024, 7th August 2024, 2nd October 2024 and 4th December 2024.**
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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1. Data on File, 2024: ref-04111 (n=200)

2. Data on File, 2023: n=110 Qualitative Interviews; 2023: n=43 Clinical Trial

3. Data on File, 2023: ref-03863 (Woven fabrics tested are Polyester-based)

4. Data on File, 2023: n=459 Qualitative Interviews; 2023: n=110 Qualitative Interviews; 2023: n=43 Clinical Trial

5. Data on File, 2023: n=43 Clinical Trial

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

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Conquering life's challenges: a 35-year journey with an ostomy

I was touched with an article in the Ostomy magazine from Lorraine so I thought I would tell my story.



Obviously, this is not looking for anything but the fact is that everyone with a bag can conquer anything that is thrown at them.

Firstly, I want to thank all the volunteers etc. who have sent me parcels for the past 35 years every month with next to no mistakes. Without you and the efforts you have obviously gone to, to allow us free supplies cannot be emphasized enough. With some basic calculations I estimate that I could have spent over

\$200,000 to date if I had to pay for all these supplies, so a very big thank you. I am 78 and my story started at 12 with Ulcerative Collitis. Because Doctors knew nothing about this disease at the time it was not diagnosed early and they think I had it when I was 7 so by the time they found it, it had spread

throughout my whole large bowel. The dilemma my parents had at the time was to have the whole thing removed or try and manage it until I was about 18 and fully grown. At the time there were no appliances available so Cotton wool would have been the only thing to catch the bowel motions. We waited!!

In 1965 I had the worst part of the large bowel removed. That gave me about 10 years of managing what I had left. Which was a pretty good time.



I was married and actually had a daughter before the rot set in. In the meantime, I developed Rheumatoid Arthritis and Sclerosing Cholangitis of the liver (a side effect of the Ulcerative Collitis).

Then I started to get Adhesions and Bowel Blockages which resulted in a number of operations to fix them. I had the rest of

the bowel removed in 1983 and was given a Continent

Let's not get into the 3 page medical history which

Australia (well Part) in our caravan, I am quite active as much as the Arthritis allows and love and potter in my garden, help teach and play Bridge each week to keep my mind active together with lunches and morning teas I look forward to every week all with an Ileostomy.

Then I had another 3 obstruction operations over the next 3 years resulting in a fistula (the bowel opened up through the stomach wall). That was fun as I could not eat or drink for 2 months while it healed on TPN for that time.

Ileostomy. The valve prolapsed a year later which was repaired and re-sited. Got an infection in 1988 so it was removed, and I got a bag. Of course, what happened next, I got a Duodenal Ulcer for not eating or drinking and still having to take my medication. It burst. My first helicopter ride to Sydney. Interesting being wide awake landing on top of RPA an experience I will never forget back in 2008. Just the helipad and drop offs of nothing!!!

I carry everywhere with me and get the "my goodness" every time I give it to a new Doctor. Besides I should be talking more about my Ileostomy.

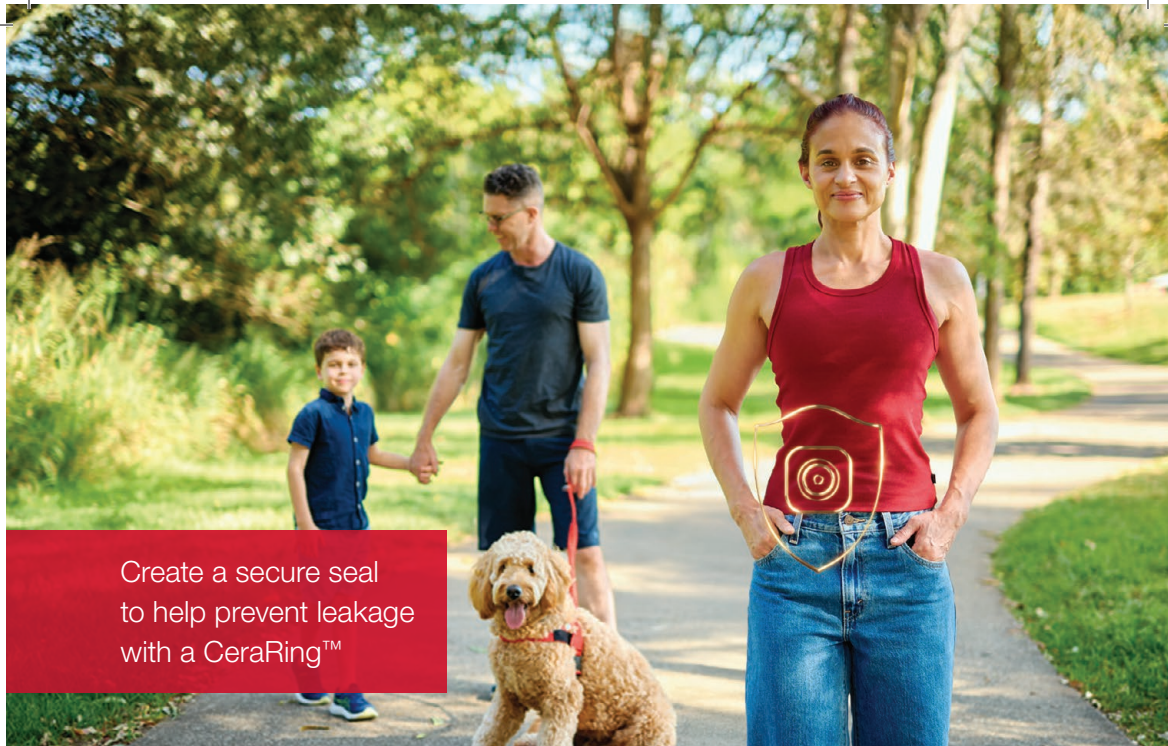
May I add I have had the best Stoma Therapy nurse. I think around 15 years now. I can't remember when I first saw Louise, but I think I am her oldest (not in age!!! or perhaps I am) patient.

I consider myself very lucky as I have had the best of the best every time these dramas have occurred. Now I have a Professor at RPA hovering over me and has said NO MORE OPERATIONS. That suits me. So here I am, I have travelled overseas a number of times, around

I know I have only touched on those 3 pages, but I don't like to dwell on all of that, I just wanted you to know you are not alone and even with my history there is always someone worse off so keep on keeping on it's worth it.

There have been a number of other things I have dealt with which were not associated with my Ileostomy. Restless Leg Syndrome, Central Vein occlusion, Varicose veins, ITP and the Torn Oesophagus as a result of the large doses of Cortisone I had to take before my first operation. I have lost count, but I think I have had around 20 operations not including Breast Cancer in 2015 and Liver Cancer in 2021.





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