

OSTOMY

WINTER 2025

NSW LTD





TRE™ barriers absorb moisture up to **4x faster** than other barriers, helping prevent leakage.¹



The only ostomy barrier to contain patented super absorber 'Dry Lock' technology.²

Jillian, Dansac TRE™ Champion

Designed to stop leakage before it happens.

Dansac TRE™ barriers expand around the stoma when in contact with moisture, maximising skin contact and filling the small spaces, to form a unique seal, and prevent gaps that can cause leakage and peristomal skin complications.



Discover more at:
www.dansac.com.au
1800 880 851

1. Dansac data on file, LN-06901, 11/24, ref-04051, 2024, Laboratory In Vitro Study using water *In comparison to Coloplast Sensura Mio™ barrier, Salts Confidence Be™ barrier, Convatec Esteem™ barrier and Dansac Nova™ barrier. 2. Dansac data on file, LN-06224, 07/22.

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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TO CONTRIBUTE ARTICLES/FEEDBACK

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

Autumn	11th April 2025
Winter	23rd May 2025
Spring	15th August 2025
Summer	14th November 2025

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 \$16; Interstate \$23
- 2-month orders NSW \$30; Interstate \$45
- Express \$25; 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.

BOARD OF DIRECTORS

Emeritus President:

Tom Flood OAM

Vice

President: *Vacant*

Treasurer: *Vacant*

Directors: *Jacky Carusi*

Greg Doyle

Adam Keam

Perry Johnstone

Terry Scully

David Turner

Damian Gleeson

Manhattan Prayag

Manager: *Stephen Lardner*

YOUR ONL TEAM:

Operation

Supervisor: *Vacant*

Warehouse

Supervisor: *Manny*

THE TEAM:

Aye Aye, Belinda, Bev, Mel

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.

Member Noticeboard and Feedback

We want you to contribute to your magazine. If you have a topic you wish to raise and engage in some discussion, please forward to manager@ostomynsw.org.au and mark it is

"MEMBER NOTICEBOARD"

and we will add it to our future editions.

Some topics that are often raised include:



Travel Insurance



Swimming with a stoma



Airport security checks



Is there a special diet?

Nothing is off the table
(Editor's discretion may apply.)

If you want to raise a topic and begin with a question, comment or enquiry, we would love to hear from you.

Leakage problem?

Problem solved.



Find support on every step of your ostomy journey with the me+ program.

To find out more or to request samples, please contact our customer care team on **1800 335 276** or email connection.au@convatec.com

convatec
me+

Introducing **EsteemBody™** with Leak Defense™

Leak Defense™ combines Convatec adhesives with a comprehensive soft convexity range designed to adapt to the body for a secure, longer-lasting seal.

- ✓ Modern 8-shaped pouch for ileostomies and colostomies is designed to sag less as it fills.*
- ✓ Chevron shape design in urostomy pouch to help direct output flow to the bottom of the pouch.
- ✓ Pouch fabric is water repellent and can be submerged in water without leaking.

1

Convatec adhesives secure the barrier, protecting the skin.



Range of soft convexity combinations designed to get the right fit from the start.

2

*8-shaped pouches only available on closed and drainable pouches.

ALWAYS FOLLOW THE DIRECTIONS FOR USE ©2025 Convatec Inc. ®/™ and Convatec me+ are trademarks of Convatec group companies. AP-63684-AUS-ENG-v1 (v1.1) 0679 February 2025



AUCTION PIECES

Artwork by Jyiro ▶

Title- look before you chop
Medium- spray-paint and acrylic on recycled saw.

A depiction of Minnamurra Rainforest painted on a recycled saw from the local tip. This is protected land home to various flora and fauna. A space that lives free from devastation and destruction. A true paradise. Acting like a mirror to show what is being lost through deforestation and maybe think twice before we play any part in such harmful activities in the future.

Price guide-\$350



◀ Artwork by My Tiny Treasures

This is such an exquisite piece of art. A true collector's edition. Miniature dolls house, fully furnished. Completely hand crafted from recycled and upcycled materials. Each piece constructed by hand.

Price guide between \$100 -\$500

Artwork by Dan ▶

Hand crafted from recycled wood, recycled car parts and recycled 3D printed icon.

Price guide \$50.00





Maria Thereza Asturiano, CeraPlus™ Product User

"I want to make the following clear; I don't have skin health problems, because I use Hollister's pouch. Today I use a CeraPlus™ Soft Convex Pouch which helps keep my skin healthy. People should not be discouraged and think that this is part of life. There is always a solution, and having poor quality of life is not normal."

I'm protected where it matters most

Providing the protection and confidence you deserve doesn't have to be complicated. The CeraPlus™ Portfolio* provides a wide range of options to enhance security and skin health for all body types and stomas.

Infused with ceramide, the body's own defense against damage and dryness, CeraPlus™ Ostomy Products protect skin from Day 1.

For further information or to request a sample, contact Customer Care on 1800 880 851.



The testimonials, statements, and opinions presented are applicable to the people depicted. These testimonials are representative of their experiences, but the exact results and experience will be unique and individual to each person.

Prior to use be sure to read the Instructions For Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions. Hollister, the Hollister logo and CeraPlus are trademarks of Hollister Incorporated. ©2025 Hollister Incorporated. AUH550, April 2025.

*CeraPlus Skin Barriers contain the Remois Technology of Alcare Co., Ltd



CeraPlus™
Ostomy Products



Ostomy Care
Healthy skin. Positive outcomes.

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



Feel secure wherever life takes you! **UNLOCK YOUR UNSTOPPABLE** with eakin freeseal®!

eakin dot

eakin freeseal®

For samples or more information call
1800 819 274, email info@omnigon.com.au
or visit www.omnigon.com.au



OMNIGON



Eakin
Healthcare

AUTION PIECES



Artwork by Jacky

Medium: multi media.
Made with recycled everything. Many hours of beading one by one, oil paint, wig hair. Framed behind glass

Price guide \$120



There will also be pottery made by our famous Dr Mark from Woonona Village Practice
Painting done by Peter c/o Peters Art Class Austinmer
And some surprises on the day

Some upmarket crafts and stalls on the day will consist of Book Nooks and miniatures by My Tiny Treasures



Bonnies Crafty shop. A very talented 13 year old entrepreneur



- Dans woodwork inventions • Kathys crafts • Dr Marks famous pottery
- Artworks by jacky • Tines treasures and more

FUNDRAISER FOR OSTOMY

Held by Jacky from Stomabuddies

SATURDAY
August 30th 2025

Doors open at 11.00
concludes by 4.00pm



What to expect on the day

✓ Several magnificent pieces of exclusive artworks /upmarket craft's up for auction

✓ FUN stalls to purchase a treasure or a treat

✓ Raffles, Nibbles, entertainment

JOIN US

📍 **Fraternity Club,**
Princes Highway,
Fairy Meadow
(In the Sunken Lounge)

Come along and bid on your favourite piece of Art / Craft, and help raise funds for an amazing Non-For-Profit organisation which helps people with a stoma every day.

ENTRY IS FREE, HOWEVER A GOLD COIN DONATION WOULD BE A KIND GESTURE

INTRODUCING OUR NEW BAG

CONFIDENCE BE go™



Through listening to people living with a stoma, Confidence BE go™ addresses your unmet needs. For the first time Confidence BE go™ gives you the option of a 'naked bag' and a collection of reusable, washable covers in a choice of six colours.

The product is designed to support you with your well-being and quality of life, helping you to feel confident and get back to normality. With the flexibility and freedom to suit any outfit, activity, or mood, you will be able to truly express yourself and live life to the full.

It's as easy as 1, 2, 3

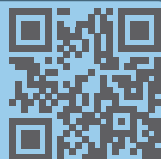
- 1 ATTACH THE NAKED BAG securely to the body
- 2 INSERT THE TANG into the tang pocket
- 3 SECURE THE COVER to the bag



"A choice that other bags cannot give, you can change the colour to your mood or clothing."¹

Closed and drainable bags are available with flat and soft convex wafers and a choice of six different covers.

For samples or more information:
freephone: **TOLL FREE 1300 784 737**
email: ostomy@ainscorp.com.au
or visit: www.saltshealthcare.com



Wherever you are, whatever you want to do, you can go for it with CONFIDENCE BE go™



Ainscorp



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@ainscorpmedical



© Registered trade marks of Salts Healthcare Ltd. © Salts Healthcare Ltd 2025. Products and trade marks of Salts Healthcare Ltd are protected by UK and foreign patents, registered designs and trade marks. For further details, please visit www.salts.co.uk **Reference: 1.** Confidence BE go™ Focus Group 2024, Australia, Nurses and Patient. v.0

Stoma Bag Covers —

Laura was diagnosed at 14 years old with Ulcerative Colitis. After some serious doctor shopping, we ended up in the care of the paediatric gastroenterology team at Newcastle's John Hunter Children's Hospital. We never imagined that these amazing doctors and nurses would become such a huge part of our lives for the next four years. Countless hospital admissions for countless flares landed us in J2 on too many occasions. In four years, she cycled through every treatment available to paediatric patients.

In 2023, when Laura turned 18, we were excited by the additional treatment options that become available once you transition from paediatric. There was so much to learn all over again. New medications, new doctors and new surroundings. We were no longer in the familiar hallways of the Children's Hospital which we called home too often.

We were blessed to be transitioned to an amazing adult gastroenterologist who Laura quickly adjusted to. Her condition continued to cycle through the biologics one by one. Injection after injection, infusion after infusion. The dreaded prednisone became the evil necessity to get through Year 12. Somehow, she made it out of the school gate forever and into full time employment in late 2023.

In 2024, Laura entered a new era. The scary era. We knew she was running out of options quickly and surgery was getting closer with every treatment that failed. But, more importantly, it was the Taylor Swift Eras Tour era and nothing was going to stop this girl from going. So with glitter sneakers, friendship bracelets and back-up clothes stashed, we made the concert albeit with many toilet breaks throughout the night (who knew the speakers were so good in the bathrooms at Accor



A member's story

Stadium!) Days after the concert of a lifetime, we were back in John Hunter Hospital on rescue biologics, trying everything to avoid the inevitable. Unfortunately it failed.

On 6 May 2024, Laura had a complete colectomy with ileostomy. It was a huge decision which really had no alternative. It was, and is, life changing, both physically and mentally. The recovery was tough but the other side is so much brighter. Her stoma, affectionately named 'Colin' (the collapsed colon) has adjusted to life really well. Twelve months on, she is medication free, working fulltime in childcare and living life to the fullest. Of course there are days when Colin gives her the sh%ts but that's his job after all!

Welcome 'Chellaura'

Our bag covers, Chellaura, were born whilst still recovering in John Hunter Hospital when looking at poop all day was a little too confronting. So, with nothing more than a couple of paper lunch bags and some sticky tape, we made a pattern and designed how we wanted them to work. Once home, we had some test runs until we got it right. They are designed based on the Hollister 54100 one piece bag but customers have advised that they are adaptable to most one piece bags. Bag covers are \$15 plus postage and orders can be placed through our Etsy store, chellaura.etsy.com



**1ST PRIZE
\$2,500**

**2ND PRIZE
\$1,000**

**3RD PRIZE
\$500**

**END OF
FINANCIAL YEAR**

RAFFLE

Tickets are priced at
\$5 each, 2 tickets for \$10,
3 tickets for \$15, 5 tickets \$20,
10 tickets for \$40, 15 tickets for \$60,
20 tickets for \$80

Draw Date: 31st of July 2025



www.rafflelink.com.au/onl-eofy-raffle-2025

Let's Accessorise:
**TROUBLESHOOTING &
PROBLEM SOLVING
USING ACCESSORIES**

Thanks to
BRENDA CHRISTIANSEN
CNC STOMAL THERAPY
ILLAWARRA SHOALHAVEN LOCAL
HEALTH DISTRICT



STOMA APPLIANCE SCHEME

The SAS was established in 1975 to support ostomates. It provides fully subsidised access to stoma appliances and products to help ostomates live normal lives.

Did you know?

**50,000
people**

in Australia have a stoma

3,400

products are subsidised under
the scheme

\$111 million

worth of stoma products were
provided last year

WHAT ARE ACCESSORIES?

Accessories are the products used in conjunction with the stoma pouch to ensure:

- Peristomal skin health
- Pouch security
- Free drainage of urine overnight
- Abdominal/hernia support
- Gas suppression or neutralising of odours
- Thickening of loose output



REMOVER SPRAY AND WIPES

- Modern remover sprays and wipes are silicone based and are kind to the skin.
- They aid in the removal of the pouch.
- Be patient and allow spray to dissolve adhesive.
 - SAS allowance 2 sprays or 60 wipes per month (not both in one month)
 - Cost \$9.60 - \$10.23 each.

BARRIER SPRAYS AND WIPES

- Modern pouching systems are designed to use without barrier sprays and wipes.
 - SAS allowance 60 wipes or 1 x 28ml spray per month (not both in one month)
- Cost \$8.70 per 30 wipes & \$14.70 per 28ml spray

CLEANSER WIPES

- Restricted item
- Luxury item for travel and convenience
 - 15 wipes per packet
 - \$7.17 per pack
 - 51 cents per wipe

POWDER

- The powder is hydrocolloid powder used to assist in healing of sore wet skin
- Ensure you brush excess powder off good skin
 - Works well with barrier spray to 'crust'
 - Allocation: 2 per month
 - Cost: \$8



SEALS, STRIP PASTE & PASTE

- Multi purpose
 - Utilised for absorption of stool, urine and bowel mucous away from the skin
- Provides additional convexity to the baseplate
 - Some are oval and some are convex.
- Some are pre sized and most are moldable
 - Allocation: 30 per month
 - Cost: \$135.93 per 30

FLANGE EXTENDERS

- Utilised for additional support and security.
 - Not always used
- Mostly made with hydrocolloid, some are a clear film.
 - Come in a range of shapes and sizes.
 - Cost: approx. \$28 – 40 per 30
 - Allowance 60 per month

POUCH BELTS

- Thin belt to secure bag to body
 - Clips to bag tabs
- Provides consistent targeted force to assist with pouch adhesion to prevent leaking
 - Allowance 4 per year
 - Cost \$5.98 each

SUPPORT GARMENTS BELTS

- Utilised for the support of the abdomen
 - Moderate to firm supports
 - Many styles
- Allowance: 4 per calendar year
 - Cost: \$30 to 45 each
 - Shield: \$35 1 per year

NIGHT BAGS

- Night bags are vital to assist in collection of urine overnight
- Place in a bucket to the side of the bed
- Allow some air into the bag to allow for free drainage
 - Clean with 1 part vinegar to 3 water
 - Adaptor - take to hospital
 - Allocation: 5 per month
 - Cost: \$2.19 each

LUBRICANTS & GAS SUPPRESSANTS

- To assist with the dreaded 'pancaking', movement of stool from top of bag to bottom
- Some lubricants are scented some are odour neutralisers
 - Gas suppressants
 - Allocations: vary
- Cost from \$4 to \$12 per month depending on product

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

ACT) DIRECTORY AS AT NOVEMBER 2024

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)

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Debbie Odium, Jessica Slowik

NORTHERN BEACHES HOSPITAL

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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)

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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

ACT) DIRECTORY AS AT NOVEMBER 2024

GOSFORD PRIVATE HOSPITAL

Phone: (02) 4304 3297

Dee Coulton STN

NEWCASTLE REGION

CALVARY MATER HOSPITAL

Phone: (02) 4014 3815

Email: stomaltherapy@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

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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
Continence

Phone: (02) 6656 7804

Email: mandy.hawkins@health.nsw.gov.au

Alyssa Higoe CNS, STN Stoma Continence

Email: Alyssa.higoe@health.nsw.gov.au

Phone: (02) 6656 5467

Darren Fitzgerald RN Stoma Continence

Email: darren.fitzgerald@health.nsw.gov.au

Phone: (02) 6656 5468

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

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

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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@alburysurgical.com.au

BATHURST HEALTH SERVICE

Louise Linke NP STN

Phone: (02) 6330 5676

Fax: (02) 6330 5742

Email: louise.linke@health.nsw.gov.au

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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

ACT) DIRECTORY AS AT NOVEMBER 2024

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GRIFFITH BASE HOSPITAL

Naomi Smith

Phone: (02) 6969 5555 (ext. 695)

GRIFFITH COMMUNITY HEALTH

Phone: (02) 6922 9903

ORANGE HEALTH SERVICES

Joe Webster STN

Phone: (02) 6369 7455

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

WAGGA WAGGA BASE HOSPITAL

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

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WAGGA WAGGA HOSPITAL

Naomi Smith

Mobile: 0412 324 136

YOUNG MERCY CENTRE

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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

RSVP: 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 Afim Rasul 0419 224 662 Mathew Sebastian- 0417 026 109
Stomal Therapists for catering purposes please.

GROUP MEETINGS 2024/25

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-stomalthrapy-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 Afen 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-JHHStomal@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

The POSI+IVE choice for Ms Yellow



Ms Yellow has a parastomal hernia and was experiencing leaks.

She had withdrawn from her previously active social life and had reduced self-confidence.

Finding a conformable flange to ensure an effective seal was critical to her quality of life – something Aurum® Plus Soft Convex successfully provided.*

"Ms Yellow fed back that the Aurum® Plus Soft Convex Pouch is marvellous and has stopped all her leaks"

- Louise Harrison
Stoma Care +
Colorectal CNS

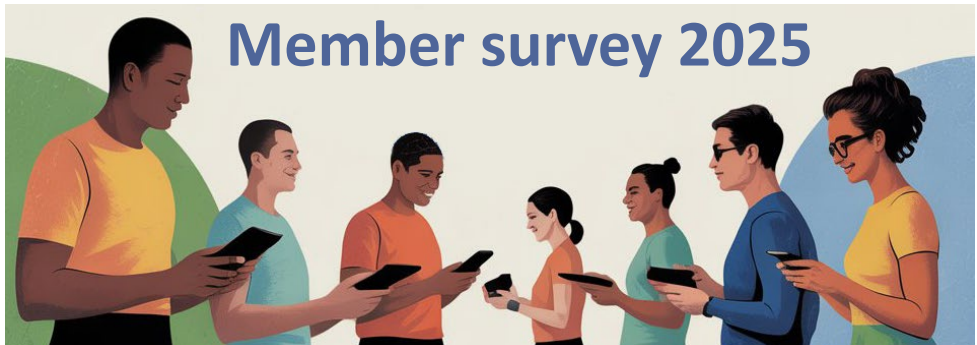
**Call 1800 819 274
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Convex pouches**



*Managing Parastomal Hernia Complications, Leading to Simplified Stoma Care and Peristomal Skin Improvements, Welland Case Study.

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Thank you to all of our members who took time to complete our survey during March and April 2025. The survey has now closed and the management team and directors are reading through the comments and feedback provided. We will publish more information in the Spring journal.

In the meantime, a summary of some key points you have provided to us:

An overall high level of satisfaction where 91% of members rate our service very good and a further 7% good – a total of 98% positive satisfaction. Thank you for this and we remain committed to the service we provide.

The response to other sections shows almost 60% value consistent and reliable access to products together with assistance when you contact us. We receive and make almost 2000 calls each month as well as receive around 2300 emails!

Members expressed a confident and independent emotional experience and this combines with feeling supported and cared for.

The communication style most desired is friendly and approachable and being compassionate and understanding.

More than 80% of members when imagining a choice want access to a wide range of products and comprehensive support services.

This member feedback is extremely valuable for the board as it works through future options to refresh and update the organisation's brand. This may be achieved through modernising how you interact with our organisation to match technology improvements including engagement through social media, websites, online ordering and member information. As well as opportunities to generate greater awareness for Ostomates, and the organisation with an improved brand experience.

We also received many comments from the survey and other emails from our members which are testament to the strong team of volunteers and employees at Ostomy NSW, and you as members being part of this community.

A few of these are shared anonymously:

"I would like to thank everyone for all the support and care they provided us over the years. Your compassion and kindness was way beyond our expectations."

"I have had a reversal late last year. Whilst I am very happy, I am thankful that this organisation was available to me during my medical care."

"Thank you. And I want to say what an excellent informative session last night's Zoom was."

"Having a Stoma is something that we didn't ask for, but it was a necessity and when you have a company like ostomy New South Wales that is so compassionate to your needs and I look after you so well then that's the experience you need that I care about you so that's what I feel. I feel safe and well looked after thank you."

"And happy volunteers week! □ I really appreciate all the volunteers of the association."

"Thank you for everything you do ... it's so reassuring to know there are wonderful people as yourselves who are here to help and reassure us that life can still go on."

A visiting RN commented; "It was very insightful and I appreciate the time. Everyone was so lovely in the warehouse."

"Being a member of Ostomy NSW you realise that help & support is always there if you need it. Also, when you meet other ostomates via meetings organised or as part of volunteering, that in some cases there are people who have more issues with their health than you do. Makes you appreciate what you have."

"Extremely Happy with the service and products Ostomy NSW carry thanks."

"I Feel like being part of a team & appreciate the guidance & support it provides. The staff are also very helpful."

"My ideal experience of being a member of Ostomy NSW is pretty much as it has already been for me. The ease of placing orders, the product delivery reliability and the ability to pick up the phone and talk to someone (or communicate by email)"

Some of the feedback on what can be done better and improved which is what our board is always looking for to give you a better experience included:

"A less clunky website More streamlined ordering system Much more user-friendly stoma supply schedule - the government one is almost impossible to navigate."

"Improved portal. Cheaper postage options. Additional services such as product expo."

We always value your feedback and thank you for the time you have taken and the advice offered to our board.



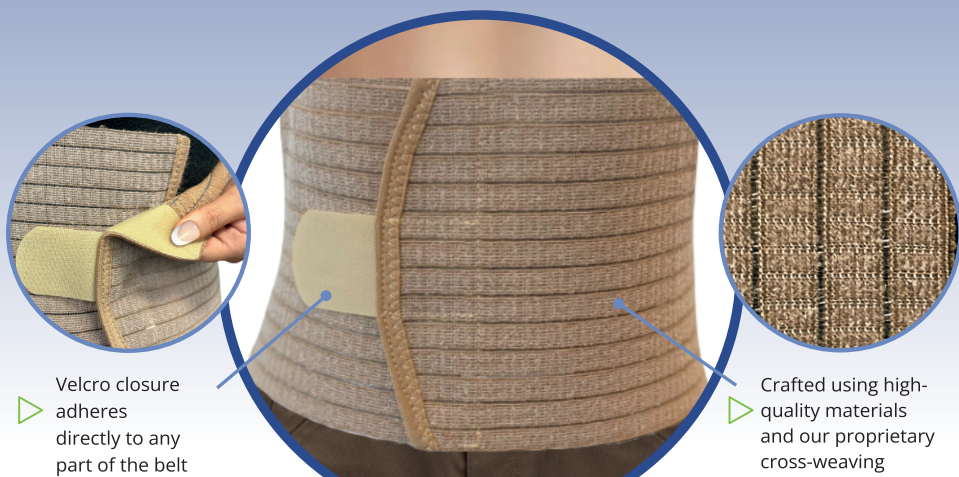


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SBNLXL23	LGE/XLGE	23cm	80-155cm

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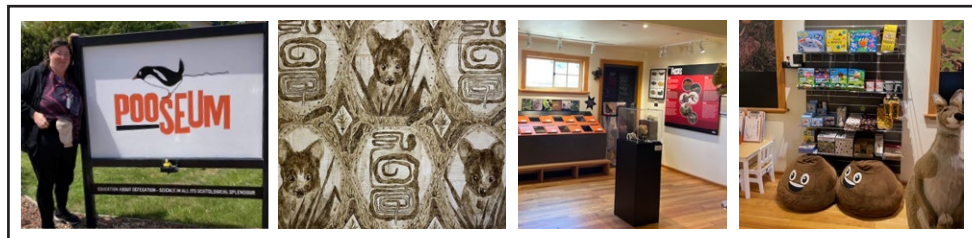
JOURNAL ARTICLE

DISCOVERING THE QUIRKY WONDERS OF THE POOSEUM IN TASMANIA

If you've ever felt that your life revolves around the less glamorous aspects of bodily functions, you're not alone. For those of us navigating life with a stoma, finding joy in the everyday can sometimes feel like a challenge. However, during a recent holiday in Tasmania, I stumbled upon a hidden gem that turned this notion on its head—the Pooseum, located in the historic village of Richmond, just a 25-minute drive from Hobart.

The Pooseum is not your typical museum; it offers a unique and engaging experience that celebrates the fascinating world of animal excrement. With over 50 informative panels, 40 entertaining videos, and a variety of interactive displays, this quirky attraction provides an educational adventure for visitors of all ages.

One of the most intriguing features of the Pooseum is its collection of different animal poo. Did you know that wombat poo is cube-shaped? This fun fact, along with many others, is just one of the highlights that make learning about this often-overlooked subject surprisingly enjoyable. The museum even showcases a crockery set made from animal poo—definitely a conversation starter!



For those looking to take a piece of the experience home, the gift shop offers an eclectic range of products, including toys, books, and even special flowers crafted from animal poo. It's a perfect way to commemorate your visit while supporting a unique cause.

Adding to the creativity, the Pooseum has recently launched an art competition that invites participants to paint with poo. This innovative approach not only highlights the artistic potential of unconventional materials but also encourages a playful exploration of what might otherwise be considered taboo. Karen Little won last year's Poo-tastic Tasmanian Paint Off with her painting of "Crap Wallpaper", painted with pademelon poo.

Whether you're an animal lover, a science enthusiast, or just someone looking for a good laugh, the Pooseum is a must-visit destination. It's a reminder that even the most mundane aspects of life can be celebrated and explored in unexpected ways. So, if you find yourself in Tasmania, don't miss the chance to experience the whimsical world of the Pooseum—it might just change your perspective on life's little surprises!



We're here to help you throughout your stoma journey

In the early days after stoma surgery, there's a lot to come to terms with. Everyone is different and recovers differently. **The me+[®] recovery program** is an evidence-based program designed by rehabilitation experts to provide you with tips on movement and activities to get you started.

Find support on every step of your ostomy journey with the me+[®] program.

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Call **1800 335 276** or email **connection.au@convatec.com**



Disclaimer: Speak with your doctor, physiotherapist, or nurse before doing these exercises, and ask them to show you how to do the movements correctly. If you've had a very complex surgery, have an unstable hernia, or other complication, please check with your doctor or ask for a referral to a clinical physiotherapist.

ALWAYS FOLLOW THE DIRECTIONS FOR USE.

*Not intended to provide medical advice. Individuals have received modest compensation for their participation and/or expression of their views.
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