



Ileostomy & Internal Pouch
Association

Registered Charity

Notts & Derbys IA Branch Newsletter

June 2022

SECRETARY'S SECTION

Welcome to our Notts and Derbys IA newsletter, Summer 2022. This time I find myself compiling it just ahead of Easter, knowing that by the time it reaches members the sun will be warm(er), and Easter eggs a distant memory !



It's been a busy few months here in my IA office, and our team have been equally busy thinking up ideas for the summer and beyond.

In February we got together for the first face-to-face committee meeting in 2 years and we will meet again in early May. Videoconferencing has been an immense help since March 2020, enabling us to meet virtually without worry, but there is something special about bouncing ideas around in person without waiting for technology to play along! I have, however, just renewed our annual Zoom account so that we can keep our promise to offer you a calendar of hybrid events – some online, some in person – for as long as is needed.

Clare and I now share one Zoom account, so please watch for emails coming from nadia_secretary@iasupport.org and nadia_events@iasupport.org

STEPPING IN... STEPPING OUT... STEPPING UP ...

IA is only able to do all that it does, locally and nationally, thanks to the many individuals who give freely of their time, energy and enthusiasm to keep it going. Many of you reading this have volunteered and helped run IA over the years since it was formed in 1956 – thank you! Those of us who have stepped into your shoes are aware of the amazing legacy that exists and are eager to keep IA lively, vibrant and relevant.

The local team that has kept us active during the covid-affected years is a young team of members who have often juggled home-schooling with working from home and running businesses in new ways. My thanks to everyone for keeping us going.



Firstly, a huge thank you to Daniel, who in March 2019 said “*I got the support of Nottinghamshire & Derby IA when I had surgery. I just want to give something back and sign up as a committee member.*” Daniel brought his wisdom, insight and compassion to the team but has decided it is now time to step out while he completes the final stages of training for the ministry. We celebrate this new life phase with him. 😊

Secondly, a warm welcome to Lesley, who joined us this February and brings with her great enthusiasm and years of working in the NHS. She is full of ideas and has already written newsletter pieces for us (see overleaf)! Thank you, Lesley. 😊

Thirdly, after the national Young IA Coordinator stepped down, our local committee member Natalie has stepped in as Interim YIA Coordinator. We look forward to seeing what the new YIA team does. 😊

And finally, my own news. I spent the last year attending IA's Board of Trustees as an invited guest, representing the Internal Pouch Sub-Committee. This led to suggestions I might like to consider joining the Board. After submitting my CV & detailed application, I completed the interview process, and my name went forward to the national AGM. I'd delighted to say I have just been elected to serve as one of IA's Trustees for the next 3 years. Brigitte 😊



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Freephone: 0800 0184 724 | Email: info@iasupport.org | Website: www.iasupport.org
Registered Charity: 1172338 (England and Wales) and SC048658 (Scotland)

President: Professor Gordon L. Carlson CBE BSc (Hons), MB ChB (Hons), MD, FRCS, FRCS(Gen), FRCSEd (Ad Hom)



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THINGS ARE GOING SWIMMINGLY – MAYBE?

Lesley writes: “Your committee have recently discussed the notion of organising a Notts & Derbys IA Branch private swimming session.



This all arose from a discussion at a coffee morning around

exercise in general, the benefits of swimming in particular, and the fact that since having an ileostomy some of us (Me!) have been shy of going in the water again and have concerns around managing things.

A private IA session would allow us to “try the waters” so to speak, in a safe and supported way and to get our confidence back.

What do you think? Share your thoughts with us. Contact us via nadia_events@iasupport.org.”

PHONE NUMBER



Just to remind all who wish to reach Notts & Derbys IA by phone, we have a new dedicated number by means of

which to reach us.

Call or text **07877 710357** and Brigitte will pick up your messages.

EVENTS REPORT

Clare, our Young IA Rep and Events Coordinator writes :

“We have seen a gradual increase in our face-to-face events and the young ostomy group have also managed a lovely evening out courtesy of Salts healthcare at the Rose & Crown, Derby Road, Nottingham.

It was great to be able to go out and meet up with friends old and new, and we hope these get togethers are a regular theme in the young ostomy calendar for 2022.



Please do let us know if you would like to come along to these nights out – all are welcome, regardless of age! Equally, if you have a venue recommendation, do get in touch.

This may be online or an addition to one of our face-to-face socials so please look out for an email with the details. We hope to see you soon.”

FUTURE EVENTS

Unfortunately, planning meetings for our summer events 2022 have not happened in time to get the dates into this newsletter. Apologies, but with most of the team falling prey to Covid over the last few weeks, we have not been able to do as we usually do and plan months in advance. Thankfully, all have recovered well. We will email a list of dates as soon as these are fixed and reach out to those who are not on email via a flyer or extra newsletter.



Coffee & Chat



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