

Summer 2009

Underwear & Swimwear Show, **London '09**

Volunteers with different types of stomas took to the catwalk to demonstrate that the surgery does not stop them looking and feeling attractive.

The models enjoyed a makeover and professional styling, before wowing the audience in stunning lingerie and beachwear from a wide range of designers and stores.

Maria, 22, said "I want to show the world that having a colostomy does not make you any less sexy or any less of a woman."

Fellow model Alex, 23, said "The fashion show has been fun and I want people to see that you can do anything you put your mind to."

See more photos of the event and watch exclusive interviews with models at www.ostomylifestyleparty.co.uk



For information on next year's event see inside.

*Photography on this page and page 3: Mark Andreani
www.markandreani.com
Make up by Angela Davis Deacon at NakedArtists.com
Sponsored by Organic Pharmacy.*

Help us with our leaflets

NURSES

Do you have an interest in the following areas?

- Ileo-anal pouch formation
- Stoma reversal
- Exercise
- Healthy eating
- Pelvic floor exercises

PATIENTS

Would you like to help produce new patient information on a range of stoma care topics?

We want to know what information you think is important and ensure our information sheets are patient focused and relevant. Interested parties will join a panel designing new factsheets and reviewing existing publications. This will be done by a combination of meetings in Bracknell and remote working. If you would like to get involved contact Regine or Helen on 0118 324 0069.

NEWS FLASH

We are delighted to have moved to our new offices ...
4 The Courtyard, Eastern Road,
Bracknell, Berkshire, RG12 2XB

Introducing the 2009 Ostomy Lifestyle Awards!



Nominations are now being taken for the first Ostomy Lifestyle Awards, recognising excellence and commitment throughout the sector.

Awards will be given for outstanding contributions and achievements in many areas of stoma care. Neil Basil, Chief Executive said "These awards will celebrate the people and organisations that promote positivity and improve the quality of life of people affected by stoma surgery."

Categories:

- Most dynamic/pro-active local patient support group
- Fundraiser of the Year
- Volunteer of the Year
- Nurse of the Year
- Most dynamic/supportive industry professional
- Most innovative product

More information about the awards and nomination forms are available from our website (www.ostomylifestyle.org) or by phoning us on 0118 324 0069. Deadline for entries is Friday 25th September 2009.

Drink up!

At this time of year we see an increase in enquiries to the Careline about dehydration.

In addition to the recommended 1-2 litres of water that we should drink every day, in hot weather and periods of exercise, fluids such as diluted fruit juices and squashes should also be consumed. It is important to drink a mixture of different types of fluid to ensure that vital minerals, salts and sugars are replaced. Alcohol and drinks with caffeine in should be drunk in moderation as they can contribute to dehydration.



Signs of dehydration include having a dry mouth, headaches, dizziness, tiredness, loss of appetite and dark coloured urine. So be alert for these symptoms and remember – prevention is better than cure!

New ways to connect with Ostomy Lifestyle

More people than ever are linking to Ostomy Lifestyle via internet sites such as Facebook, Twitter and our blog, as well as our own website and email, both in the UK and abroad.

We already have 'Fans' on Facebook and 'Followers' on Twitter but we'd like more! We aim to have **500** of each by the end of September so log on and show your support. And spread the word – let's see how many people we can reach.

Our social networks allow you to get updates on the latest events, join in with fundraising projects, and connect with other likeminded people. You can also see the most recent news in between copies of Ostomy News, and register for email updates.

See www.ostomylifestyle.org for details



Underwear & Swimwear Show 2010

Ostomy Lifestyle's groundbreaking Underwear and Swimwear Show promotes positive body image after stoma surgery.

The overwhelming response to this year's event has shown us that this



is an issue needing widespread public attention. Next year it will be bigger, louder and prouder, reaching more people affected by stoma surgery across the country.

We are looking for people who...

- would like to have fun being a model, hitting the catwalk and enjoying a day full of choreography, trying on lots of beautiful clothes, getting hair and make-up done and being in the spot light
- may be the next Gok Wan and enjoy flicking through fashion magazines and websites and being in fashion heaven picking outfits and styling models to make them look and feel great
- have the persuasive powers to procure prizes for an auction

- have ideas and talents for entertainment
- like being behind the scenes working on hair, make-up, choreography, photography etc
- can help us market the event, designing promotional material, selling tickets and spreading the word in the media
- have ideas for locations and cool, glamorous venues

If you have talents you think we need please get in touch.

Call Regine on 0118 324 0069 or email regine@ostomylifestyle.org

New lifestyle cards ...

We're very pleased to announce that Macmillan Cancer Support is facilitating our latest range of Lifestyle Cards.

These will be available in a variety of languages, and include phrases useful when discussing your stoma, passing through security checks, or looking for facilities. The new and improved version comes in a credit card size wallet, and you can download different languages as you need them from our website, or get them by calling 0800 731 4264.

A huge thank you to Macmillan Cancer Support for providing the funding to make this project possible.

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Free training for local support groups

If you are a local support group organiser you might be eligible for free training from Ostomy Lifestyle.

Our 1-day course, Maximising Support After Stoma Surgery, is an interactive workshop which looks at how and why all 3 types of stoma are made and examines solutions to many of the lifestyle issues that people may face after stoma surgery. If you think you could pass the benefit of this knowledge and information on to your group then contact Helen on 0118 324 0069 to receive a bursary place application form.

And that's not all we can offer your group!

We also deliver a one hour presentation, 'Understanding your stoma', ideal for group meetings. We explain how the digestive and urinary systems work, and help individuals understand their own stoma with more clarity. So if you are short of ideas for your next meeting, or have a gap in your calendar, this fun and interactive session could be just what you need!

For more information please contact Helen on 0118 324 0069 or email helen.farrell@ostomylifestyle.org

CUT HERE

Please accept my MONTHLY/QUARTERLY/ANNUAL* donation (*delete as appropriate)

£10 £20 £50

Or my own choice £
Please complete the Standing Order Mandate.

I wish to make a SINGLE donation

£25 £50 £100

Or my own choice £
cheque/postal order made payable to **Ostomy Lifestyle.**

Please debit my account number

Sort code _____

Signed _____

Date _____

Please pay CAF Bank,
(Sort Code 40-52-40) for the credit of **Ostomy Lifestyle.**
Account Number 00017083.

Please ensure you have also completed the contact details.
Alternatively you can donate or set up a standing order online.

Gift Aid Declaration

I am a UK taxpayer and I would like the tax to be reclaimed on any eligible donations that I have ever made or will make to Ostomy Lifestyle until further notice.

Date _____
By ticking the Gift Aid box we can reclaim tax you have paid on your donation, meaning we can increase the value of every £1 you give to £1.28 at NO cost to you. To qualify for Gift Aid, what you pay in UK income tax and/or capital gains tax must at least equal the amount we will claim in the tax year. Please ensure you have provided your name and address if you wish Ostomy Lifestyle to claim Gift Aid on your donation.

Please return this slip to: 4 The Courtyard, Eastern Road, Bracknell, Berkshire, RG12 2XB. Thank you!

- Ostomy Lifestyle is the UK charity providing support to anyone affected by stoma surgery in any way.
- We provide a helpline, regional events, and training services for nurses, companies and support groups.
- Please support this work by making a donation using the form overleaf.

My contact details

Name _____
 Address _____

 Postcode _____
 Daytime telephone _____
 Email _____

CUT HERE

Fundraising update



Rockwell Collins Cheque Presentation

Rockwell Collins employee and Ostomy Lifestyle volunteer Alex Pullen (centre) joins Ian Boyle (right), Chair of the company's CARE committee to present their donation of £500 to Neil Basil (left), Chief Executive of Ostomy Lifestyle.

CARE was formed to distribute locally raised and Corporate Funds to charity, especially those who have no other financial support, apart from charitable giving as in the case of Ostomy Lifestyle.

We would like to say a big thank you to Rockwell Collins and their staff for the kind donation.

Ostomy Lifestyle reaches a new high!



Former Ostomy Lifestyle fundraiser Laura Sterling led a team of seven determined hikers on the 3 Peaks Challenge loaded with camping equipment, supplies and plenty of energy back in April.

A massive thank you to the team for raising £700, which will go towards providing consistent and impartial advice and information via the Careline service and help ensure the continuation of all the projects which make Ostomy Lifestyle such a unique charity.

The challenge involved climbing 3 of the highest points in the UK:

Scotland: Ben Nevis (1344m),
 England: Scafell Pike (978m),
 Wales: Snowdon (1085m)

The team managed to successfully complete Ben Nevis reaching the summit in an impressive five hours despite having to battle with the ice near the top. Unfortunately due to a change in weather conditions Scafell Pike and Snowdon have to be conquered another day.

Afterwards they said: "It has been physically demanding but a wonderful experience and lots of fun for a very worthy cause."

Further pictures from the event and an opportunity to watch video highlights can be found on our Facebook page.

If you feel inspired to do the 3 peaks challenge or any other event to help Ostomy Lifestyle then please do not hesitate to get in touch.

Coast-to-Coast

Congratulations to Ostomy Lifestyle's first cycling event team which took on the challenge of a gruelling 140-mile ride in early June, despite fierce weather conditions.

Nine riders cycled the famous Coast-to-Coast



route from Whitehaven to Tynemouth over three days. The exhausting route took in the hills of the Lake District and the Pennines and was completed by the whole team, despite strong headwinds, heavy rain and freezing temperatures.

Tim Bedingfield, one of the riders, said "The coast to coast ride turned out to be more of an epic adventure than I had anticipated. The awful weather meant that each day was hard going and probably took 1-2 hours longer than it should have. The fact that everyone who started the ride finished it was amazing, meaning that all the money raised from the ride had been truly earned!"

Sponsorship money is still being collected but early indications show that the riders raised more than £3000!