

Ostomy Lifestyle Award Winners 2010

This year the winners were decided by a public vote, with over 600 votes cast across the five categories.

Volunteer of the Year

David Morris

Chairman, Wessex Urology Support Group



"I am honoured and flattered to receive this award. It is a tribute to all the people, including the members of Wessex Urology Support Group, who support me in so many ways that enable me to do what I do."

Shortlisted

Tim Bedingfield
Ostomy Lifestyle Trustee, OstomyAid volunteer and videographer

Kathy Smith
Administrator, Ostomyland.com

Industry Professional of the Year

Darren Killick

Sales Specialist, OstoMART



"I was both surprised and thrilled when I was told the news. A big thank you to those who voted for me, it's a great honour to be recognised by your industry colleagues and professionals, and also thanks to OstoMART for their help and support of OstomyAid by assisting in passing on 3rd World Supplies, a great team effort for a worthy cause."

Shortlisted

Leo Gribbon
Territory Manager, Dansac
Kim Hill
Senior Territory Manager, Hollister

Local Support Group of the year

Southampton Ostomates Support Group

"Winning the Award was an absolute shock but on behalf of the whole group I'm amazed and thrilled, makes all the hard work even more worthwhile."
Carole Summer, secretary/founder

Shortlisted

Wessex Stoma Support Group
Wessex Urology Support Group

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Underwear & Swimwear show 2011

We are proud to announce that the 2011 Underwear & Swimwear show will take place on Wednesday 2nd November at Birmingham Town Hall!

The show will feature 12 models who all prove that it is possible to look and feel great about yourself after stoma surgery. Rosemary Griffiths, who modelled in the 2009, has launched this year's show saying "Being part of the 2009 show changed my life, the show portrays a positive image of living with a stoma so please come and join in!" Rosemary's launch film can be seen on our website. We will be introducing this year's models and telling their stories over the coming months in the lead up to the show.

Tickets for the show will be released in May, but you can put your name on the waiting list by getting in touch now. It is our intention to make these tickets available at low, or even no cost, so get in touch if you're interested in joining us for a night of glamour and positivity! For more details see our website, drop us a line or give us a call.

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Nurse of the Year

Claire Lowther, Clinical Nurse Specialist in Stoma Care for Charter Healthcare, Southampton



"It was a real surprise to be nominated for this award and feel humbled at winning this category of most supportive nurse. I love my job, every day I feel privileged to be able to care and support individuals who are going through such major surgery. This specialist field of nursing gives me great satisfaction, this is just an added bonus. - thank you to all those of voted for me"

Shortlisted

Lesley Dowdall
Stoma Care Nurse, Headley Court

Claire Gough
Stoma Care Nurse, London

Aileen Fraser
IBD Nurse Specialist, Bristol

Allison Sharpe
Stoma Care Nurse,
Newcastle-upon-Tyne

Most Innovative Product

Oakmed Microskin



"It is an honour to be given an award that is actually chosen by the users of the products. It is occasions like this that help us further develop innovative products that help make the day to day living with a stoma a little more manageable." Louise Taylor, Oakmed

Shortlisted

Oakmed Alginate
Salts Dermacol
Salts Aloe Vera

Legacies

Did you know that we rely on voluntary donations and legacies to fund our patient services?

In 2009 we were left a generous legacy that helped us to deliver patient education workshops across the UK. These workshops have helped hundreds of patients understand their stoma better and feel more confident about living with a stoma.

Remembering Ostomy Lifestyle in your will is a fantastic way to show your support and enable us to continue providing help to people affected by stoma surgery in the future. If you would like to learn more please call Helen on the office number.

Walk or run for Ostomy Lifestyle

Would you like to get active this year and help raise funds for Ostomy Lifestyle in the process? We have places in several exciting events to suit people of all athletic ability!

Red Kite Ramble – Sunday 26th June. 5 or 10 mile walk through the Buckinghamshire Chiltern hills, starting and finishing near High Wycombe.

FSI Challenge Event – Sat 2nd July. 4 or 10km walk, jog or run through the Peak District, starting and finishing near Bakewell, Derbyshire.

British London 10k run – Sunday 10th July. We have just one place left for this event.

For more information, or to sign up for any of these events, please call Helen on the office number.

Big Lottery Fund

We are delighted to announce that we have received a major grant from The National Lottery through Big Lottery Fund. This grant of £150,000 will provide 4 years of funding to expand our Helpline Service, including:

- A stoma care nurse to provide one-to-one support and assist the development of more printed and online information
- A calendar of patient workshops across the country to help people



LOTTERY FUNDED

overcome their own stoma related problems and feel more confident about living with a stoma

- A new range of support group organiser training; helping new and existing groups improve their ability to provide support, information and advice

We are very excited about this project and look forward to bringing you news of all the activities we have planned!

First OstomyAid Shipments

Our first shipments of over 12,000 ostomy appliances have now reached Moldova and Nigeria, where patients who cannot afford bags are desperate for modern supplies.

“A big thank you to everyone who answered our plea” said John McKellar of Hospice Angelus “we are now able to provide vital medical care to over 400 cancer patients here in Moldova”

If you have surplus ostomy appliances

to donate please send them to our usual address, alternatively you can drop them off at a network of events organised by ConvaTec. “We’re very pleased to support OstomyAid at our Patient Open Days” said Nick Howard, Consumer Marketing Manager at ConvaTec “This initiative allows patients from all over the country to support the project without the usual postage costs”

For more information on these collections see the back page or call the office.

Unity Lottery

Unity Lottery is a great way to support Ostomy Lifestyle, and since we joined in August last year many of you have signed up to do just that!

Playing Unity Lottery not only means supporting a great cause but also gives you the chance to win cash prizes. In fact, 2 lucky Ostomy Lifestyle players have already won £1,000 each and many other players have won smaller amounts too!

Mr Clarke in North Devon was a lucky winner last month, “I’ve only been playing for two months and we’ve already won £1,000 - I’ve never even won a raffle!” and Mrs King won £1,000 just before Christmas and said “I cannot tell you how thrilled and delighted I was, never in my life have I been this lucky and amazingly I only joined up a couple of months ago!”

Playing is now even easier as you can sign up online, or using a postal form (available from Ostomy Lifestyle) and there is a choice of payment methods.

Services Directory

- **Free & confidential Helpline**
0800 731 4264 or
advice@ostomylifestyle.org
(Mon-Fri, 10am-3pm)
- **Ostomy News**, free, regular newsletter from Ostomy Lifestyle, available in hard copy or email
- **Free Lifestyle cards**, available with a range of language cards, useful for travel and security situations
- **Free range of patient information sheets:**
 - Healthy Eating
 - Travel
 - Insurance
 - Appliance Guide
- **Free workshops** for local groups, on a variety of topics
- **Training sessions** for industry and medical professionals and staff and volunteers from support organisations
- **www.ostomylifestyle.org** featuring a directory of support groups, events, appliance and accessory manufacturers and delivery services.

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.

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 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.

Standing Order Mandate:

To the Manager
(Bank name and address)

Postcode _____

Please pay **Ostomy Lifestyle the regular donation listed in the left hand column**

Starting on ____ / ____ / ____ until further notice.

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**. I enclose a

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

Ostomy News is the free quarterly publication from Ostomy Lifestyle, bringing you news, information and events updates for anyone affected by stoma surgery.

To order your own personal copy please tick the box below and return this slip to the address overleaf completing the contact details section.

Please send me Ostomy News

- 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

Upcoming events

Thurs 14th April 2011 – Bowel Awareness Open Day, featuring Ostomy Lifestyle workshop (Walsall, W Midlands). Contact the Colorectal Nursing Service on 01922 656300 for more details.

Sat 16th April – Hillingdon Hospital Stoma Care open day (Uxbridge, Middlesex). Contact Colorectal Dept on 01895 279 391 for more details.

Sat 16th April – Hollister patient event (Cardiff, Wales). Call 0800 521 377 for more details.

Wed 20th April – ConvaTec patient event (Stoke and Warwickshire). Call 0800 834 822 for more details.

Tues 26th April – Wessex Urology Support Group (WUSG) AGM (Fareham, Hampshire). Contact Mary Morris on 02392 361048 for more details.

Wed 27th April – Dansac patient event (Hever Castle, Kent). Call 0800 581117 for more details.

Tues 3rd May – Dansac patient event (Hylands House, Chelmsford). Call 0800 581117 for more details.

Wed 4th May – Hollister patient event (Thornton Manor, Wirral). Call 0800 521 377 for more details.

Fri 6th May – Dansac patient event (Luton Hoo, Luton). Call 0800 581117 for more details.

Tues 10th May – Dansac patient event (Vale Resort, Vale of Glamorgan). Call 0800 581117 for more details.

Wed 11th May – ConvaTec patient event (Edinburgh). Call 0800 834 822 for more details.

Thurs 12th May – Dansac patient event (Highclere Castle, Berkshire). Call 0800 581117 for more details.

Thurs 12th May – Hollister patient event (Eden Project, Cornwall). Call 0800 521 377 for more details.

Tues 17th May – Hollister patient event (West Midland Safari Park, Worcester). Call 0800 521 377 for more details.

Wed 18th May – Hollister patient event (Belfast Castle, N Ireland). Call 0800 521 377 for more details.

Wed 25th May – ConvaTec event (Leeds). Call 0800 834 822 for more details.

Tues 7th June – Hollister patient event (Heath House, Staffordshire). Call 0800 521 377 for more details.

Thurs 9th June – Hollister patient event (Hever Castle, Kent). Call 0800 521 377 for more details.

Wednesday 22nd June – ConvaTec patient event (Ickenham, Middlesex). Call 0800 834 822 for more details.

Pleased to be supported by:



Ostomy Lifestyle 4 The Courtyard, Eastern Road, Bracknell, Berkshire, RG12 2XB.

Telephone 0118 324 0069 email admin@ostomylifestyle.org

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Helpline 0800 731 4264

www.ostomylifestyle.org