

IA Northern Ireland

NEWSLETTER March 2023

Dates for your diary

This year we hope to organise 'Coffee & Chat' for members to meet informally; we will keep you informed of plans for your area – or you could let us know where you think might be a good venue near you? Contact details are shown overleaf.

Our plan is to have an event in September and, of course, our Christmas meeting and we hope to let you have dates for these in the next newsletter.

2023 Subscriptions

Subscriptions are still £15 (or £10 for those over 60) and cheques should be made payable to IA and posted to:
IA National Office
35-37 West Street
Rochford, Essex
SS4 1BE

Please put your name, address and postcode on the back of the cheque (so National Office can identify which local group you belong to)

OR, you may wish to renew online at www.iasupport.org
Alternatively, you can still pay subscriptions at the members' meetings and we will forward these to National Office.

Saturday 25 March 2023

Europa Hotel, Belfast

1:30pm- 4pm

“Breathe better, move better”

Our Wellness Event had to be postponed in 2022 due to uncertainty of attendance; but with most Covid-19 restrictions now lifted and our Christmas Event being a runaway success; we are returning to the Europa for the first of our Wellness events in 2023.

GILLIAN CLARKE, professional physiotherapist and committee member, will lead this event, **“Breathe better, move better”**. With an emphasis on breathing technique, Gillian will take us back to the fundamentals of good posture and safe movement. Her exploration of Tai Chi will also be shared with our members who greatly benefitted from her class held during our first Wellness Event.

The company representatives will be on hand from 1.30 p.m. to display the latest ostomy equipment. Light refreshments will be served from 1.30 p.m. and Gillian will begin the session at 2.00 p.m.

New members

We would love to see new members and hope you will be able to attend. Tell a committee member when you arrive that it is your first meeting, and we will do our best to make you feel at home. We are glad to welcome new members and appreciate the support of our 'regulars'.

One2One Support

The need for support for new stoma patients remains constant and our potential to reach new ostomates grows with it. There really is no substitute for talking to someone who understands how you feel, and we are very fortunate to have a team of volunteers to manage these requests and offer support at a time when others may be struggling to come to terms with their situation. The gratitude we have received from the stoma care nurses who make the referrals reflects the effort undertaken by our dedicated One2One Support Volunteers. Our sincere thanks to them all!



Ileostomy & Internal Pouch
Association

Freephone: 0800 0184 724 | Email: info@iasupport.org | Website: www.iasupport.org
President: Professor Neil Mortensen MBChB MD MA FRCS Eng FRCS Glas FRCS Edin

Registered Charity: 1172338 (England and Wales) and SC048658 (Scotland)



Christmas Meeting 2022

Our Christmas Event in the iconic Europa Hotel was a huge success. With around 50 members and guests attending, it was a timely boost to our morale and were pleased to see so many new and existing members came to our new 'home' and supported us with their attendance. A welcome warm buffet was enjoyed, Chris Gill of Ulster University (IA partly funded dietetics research) and gave an insightful and educational recap of the research to date. Last but not least, we spoiled members with the rapturously received magician, Trevor Price. His performance was accompanied by our stunned silence and groans of relief as he kept us on the edge of our seats. The hilarity continued with light-hearted swipes at the brave and apprehensive 'participants' in the room. Weak from laughter we concluded our meeting and conducted a very unscientific poll on our new meeting location; the response was really positive from the majority, due to excellent public transport links, which means it shall be our meeting location for 2023.

With our new found meeting space and breadth of insightful speakers planned for 2023 we aim to bolster our purpose and relevance to members, (and hopefully new committee members), underlining our longstanding motto, *"Because we know; we care."*

Website

Information on upcoming local meetings and events can be found on our website: <http://nireland.iasupport.org>

David Cross

Acting Secretary
e-mail: david.cross@iasupport.org