

# IA Northern Ireland

## NEWSLETTER July 2023

You are warmly invited to our September meeting.  
We would love to see you again.

**Saturday 9th September 2023**  
**The Penthouse Suite**  
**Europa Hotel, Belfast.**  
**1pm- 3pm.**

**This September we are continuing our concept of 'Reset'; focusing on our emergence from Covid-19, with the absolute intention of 'making the best of it'.**

**During this meeting, we will enjoy a fascinating talk from Dr Declan Curtis (Counselling Psychologist) followed by our own Gillian Clarke, (Physiotherapist) and IA Committee Member, who will be teaching the second part of her class, 'The importance of balance and breath control through the arts of Pilates and Tai Chi'.**

**So join us in the wonderful Europa Hotel, Belfast, for some light refreshments upon arrival, meet new and existing members, the Company Reps, and last but not least, some very talented Research from Ulster University.**

**See you there!**  
**David.**

**-David Cross,**  
**NI Committee and NI YIA Co-ordinator.**



Ileostomy & Internal Pouch  
Association

Freephone: 0800 0184 724 | Email: [info@iasupport.org](mailto:info@iasupport.org) | Website: [www.iasupport.org](http://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)

## North-West Visit

IA were kindly invited to attend the Derry Walk and Open Day, in June, by the Stoma Care Nurses of Altnagelvin Hospital. There was a huge turnout of support from Patients, Companies and Health Trust Staff. Even the weather welcomed us as the sun beamed from start to finish.

We had a glorious walk along the River Foyle, across the Peace Bridge and back to a light lunch and meeting in St Columb's Hall; a beautifully restored former Cinema.

We enjoyed great interest in the work of IA and were made to feel most welcome by the local Patients and Stoma Care Team.

Our new range of literature proved to be an exciting addition to our stand and was gratefully received by Patients on the day.

If you would like to peruse the range of information and advice either visit our stand at the next Open Day or read it online now, at;

<https://iasupport.org/information-support/literature/>

Thanks to Fiona Quigley and her wonderful (family!) and Colleagues; Julie-Ann Houston and Debbie Beckett, for putting so much effort in to making the day a great success.

We would love to return.

-David Cross

## Cuppa and chat

We held our first Cuppa and chat on 24th May in the Strangford Arms, Newtownards.

It was great to welcome members from the North Down area; we had a chance to talk about loads of things; travel, insurance, supply issues and medication to name a few.

Those who attended felt the morning was very useful, everyone enjoyed the chat and more importantly the lovely scones. Looking forward to bringing Cuppa and Chat to members in the Autumn!

-Anne Demick

## One2One Support

Long regarded as one of the cornerstones of IA, the opportunity to listen, inform and support those who have had, or are considering, surgery for an ileostomy or internal pouch, is key to the support on offer from IA.

Even more so during these challenging times for the NHS when resources are stretched to the limit. Here in Northern Ireland, our One2One Support Volunteers are kept busy supporting others through these life-changing experiences.

Who are the One2One Support Volunteers?

They are members of IA who have taken advantage of the training on offer and dedicate some time out of their busy lives to offer support to others in a similar situation. They come from all over the Province and are accessible by phone, email, social media... and in some circumstances, face to face.

Referrals are arranged locally through the stoma care nurses, or by contact with the IA national office. They are matched as



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closely as possible re: age, gender, life-style.

There really is no substitute for talking to someone who understands how you feel. If you feel you could benefit from a chat with one of our Volunteers, please get in touch with Anne Demick (Chair, One2One Support) [anne.demick@iasupport.org](mailto:anne.demick@iasupport.org)

### Christmas Meeting 2023

We will keep you informed of the venue and date of our Christmas meeting this year. We plan to host it (in a larger room) at the Europa Hotel. We will let you know the date of that meeting nearer the time.

### IA Strategic plan 2022-2025

IA have published a strategy for the next 3 years to ensure the Charity is stronger going forward. The six aims are as follows;

1. Raise awareness of IA.
2. Improve and expand our service offering.
3. Harness the power of our group network and volunteers.
4. Strengthen our organisation.
5. Develop our research portfolio.
6. Advocate on behalf of our members and represent their interests externally.

To read the strategy document in detail please find it on the IA website;

<https://iasupport.org>

Subscriptions are still £15 (or £10 for those over 60) and should National Office have already contacted you or contact you in the future regarding subscriptions, 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 member organisation you belong to)*  
**OR**, you may wish to renew online at [www.iasupport.org](http://www.iasupport.org)

### Special Birthday & Get Well cards

These cards are currently sent out to members but we can only send cards to those Members that we **know** about. If you hear of a member who is unwell perhaps you could let us know.

Please let us know if any of your contact details have changed by contacting National Office.

### Our New Contact Details

Please forward all written correspondence for us to:

IA Northern Ireland  
C/O IA National Office  
35-37 West Street  
Rochford, Essex  
SS4 1BE

## 2023 Subscriptions



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