

PROGRAMME 2019

- FEB 26th** Coffee Morning at the "Raft" 10.30am
- April 27th** AGM Cancer Room 1:30pm
- May 8th** Wednesday Citizens Club Lunch downstairs followed by Speaker upstairs. Priya Rai from Auckland with Convatec
- June 25th** Coffee at "Raft"
- July 9th** Citizens Club 1:30 Jan Bibby teacher for people with Dyslexia
- Aug 10th-11th** Waikato Ostomy Conference in Hamilton
- Sept 24th** Share your story "Raft" in a private room
- Oct 29th** Evening at the Cancer Rooms commencing at 6pm. Shared tea followed by entertainer Warren Curtis plus A speaker on life in the Philippines.
- Nov 30th** Christmas Picnic at Kulim Park time to be confirmed.

Western BoP Ostomy Society Inc.



(Covering the Western Bay, Rotorua & Taupo Area)

www.ostomybop.weebly.com

Patron

Richard McNair

Executive & Committee

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Committee members

Richard McNair

We need some volunteers please.

Cancer rooms

111 Cameron Road

The Raft

65 Chapel Str.

Newsletter:

February 2019

Happy new year to all Ostomates. Hope you have enjoyed the break and hot weather.

Looking forward to seeing you at the coffee morning at the Raft, on the 26th Feb at 10.30am.

Trust that you will be available to support the enclosed programme for the year, we are trying some new things and are also in the process of bringing new people on board. This is exciting news, will confirm details at the AGM. 27th April

Take care.

Dian. President.

Richards Ramblings January 2019

Well the start of new year and I am looking forwards to a really good year starting off with a bit of surgery hopefully in late January and then everything should be upwards from there on! I feel that the society had a very good 2018 with a number of great events including the World Ostomy Day Seminar in October.

In August this year we have the National Conference being run in Hamilton and I would urge as many members as who can make it to attend this event. I do not think that there will be a cheaper one day conference available in the foreseeable future! I am sure that we can arrange to car share to cut costs down for people who would like to go just for the Saturday, at the time of writing this I am not sure who the speakers will be but I am sure that they will

be worth a few hours of your time to listen to and I understand that there will be break away sessions with specialists who can discuss the various areas of Ostomy so there will be something for everyone.



I have just uploaded to our website a word document that contains links to two very good videos that I have been sent and they are well worth taking a few minutes out to have a look at them so go to <https://ostomybop.weebly.com/news-letters.html> and open the [Videos.docx](#) folder and then just click on the two videos. They are very short but are excellent to watch.

We do need a couple more people to step forward and join the committee as we do need to always have new ideas and input into how we run the society so please consider putting your hand up at the AGM in May.

I feel that the program that Dian, Barbara, Nick and I put forwards last year worked reasonably well but if anyone has any ideas please let one of us know as we will be having a meeting early in the year to plan things for the next twelve months and we would like YOUR input.

I hope that everyone had a safe and enjoyable Christmas and New Year's break and are looking forward to a great 2019 and I will see you all at our next function.

New Member Introduction

I recently attended a Committee Meeting, and now I'm writing this. Don't be shy of attending meetings of Committees. Now I know six friendly people much better. I became an Ostomate in August 2017 when 25 cm of my large intestine had to be cut out due to Diverticular Disease, which had been bothering me for 4 years. But the underlying ulcerative colitis really kicked in then, and in June 2018 I ended up with another emergency operation getting an Ileostomy. The point being, none of it was cancer, so I didn't get to know about this Society from the Cancer Rooms. I think it was the N.Z. Ostomate magazine given to me by the hospital. I wish I could remember because it was very valuable to me to be able to talk in person to Dian and Richard and Barbara and others with my fears and thoughts and problems and to be reassured and helped, and not alone. I thank you all. I have joined the facebook group called "OstoMATES NZ". It has this icon  and I often give and get good advice about all sorts of Ostomy problems. It is a private group. You have to apply to join and no-one else but members who join can read anything posted.

But being a member of this Society takes all that to a higher level because it is real and personal, and you can contact members by phone, you know their face, I can use messenger or text, or in person, and they do come and visit you in hospital and stay in touch by phone. I suggested at the meeting I attended that I wanted more opportunity to talk with people willing to come to meetings and share ideas we all have.

Some discussion topics could be:

- ◆ Handy hints about changing or emptying bags.
- ◆ Fashion & Accessories.
- ◆ New Products. Accidents.
- ◆ Flying & Travel.
- ◆ Helping others.
- ◆ How an Ostomy may affect other health issues.
- ◆ How an Ostomy affects your feelings.

Well that's it from me. I look forward to meeting and speaking with you. I live in Paengaroa if anyone wants a lift in to meetings. Cindy Hill-Rennie phone or text 02108636369.