

PROGRAMME

2020

- 
- 14th July Speaker Laurence Bryce (Nurse)
10:30 am at The Raft
- 11th August A. G. M at The Raft. 10:30 am
- 8th September Jo From The Bethlehem Health Shop.
10:30 am at The Raft
- 13th October Coffee at The Raft.
- 21st November Christmas Breakup
The Cancer Rooms, Cameron Road
6:30 pm
Andrew Newson - speaker

Western BoP Ostomy Society Inc.

(Covering the Western Bay, Rotorua
& Taupo Area)

www.ostomybop.weebly.com



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Magazine

Barbara Mels

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Committee members

We need some volunteers please

Cancer rooms

111 Cameron Road

The Raft

65 Chapel Str.

Newsletter:

July 2020



Hello to all Ostomates,

I'm sure many of you are having fun catching up with family and friends now that we are at Level 1 ,adjusting to the new normal .

For those still feeling vulnerable I encourage you to Live One Day at a time. We can't change world events, but we can look after ourselves with simple pleasures. I trust you have enjoyed the time to catch up on all those projects around home. For me it was like a compulsory holiday back into my craft room and sewing machine I had barley touched in 2 years, You will be impressed with the latest Ostomates Magazine as many shared their experiences during lockdown. Please read the excellent article on pages14 & 15 by our very own Cindy Hill - Rennie (well done Cindy)

Looking forward to catching up with folk at The Raft on 14th July 10.30 in the board room. Featured speaker Laurene Bryce an Ostomate and Nurse at Tauranga hospital tells of her amazing journey.

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Richard and myself went through to Taupo to say good bye to Graeme Hamilton who has done a excellent job starting the Ostomy group in Taupo and is now moving to Timaru.

We were pleased that someone put their hand up to carry on the work. A number of society are struggling with lockdown and the age of members also competing with the Internet, how ever there is nothing like face to face encouragement, so if you are able to support the coming meetings we have arranged that till the end of year. This will encourage the committee to carry on regardless of the circumstances.

Take Care Be Strong see you soon
Dian Cheyne President

I was reading the March Magazine and thought this might be helpful. I'm sure you all know this but sometimes the simple things slip your mind and its good to be reminded. Hope you find this useful.

- ◆ Soap and water do not hurt your stoma and you can bath or shower as you always have done avoiding soaps containing moisturizers, and oils such as cream soaps.
- ◆ Liquid wipes and baby wipes may leave a residue on the skin that can interfere with how well the appliance adheres.
- ◆ Adhesive removers may help get rid of the adhesive residue easily.
- ◆ Skin infections can be caused by a combination of the accumulation of moisture and the build-up of normal fungi on the skin leading to a yeast infection.
- ◆ An improper fitting appliance may also cause skin irritation.
- ◆ Cutting the wafer to the correct size and carefully cleaning and drying the skin around the stoma are the best ways of preventing skin irritation.
- ◆ An appliance that is too tight may cause the stoma to swell.
- ◆ If redness, swelling or a rash appears call your stoma nurse for advice.

Richard's Ramblings February 2020

Well haven't we had a real time of things over the last few months! I got more done during the lockdown than I had ever done before and probably will have trouble matching it now.

Things are starting to get back to normal in the Ostomy world and we have a program set out for the rest of the year with a really great meeting coming up in June at the Raft with a great speaker and as these are hard to come by please come along and give support.

Dian, Les and I travelled to Taupo at the beginning of June to support the Taupo Ostomy group and we had about 16 people present which is really good, it was a beautiful but very cold day!

We have taken the step of going online with our banking now rather than wait until it was forced upon us by the banks and it is working very well so you will be able to pay your subs after the AGM in August online however we are still taking Cheques just now until they tell us to stop which will be some time off.

I have spent a lot of time on video conferences with a tremendous group of Ostomates living in Cape Town South Africa who have started the first Ostomy Society in that country and Dian and I thought that it would be nice if we kind of buddied with them to give them support and encouragement as they have a very hard task ahead of them with 60,000 Ostomates in South Africa, Nine Provinces and eleven official languages to work in. Again like the USA it is a case of medical insurance or do it very hard.

Regards, Richard McNair

The Taupo Ostomates Group

Meets at 10:30am

Thursday 6th August 2020

Taupo Cosmopolitan Club

5 Taniwha St, Taupo

Welcome to Shayne Paterson.

We wish Graeme all the very best.

Graeme 021-210-3404



The Rotorua Ostomy Group

We are still meeting at Fenton st McDonalds at 11-30am every third Thurs, Feb to Nov except April July and Nov. (School Holidays)

July and Nov is lunch at the Thai restaurant in Tutanekai st opposite Destiny Church.

All welcome

phone 07 348 5882 enquiries