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we know,
we care*

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Sussex ia

AGM 2014

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*A great talk
and a new
Young Person's
Representative.
It all happened
at the AGM.*

Many many thanks to those members that came to our AGM. The turnout was really good again and so was the talk. Mr Etienne Moore, our President has done it again in finding a really good speaker for us. Mr Jeremy Clark gave a very interesting talk on the whys and wherefores of the Internal Pouch with warts and all. The only fly in the ointment was the orchestra rehearsing in the church adjoining the hall which almost drowned Mr Clark out at times. He did brilliantly overcoming this problem.

Another highlight was the presentation of some Valley Cushions to the 3 Stoma Nurses at St Richard's. These will be of great use to the patients as they will to all the hospitals in the area as they all now have 4 per hospital donated by Sussex IA. Expensive but a godsend when you have surgery.



Needless to say all the officers of the committee were re-elected without anyone else standing so you still have Thirza, Tony and myself as Chair, Treasurer and Secretary for yet another year. The rest of the committee likewise except for the new volunteer as Young Person's Representative. Amir Ghajar has so wonderfully accepted the challenge of representing all the young persons that we have and hopefully, when he has had time to get used to us, he will get the younger ones more involved. After all the young ones are the future of IA.

Another cause for celebration was the "Coming of Age" of Sussex IA. We are 21 this year as in 1993 we split from Surrey to become what we are today. As you can see Thirza made a special cake for the celebration and very yummy it was too.



Report by Dave Drakeley

IA National Council 2014

I accompanied David Drakeley at the IA National Council Meeting in Newcastle this year on 12th and 13th April. As usual, the event was excellently planned and managed and the venue first class.

We arrived late Friday afternoon having driven up from Sussex, fortunately I was the passenger, and within an hour we were on a coach organised by BCA Direct viewing the highlights of Newcastle.

The event commenced on Saturday morning with registration and initial viewing of the exhibition of new products. The formal opening was made by the President of North Eastern IA, the host, at 11.00am followed by a business meeting up to lunch time.

The afternoon commenced with a lecture on "Gut microbiota and its modification as therapy" by Dr Yin-Han Siaw. As you can imagine this was a most interesting lecture detailing the level of bugs contained in the gut and proposals on how research is progressing in this field.

This was followed by the first of the workshops. I choose to attend the skills training, "Social Styles." Most fascinating, we were shown how to assess our own social style and those of people we meet and in doing so allow us to better relate to each other. For those interested the workshop notes are available on richard.legge@convatec.com. Well worth a look!

The evening formal dinner and dance as usual went extremely well and I believe went well into the night.

Sunday commenced with research updates, from Sreelakahmi Mallappa and Maleena Patel. Both presentations were superb and extremely interesting covering the "Metabolic disturbance after bowel surgery" and "Biomarkers of Bowel Disease". The research was shown to be extensive and time consuming and very much ongoing.



The morning concluded with the second workshop. I attended the "Building Relationships with Health Professionals". This was well attended and concentrated on the relationship between IA representatives and the Stoma Care Nurses. The group was divided into two, those that have a good relationship with the SCN and those that don't. Each group drew up a list of comments respectively and following discussion a final guidance note was proposed as to how things could be improved. Special note was made of the message from the earlier workshop regarding "Social Styles", i.e. relationships and getting to know each other well?

Following lunch the IA Business was concluded and we left to travel the 6 hours back to Sussex. An excellent weekend and car journey, I am pleased to say, well done Dave.

Written by George Powell

(Continued on page 3)

Sussex IA delegates did not win any draw prizes this year but I did pull one out for the Kent delegate



Dave's Ramblings

Has anyone any ideas at all about any sort of meeting they would like us to organise. It can be formal or informal or social. Whatever you want we will look at and try to accommodate the suggestion even if it's a pub crawl. Let's get this group getting together socially to help us all.

Young members

As you may have noticed on the front page, we now have a **new Young Person's Representative** on the committee. **Amir** is looking forward to meeting all of our young members and when he has had time to find his feet I'm sure he will be in touch with you all.

All you young members have a new rep. Please give him lots of support

George has done an excellent job of reporting what went on at National Council this year and I am very very pleased he skipped the details of some of the gut bacteria replacement therapies. Not for the feint hearted.

The Saturday workshop I attended was about committee members and how to attract and keep them. A problem that all IA divisions seem to be having. Nothing really new or innovative came out of that discussion except that we, as in divisions, should all have IA web pages to advertise ourselves. I will work on that and see if it can be linked to our own as there is no National control over what we can put on ours. National IA only really want to advocate National IA.

As usual we had our share of excitement with a false fire alarm on Saturday afternoon. It sure beats 1.00am like in Glasgow

One thing that came out of one of the talks is that although we Ileostomists don't realise it we are almost all technically dehydrated. We get used to it and live perfectly OK lives but there is research to help. I have some more information but I'm sure it will come out in time.

Whilst George did a sterling job attending the Relationships with Healthcare Professionals workshop I was gathering my strength for the journey home. Unfortunately nobody else is allowed to drive my car so George couldn't take over and I would have had problems getting in his let alone taking my scooter for emergencies.

Both motions went through as expected so that subscription rates and our donation to National remain the same. All in all a very good conference.

Written by Dave Drakeley



Watch out for a possible new website done through National IA. Basic information only but could link to our own.