

## Your Committee Members

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*Because  
we know,  
we care*

We're on the internet!  
www.sussexia.org.uk  
Email: info@sussexia.org.uk

# Sussex ia

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*We hope that  
you all have a  
Happy Christmas  
and a Merry  
New Year*

### *Christmas message from your Chairman.*

On behalf of everyone on your Sussex IA committee I wish to send you seasonal greetings and good wishes for a very happy Christmas and a healthy and successful New Year.

I am sure that you would all like to join me in congratulating our Treasurer Tony Mason and his wife Carol on attaining their Golden Wedding Anniversary in November. We hope that they will have had a wonderful celebration holiday in Antigua. We thank them both for all that they do to support and promote Sussex IA.

I want to wish them and all other committee members a very peaceful and happy Christmas and on your behalf thank them all for their commitment and support for our organisation. My thanks too to Mr .Etienne Moore our President for his dedication and support we hope that he and his wife and family will have a very special festive time.

We look forward to 2015 and meeting as many of you as possible. My wish for the coming year is that we shall manage to recruit some new members to our committee to ensure the ongoing progress and development of Sussex IA for the future.

**Merry Christmas everyone.**



## Making a difference!

Breakaway, a charity which was set up to help families with children with stomas. Many parents consider that, although they have support from the health care professionals, they can still feel very alone and isolated, Breakaway can fill this gap in a way that health care professionals cannot. By talking to other parents and family members, and seeing their child interacting with other children with stomas, they feel that their child is no longer the odd one out. By attending one of the weekends, organised by breakaway, children can feel "normal" ( their words) and make friends who understand their needs, offer a chance to chat about any problems they may have and share practical advice with each other.

At the beginning of the year, Sussex IA offered to sponsor a 10 year-old boy and his family to attend a weekend with the Breakaway charity. Matthew, along with his Dad and younger sister, went to the August weekend and had a great time. Matthew's Dad felt that the weekend spent interacting with other children with stomas helped Matthew to realise he wasn't the only child with an ileostomy! So if you want to know more about Matthew's weekend at Breakaway, see some photos and watch a DVD on Breakaway, please attend the AGM next March where there will be a presentation about it .



Written by Jane Myer

*It gives children a chance to meet other kids who have got the same or something similar and to think that they are not alone.*

## Grace Kunick Fund

Thanks to the thoughtful generosity of a past member of Sussex IA Mrs Grace Kunick, a small memorial fund has been set up and people with an ileostomy or an internal pouch in Sussex may apply in writing for a grant from this fund if they have a welfare need, or require support for a very specific, special one off event that provides them with experiences that enhance their life and wellbeing.

We have to ensure that when grants are made from this fund that they are used to further the charitable purposes laid down under our constitution and that the funding is used appropriately by recipients.

We may not always be able to cover the full costs of the amount applied for. Please also be aware that there is the Kingston Trust available for grants for welfare purposes for ostomates aged 50 and over.

Please contact our secretary Mr Drakeley for details about how to apply.



Kingston Trust  
PO Box 6457, Basingstoke, Hants RG24 8LG

Tel: 01256 52320

Email: [secretary@kingstontrust.org.uk](mailto:secretary@kingstontrust.org.uk)

Website: <http://www.kingstontrust.org.uk/>



## Dave's Ramblings

Don't forget subscriptions are due on January 1<sup>st</sup> as usual. The rates are £15 for those under 60 on 1-1-15 and £10 for those older. **All cheques etc to be sent to Tony Mason** whose address is on page 4 and made payable to "Sussex IA"

## YOUR IA NEEDS YOU!

We really urgently need members to consider carefully what it would mean if Sussex IA became merely a postal branch of the organisation. This could happen if we are unable to recruit some new committee members within the next six months. The job is not an arduous one and we are a friendly group of people who believe passionately about the need for a strong IA as a voice in times of challenge for ostomates.

What would you do if you were suddenly told that you had to pay for all your prescription supplies? National IA monitors and keeps a careful eye on issues such as this and without such an organisation representing us our needs could very well be overlooked and we should all be the poorer for that. Thus is only one example of how the organisation works in our interests.

Sussex IA is facing a real crisis because your current committee have been willingly and stalwartly serving you all for many years now and much as we would wish to do so age and ability to do so is declining. So we need you. Please consider stepping forward and assisting us.

Please contact one of us if you wish to know more about what becoming a committee member involves. We urgently need some new folk to join our happy band and hopefully that could be you.

Several other regions have become only postal ones and there are no regular newsletters or updates, just journals sent out centrally each quarter. This could happen to us if we don't all pull together. PLEASE HELP IF YOU CAN. We look forward to hearing from you.

*Help is needed to keep your IA from becoming a postal division*

## Gift Aid Form

Because of a possible hiccup in wording on past forms could you all please complete and return the Gift Aid forms that have been included in the package this newsletter came in.

*Please complete and return the Gift Aid Form*

## Date for the Diary

Next year's AGM (2015) will be at Uckfield Civic Centre on Saturday 28<sup>th</sup> March with doors open at 1.30<sup>pm</sup> and the meeting proper starting at about 2.30<sup>pm</sup>. There will be the usual refreshments, displays by the suppliers and we hope to have a speaker although this has not been confirmed at the time this went for printing. **PLEASE COME.**