

Hello,

Can you believe its summer already? And can you believe in Scotland we have been so lucky with many hours of sun and good weather? It's been a blessing and I do hope you have managed to soak up some wonderful vitamin D and, that this newsletter finds you safe and well.

Firstly, I will take the opportunity to welcome our new members; we look forward very much to welcoming you in person or online at one of our events soon. A big thank you must also go out to those who have so kindly given donations to us this last quarter. Your input and very kind actions are much appreciated by our Committee and Members alike.

It's fair to say the last few months have certainly been a challenging and worrying time for us ostomates, pouchies and our loved ones. It's great to see that now, we are seeing some signs of getting back to normal – albeit a very new normal following this pandemic we are all dealing with. With a new normality though comes new challenges and worries about staying safe; many of us are now faced with the anxiety of suddenly stopping shielding, and we are all having to get the balance between staying safe and enjoying life right. It's not easy. Our Group IA web page has kept the COVID advice, recommendations and information updated and will continue to do so and we hope this has helped in some way. It will of course continue to support you as we move into this next phase of lockdown.

As we get out and about though now more than ever, it's important to know that we have discreet mechanisms for assuring us with assistance with daily tasks like shopping and travelling confidently. There are a few key initiatives to assist us and I would recommend, if you haven't already, to look at the Sunflower Lan Yard Scheme which is making great progress for assisting people with hidden disabilities. Key supporters of the scheme include UK Airports, supermarkets, local authorities, travel providers as well as in the NHS.

Also available to help us is the "can't wait" card for those who may need access to a toilet immediately. Your product/ostomy care provider and stoma nurse can provide these free of charge to you.

The National Key Scheme/radar key is a national widespread scheme that provides independent access to locked public disabled toilets around the country and is readily available to those who need them. Again, your product/ostomy care provider and stoma nurse can assist you with obtaining one of these.

In addition, IA are offering complimentary face masks for all members – see our Facebook pages for pictures of our Committee "sporting" theirs along with the link to order one. They look fabulous and remind us that #iamstrong. We would love to see you selfies sporting your masks too! Send them to us!

### **Our New Web Presence**

I promised we as a committee were working hard in the background and I am delighted to confirm that we now have a live Local website specifically for our East of Scotland Residents alongside our new Facebook Page and Members Group. Here we have created an online forum for interactive information sharing and, within a secure environment created a closed private group where we can all be assured of engaging confidentially. Please do take a look at these pages:

<https://escotland.iasupport.org>

Facebook: @EastofScotlandIA



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

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## **Autumn Meeting – We are going online! Save the date and register your interest!**

I am delighted to say that we have mastered the art of online meetings and you and your partners/family are all cordially invited to grab a cuppa and join us and your fellow members online on the 24<sup>th</sup> of October and you can register to attend and get further details here:

<https://escotland.iasupport.org/register>

There will be many points of interest to discuss and hear about on the morning, including of course the opportunity to meet our newly formed committee and to create an open forum for member's discussion. We are delighted and very proud to confirm that our guest speaker for the day will be Ms Yasuko Maeda, East of Scotland President and Specialist Coloproctology Registrar. Yasuko is leading and managing a research project into the quality of life for people with bowel disease and we are so pleased to let you know that Yasuko has offered to share the details of this programme and discuss it with us. The research looks at all aspects of the everyday life and living with the way bowel disease impacts us. This research is inclusive of people facing these impacts and the realities of living with a bowel disease and aims to ensure the development of new assessments reflecting the issues that matter; better informing professionals and enabling people with better life outcomes. Following the presentation Yasuko will take questions and ensure some discussion.

So – please do head to this link to book your place at our meeting; we look forward to seeing you there through the wonders of online technology. Final agenda points will be confirmed nearer the time but it will be a wonderfully informative and useful morning – and of course a very friendly and welcoming one.

## **Get in touch, please do give us your feedback**

It goes without saying that your input, suggestions and comments are most definitely welcome. This is your Group and we want to make sure that you have all the local support you would like to see. Please do not hesitate to email us with your thoughts and suggestions at [eastofscotland.iasupport.org](mailto:info@eastofscotland.iasupport.org)

All that remains to be said for the moment is to always remember we are here for you – be it in person, on the end of a phone, online or via email or messages. There are no silly questions, there are no pre-requisites - just our unconditional support and commitment to you all.

With very best wishes,

Sarah Collings



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