

Hello, and a very warm welcome to our Final Newsletter of 2020! I can't quite believe I've just written that! As always, we do hope this newsletter finds you and your loved ones well and safe and we welcome our new members to the Group.

It has been a very productive and busy last few months for our Committee and IA Nationally as we adapt our ways of engaging with you all in our "new normal". Our aim, quite simply is to ensure that you have all the engagement and support access you need from your Committee and fellow members.

### **"Cuppa and a blether" is launched ...**

We have arranged monthly drop in meetings where Members are invited to grab a cuppa, their favourite chair and join us for an online blether. It was so lovely to see those who joined us in October and we look forward very much to Novembers blether. Links to join our meeting are on our web and Facebook pages and we hope to see you at one soon.

### **An inspiring event ...**

A key UK wide event this quarter was the IA Ostomy awareness day; a day of live interviews with the most inspiring people, discussions and achievements. If you didn't manage to join on the day, please do take a look at the recorded videos online which can be accessed via [www.iasupportonline](http://www.iasupportonline) and on social media using #ostomyawarenessday.

Our local online pages continue to be updated with news and key updates – including of course the latest COVID-19 guidance from our National Committee, FAQ's and how to access Stoma Clinics at the Western General Hospital in these challenging times. We are of course always available to speak with you in person – please never hesitate to get in touch with us!

### **Going from Strength to Strength**

EoS IA continues with its "relaunch" here from Edinburgh, Tracy and Jimmy, our Co-Chairs have worked tirelessly to restart the East of Scotland Group following their commitment in 2018 to do so before handing over their roles when the time was right for the Group; both have already given many years service to IA locally and Nationally and have ensured this local group continues to, and has the framework to, grow and go from strength to strength.

Volunteering is key to the success of our Local Groups, and we are so thankful to the many people who give up their time to support us. We are always looking for new people to join us and are delighted to welcome Ian Dunsmore and Alistair McKenzie to the Committee this month. Both gentlemen have very kindly offered some of their personal time to us and both bring a wealth of experience and skills that will no doubt be of great benefit to our members and committee. We thank them for their support and interest of our Group and look forward to introducing them to you at our online events.

We are also delighted to confirm the Appointments of Joy to EoS Group Secretary and Sarah as our EoS Young IA Co-ordinator.

Tracy has confirmed she will be stepping down from her role as Co Chair of our Committee in December. We will all miss Tracy very much, and we thank her hugely for her commitment to IA and for taking the group so successfully forward over the last 2 years. We look forward to Tracy



Ileostomy & Internal Pouch  
Association

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continuing to be an active member of EoS Local Group and continuing to provide the highly beneficial Visiting Support to those on the Ileostomy and Pouch journey.

### **Members – what would you like to see?**

We have been thinking about our members very much during lockdown; particularly what you would like from IA now, and moving forward. This is your group and your input and feedback is so important to its success and we would like to take the opportunity to better understand our members wishes so we can offer the support and activities that would be of interest to you and that you could benefit from. We have created a survey to collate this information and this will be circulated to all in the coming weeks. We do hope that you would take the time – only a couple of minutes – to complete and return this to us.

### **Can you help us - The History of East of Scotland IA**

As you know, we are a newish committee and are trying to build up a picture of the history of the group. We have spoken to a number of people previously involved in the group over the years and our Journal Editor. Unfortunately it has been difficult to get any detail of the early years of the group. If any of our members can remember when the group started, when you came to your first meeting, who were the Committee members before June Tulloch took over, or any information at all, please do email us at [eastofscotland@iasupport.org](mailto:eastofscotland@iasupport.org).

### **The C word .... Save the date**

Dare we mention it – Christmas has sprung itself on us, in what feels like to quickly this year. In true East of Scotland Festive style, you and your families are all cordially invited to virtual Christmas Party Night on the 11<sup>th</sup> of December.

We do hope you will put on your best Christmas Jumper, join us for a festive cocktail, some festive bingo, and of course the great social company and chat we all enjoy together.

There will be some surprises and special appearances on the night, and it will be an evening of much guaranteed laughter and fun.

Registration details (and cocktail recipes) along with access details to the event will follow soon under separate cover and we look forward to it very much.

Now, as we head towards the end of the year, and a time of reflection and hope, please always remember IA is always here for you and, we are all stronger together.

With our best wishes for good health,

Joy Groat  
Secretary



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