



Ileostomy & Internal Pouch  
Association

Registered Charity

## **East of Scotland IA Summer Newsletter 2025**

Dear members,

A very warm welcome to the East of Scotland Summer Newsletter! As always, we do hope this finds you and your loved ones well and safe, and I would also like to welcome our new members to the group.

### **Reigniting... going from strength to strength**

As you may have seen from recent social media and online communications, our trustees are delighted to confirm that the East of Scotland IA local group is “reigniting”; as such it has been a very productive recent few months as we look to the opportunities of engaging with you all.

As we progress this local commitment to our members and ensure that the framework to grow and go from strength to strength is in place, you will start to increasingly see more local updates, initiatives, social opportunities, partnerships and our branding displays in local hospitals and clinics.

Our aim, quite simply, is to ensure that you have all the engagement and support access you need from your local group and fellow members.

### **Look out for “Lunch, Cuppas and Blethers”**

We will be confirming dates shortly for monthly drop-in meetings where members are invited to grab a cuppa, their favourite chair and join us for an online blether and an East of Scotland in-person lunch. Keep your eye out for the links to join our meetings and register for a lunch event on our web and Facebook pages, and we hope to see you at an event soon!

### **An inspiring event... taking it to you locally**

Information Day 2025 was a huge success; the speakers were truly inspirational, and it was fantastic to hear about the latest medical and organisational developments. We plan to share more of these details personally at the lunch event noted earlier. In the meantime, our local online pages continue to be updated with all our news and key events – including our One2One Support access and Support Through Therapy counselling service, FAQs and how to access stoma and out-of-hours clinics at the Western General Hospital. We are, of course, always available to speak with you in person – please never hesitate to get in touch with us.



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Freephone: 0800 0184 724 | Email: [info@iasupport.org](mailto:info@iasupport.org) | Website: [www.iasupport.org](http://www.iasupport.org)

Registered Charity: 1172338 (England and Wales) and SC048658 (Scotland)

President: Professor Gordon L. Carlson CBE BSc (Hons), MB ChB (Hons), MD, FRCS, FRCS(Gen), FRCSEd (Ad Hom)



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### **Time to volunteer?**

As we continue with our “relaunch” here from Edinburgh, we have ensured this local group continues to, and has the framework to, grow and go from strength to strength.

Key to the success of our local group is our volunteers. 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 if you are interested in helping us to go from strength to strength, please do get in touch. Everyone can help make a difference to the lives of those living with or embarking on their stoma or pouch journey and we are so very grateful to you all.

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

We have been thinking about our members very much, particularly in terms of what you would like locally from IA now and moving forward. This is your group so your input and feedback is very important to its success. We would therefore like to take the opportunity to better understand our members' wishes so we can offer the support and activities that would be of most interest and benefit. We have created a survey to collate this information which 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 piece together the history of East of Scotland IA?**

As you know, we are a newish committee and are trying to build a picture of the history of the group. We have spoken to a few 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)

Now, as we head towards summer and embrace the magic of nature’s wonders and seasonal time with friends and families, please remember that IA is always here for you and we are all stronger together.

With our best wishes for good health,

**Sarah Collings, Chair, East of Scotland IA**



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