



# WAOA Newsletter

April 2023  
Volume 208

## WAOA Business Hours

Monday 9:00am to 4:00pm

Tuesday 9:00am to 4:00pm

Wednesday 9:00am to 1:00pm

Thursday 9:00am to 4:00pm

Friday 9:00am to 1:00pm

4th Saturday of each Month

9:00am to 1:00pm

## Stomal Therapy Nurse (STN) clinic hours APPOINTMENT ONLY:

Tuesday, Wednesday and Thursday  
9:00am to 1:00pm

4th Saturday of each Month

9:00am to 1:00pm

## WAOA Management Committee:

President - Quentin Hooper

Vice President - Murray Joseph

Treasurer - Andrew Burke

Secretary - Lorrie Gray

Mary-Jo Kroeber AM

Warwick Leete

## Newsletter Editor:

Shezanne Gibbs-Hooper

## Western Australian Ostomy Association Inc

ABN 43 525 882 636

[www.waostomy.org.au](http://www.waostomy.org.au)

15 Guildford Road  
Mount Lawley WA 6050

PO Box 706  
Mount Lawley WA 6929

**Phone** 08 9272 1833 **Fax** 08 9271 4605

**Business email**  
[info@waostomy.org.au](mailto:info@waostomy.org.au)

**Orders email**  
[orders@waostomy.org.au](mailto:orders@waostomy.org.au)

Please quote your member number  
when you contact us.



# THE

# Wellness

# ISSUE

## In this issue...

- We've got updates from HQ and STN Tania
- A WELLNESS feature with info & contacts
- Reports from the President & also the Albany Support Group
- and...Avon's Story

*Happy Easter Everyone & enjoy the read!*

## Disability Toilet Access Cards

You can get your Card from WAOA.

These cards authorise Members to use Disabled Toilets in public places and must be shown if your use of these toilets is questioned.

The Australian Government has an online National Public Toilet Map online at <https://toiletmap.gov.au>

## Temporary Ostomates

Fees must be paid for access to the Stoma Appliance Scheme (SAS).

They should be paid by the second month after surgery.

Products may be held until payment has been received.

If payment presents a difficulty, Members should contact WAOA, as instalment arrangements can be made.

Fees are payable by July 1st each year.

## Order Additional Stoma Supplies

If you are using more products than usual for some reason, you need to be reviewed by your STN (or GP) to find the cause and ensure the correct products are being used. They will be able to complete an application form for additional supplies. The form (PB050.2009) is available from your STN, WAOA HQ, or the Human Services website: [www.humanservices.gov.au/organisations/health-professionals/forms/pb050](http://www.humanservices.gov.au/organisations/health-professionals/forms/pb050)

Once completed the form is valid for up to six months.

Members must organise a review with an STN or GP before the form expires if additional products are still needed. We suggest you mark this date on your calendar as a reminder.

You must indicate the extra supply needed when you place your order.

## Reversals

If you have been given a date for your reversal:

- Arrange to see your STN before going to hospital for the procedure.
- Consider if you need to order a full supply of products? Perhaps you need less stock?
- Make arrangements to notify WAOA after your procedure has been completed.
- Return any unused products to WAOA.
- Help can be given for your return to no-stoma status.

*An information pamphlet is available from WAOA on request.*

## Australian Ostomy Associations

A directory of all Australian Ostomy Associations can be found in the national magazine, or online at:

<https://australianstoma.com.au/associations>

## Order Forms

We prefer members to place orders through our website: [www.waostomy.org.au](http://www.waostomy.org.au)

Alternatively, you can use the form included with your previous order.

Please email your order to [orders@waostomy.org.au](mailto:orders@waostomy.org.au)

Submit your order 14 days in advance.

## Membership Fee

Membership Fee for 2023/24:

- Full Member: \$90
- Concession Member: \$80

These fees are payable to WAOA before you receive products from the Stoma Appliance Scheme (SAS).

**Payment is due before 1 July each year.**

## Postage

In recognition of the increasing cost of living your Management Committee has **reduced the cost of postage** of parcels.

Postage will be **reduced to a flat \$8 per parcel**. This will hopefully last until the end of the year when this situation will be reviewed.

**Express parcels will remain unchanged.**

NB: To make the most of your saving, double orders are encouraged. However, there are a few exceptions: If you haven't had your stoma for 6 months yet and it is still changing size/shape; you're still trying to find a product that works for you; your STN review may cause you to change products; you're anticipating reversal of your stoma shortly.

## Keep Us Up to Date

Please advise us in writing (website, email, post or fax) of any changes to your details:

- Address
- Phone numbers
- Email address
- Medicare number and expiry date
- Concession card number and expiry date
- If you have a reversal scheduled or you've had a stoma reversal.



[www.facebook.com/waostomy](http://www.facebook.com/waostomy)

Closed support group:

[www.facebook.com/groups/WAOASupport](http://www.facebook.com/groups/WAOASupport)

Access to the closed group will require answering some questions.

Please do not use Facebook to ask for assistance or place orders.

## Holiday Supplies

- Members going on holidays can order a double supply in advance.
- If you are travelling to other parts of Australia, you can order supplies from other Australian Associations using your member number if necessary. Ostomy Australia's national magazine has a Directory of Ostomy Associations.
- For travel periods overseas longer than two months you must provide a copy of your itinerary with travel dates clearly identified with your supplies order. Up to six months of supplies can be ordered this way.
- WAOA has a travel brochure transcribed into several languages describing what an Ostomy is which you may find helpful for security screening at overseas airports.
- WAOA cannot send products overseas.

## Postage

To help reduce our administrative time, please consider making payments for several orders at a time.

**Pay your postage credit in advance by:**

- Online on our website
- Cash at WAOA HQ
- Cheque
- Money order
- Phone us with your credit card details.



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[www.omnigon.com.au](http://www.omnigon.com.au)

## President's Report

By Quentin Hooper

Well, I can't believe that we are already into April - where has the year gone!!

Recently you would have all heard the fantastic news that in response to rising costs of living, your association has implemented a flat \$8 postage fee. This flat rate will be in place till the end of June at this stage, with the committee crunching the numbers to potentially extend and further reduce this cost to our members.

The driving force behind this initiative was Committee Member Ian Laird. Ian joined the committee last year and immediately had an impact on raising items to the committee and provided a different lens on items discussed. Unfortunately, for personal reasons, Ian has decided to step away from the committee which will be a big loss. We thank him for his valued contribution and wish him the best for the future.

The committee has also welcomed back Mary Jo Kroeber AM. Many members will know of Mary Jo and the wonderful person that she is. Mary Jo is the recipient of many national and international awards, including being appointed a member of the Order of Australia for her distinguished contribution to nursing and administration. She is also an inaugural and life member of the Australian Association of Stomal Therapy Nurses Inc. We are very honoured to have Mary Jo rejoin your committee.

Work continues on our Strategic plan, with business cases being finalised on many different projects. I can't disclose these projects just yet, but the theme of this issue of the newsletter may give you an indication of what to expect. I look forward to providing more information on these as soon as possible.

On the 13 - 17<sup>th</sup> of April an International Conference for Stomal Therapy Nurses is being held in Perth. What I am sure will be a highlight for the conference includes a visit to the Association's home for a tour of the facilities. I'm sure that the delegates will love the interaction with our staff and volunteers and the knowledge shared will be valuable. On behalf of the Association, I warmly welcome all of the delegates of the conference to our part of the world and hope that their time here is filled with fun and fellowship.

Kind regards,

*Quentin*

*(Photo credit: WAFC 'Starkick Day' January 2022)*



## WAOA is a recipient for **CONTAINERS FOR CHANGE** donations!

This means that you can nominate that your 10c refund is sent to us. Simply use our unique scheme ID when you recycle your containers at a refund point!

Alternatively, we now have 2 blue-topped bins for collection of cans and drink bottles (not wine or large plastic bottles), so if you wish to recycle yours to add to our collection, please do.

**WAOA Scheme ID: C10326918**



## Headquarters' Update

By Lorrie Gray

Hello again,

Christmas and New Year activities are behind us and the New Year is not so new now. We have not been made aware of any issues around the 10-day closure over Christmas and many members took advantage of the chance to order double supplies at that time.

This can continue, reducing your time and ours in the ordering process and the **other good news** is that your Management Committee has **reduced the cost of postage** to assist members during the cost-of-living challenges that we all face. Posted orders will now **cost a flat \$8**, whether single or double, hopefully until the end of the year when this situation will be reviewed. Express parcels will remain unchanged.

To make the most of your saving, double orders are encouraged. However, there are a few exceptions to that:

- If you haven't had your stoma for six months yet and it is still changing size or shape
- You are still trying to find a product that works very well for you.
- Your STN review may cause you to change products.
- You are anticipating reversal of your stoma shortly.

If you have sufficient credit in your account, it can remain relatively dormant and then be used to pay your annual fee (due by 30<sup>th</sup> June) if desired. Thank you for the positive feedback we have received when this information was first distributed.

Our Stomal Therapy Nurse Tania returned from her Christmas holiday in UK and headed straight for Albany and Esperance to provide rural clinics and several home visits (quite a temperature shock I think). She was able to mentor STN Rachael in Albany which is quite a rare opportunity for isolated practitioners to have feedback and confirmation of their practice. Tania also attended the Esperance support group meeting as part of her commitment to increase the participation in this aspect of Ostomates' stoma journeys towards wellness.

STN clinic days at WAOA have changed to **Tuesday**, Wednesday, Thursday and 4<sup>th</sup> Saturday now. STN Debra Day has been employed by KEMH but still offers her services as a second reliever at WAOA as needed. The monthly WAOA-supported clinic in Northam, run by Sharon Boxall, has seen increasing use, including continence issues if needed, and the Support group also meets with her.

As from February 2023, there will also be a monthly WAOA-supported clinic in Mandurah, run by STN Melissa Gibson. This will be in the Murray Medical Centre again - we thank them for the use of their clinic space. The Support meeting saw 16 members attend the first get-together for 2023 and enjoy an energetic information exchange. Please contact WAOA to make appointments for any of these clinics.

The Bunbury STN clinic is also well used, although appointments are made with that clinic directly. Excitingly, a new Support Group has met in Leschenault: STN Tania and I met 26 keen members and supporters and it was decided to continue meeting on a monthly basis. Details to be emailed.

Numerous other Support Groups also meet regularly, so please see the list on page 8.

Tania is already well into planning the rest of the year's clinic visits state-wide, so there is no excuse for

## Headquarters' Update *(continued)*

By Lorrie Gray

postponing your routine yearly or second yearly check.

A new cohort of Stomal Therapy Nurse students will begin their year-long studies at Curtin University in March - you may see them when they come to WAOA for experience.

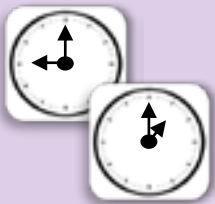
We are looking to refresh the look and layout of our front office to make it more of a welcoming space for members to safely socialise, enjoy a coffee as well have information from our wellness support team. If you know an Interior Designer who might provide some guidance about how this could be achieved, please ask them to contact me. You will find a few additional opportunities to participate in activities for your wellness in a feature article on pages 10 -13!

We are also excited to welcome Kylie Lewis, our new All-rounder office assistant, who started with us in mid-February. She will bring additional skills to our already highly skilled team.

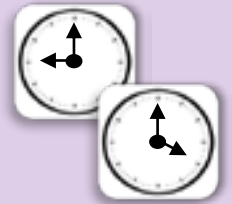
I trust you and your family are doing OK and living life to the fullest possible. Until next time, stay safe and enjoy.

*Lorrie*

### OPENING HOURS



Monday, Tuesday and Thursday: 9am - 4pm  
Wednesday and Friday and 4<sup>th</sup> Saturday\*: 9am - 1pm  
(\* 2<sup>nd</sup> Saturday in December)



### STN CLINICS

#### WAOA HQ

9am - 1pm  
Tuesday, Wednesday, Thursday  
& 4<sup>th</sup> Saturday each month

#### Northam

8am - 4pm  
Third Wednesday  
each month

#### Mandurah

8am - 1pm  
Third Wednesday  
each month

#### Bunbury

Call 0427 333 970

#### Albany

Call 9892 2465

## “FRIENDSHIP GROUP WANTED”

If you have:

- a stoma
- lost a partner
- wanted to meet others in a similar situation
- been too shy or embarrassed to do that
- wanted someone to talk to who understands

Please *express your interest* in meeting others by initially contacting **WAOA** on **9272 1833**



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## Upcoming Support Group Meetings

<b>New Members' Support Group</b>	22 April 2023 27 May 2023 24 June 2023 22 July 2023 26 August 2023	<b>New Members:</b> 12:00 noon to 1:30 pm 4th Saturday of every month (*Except December) At WAOA HQ, 15 Guildford Rd Mount Lawley
<b>Mandurah Support Group</b>	5 April 2023 3 May 2023 7 June 2023 5 July 2023 2 August 2023	5:00 pm to 6:30 pm 1st Wednesday of every month (except January) Greenfields Family and Community Centre 2 Waldron Boulevard, Greenfields (Cnr Murdoch Drive)
<b>Albany Support Group</b> Contact: Gerry 0498 666 525	2 June 2023 1 September 2023 1 December 2023	1:30 pm 1 <sup>st</sup> Friday of each quarter Free Reformed Church Meeting Room North Road, Albany
<b>Esperance Support Group</b> Contact: Len and Sari 9075 9099	25 April 2023 23 May 2023 27 June 2023 25 July 2023 22 August 2023	10:00 am 4 <sup>th</sup> Tuesday of every month Aurelia's Ice Creamery & Cafe
<b>Geraldton Support Group</b> Contact: Rhonda Oliver 0418 231 007	25 April 2023 23 May 2023 27 June 2023 25 July 2023 22 August 2023	10:00 am to 12 noon 4 <sup>th</sup> Tuesday of every month Regional Library
<b>Northam Support Group</b>	8 April 2023 13 May 2023 10 June 2023 8 July 2023 12 August 2023	10:00 am to 12 noon 2 <sup>nd</sup> Saturday of every month Training Room 1 Northam Regional Hospital
<b>Bunbury Support Group</b>	Please contact WAOA HQ (Ph - 9272 1833)	
<b>Kalgoorlie Support Group</b>	Please contact WAOA HQ (Ph - 9272 1833)	
<b>Kununurra Support Group</b>	Please contact WAOA HQ (Ph - 9272 1833)	
<b>Narrogin Support Group</b>	Please contact WAOA HQ (Ph - 9272 1833)	
<b>Perth Young Ostomates' Support Group</b>	For information, please contact WAOA HQ. Request to join via Facebook link - <a href="https://www.facebook.com/groups/365461825146299">https://www.facebook.com/groups/365461825146299</a>	
<b>West Ossie Guttsy Kids</b>	Request to join via Facebook page <a href="https://www.facebook.com/groups/381866953308120/">https://www.facebook.com/groups/381866953308120/</a>	



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# WELLNESS...WHAT IS MEANT BY THIS TERM?

The Global Wellness Institute defines **wellness** as, “the **active pursuit** of activities, choices and lifestyles that lead to a state of **holistic health**”. (Source: globalwellnessinstitute.org)

This implies each of us needs to be an active thinker and participant in the processes we want to use to work towards our optimal being.

Wellness is considered to be multidimensional and to have at least six components, including -

- **Physical** - a healthy body through exercise, nutrition, sleep, etc
- **Mental** - engaging with learning, problem-solving, creativity, etc.
- **Spiritual** - searching for meaning in our lives.
- **Emotional** - being aware and understanding ours and others’ feelings, accepting and expressing them.
- **Social** - connecting and engaging with others in meaningful ways.
- **Environmental** - fostering positive relations between the planet and humans.



Having a stoma has the potential to impact on all these and it takes time to adjust. The way you have faced and coped with challenges in the past will likely be the same way you face and manage your stoma journey.

Opportunities to regain control over your body, mind and social situations can be assisted by a variety of people and organisations. Your family members, STN, WAOA and many allied health professionals are good ways to start but there are others you may not know about.

Recently, WAOA had opportunity to participate in a twilight market and festival on Australia Day in Parmelia and we were excited to see so many agencies offering different chances to be active and involved.

On the next few pages some of these agencies are featured along with Allied Health Staff who work with WAOA. Many other organisations may be able to provide support, someone to talk to, respite and many other options and if you need more guidance just ask us here at WAOA!



**P: 9272 1833**

**E: [info@waostomy.org.au](mailto:info@waostomy.org.au)**

**W: [www.waostomy.org.au](http://www.waostomy.org.au)**





# WELLNESS SUPPORT IS AVAILABLE...



## Circle Dance Australia

**Circle Dance** is the oldest form of community dancing, a wonderful gentle exercise for mind, body and soul. In Brazil, it is even prescribed by doctors!

Weekly class (term time only) at Safety Bay Yacht Club and from next term, a class on a Thursday evening concentrating on the more meditative dances. There are also classes in Mt Hawthorn, North Beach, Mundaring & Kalamunda.

Email Christine Read for information about classes or information for other groups at [bandicoots@iinet.net.au](mailto:bandicoots@iinet.net.au) or check out the Facebook page - Circle Dance Australia  
***The first class is free why not come and try?***



## Throw A Boomerang...

WA Boomerang Association, established in 2016 but competitions at state and national levels or internationally have happened since the 1970's.

Something different for all age groups for fun - throw a wooden, plastic or foam boomerang, indoors or outside, as an individual or in a team.

There are also clubs especially for ladies - 'Boomergals'. Come and try - you can also learn to make one to throw.

[waboomerangassociation@hotmail.com](mailto:waboomerangassociation@hotmail.com)  
Facebook: waboomerang  
Ph: 0452 621 806 or 0438 049 962



**Visit Naragebup**, WA's first purpose-built environment centre providing multiple flora and fauna attractions, many doubling as hands-on education workshops for people of all ages. You can also volunteer for a huge range of tasks or hire the facilities for special occasions or education.

Email [naragebup@outlook.com](mailto:naragebup@outlook.com) or visit [naragebup.org.au](http://naragebup.org.au) Ph: 9591 3077  
49 Safety Bay Road Peron 6168



**Headspace** centres and services operate across Australia, in metro, regional and rural areas, supporting young Australians and their families to be mentally healthy and engaged in their communities. A friendly, non-judgemental, in-person information and support service for young people aged 12 to 25 for advice or guidance on any matter and feelings of anxiety or loneliness.

No referral needed. Find your nearest one on **Headspace.org.au** or phone contact available 9am to 1am (AEST) on **1800 650 890** (you can leave a message to have them call you back)

**eHeadspace** is a free online or phone information and support service for young people aged 12 to 25 who prefer to safely talk to someone in these ways or are too distant from other support services. Email or chat via the website: [eheadspace.org.au](http://eheadspace.org.au) and you are encouraged to do so earlier rather than later.



# WELLNESS SUPPORT IS AVAILABLE...



**Invisible Illnesses Inc** is a local group providing in-person support and a social group for people who have any form of invisible illness, including chronic pain, because these are not well understood by the general community and isolation is a very real issue.

Raising awareness and providing educating for sufferers and their support people as well as the general public are major objectives.

Email - [enquiries@invisibleillnesses.org.au](mailto:enquiries@invisibleillnesses.org.au)  
or visit [invisibleillnesses.org.au](http://invisibleillnesses.org.au)  
Ph: 6140 3977



**Wheeliegoodperth** - Reach out to Amber a young female ostomate using a wheelchair fulltime and who is very comfortable talking to others in a similar situation, either before or after stoma surgery.

Email Amber at -  
[wheeliegoodperth@gmail.com](mailto:wheeliegoodperth@gmail.com)  
Facebook: [wheeliegoodperth](https://www.facebook.com/wheeliegoodperth)  
or visit [wheeliegoodperth.com.au](http://wheeliegoodperth.com.au)  
where Amber promotes inclusivity, accessibility, and positivity throughout WA, and the world!

## *THE FOLLOWING WELLNESS INFORMATION HAS CONTACT DETAILS FOR THE ALLIED HEALTH STAFF WHO WORK WITH WAOA...*

### **Exercise Physiologists:**



Contact Sarah Lawrence for general physio treatments from staff aware of the potential restrictions for ostomates.

2 Blackburn St (Cnr Albany Hwy)  
Maddington  
Ph: 9459 5777

E: [sarah@maddingtonphysio.com.au](mailto:sarah@maddingtonphysio.com.au)

Cost: Bulk bill x 5/year with GP management plan or \$90 private for 45 mins



Contact Alison Wroth at  
**Hillview Women's and Men's Health Physiotherapy**

10 Burgess Street Midland WA 6056  
Ph: (08) 9274 5666  
Fax: (08) 6230 5376

E: [reception@hillviewphysio.com.au](mailto:reception@hillviewphysio.com.au)  
[alison@hillviewphysio.com.au](mailto:alison@hillviewphysio.com.au)  
W: [www.hillviewphysio.com.au](http://www.hillviewphysio.com.au)



# WELLNESS SUPPORT IS AVAILABLE...



## Dietitian:



**Dietetic  
Gut Clinic**

Contact Ele Stojanoska,  
Specialist Gastrointestinal Dietitian,  
at the **Dietetic Gut Clinic**

Ph: 9341 7770

Address: Unit 1/57 Burroughs Road, Karrinyup  
WA 6018

Email: [info@dieteticgutclinic.com](mailto:info@dieteticgutclinic.com)

## Sexologists:



Melisa Hadley Barrett

Nurse Practitioner / Sexologist

Ph: 0429 397 173

*Various locations and zoom consults available.*

Email: [melissa@rshealth.com.au](mailto:melissa@rshealth.com.au) or  
[admin@rshealth.com.au](mailto:admin@rshealth.com.au)



Psychology, Counselling & Clinical Sexology Services

Helena Green (Relate)

Sexuality and Intimacy Counselling  
Perth and Bunbury offices

Ph: 0488 080 160

Email: [helena@relate-sexology.com.au](mailto:helena@relate-sexology.com.au)  
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[www.perthmenshealth.com.au](http://www.perthmenshealth.com.au)

## Continence:



**The Continence Foundation is now Therapy Focus and also Bladder and Bowel Health**

Contact: Odette Gaynor

Senior Continence Clinician (Tues)

[odette.gaynor@therapyfocus.org.au](mailto:odette.gaynor@therapyfocus.org.au)

Mobile - 0456 145 424

Toll-free - 1300 135 373

2 Neil Street, Osborne Park WA 6017

Or email - [BBHteam@therapyfocus.org.au](mailto:BBHteam@therapyfocus.org.au)

## Counsellors & Social Workers:



Ph: (08) 6118 2684

Address: Suite 4, 434 Lord Street, Mount Lawley

Email: [bianca@illuminateminds.com.au](mailto:bianca@illuminateminds.com.au)

Web: [www.illuminateminds.com.au](http://www.illuminateminds.com.au)



Contact - Kate Pryor

St John of God Hospital, Murdoch,

Ph: (08) 9366 1236

E: [Kate.Pryor@sjog.org.au](mailto:Kate.Pryor@sjog.org.au)



# STN CONFERENCE BEING HELD HERE IN WA!

On the 13 - 17<sup>th</sup> of April an international conference for Stomal Therapy Nurses is being held in WA. The 43rd AASTN & 10th APETNA (Asian Pacific Enterostomal Therapy Nurses Association) Conference is being held in Fremantle, Western Australia!

The conference will provide opportunities for our Asia Pacific Ostomy, Wound and Continence nurses to come together with our Australian and New Zealand colleagues to network and learn best practices from international leaders in the field.

The conference includes a visit to the WA Ostomy Association headquarters for a tour of the facilities and is a great opportunity for the delegates to interact with WAOA's staff and volunteers.

Here's to a wonderful conference and the continued growth and fellowship of these amazing associations!



## SHIELD BELT



## BREATHABLE SHORTS AND BRIEFS



## GIRDLES



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Moorabbin, VIC 3189, Australia



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www.omnigon.com.au

# Avon's Story...



I suppose it all started when I was a young teenager and had a few gastric attacks. We lived quite a distance from major towns so it was mostly “bush remedies.” I remember my mother giving me lovely “Ginger Tea” to sip and that calmed things down.

This was the depression 30's and my father worked with his horses and dray doing roadworks, sometimes long distances from home. Men that were on the 'Dole' had to spread the gravel with shovels to get the dole handout. They had no choice where they were sent.

I was away working in 1941 when I had a bad bleed and was taken to Hospital. Treatment was those awful enemas and being fed grated apple and being told what I couldn't eat. That was hard with rationing. I had the odd problem after that but managed to keep them minor.

Things started to come to a head after we came over to our Conditional Purchase Block in 1960 (Ed: blocks of land requiring the purchaser to improve and live on the farm for 3 years and improve at £1 per acre per year). I guess there was stress attached to getting started and having had 5 children, I was told, hurried things a bit. Like lots of things, you put up with a little and as it gets worse you get used to it and so it was.

After I had to have a major operation for other anatomy pieces in 1963, I started having more frequent problems. One day I noticed a stain from my vagina after bad wind pain and later, more. Dr Fenwick couldn't believe me but said, “Go through to Perth for tests and don't delay.” I said, “I can't as we had a truck load of bagged super to unload and George needed help.” All I got was “Good God Ma'am.”

The whole 'Condy School' (Ed: Condingup townsite – 63 Kms east of Esperance) were also getting ready to go to a holiday camp at Pt Peron and we all took carloads. I made it to the Mount Hospital and had the tests done and was told, “We have to operate and it looks like the large bowel is completely ulcerated”, and as luck would have it, it had burst where it could drain, otherwise things would have gone septic and an autopsy would find the cause.

St Patrick's Day, Friday 17th March 1965 I came to with a shock: I didn't expect and knew nothing about it, an Ileostomy. When operated on they couldn't save anything but the Surgeons made a good job of my “Cherry Stoma.” They even arranged for a lady from Lake Grace to come up and visit me as she had also had a similar operation and we were friends for many years.

Coming home was difficult as I had to just get on with life. There wasn't an Association then, but we did have a backing plate that had to be assembled and cut out and a steel ring to fit elastic as a belt. So, we were lucky to have plastic bags and “lucky” rings. George would cut rings from bike tubes as they were stronger.

Then when a few years later the small Association was formed (it was a private house in Cathedral St), we started to get onto the Government list for essentials. Each piece needed lots of paperwork. From there it has grown to the size we have now from rubber bags that weren't all that sweet. We often went through a lot of Micropore to keep it all in place, so it's marvellous the selection we now have.

Then on another of our trips back East, Christmas 1965 / 66 I started vomiting every time I ate and nothing was passing through so I knew I was in trouble. I decided on a nightmare trip to come back to the doctors in Perth and only survived that hot trip by soaking up water like a cabbage with my feet in water every time we stopped. We made it to Norseman Hospital and was flown by Flying Doctor to Perth.

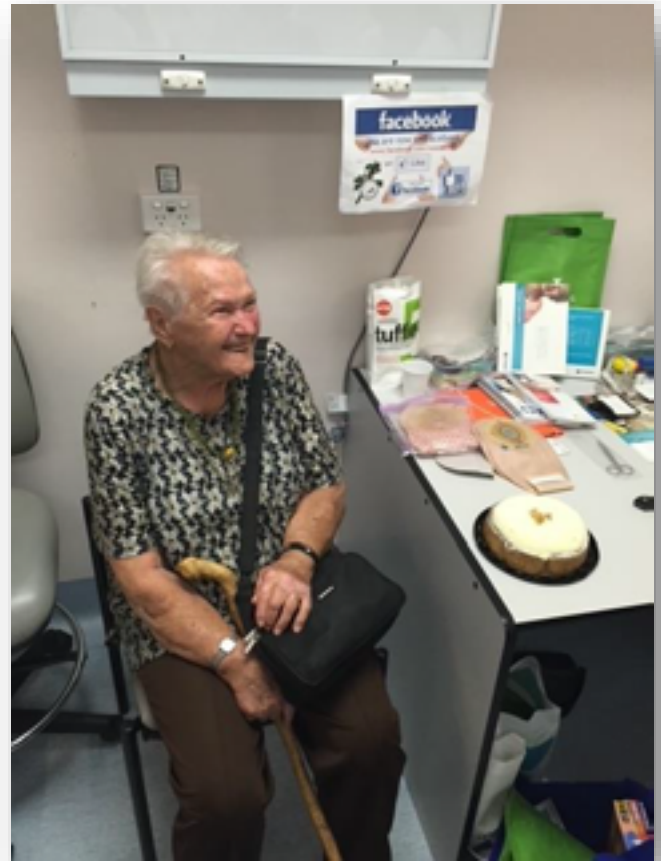


X-rays didn't show anything so they opened me up again and couldn't find what was wrong. I was on a drip for weeks and one day as a nurse was washing me I noticed something showing from my stoma. All of a sudden, the room was full of Doctors and Nursing Staff.

A swab was gently removed and was a foot long. It was starting to disintegrate and so I cheated death again, as it would have gone septic. It had been put in to stop a leakage from a double bowel during a hectic part of the original operation, and so wasn't counted for some reason. They wouldn't let me keep it as a souvenir! Too dangerous!

Since then, life has resumed as normal as it can be, with thanks given for an understanding husband. Next March 17th will see 45 years of extra living.




**Editor's note:** Avon's story was written in 2010 as a record of her journey. After her death in 2018, this record was discovered and Tania was given permission for it to be published here. We thank Avon's family for this, as it relates to a significant period of time and illustrates how things have changed over time.





- Avon Wylie with her cake celebrating 50 years of her stoma in 2015.



Then we would love to hear from you! If you have a story, recipe, photos or anything to share with fellow ostomates please send the Newsletter Editor an email at [editor@waostomy.org.au](mailto:editor@waostomy.org.au)

OSTOMATES COOKING UP A STORM!!

The Mandurah Support Group, in conjunction with Peel Health Campus, and members and volunteers of WAOA have compiled a booklet of shared recipes.

With soup, savoury, main meal and sweet treat recipes there is something for everyone to try!!

If you would like a PDF copy, please email WAOA at - [info@waostomy.org.au](mailto:info@waostomy.org.au)

## Albany Support Group Meeting Report

By Gerry Van der Wal

### *Press Release of the Meeting of the Albany Branch of the Ostomy Support Group held on 3<sup>rd</sup> December 2022*

We commenced at 1:30 pm at the Free Reformed Church meeting room. The President, Gerry van der Wal welcomed all present, particularly our STN, Rachel van den Hoek. At the commencement of this meeting it became apparent by the low turnout that the best laid plans of men and mice will occasionally go astray, as the text message invitations had not been sent out by our usually reliable and efficient Mt Lawley office. A quick phone call there produced profuse apologies with the assurance that this would never happen again. Phone calls to some of the local stalwarts produced another two members and one spouse, resulting in 5 members present, with 2 spouses, making a total of 8 including our STN. It was agreed that the President would take it upon himself to also send out a timely reminder to local members so that they would potentially have two reminders – which is always better than one – provided he doesn't forget either!

At this meeting we continued the now firmly established agenda procedure of pouring ourselves a cuppa and grabbing a slice of cake and other tasty offerings brought along by some of our faithful members so that we could encourage a further air of welcoming informality to the meeting and promote the spirit of sharing often difficult experiences.

Gerry announced the agenda, which was adopted, after which the press release of the previous meeting held on the 2<sup>nd</sup> of September was also read and adopted. There were no matters arising from this report, nor was there any correspondence in or out.

The standard agenda item of allowing members to share the trials, tribulations, as well as the joys of our journey with a stoma was again used constructively. This session is invariably a positive part of our agenda as there is always something that can be shared for the information or amusement of the other members. Since we only needed to share our STN Rachel's input and expertise between the 5 of us, we were able to pick her brains whenever a technical question arose where her expertise was valued and appreciated.

At our meetings we have a long standing tradition that members bring along a gold coin – more or less depending on what they have in their pockets at the time – and the Support Group decides what to donate this to at the final meeting of the year. Our total collections came to the amount of \$101.15; the meeting decided to donate \$50 to the Albany Hospice and the other \$50 to the Free Reformed Church for the use of their meeting room during the past year.

The meeting concluded with socialising, and further coffee and cake for those who lingered behind. Our next meeting is scheduled for Friday, the 3rd of March, commencing at 1:30pm in the Free Reformed Church meeting room off North Road. It has again been booked on time, so there shouldn't be any problems. For any further information please do not hesitate to contact Gerry van der Wal on 0498 666 525, or 0474 474 902 (work phone).

### **HAVE YOU HEARD OF POOPS WA?**

Pets of Older Persons (POOPS) is a volunteer run not-for-profit that provides a free pet care service for elderly or disabled pet owners.

Their clients are pet owners over the age of 65, palliative care patients of any age, or people with disabilities who need assistance with caring for their pets and unable to pay for support.

If you or your friends or family require assistance to care for their pets, reach out to POOPS via their website.



[www.poopswa.org.au](http://www.poopswa.org.au)

# CAN YOU HELP US?



**Customa is currently seeking participants who are interested in taking part in a project to create [custom stoma seals](#).**

Customa Pty Ltd is a medical technology company that is developing bespoke solutions in the ostomy care space to improve the quality of life of ostomates.

## How you can help

Participation requires a 3D scan of your stoma to map the features of your stoma site, including any skin dips, folds and scars. The scan for each patient will be captured using a portable scanner. You will have to remove your stoma bag and accessories.

## Are there any risks?

The 3D scan procedure is non-invasive and therefore there are no foreseeable risks associated with this project.

## Confidentiality

Images collected will be used solely for research purposes and any information obtained within the project that can identify you will be removed and your participation will remain completely confidential.

## Possible benefits

We cannot guarantee you will receive any benefits from this project. Possible benefits of the developing stoma seal may include an improvement in ostomy systems, reduced leakage or skin irritation and an increased length of wear. No seal will be produced for personal use.

**If you are interested in participating,  
please call or email us on: [0411 536 458](tel:0411536458)  
or [info@customa.com.au](mailto:info@customa.com.au)**

## Membership Fees

Your membership fee will be coming up and this is just a gentle reminder for our members and readers.

The annual fee is due at the start of each financial year (1<sup>st</sup> July) and must have been paid by that date to continue to access products on the Stoma Appliance Scheme.

The subscription for **2023/24** remains unchanged:

- **Non concessional \$90**
- **Concessional\* \$80** \*A copy of a valid Centrelink-issued Health Care or Pension Card must be sighted by WAOA

You can pay on our website, over the phone to our office, by post or in person. We accept payment by credit card, cheque, money orders and cash.

If you are having financial difficulties, **please contact us to discuss a variety of options.**

Thank you for your continued support of WAOA 😊



## HAVE YOU HEARD OF INVISIBLE DISABILITIES AUSTRALIA?

Invisible disabilities are not immediately obvious making it harder for organisations to fulfil their legal obligations to comply with anti-discrimination laws.

This can lead to loss of business, unintentional injury to staff and clients, public condemnation or litigation.

Invisible Disabilities Australia is the start of a conversation recognising and supporting 5 million Australians with invisible and other disabilities, including modified toilet locations for 50,000 people with ostomies.

For more information and how to access services such as the National Access Card & Lanyard with Medical Alert Card, which provides users with a discreet way to communicate their needs, simply visit -

**[www.invisibledisabilities.com.au](http://www.invisibledisabilities.com.au)**



**Invisible  
Disabilities  
Australia**



# STOMA TIPS – THE IMPORTANCE OF SKIN CARE..

The risk of developing a problem with the skin around your stoma has been estimated in some research to be as high as 80%, particularly if you have a loop ileostomy combined with watery stool. Skin complications are often due to an incorrectly fitting appliance/bag where the opening is either too small or too large, or you are wearing a flat bag and you need a convex or you have a hernia and you are wearing a convex bag. All of these things can lead to leakages, which in turn can lead to break down of your skin.

It is commonly reported that many ostomates don't perceive they have a problem and therefore don't seek help. It is prudent to have your skin and stoma reviewed regularly – preferably yearly but at least every two years by a Stomal Therapy Nurse (STN). It is not normal to have any redness, itchiness, burning, rash, bleeding or open sores on the skin around your stoma. It is not acceptable for you to be experiencing leakages more than once every so often. It's not acceptable that you are afraid to leave your house in case people think you smell or that you might have "an accident."

## What can you do to help prevent skin problems?

- Don't use soap to clean around your stoma. If you don't have open wounds, take your bag off in the shower and let the shower water run over your stoma and surrounding skin. Use chux wipes to gently clean and dry around the area.
- Unless you have been instructed otherwise by your STN, do not use anything on your skin under your bag: just apply you bag directly onto your dry skin. This includes moistened tissue wipes which are designed for use when you have to change your bag when away from home and have no access to tap water. Barrier wipes have also been shown to cause an allergic reaction over time.
- As soon as you feel like you have a leak under your bag, change it as soon as practical. Faeces or urine trapped under your bag can cause skin damage very quickly. Do not make bags "last longer" by applying additional tape around the edges.
- See your STN as soon as you notice that your skin around your stoma looks different to the skin on the opposite side of your abdomen.

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\* Please note that samples will be the 1 mL size. Always read the instructions for use. Do not use on infected areas of skin. If symptoms persist, talk to your health professional.

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## The National PUBLIC TOILET MAP - Part of the National Contenance Program...

The National Public Toilet Map shows the location of more than 19,000 public and private public facilities across Australia, including toilets, adult change and baby care. Information is provided about each toilet, such as location, accessibility details, opening hours and features like sharps disposal and showers.

The Toilet Map improves independence and quality of life for the estimated 4.8 million Australians who are affected by incontinence. It is also convenient for people with young families and those holidaying or travelling to new locations.

The Toilet Map is funded by the Australian Government Department of Health and Aged Care as part of the National Contenance Program and is managed through the Contenance Foundation of Australia. (Source: [toiletmap.gov.au](http://toiletmap.gov.au))



## DISABILITY TOILET ACCESS CARDS

Did you know that when you become an ostomate you are given a disability toilet access pass card?

The card identifies you as someone who requires urgent access to a toilet due to a medical condition.

These cards authorise Members to use Disabled Toilets in public places and can be shown if your use of these toilets is questioned.

Ostomates sometimes report being challenged as they enter or leave a disabled toilet because they don't look like the wheelchair logo displayed on disabled toilet doors.

Hopefully, this card will help you respond to such a challenge.



Contact the  
WA Ostomy Association  
on **9272 1833** or  
visit the website  
[www.waostomy.org.au](http://www.waostomy.org.au)  
for more information!!

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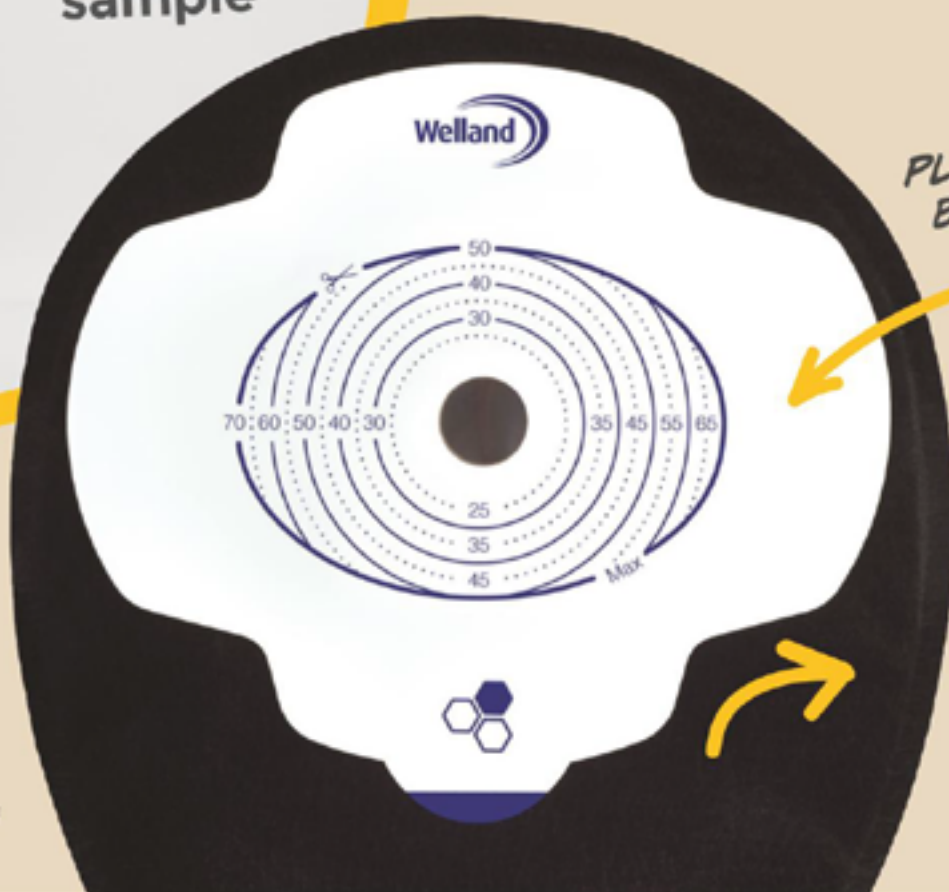
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## WA Ostomy Association 2022 – 2025 Strategic Plan

### WAOA Mission

*WAOA's mission is 'To improve the social, emotional, physical and psychological wellbeing of ostomates and the people who care about them'.*

### Operational Logistics



*Distributing products to WA Ostomates as quickly and efficiently as possible*

### Stomal Therapy Services



*Delivery of exceptional Stomal Therapy Nursing Services by our highly qualified nursing team, to ostomates throughout Western Australia*

### Research



*Support research & development activities that aim to improve the lives of WA ostomates and the environment*

### Financial Operations



*A financially strong organisation that looks to protect members' assets and limit the financial impact on members*

### Service Offerings



*Improve our Service Offerings that are delivered (or available) to WA ostomates and their carers.*



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## Stomal Therapy Nurse Update

By Tania Norman

It's been a wonderful start to 2023 having spent the New Year with family in the UK, like many I had been separated from them for over 3 years so it was great to be back! Many thanks to Debra and Nicole who covered for me at WAOA whilst I was away.

I am excited about our strategic plans for this year which include working towards the headquarters becoming a Centre of Wellness as well as a distribution centre. This will include a revamp of the headquarters' entrance and a place for ostomates to be able to come and relax, chat to others and have a cup of tea.

In addition, we want to establish exercise programs for hernia prevention, a regular Perth support group and an increase in our allied health support.

We are looking for an interior designer to assist with this project - please contact us on [info@waostomy.org.au](mailto:info@waostomy.org.au) if you think you can help.

Not long after returning from my UK visit, I finished plans for my first rural trip of the year - Esperance via Albany. Both were extremely worthwhile clinics with a total of 27 ostomates reviewed - 6 of whom were visited at home or in residential care. I was able to spend the day working with the wonderful Rachael Van Den Hoek, STN at Albany Hospital, who is providing a fantastic service to all ostomates in her region.

Rachael just needs a GP referral for those who haven't been seen before. Albany has a support group run by Geri Van Der Wal which meets quarterly on the first Friday of the month. Rachael attends when she is able and arrangements are underway for a rotation of company representatives to also visit.

Esperance will always hold a special place in my heart as it was where the rural trips all started back in 2015. It's also very fitting that we can share Avon Wylie's story as I met Avon on this first Esperance trip, and we bought her a cake to celebrate the 50<sup>th</sup> anniversary of her stoma! See her story on page 16 and 17.

Len and Sari have brought the support group back to life and meet on a monthly basis at Aurelia's Ice Creamery and Café - yes I can confirm that the scones are as good as I'd heard!

It was fantastic to have Loretta from Dansac come along to the support group, STN clinic and the education sessions - thank you! We are also hoping that all the company reps will be able to visit the support group throughout the year on a rotation system like other areas.

I'm very excited to announce that we now have a nurse from Esperance undertaking the STN course this year which will provide much needed local support for the ostomates in the region.

Kalgoorlie, Narrogin and Geraldton will be visited in the next couple of months (February and March) and I look forward to sharing the visits with you. For detailed reports please follow us on Facebook.

*Tania*

## CONTACT YOUR LOCAL STN

The Australian Association of Stomal Therapy Nurses Inc maintain a contact list of National STN's on its website.

The list includes email addresses, phone numbers and information on the availability of outpatient services.

The STN contact list for Perth is available here: [https://www.stomaltherapy.com/map\\_wa.php](https://www.stomaltherapy.com/map_wa.php)

### FIONA STANLEY HOSPITAL

Marlene McLaughlin and Renae Hall • 6152 0788

### FREMANTLE HOSPITAL

Renee Gilmour • 9431 3333

### HOLLYWOOD PRIVATE HOSPITAL

Delysia Tennant and Yolanda Herrera • 9346 6000

### JOONDALUP HEALTH CAMPUS

Shareen Van Kempen, Deborah Jessamine and Agnes Leksa • 9400 9297

### KING EDWARD MEMORIAL HOSPITAL

Mercy Colimbo and Denise Collins • 6458 2222

### MOUNT HOSPITAL

Vanessa Morris • 9481 1822

### OSBORNE PARK HOSPITAL

Julie Connolly and Caitlen Mitchelmore • 9346 8000

### PERTH CHILDREN'S HOSPITAL

Carmel Boylan • 6456 0355

### ROYAL PERTH HOSPITAL

Wendy Pearson and Nonto Bozo • 9224 2369

### METROPOLITAN SILVER CHAIN SERVICES

**Central:** Dr Keryln Carville

**Kingsley:** Nicole Denker

**Myaree:** Jenny Faithfull

**Maddington:** Anne Capes, Julie Mitchell and Lynn Beelitz  
Call Silver Chain Services on 9242 0242

### SIR CHARLES GAIRDNER HOSPITAL

Brooke Goldfinch and Sandy Hyde-Smith • 6457 3333

### ST JOHN OF GOD HOSPITALS

**Midland:** Laura Robertson and Sarah Witham • 9462 4000

**Mount Lawley:** Amy Staples • 9370 9222

**Murdoch:** Kate Brereton, Catherine Riordan and Leigh Davies • 9366 1111

**Subiaco:** Lisa Richards and Silvie George • 9382 6111

### WA OSTOMY ASSOCIATION

Tania Norman • 9272 1833

Catherine Riordan • 9272 1833

### BUNBURY REGIONAL AREA

Augusta            Bridgetown        Busselton

Manjimup        Margaret River Northcliffe

Pemberton

Felicity Jones, Ann Carter and Jo-Ellen Marshall

• 9722 1227 or 0427 333 970

### ALBANY HEALTH CAMPUS

Rachael Van Den Hoek and Christine Wilkins  
9892 2465

### BUNBURY ST JOHN OF GOD

Fiona Basham • 9722 1926 or 0448 978 234

### BUSSELTON HOSPITAL

• 9753 6513 or 0427 333 970

### GERALDTON SILVER CHAIN

Kristina Murray - Call Silver Chain on 1300 650 803

### MANDURAH SILVER CHAIN

Paula Parker - Call Silver Chain on 1300 650 803

### MANJIMUP / BRIDGETOWN

Andrea James (Continence Advisor)  
9777 5100

### REGIONAL SILVER CHAIN SERVICES

Augusta            Abrolhos        Beacon

Bencubbin        Busselton        Carnarvon

Eucla            Eneabba        Hyden

Kalgoorlie        Leeman        Mingenew

Narrogin        Northam        Rockingham

Walpole        Toodyay

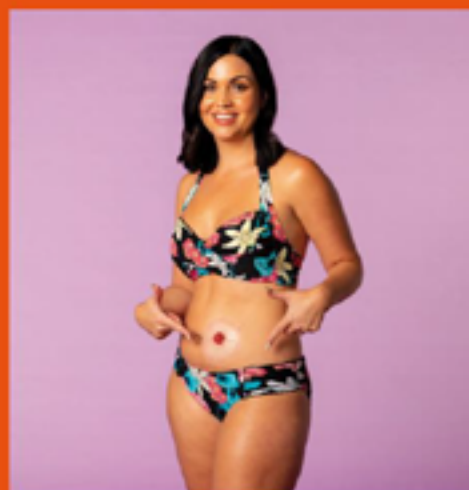
Call Silver Chain on 1300 650 803

**REMINDER: Where possible it is preferred that you see the STN at the hospital where you were first treated as they have access to your medical history. You should have your stoma checked at least every two years.**

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To advertise or contribute to our newsletter, please email: [editor@waostomy.org.au](mailto:editor@waostomy.org.au).

Pictures or adverts are preferred in JPEG or PNG format. We cannot guarantee the image quality of PDFs.



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## Share your story with us

**Stories are how we connect with others.** Online, in member support meetings or through our newsletter, sharing our stories is a great way to reach out to others and to help with our own healing.

Do you have a story you would like to share with our members in the next newsletter?  
Do you have an ostomate life hack to share – Stomal Therapy Nurse endorsed, of course.

Send your story to [editor@waostomy.org.au](mailto:editor@waostomy.org.au) Please include photos. Pictures add to the richness of your story.

Please ensure your name and contact information are included.  
You can remain anonymous in the newsletter if you like: just let us know and no contact information will be published.

### Disclaimer

WAOA disclaims all responsibility and liability for any material advertised in this magazine. Responsibility and liability for advertised content is assumed by the author of the material. Advertisements are published as submitted by the author.

WAOA also takes no responsibility for any member contributions and reserves the right to not publish contributions that contain medical or health care advice.

Please see your doctor or medical professional to discuss your specific circumstances. Nothing published in this newsletter should be considered as medical advice.

### Western Australian Ostomy Association Inc

[www.waostomy.org.au](http://www.waostomy.org.au)

15 Guildford Road  
Mount Lawley WA 6050

PO Box 706  
Mount Lawley WA 6929

Phone 08 9272 1833  
Fax 08 9271 4605  
Business email [info@waostomy.org.au](mailto:info@waostomy.org.au)  
Orders email [orders@waostomy.org.au](mailto:orders@waostomy.org.au)

Please quote your Membership (HIC) number whenever you contact us. It makes it easier for us to help you quickly.

### HQ Opening Hours

Monday 9:00am to 4:00pm  
Tuesday 9:00am to 4:00pm  
Wednesday 9:00am to 1:00pm  
Thursday 9:00am to 4:00pm  
Friday 9:00am to 1:00pm  
4<sup>th</sup> Saturday of each month  
9:00am to 1:00pm

### Reviews with our Stomal Therapy Nurse\*

Tuesday, Wednesday, Thursday and 4<sup>th</sup> Saturday  
9:00am to 1.00pm

**\*APPOINTMENTS NEEDED**

