



# WAOA Newsletter

April 2025  
Volume 214

## 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  
Saturday\* 9:00am to 1:00pm  
\*(4th Saturday of each month)

## Stomal Therapy Nurse (STN)

### clinic hours:

Monday to Friday and  
4th Saturday of each month

**APPOINTMENT USUALLY REQUIRED**

## WAOA Management Committee:

President - Quentin Hooper  
Vice President - Warwick Leete  
Treasurer - Andrew Burke  
Secretary - Lorrie Gray  
Emily Broad  
Ray Hughes-Odgers  
Mary Jo Kroeber AM

## Newsletter Editor:

Shezanne Gibbs-Hooper

## Western Australian Ostomy Association Inc

ABN 43 525 882 636

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

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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)

Please quote your member number  
when you contact us.

Happy  
Easter  
from all  
of us at  
WAOA!!



## *In this issue...*

- We've got Updates & Reports from HQ, STN Tania, the President and the Albany Support Group
- Dates for Upcoming Support Group Meetings
- Information & Facts About Caring
- WA Ostomy Bears in Vietnam
- Celebrating Lorrie's Life Membership
- and a report from the WCET Conference

*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 Application for Additional Stoma Supplies-Clinical 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

## Order Forms

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

Alternatively, you can request order forms be sent and post them back to us. You can also drop them off at HQ or in the mailbox at the door.

If you have to email your order, send to [orders@waostomy.org.au](mailto:orders@waostomy.org.au)

Submit your order 14 days in advance.

## Membership Fee

Membership Fee for 2025/26:

- Full Member: \$100
- Concession Member: \$90

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

Your Management Committee has had to **increase the cost of postage to the flat rate of \$12 per parcel from October 2024.** This is a break-even rate and will be reviewed again in June.

**Express parcels will remain unchanged.**

NB: To make the most of your postage, 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 next STN review may cause you to change products
- you're anticipating reversal of your stoma shortly

## 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
- Money order
- Phone us with your credit card details

## 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
- 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.

## 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>



Leakage problem?

# Problem solved.



Find support on every step of your ostomy journey with the me+ program.

To find out more or to request samples, please contact our customer care team on 1800 335 276 or email [connection.au@convatec.com](mailto:connection.au@convatec.com)

convatec  
**me+**

Introducing

## EsteemBody™ with Leak Defense™

Leak Defense™ combines Convatec adhesives with a comprehensive soft convexity range designed to adapt to the body for a secure, longer-lasting seal.

- ✓ Modern 8-shaped pouch for ileostomies and colostomies is designed to sag less as it fills.\*
- ✓ Chevron shape design in urostomy pouch to help direct output flow to the bottom of the pouch.
- ✓ Pouch fabric is water repellent and can be submerged in water without leaking.

1

Convatec adhesives secure the barrier, protecting the skin.



Range of soft convexity combinations designed to get the right fit from the start.

2

\*8-shaped pouches only available on closed and drainable pouches.

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## President's Report

By Quentin Hooper

I would like to extend my heartfelt thanks to everyone who attended the Annual General Meeting (AGM) last year. It was a wonderful day filled with the joy of reconnecting with friends and fellow members. The highlight of the AGM was undoubtedly the special presentation of Life Membership to Lorrie Gray, in recognition of her unwavering dedication to the WA Ostomy Association over many years. Her commitment and hard work have been truly inspiring, and we are all grateful for her contributions.

I am also deeply appreciative of Murray Joseph for his kind words about Lorrie during the presentation. His heartfelt speech captured the essence of Lorrie's dedication and the impact she has had on our community. For those who couldn't attend, a transcript of Murray's presentation has been included in this newsletter. It is a testament to the high regard in which Lorrie is held by all of us.

The Management Committee has been diligently working on several initiatives to enhance our organisation. While these projects are still in their infancy stages, we are excited about the potential improvements they could bring. I would like to express my gratitude to Lorrie, our Secretary, Warwick, our Vice President, and Andrew, our Treasurer, for continuing in their roles this year. Their ongoing commitment and leadership are invaluable to our association.

Lastly, I want to address an unfortunate incident where we were visited by a cement truck recently. We hope this is an isolated event and not something that will become common.

To all our members, I wish you a Happy Easter. For those planning to travel during the holidays, please take extra care on the roads. Your safety is our priority, and we look forward to seeing you all again soon.

*Quentin*



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 4 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**



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)

### 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.

## Headquarters' Update

By Lorrie Gray

I am writing this half-way through February - hot and steamy, so we are needing to leave an air-conditioner on over the hot weekends to protect stored products and our computer server. Thank goodness the Association has a big bank of solar panels on our roof.

### Survey

At the time of writing, we have still had no feedback on the Dept of Health and Aging's survey related to the distribution of products on the Stoma Appliance Scheme. Business as usual!

### Your Ordering

***"Order what you need to use – and use what you order" remains our request. We still need that 2 weeks' notice for your order because we live on this side of the continent!***

Don't be anxiously awaiting your next delivery, but neither have more than a month's supply in reserve. Protection of the Stoma Appliance Scheme is everyone's business, so **please check your storage area before ordering each time. Just because you have ordered something before, you don't have to re-order it if you no longer use that item.**

**NOTE: Recently we have had 4 members request that they return stock they are still using because, "I have too much on my shelf". This request was refused!!!!**

**If you have a cupboard full of something, just don't order that item until the level reaches a more appropriate one. Seems like common sense? You will not lose out!**

### Membership Fees

Membership fees will have to be **increased by \$10 for the 2025/26 year** to ensure that the services WAOA provides to members remain viable. Please contact me if this is going to be a major issue for you. There are options if you need them - just talk to me please.

### Raising Awareness of Living with a Stoma

1. Another Sausage Sizzle at Homebase Subiaco (Bunnings) is being planned as an awareness activity - it was very successful last time and those involved had fun.
2. On Australia Day, Estelle and I went down to a market event in Calista - a significant number of members of the public were encouraged to USE their bowel screening kits as a preventative / early detection measure.
3. Emily continues to advocate for ostomates travelling through security at the airport, attending major venues and promoting awareness of facilities needed in disabled toilets.

I trust you and your family are doing OK and living life to the fullest possible.

Until next time, stay safe.

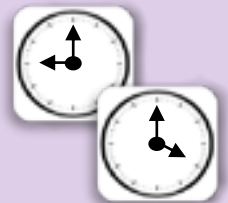
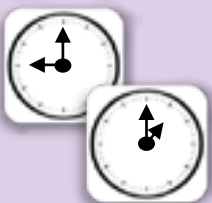
Lorrie

### OPENING HOURS @ WAOA HQ

Monday, Tuesday and Thursday: 9am - 4pm

Wednesday and Friday and 4<sup>th</sup> Saturday\*: 9am - 1pm

(\* 2<sup>nd</sup> Saturday in December)





## First Toys to Feature Sunflower Lanyard

The LEGO Group joins the Hidden Disabilities Sunflower initiative to support fans and employees with non-visible disabilities! To promote awareness, they are introducing the first-ever LEGO sets featuring Sunflower lanyard users, helping to foster inclusion through play. This exciting step highlights the importance of representation and understanding for those with hidden disabilities.

Developed with input from experts and individuals with hidden disabilities, these sets are designed across different age groups and themes. The new sets include:

- LEGO DUPLO® First Time at the Airport (10443) for ages 2+, helps toddlers navigate feelings about airports. It includes a child who is a Sunflower lanyard user, a teddy, suitcase, pilot figure, security desk, and a movable airplane.
- LEGO® Friends Heartlake City Airport and Airplane (42656) for ages 8+, features Ryan, a university student wearing noise-reducing headphones and a Sunflower lanyard, along with eight other characters, a dog, passenger airplane, airport, taxi, and luggage cart.
- LEGO® Icons Tudor Corner (10350) for ages 18+, is the latest in the modular building range and centres around the Old Guarded Inn. It includes a neurodivergent female character who uses a Sunflower lanyard. The 3,266-piece set also includes a haberdashery shop, watchmakers' studio and an apartment - where the character's lanyard is kept at the entrance, ready for her outings.



The **Hidden Disabilities Sunflower** is a simple tool for you to voluntarily share that you have a disability or condition that may not be immediately apparent and that you may need a helping hand!

Lanyards are available from WAOA on request, donation appreciated.

Visit [www.hdsunflower.com.au](http://www.hdsunflower.com.au) for further information.





# Upcoming Support Group Meetings



## Metropolitan Area

### New Members' Support Group

*4th Saturday of every month  
(2<sup>nd</sup> Saturday in December)*

**22 March 2025 / 26 April 2025 /  
24 May 2025 / 28 June 2025 /  
26 July 2025 / 23 August 2025**

12:00 noon to 1:30 pm  
At WAOA HQ, 15 Guildford Rd Mount Lawley

**Perth Social Group: Variable dates and  
venues - please contact WAOA**

### Mandurah Support Group

*1st Wednesday of every month (except January)*

**2 April 2025 / 7 May 2025 /  
4 June 2025 / 2 July 2025 / 6 August 2025**

5:00 pm to 6:30 pm

Greenfields Family and Community Centre  
2 Waldron Boulevard, Greenfields  
(Cnr Murdoch Drive)

## Regional Areas

### Albany Support Group

**7 March 2025 / 6 June 2025**

1:30 pm > 1<sup>st</sup> Friday of each quarter

Free Reformed Church Meeting Room  
North Road, Albany

Contact: Gerry - 0498 666 525

### Bunbury Support Group

**21 March 2025 / 18 April 2025 /  
16 May 2025 / 20 June 2025 /  
18 July 2025 / 15 August 2025**

12 noon to 1:30 pm > 3<sup>rd</sup> Friday of every month

Seniors & Community Centre, 1 Stirling St, Bunbury  
Contact: Maria - 0408 165 959

### Esperance Support Group

**25 March 2025 / 29 April 2025 /  
27 May 2025 / 24 June 2025 /  
29 July 2025 / 26 August 2025**

10:00 am > Last Tuesday of every month  
(except January)

Aurelia's Ice Creamery & Café  
Contact: Len and Sari - 9075 9099

### Geraldton Support Group

**25 March 2025 / 22 April 2025 /  
27 May 2025 / 24 June 2025 /  
22 July 2025 / 26 August 2025**

1:00 pm to 3:00 pm > 4<sup>th</sup> Tuesday of every month

Regional Library  
Contact: Rhonda Oliver - 0418 231 007



## Upcoming Support Group Meetings



### Regional Areas

#### Kalgoorlie Support Group

Dates to be advised -  
Goldfields Women's Health Care Centre

#### Narrogin Support Group

**1<sup>st</sup> Wednesday in March, June, September &  
December > Next - 5/3/25, 4/6/25, 3/9/25**  
12noon - 1.30pm

Narrogin Senior Citizens Centre

Please contact - Lorraine Larment

0429 812 552 or [lorraine@ozburials.com](mailto:lorraine@ozburials.com)

#### Northam Support Group

***In recess for now***

Please contact WAOA for more information

#### Vasse Support Group

**Last Thursday of every month at 10am**

**24 April 2025 / 25 May 2025 / 26 June 2025 /  
31 July 2025 / 28 August 2025**

Venue – Naturaliste Community Centre  
21 Dunsborough Lakes Dr, Dunsborough

#### York Support Group

**2<sup>nd</sup> Saturday of every month at 10am**

**12 April 2025 / 10 May 2025 / 14 June 2025 /  
12 July 2025 / 9 August 2025**

Venue - Balladong Aged Care Community Centre  
20 Redmile Rd, York WA

### Facebook Support Groups

#### Bumps to Bubs Ostomy Support

Request to join via Facebook page -

<https://m.facebook.com/groups/994994968415617/?ref=share&mibextid=S66qvF>

#### Perth Young Ostomates' Support Group

Please contact WAOA HQ - 9272 1833 or  
request to join via Facebook link -

<https://www.facebook.com/groups/365461825146299>

#### West Ossie Guttsy Kids

Request to join via Facebook page -

<https://www.facebook.com/groups/381866953308120/>



<https://www.facebook.com/share/g/jiLCkm64oFt9rTJ3/>





LeoAnne, CeraPlus™ Product User

"I am passionate about yoga, and to do what I love, I need an ostomy product that will protect my skin and that I can rely on. In my experience, CeraPlus Products give me that security and keep my skin healthy."

## I'm protected where it matters most

Providing the protection and confidence you deserve doesn't have to be complicated. The CeraPlus™ Portfolio\* provides a wide range of options to enhance security and skin health for all body types and stomas.

Infused with ceramide, the body's own defense against damage and dryness, CeraPlus™ Ostomy Products protect skin from Day 1.

**For further information or to request a sample, contact Customer Care on 1800 880 851.**



Available in drainable, closed, and urostomy products.

The testimonials, statements, and opinions presented are applicable to the people depicted. These testimonials are representative of their experiences, but the exact results and experience will be unique and individual to each person.

Prior to use be sure to read the Instructions For Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions. Hollister, the Hollister logo and CeraPlus are trademarks of Hollister Incorporated. ©2025 Hollister Incorporated. AUM547 February 2025

\*CeraPlus Skin Barrier contains the Remois Technology of Alcon Co., Ltd.



**CeraPlus™**  
Ostomy Products



**Ostomy Care**  
Healthy skin. Positive outcomes.

## Albany Support Group Update...

By Gerry van der Wal

The President, Gerry van der Wal, opened the meeting in the Albany Free Reformed Church Hall at 1:30 pm and welcomed all present. There were 7 members present, and we welcomed one new member, Ellen Hickman. Apologies were received from long time stalwarts Tom and Betty Reed, as well as our STN Rachael van den Hoek.

As per the usual, our new member was given the opportunity to introduce herself and elaborate on her journey into becoming an ostomate. It appears that she might not be staying an ostomate for very much longer as the procedure allows for a reversal sometime down the track, but she was assured that she would always be welcome if she wished to join in with our meetings in the future.

The other members posed a few questions and shared their experiences, and time flew in a pleasant fashion despite the low numbers present.

The meeting donated the sum of \$13.50 to the kitty, bringing this up to a current total of \$153. It was moved and passed that the sum of \$100 be donated to Albany Hospice and \$50 to the Free Reformed Church of Albany for the use of their facilities during this past year. Coffee and cake and socialising was enjoyed again by all afterwards for what had been another relaxing and enjoyable meeting.

**Our next meeting is scheduled for the 7th of March 2025, same time same place, all things being equal.**

**PS:** I almost didn't get around to writing this report, as there was really very little to report on, and I did feel a bit despondent at the low numbers we were experiencing recently. But then I reconsidered, and admonished myself as the members who did attend obviously did appreciate the opportunity to exchange experiences and catch up with each other, and then numbers are not crucially important to the purpose of the meetings.

However, the meetings do have a lot more value if there is a goodly number present and we have the valuable input of our STN and one or more stoma sales reps providing us with relevant information about their products to consider. As the old adage goes - a problem shared is a problem halved, whilst a joy shared is a joy doubled is still so very true!

So, to any stoma patient in the Albany area who is reading this: please don't be shy! Make the effort to come and attend our meetings and let us share the struggles and joys of living with a stoma with you. You'll be surprised at how encouraging and uplifting an experience this can be.

**PPS:** In the light of our previous meeting's discussion re the effectiveness of stoma bag adherence in hot weather, I had the privilege of holidaying in Cairns for a week at the beginning of February to celebrate our eldest son's 50th birthday, and experienced that my bags barely made it over my normal 2-day period due to the hot, sticky, tropical weather.

I was forced to change them a bit more frequently, but thankfully did not experience any leakages. We copped over 600 ml of rain over the 7-day period we were there; wish we could have diverted some of that to WA! But it did make for fantastic waterfalls!

And the security at the airports? Not a problem. They very discreetly took me aside and asked me to wipe my hands over my stoma bag and then they wiped a wand over my hand and tested it for whatever, and I was free to go!

Editor's note: Many thanks to Gerry for these updates about what support groups discuss and can offer ostomates - it is greatly appreciated ☺



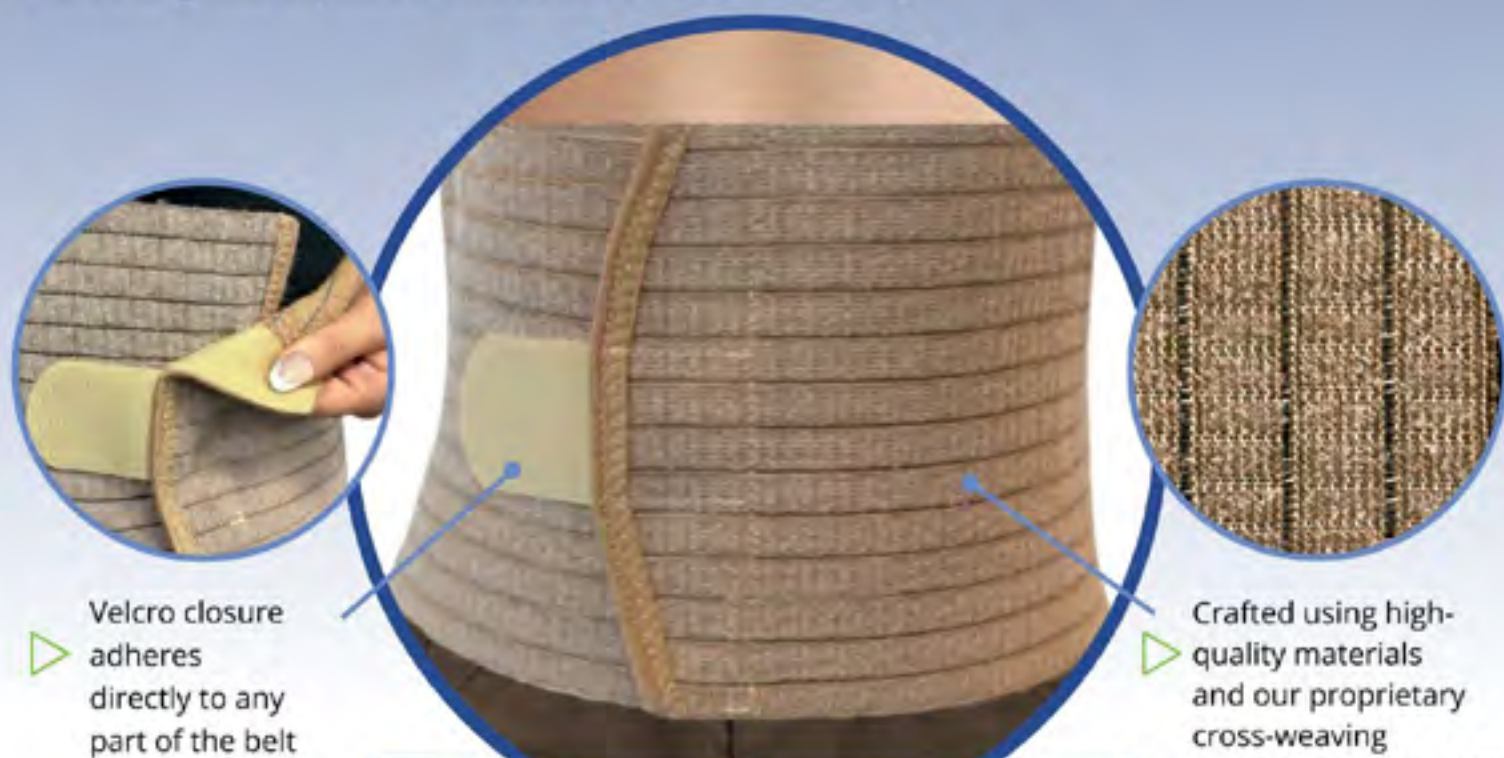


Ainscorp

NEW

# SUPPORT BELT

The Ainscorp Support Belt is cross-woven without hemming, ensuring exceptional comfort and flexibility.



Velcro closure adheres directly to any part of the belt for a tailored fit



Crafted using high-quality materials and our proprietary cross-weaving manufacturing process

CODE	SIZE	BELT WIDTH	WAIST SIZE
SBNSM19	SML/MED	19cm	50-90cm
SBNLXL19	LGE/XLGE	19cm	80-155cm
SBNSM23	SML/MED	23cm	50-90cm
SBNLXL23	LGE/XLGE	23cm	80-155cm

4 belts per year available from your Association



# WA Ostomy Bears Bring Joy in Vietnam

Dear Fellow Ostomates,

My name is Kelly and I'm the creator of "Ostomy Support Bears WA." I want to express my heartfelt appreciation for all of you. I create special ostomy bears - teddy bears with ostomy bags that children, adults, friends and family can remove to see the stoma and learn a little about this new way of going to the toilet. Some people may be contemplating or recently had this type of surgery or have had a stoma for a long time. Over the past six years, I've been honoured to have sent out more than 7,150 bears globally! putting smiles on people's faces, helping educate non-ostomates and reducing the stigma associated with having an ostomy.

I'd like to share a recent experience that touched my heart. In November, I travelled to Vietnam for my first holiday since COVID. I decided to donate ostomy bears to a children's hospital nearby in Ho Chi Minh City. Although it was a "poor people's hospital" (heartbreaking to see) I was eager to spread joy. My brother accompanied me on my holidays as my wheelchair chauffer, (I can't walk for any distance due to arthritis). I suggested we take 20 bears.

Despite language barriers, we used Google Translate to navigate to the hospital. The visit was profoundly moving. The wards were open, with patients resting in hammocks in open corridors due to the lack of space in the rooms of 12 infants to 1 adult. It was a mix of resilience and hope. The children's excitement at receiving the bears was priceless and their parents were equally thrilled.

An especially memorable moment was with a little girl in a purple nightgown where I'm sitting on her bed so her mum could take pictures. I handed her a bear and her mother's delight lit up the room. The mother revealed her daughter's own ostomy bag, creating a meaningful connection. When I showed her mine, she seemed somewhat confused but fascinated that I too had an ostomy.

This journey was enlightening for my brother - he turned to me and said, "I get it"! You can't buy that feeling of giving something as simple as a bear to people - it was a moment that resonated deeply for both of us.

For those new to our community, having an ostomy has transformed my life for the better. After nearly 27 years, I can say it has given me a second chance after battling Crohn's disease. I wish I had understood its liberating potential sooner. The difference in my quality of life with the bag gave me a life I had forgotten existed - travelling the world, working in demanding jobs, going out with my friends, dating and finishing my social work degree. My ileostomy has not stopped me once from doing something I have wanted to do, and I say that whole heartedly.

So don't let it stop you from doing all the wonderful things life has to offer when you're not bound to a toilet. Don't be afraid to get out there doing all the things you want to do because you can.

The bears originated from a gift my brother gave me, highlighting the impact they can have. Then a comment made by Carmel Boylan, one of the wonderful STN's here at the Perth Children's Hospital about trying to get them made locally because they are very expensive for us to get from the UK.



# WA Ostomy Bears Bring Joy in Vietnam

With help of local strangers and friends, I began crafting these bears in Perth. I'm grateful for everyone supporting this cause, especially Lynn Fisher, who has been incredibly helpful. Annette Glanville has been making bears almost from the start, having made almost 700 handmade bears and clothes that are just adorable.

Unfortunately, Annette has recently had to stop as she had multiple issues which she has had since she came onboard, but the joy she got from doing them and her ability to be as amazing as she is showed in her everyday life and she couldn't let them stop her. I couldn't be more grateful for her contribution to *Ostomy Support Bears WA* and 700 of you are loving one of her bears.

If you're interested in obtaining an Ostomy Support Bear for yourself or a loved one, please reach out. They are available for \$35 within Australia (that includes shipping). All details about connecting with me can be found via my:

Facebook page, "Ostomy Support Bears WA"

You can call directly on my mobile 0425 617 744 or email me at [mossy120@gmail.com](mailto:mossy120@gmail.com)

I'd love to help organise one for you or a loved one. Thank you all for your incredible support. Whether you've purchased a bear, donated, or shared your stories, you're invaluable to our community and the continuation of my initiative. If you feel moved to support my work further, even a small donation makes a difference, allowing me to continue providing bears and support to our community worldwide. Remember, I'm here for all of you – always feel free to reach out.

Let's keep uplifting each other and sharing kindness, support, experience and bears.

With gratitude and love,

*Kelly (The Bear Lady)*

Purchases or Donations can be made via bank transfer using the below bank details.

Account Name: Bears Bank Kelly Moss

Westpac Bank -

BSB: 736-079

Acct No: 696910

PayID using my mobile number: 0425 619 744



*\*Editor's note: Many thanks to Kelly for this inspiring and positive open letter to fellow ostomates and readers - it is greatly appreciated ☺*

# CARING for Someone? Help & Support is Available!

## Who Are Carers?

The Carers Australia website defines it the following way -

***“Carers are people who provide unpaid care and support to family members and friends who have a disability, mental illness, chronic condition, terminal illness, an alcohol or other drug issue or who are frail aged. Carers are an integral part of Australia’s health system and are the foundation of our aged, disability, palliative and community care systems.”***

Resources such as Carers Australia, Carers WA, the Carer Gateway and the Australian Carers Guide are just a handful that are available online and below are a few examples and facts on what they have to offer.

**Carers Australia** is the national peak body representing Australia’s unpaid carers, advocating on their behalf to influence policies and services at a national level.

Their vision is an Australia that values and supports the contribution that carers make both to the people they care for and to the community as a whole.

**Carers WA** (a member organisation of Carers Australia) is the peak body that represents the needs and interests of carers in Western Australia. They work to achieve an improved quality of life for family carers in our state. Carers WA is a non-profit, community-based organisation and registered charity dedicated to improving the lives of the estimated 230,000 family carers living in Western Australia.

They can provide information for the **Carer Gateway** and other providers, carer wellness at home, carer retreats, social support and even support for young carers. If you want to start a conversation about being a carer and what your rights are this is a great place to start!

Some statistics from Carers Australia and all their contact details and website addresses are listed below.

### Carer Statistics...

- There are over 3 million carers across Australia \*
- Carers make up nearly 12% of Australia’s population \*
- 4.6% of all Australians (1.2 million people) are primary carers, those who provide the most informal support to a family member or friend \*
  - Two-thirds of primary carers are female \*
  - The average age of a primary carer is 54 \*
- 11% of carers are under the age of 25 - an increase of 60% since 2018 \*
- 30% of primary carers cared for 40 hours per week or more \*
- 43.8% of primary carers have a disability themselves \*
- 58.3% of carers have low wellbeing compared to 30.4% of all Australians ^

\* Data drawn from the Survey of Disability, Ageing and Carers (SDAC)

^ Data drawn from the Carer Wellbeing Survey





# CARING for Someone? Help & Support is Available!

The **Australian Carers Guide** is a 132pp quarterly publication packed full of helpful, practical and entertaining content all in one easy-to-read magazine.

It is available in hard copy at newsagents and by subscription, however you can also download a FREE digital copy!

Founded by Paul Koury who spent some time caring for his mother, which at times was frustrating and stressful, he discovered there wasn't a lot of information and support for carers - especially the unpaid ones! With 30 years in the publishing business Paul decided to start his own magazine to help other unpaid carers navigate their way through this difficult and complicated time.

It is a great resource and I have highlighted some examples of that content. You can also sign up for the e-Newsletter to get more frequent content so make sure to visit - [australiancarersguide.com.au](http://australiancarersguide.com.au)



## Articles and Recipes by Maggie Beer



## Mental Health Support

Services ready to help you if you need mental health support -

- Lifeline on 13 11 14
- Beyond Blue on 1300 22 4636
- MensLine on 1300 78 99 78
- Open Arms - Veteran Family and Counselling on 1800 011 046



## Money Matters

Here are some ideas to help you make better choices when your grocery shopping:

- \*Shop when you aren't hungry
- \*Make a list and plan meals so you'll have leftovers
- \*Check and organize the fridge before you shop to avoid waste
- \*Use loyalty cards and coupons
- \*Consider generic brands whenever possible



**AUSTRALIAN CARERS GUIDE**  
[australiancarersguide.com.au](http://australiancarersguide.com.au)

*\*Editor's note: All information was sourced from the websites in this piece and WAOA acknowledges and credits these resources in sharing this helpful information with our members and readers.*

# Say "hello" to more confident living



Preparation



Application



Security



Removal

As many as **75% of ostomates** report skin complications.<sup>1</sup> **Convatec is your solution.**

## ...with our specially designed range of ostomy skincare accessories

- ✓ Everything you need to build a skincare routine tailored to your needs, while caring for and protecting your skin
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- ✓ Covering leak protection, to odour control and Sting-Free Skincare, our range helps you say "Hello, World" with the confidence you deserve



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Always read the label and follow directions for use.

1. Salvadalena et al. "Lessons Learned About Peristomal Skin Complications: Secondary Analysis of the ADVOCATE Trial". J Wound Ostomy Continence Nurs 2020;47(4):357-63. ©2023 Convatec Inc. All trademarks are the property of their respective owners. AP-64644-AUS-ENG-v2 0640 September 2023



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With a secure connection between you and your pouch, you're free to do the things you want to - whether that's taking a swim, a workout, a date or just getting back to work.

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# Lorrie Gray - A Member for Life...

*At last year's AGM Lorrie was awarded Life Membership of WAOA and in case you missed it the following is the speech former WAOA President, Murray Joseph, gave before presenting this much deserved honour to Lorrie.*

It is my absolute privilege to stand before you today to recognise someone who has made an extraordinary contribution to the ostomy community - a person who embodies the values of generosity, compassion, and dedication. Today, we honour Lorrie Gray, who has been a cornerstone of the WA Ostomy Association since she began her volunteer journey with us back in 2009. After 3 years as a volunteer, Lorrie then joined the management committee, where she has served ever since. She has been secretary of the association since 2017, and is now also Vice President of ACSA, which is the national body that works and liaises with all Ostomy Associations throughout Australia.

For the past 15 years, Lorrie has given her time, energy, and unwavering commitment to supporting people in need, often going above and beyond to make a meaningful difference in their lives. Lorrie's impact is not just measured in hours volunteered, but in the countless lives she has touched. Whether it's through her kind words of encouragement, her ability to listen with genuine care, or her willingness to take on any challenge that comes her way, Lorrie has proven time and time again that she is a person of rare dedication and heart. Whether it's been helping individuals navigate the challenges of living with an ostomy, advocating for better outcomes for ostomates, or simply ensuring that everyone feels heard and valued, Lorrie has done it all with good grace and humility.

In my time at WAOA, and as a past president, I got to see firsthand the hard work and dedication that Lorrie brings to the table. She has worked with numerous presidents, a wide array of different management committees, our incredible staff and volunteers, and the broader Ostomy community throughout Australia. For 15 years, through changing circumstances and challenges, Lorrie has remained steadfast in her commitment to our cause. Her reliability and loyalty are qualities that inspired us all to do more and to be better in our own contributions.

She fought the good fight alongside Dr Alan Nash and the Australian Council of Ostomy Associations when the federal government were considering other options for product distribution, and between them and their steering committee, they were successful in keeping this valuable service within the ostomy association network. Lorrie guided the association through, arguably, its most challenging time when Covid hit us back in 2020, and lock downs were in place across the country. Her planning, determination and willingness to find solutions, meant we were able to keep up the important supply of products to Ostomates with few, if any, delays. Lorrie has also been a long-time advocate for providing a stomal therapy nursing service to Ostomates, particularly in remote and regional communities throughout WA, and today, that service is providing amazing support to people who may not otherwise be able to access this type of care.

Unfortunately, it is simply not possible to mention everything that Lorrie has done for this association and for Ostomates, over her 15 year contribution to date. Sufficient to say that, today, we not only celebrate Lorrie's incredible contributions and achievements, but also the lasting legacy she continues to build. It is because of amazing people like Lorrie Gray that our association continues to thrive, and the community we serve continues to feel supported, nurtured and empowered. Lorrie, this recognition is a small but heartfelt token of our immense gratitude for all that you have done, and all that you continue to do. You exemplify the very best of what it means to be a volunteer, and we are truly fortunate to have you as such an important part of our Ostomy family.

On behalf of everyone here today and the countless people whose lives you've improved, thank you for your unwavering dedication, your unwavering compassion, and your unwavering kindness. It is now my absolute honour and privilege to present Lorrie Gray with life membership of the WA Ostomy Association.

*Editor's note: Many thanks to Murray (pictured to the right with Lorrie) for providing his speech for the Newsletter, it is greatly appreciated ☺*



eakin  
*freeseal*

# FLEXING LIKE A PRO IT'S ON

Charlie, UK, **Unstoppable**  
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# Stomal Therapy Nurse News...

*By Tania Norman*

It's a little late to wish you a Happy New Year as by the time you read this, we are already a quarter of the way through the year, but regardless, I hope it has been a good beginning.

## STN Advice - Extra supply certificates

January saw us renew and complete over 25 extra supply certificates. A certificate enables you to receive above and beyond the allowance allocated by the Stoma Appliance Scheme (SAS) for your bags and accessories. Whilst its generally thought that the allowances are adequate for most people, there are occasions where you may need extra and this can be arranged with your STN. The STN will discuss your situation and possibly ask you if the reason for additional supplies is due to frequent leakages - this is normally something that we can rectify.

If the certificate is authorised, you must order the extra amount when placing your order as it isn't automatically added for you: conversely if you don't need the additional amount each month, **please don't stockpile**. The certificate is valid for up to 6 months: you may not be notified that the certificate is about to expire so please put a note in your diary to contact your STN a month before the end date if you still require those extras.

## STN Activities

In addition to running the STN clinic and organising the annual rural visits to the 12 regional areas as Bowel and Stoma Health WA, there has been opportunity to work on other projects.

## Peer Support Program

As you are probably aware we are setting up a peer support program so that every potential ostomate has the opportunity to speak to an existing ostomate who would understand some of the anxiety and fears they may have around becoming an ostomate.

To establish our Peer Support Program, it is a requirement that our organisation has the correct processes in place to be able to support those offering their help. At the beginning of February, we have 28 members who have expressed an interest in helping others. We aim to match people of like ages and types of stomas, so identified gaps are for males aged 30 – 60 with an ileostomy, our younger colostomates 18 – 30, both male and female and males aged 30 – 60 with a colostomy.

In our urostomy category we do not have males or females from 18 – 60. We are also looking for dual ostomates ileostomy/urostomy and colostomy/urostomy of both genders. If you feel you would be able to support others facing the same surgery you have had, please either email [info@waostomy.org.au](mailto:info@waostomy.org.au) or telephone 92721833 during office hours.

## Window Display

We are still working behind the scenes on our window display at WAOA headquarters to increase awareness of what an ostomy/stoma is for the general public and are currently in the process of editing photos for use.

## Hernia Forum

Unfortunately, the development of hernias around stomas is a common occurrence and we often have questions from ostomates in relation to either their prevention, management and/or treatment. In response to the number of enquiries regarding hernias we organised a hernia forum where we invited a Researcher, Exercise Physiologist and Surgeon to present. The response from ostomates wishing to attend has been overwhelming. We are hoping to record the event for those members that couldn't attend to view on our website.



# Stomal Therapy Nurse News...

## Airport Follow Up

We were very saddened to hear of the recurrence of poor treatment of ostomates by security staff at Perth Airport again over the December holiday period which included one of our staff members. This setback at Airport security is very disappointing given the improvements we had seen previously however, rest assured we are onto it and by the time you read this Emily (who is on Perth Airport's Access and Inclusion Advisory Panel) would have attended a security staff education session and hopefully we can again expect consistent, positive treatment of our members. Please do let us know if you encounter any difficulties, in addition to complaining directly to Perth Airport as soon after the event as possible – good experiences are also welcome!

## STN CLINICS IN W.A.

### WAOA HQ

Monday to Friday  
& 4<sup>th</sup> Saturday of  
each month  
(Appointments usually  
required)

### Northam

For more  
information  
call  
9272 1833

### Mandurah

8am - 1pm  
Third  
Friday  
each month

### Bunbury

Call 0427 333 970

### Albany

Call 9892 2465

## 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.

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



AUSTRALIAN ASSOCIATION OF STOMAL THERAPY NURSES

# 44<sup>TH</sup> AASTN CONFERENCE

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30 APRIL - 2 MAY 2025  
PULLMAN MELBOURNE  
ON THE PARK



For more  
information, visit -  
[stomaltherapy.au](http://stomaltherapy.au)

# Bowel & Stoma Health WA News

by Tania Norman

Early February I travelled to Albany and Esperance where I worked alongside Rachael Van Den Hoek - resident STN at Albany Hospital. We travelled to 3 residential care homes (RCH) reviewing the ostomates there and providing education sessions to the staff at each facility. Rachael is unable to visit RCHs as part of her role so was pleased to be able to review them. I also ran a clinic for ostomates not on Rachael's list and was able to refer to her for ongoing support.

In Esperance I was able to attend the monthly support group in addition to running a clinic where over 13 ostomates were booked. Home visits were also conducted and further education provided to RCH, hospital and community staff.

At the end of February, I will fly to Melbourne to provide an education session on peristomal skin complications to other STNs sponsored by Coloplast - the last in the series which took me across the country last year.

In March I will attend the first support group meeting of the year in Narrogin and offer a STN clinic along with education to hospital and RCH staff and hopefully catch up with Emma - the newly qualified STN for the region. It is envisaged that Emma will take over the clinic and support group once sorted in her new position.

Hopefully in March I will have time to travel to Kalgoorlie. I will also be looking at the need for a STN clinic in Northam now that we don't have a regular clinic since Sharon has changed positions.

## Support Groups

In January I attended the support group for those in the Dunsborough/Busselton region which was held in the Cape Naturalist Community Centre: thank you to Deb for her yummy cake - the group will continue to run with Jim, Deb and Audrey at the helm.

Lorrie and Estelle attended the first support group in York in February which saw 7 members attend, this now takes the number of support groups to 13 which is fabulous.



*\*The Esperance Support Group*

*\*Editor's note: Many thanks to Tania for her updates - it is greatly appreciated 😊*

## 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.







Stoma  
Skin  
Soul

“I love this product  
because most of all it  
gives me confidence”

**Jim, Cancer Dynamo**

Designed to stop leakage before it happens

## **NEW NovaLife TRE™ urostomy pouch**

- NovaLife TRE™ is a unique skin barrier that contains super absorbers that swell and expand when in contact with moisture, forming a secure seal to protect the skin<sup>1</sup>
- Anti-bulge valve and discretion dot features can greatly reduce pouch bulging<sup>2</sup>
- The EasiView™ viewing option provides discretion and allows observation of stoma and urine if needed.
- The improved tap of the NovaLife TRE™ urostomy pouch is adjustable and allows safe and controlled emptying of the pouch.



To view Jim's  
review scan  
this code

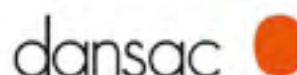
To get your free sample call **1800 880 851** or visit **[www.dansac.com.au](http://www.dansac.com.au)**

1. Dansac data on file, LN-05224.07/22.

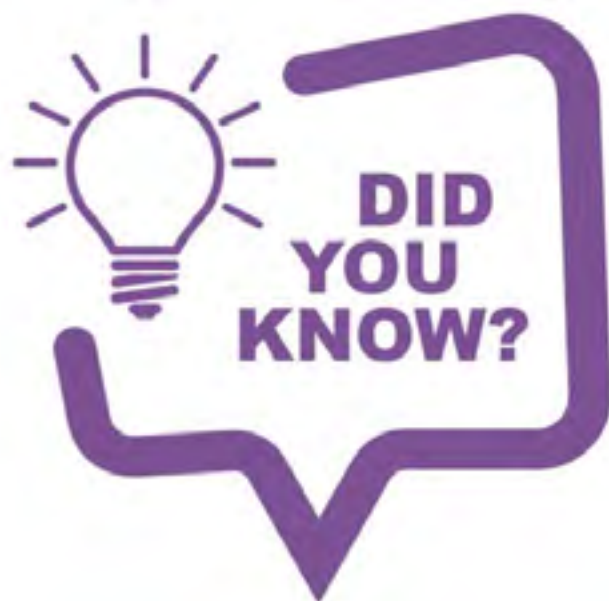
2. When compared to Nova urostomy pouch.

Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.

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Did you know, that as of the 28<sup>th</sup> February 2025, WAOA has a total of **4155 members**!?

WAOA is managed by a committee that is elected at an annual general meeting for a two-year term following a nomination process by members. We are a non-profit, non-government organisation that relies on the dedication and support of our staff, Stomal Therapy Nurses and volunteers.

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

Here are some more membership statistics!!

## WAOA Membership Statistics

Of our 4155 members there are -

- 943 temporary members and 3212 permanent members
- An average of 74 new members per month
- 1617 have had a Colostomy
- 1695 have had an Ileostomy
- 765 have had a Urostomy
- And 78 members have other various reasons

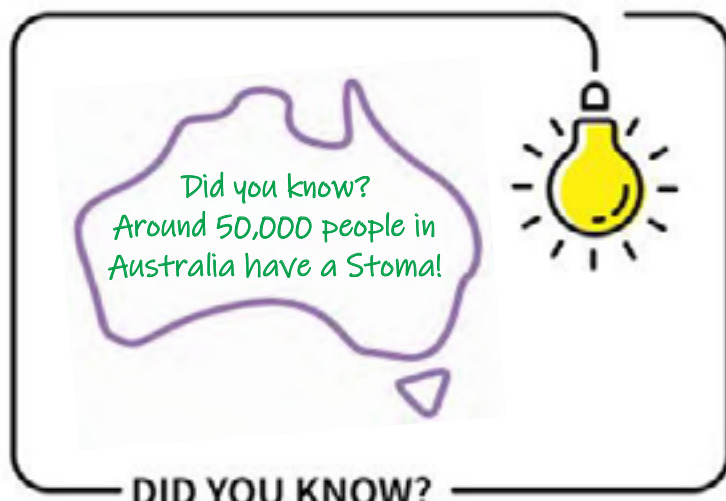


Ph - 08 9272 1833  
E - [info@waostomy.org.au](mailto:info@waostomy.org.au)



Of our 4155 members -

- There is an age range of 2 days old to 106 years
- And 30.3% of members are in a postcode greater than 6200



DID YOU KNOW?

# An Ostomate's Guide to Food

(Source: A New Beginning, an ACSA publication)

Here are some general guidelines about what some foods and beverages can do to a stoma output – different foods and beverages will affect output, though this may vary depending on the type of stoma.

Everyone's metabolism is different. It is essential to introduce new foods gradually, chew all food well and have adequate fluid intake. Ask your STN if you have any questions, or whether you should follow a special diet.

## Food that can obstruct

These need to be chewed thoroughly: apple skins, raw cabbage, celery, citrus fruits, coconut, coleslaw, corn kernels, dried fruit, frankfurters, grape skins, mushrooms, nuts, peas, pineapple, popcorn, potato skins, sausage skins, seeds, tomato skins.

## Food and drink that can cause odour

Asparagus, baked beans, broccoli, brussel sprouts, cabbage, cauliflower, strong cheese, eggs, fish, garlic, mustard, onions, peanut butter, spices.

## Food and drink that can increase output

Alcohol, beef, bran cereals, broccoli, cooked cabbage, fresh fruit (but not bananas), grape juice, leafy greens, licorice, milk, prunes and juice, raisins, spicy foods, raw vegetables.

## Food and drink that can help to control odour

Buttermilk, cranberry juice, orange juice, parsley, tomato juice, yoghurt.

## Food and drink that can thicken output

Apple sauce, stewed apples, bananas, cheese, buttermilk, marshmallows, boiled milk, noodles, pasta, creamy peanut butter, pretzels, white rice, tapioca, toast, yoghurt, white bread.

## Food and drink that can help with constipation

Warm/hot beverages, cooked fruits, cooked vegetables, fresh fruits, fruit juices, water.

## Food and drink that can produce wind

Alcohol, beans, broccoli, brussel sprouts, cabbage, carbonated drink, corn, cucumber, dairy products, meringues, mushrooms, nuts, onions, peas, radishes, soy, spinach, cauliflower.

*\*Editor's note: If you would like a PDF copy of 'A New Beginning' please contact WAOA via email for one to be emailed to you ☺*



## Special General Meeting - 4<sup>th</sup> April 2025

The WAOA Management Committee has been presented with an investment opportunity and wishes to convene a Special General Meeting of members to approve a resolution.

Please take the time to read all correspondence and if you have any questions please call or email WAOA.

If you are unable to attend please provide your proxy to the Management Committee.



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

**National** 19-25 MAY 2025  
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for more information!





# News of the World



You may or may not have read the December 2024 copy of Ostomy Australia's Journal but one of my favourite parts is the *News of the World*! In case you haven't had a chance to see it here are a few stories that caught my eye and if you want to read more head to Ostomy Australia's website -

[Ostomy Australia – The Australian Council of Stoma Associations Inc](https://www.ostomyaustralia.org.au/)

## 'Diet' Pills to Blame?

**USA:** A woman from Pennsylvania is suing the manufacturer of prescription drugs Ozempic and Wegovy, claiming the drugs were responsible for leaving her with an ileostomy.

Juanita Gantt said her doctor prescribed the trendy weight-loss drugs, produced by pharmaceutical giant Novo Nordis, because she had a higher risk for diabetes and wanted to shed 10 kilos. Gantt said she was initially feeling fine for the first few months of her treatment until her husband found her unconscious on the floor in October, 2023.

Doctors discovered that sections of her large intestine died and needed to be removed – her colon was removed as a result and she now has a permanent ileostomy. Gantt claims the labels don't properly warn users and doctors about serious side effects like gastroparesis, stomach paralysis, or even bowel obstruction.

Novo Nordis said the allegations in the lawsuits were without merit and it will "vigorously defend against these claims." The drugs are prescribed for treating diabetes but have become popular as an aid in weight loss.

Semaglutide and liraglutide – the key ingredients in Ozempic, Wegovy and similar drugs – are GLP-1 receptor agonists, which can delay food digestion if taken for extended periods of time. – *Source: nypost.com*

## Ostomy on the Street

**UK:** Long-running soap opera Coronation Street has aired a storyline based on a significant health issue that experts are urging viewers to see as a warning – as well as raising more awareness about ostomies.

Character Bethany Platt, portrayed by Lucy Fallon, faces life-altering consequences following her decision to have cosmetic surgery overseas which goes wrong – Bethany ends up with an ileostomy.

Following the botched operation, she develops sepsis and is informed she'll have to live with a permanent stoma. Data from a 2023 study published by The British Association of Aesthetic Plastic Surgeons indicates the number of people requiring hospital treatment in Britain after having surgery abroad had risen by 94 per cent over three years.

In the UK, about 200,000 people (one in 335) live with a stoma. Coronation Street collaborated with Colostomy UK to portray its stoma storyline with both precision and care.

Giovanni Cinque, the marketing and campaigns manager for Colostomy UK, said even though public awareness had grown considerably over the past few >

thanks to a number of celebrities revealing they have had stoma surgery, the challenges that people faced living with a stoma were less known.

"This means that we as a society and as individuals are not as aware as we should be of the choices that we can make to positively improve ostomates' quality of life," he said.

"We really hope that Bethany's journey will go a long way in helping to educate the audience and thus help to create a more Stoma Aware UK. It's also been a pleasure for us to work with the behind-the-scenes teams at Coronation Street on this story."

\*Source - [www.colostomyuk.org](https://www.colostomyuk.org) and [www.msn.com](https://www.msn.com)





# INTRODUCING OUR NEW BAG

# CONFIDENCE BE go™



Through listening to people living with a stoma, Confidence BE go™ addresses your unmet needs. For the first time Confidence BE go™ gives you the option of a 'naked bag' and a collection of reusable, washable covers in a choice of six colours.

The product is designed to support you with your well-being and quality of life, helping you to feel confident and get back to normality. With the flexibility and freedom to suit any outfit, activity, or mood, you will be able to truly express yourself and live life to the full.

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- 1 ATTACH THE NAKED BAG**  
securely to the body
- 2 INSERT THE TANG**  
into the tang pocket
- 3 SECURE THE COVER**  
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*"A choice that other bags cannot give, you can change the colour to your mood or clothing."*<sup>1</sup>

Closed and drainable bags are available with flat and soft convex wafers and a choice of six different covers.

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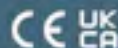


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# WCET\* CONFERENCE & IOG MEETING - GLASGOW, SCOTLAND 2024

My name is Julie, and I was able to attend the IOG (International Ostomy Guidelines) meeting and the WCET (World Council of Enterostomal Therapists) conference in Glasgow, Scotland in September / October 2024.

Just a quick introduction as to where this journey began:

I became an ostomate in February 2023 when I had surgery due to a recurrence of my cervical cancer and having a pelvic exenteration was my only option of surviving my cancer. I had my surgery at King Edward Memorial Hospital (KEMH) with Emma Allanson and her amazing team and another corrective surgery at Sir Charles Gairdner Hospital (SCGH) in September 2023. I was a patient in KEMH for 3 months and then had around 2 more months of recovery due to complications. I was then a patient in SCGH for around 3 weeks with more recovery at home due to some complications again.

I was diagnosed with cervical cancer in June 2021 and then again with a recurrence in October 2022.

I was lucky enough to have Dr. Jenny Prentice join the same company that I work for in 2018 and have been lucky enough to now work in the same aged care home with Jenny for the last few years.

Jenny approached me when I was back at work after my surgery and asked if I would like to be part of a group that contributed to the re-working of the IOG guidelines.

Last year, Jenny advised me that there was going to be a meeting held in Glasgow, Scotland to start discussions on the guidelines.

Jenny approached the Australian and West Australian Ostomy associations as well as the CEO of the company that we work for and was able to secure some funding to assist me to attend the meeting in Glasgow alongside her.

We left Perth for Glasgow on Monday 23<sup>rd</sup> September 2024 and arrived on Tuesday 24<sup>th</sup> September 2024.

We met on Friday 27<sup>th</sup> September with the other members of the IOG steering committee as well as another consumer advocate and started discussions about the guidelines.

In attendance at the meeting was myself, Dr. Jenny Prentice, Laurent Chabel (WCET President), Dr Elizabeth Ayello (Past President), Denise Hibbert (President Elect), Professor Emily Haesler (Methodologist) and Richard McNair (Consumer Advocate). It was such an honor being in the presence of such amazing people and being able to listen to their information and ideas and being able to have their attention in a room where I could contribute my thoughts.

The meeting was very beneficial to myself as I was able to learn a lot about what information is put into the guidelines and what information is considered by medical professionals. The guidelines are a document that provides health professionals with recommendations about how best to manage ostomies and the important considerations in partnering with consumers in their care at all stages. There is a strong focus on getting input into the guidelines from consumers and nurses and doctors from all around the world. The team will take about a year to develop the documents and then work on some resources specifically for consumers as well.

I believe that it was important for me to be there too so that I could be a voice of a consumer to the medical professionals to be able to capture information from a patient's perspective that they might not have known.

On Saturday 28<sup>th</sup> September 2024, the WCET conference began with a welcoming ceremony of the different countries' representatives displaying their countries flags / attire. The ceremony was amazing and such a once in a lifetime event to witness. It was so spectacular to see so many medical professionals from so many different countries in attendance and coming to the realization of how many people work in this field. It was a great feeling knowing myself and other patients in the world are so greatly supported.



# WCET\* CONFERENCE & IOG MEETING - GLASGOW, SCOTLAND 2024

The WCET conference continued from Sunday 29<sup>th</sup> September 2024 and into the following week. During my attendance on Sunday 29<sup>th</sup>, I was able to sit in on so many fascinating presentations and view so many great product / company stalls in the main room.

My favorite presentation was from Gill Castle who was the first woman with a stoma to swim solo across the English Channel. She was so amazing and inspiring and brought tears to my eyes. When she finished her presentation, the whole auditorium erupted with applause and cheers and gave me goosebumps!

I left Glasgow the following day on Monday 30<sup>th</sup> September 2024 to return to Perth.

After the trip to Glasgow, I felt great about the information that I was able to contribute and the information that I received. It was very eye-opening to hear about some conditions / access to supplies in some countries and made me feel very fortunate for the support and medical attention that I can receive living in Australia.

I feel that my attendance was also important to other patients in my same position. I can be a voice for many people and a carrier of information back to them. I am a member of a couple of online support groups and happy to help others that are coming up to their surgeries by offering my support and information that I have gained.

I am looking forward to attending the next IOG meeting later this year to keep on being able to contribute and to be updated on changes since our meeting in Glasgow.

I also wanted to mention the support of the WA Ostomy Association. Not only the monetary support that they have been able to arrange from the Australian Council of Stoma Associations, but the support of the staff there. The staff are always more than happy to answer any questions and they are so fast to get in touch.

Thank you for reading my report on my trip to Glasgow and I have included a few pictures.



> Opening Ceremony - Parade of Nations



> The Scottish Event Campus



WCET\* - ASCN UK 2024 JOINT CONGRESS  
28 SEPT-1 OCT 2024 // GLASGOW, UNITED KINGDOM



*\*WCET is the  
International  
Stomal  
Therapy  
Nursing  
organisation*

*\*Editor's note: Many thanks to Julie for sharing her journey and advocacy story - it is greatly appreciated ☺*



## 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

Emma Larter • 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

Cassie Porter • 9346 8000

### PERTH CHILDREN'S HOSPITAL

Carmel Boylan and Suzanne Mazzone • 6456 0355

### ROYAL PERTH HOSPITAL

Wendy Pearson and Nonto Bozo • 9224 2369

### METROPOLITAN SILVER CHAIN SERVICES

**Central:** Dr Keryln Carville

**Myaree:** Jenny Faithfull

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

### SIR CHARLES GAIRDNER HOSPITAL

Sandy Hyde-Smith and Brooke Goldfinch • 0491 264 536

### 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 Rachael Cherry  
• 0427 333 970

### ALBANY HEALTH CAMPUS

Rachael Van Den Hoek and Christine Wilkins  
9892 2465

### BUNBURY ST JOHN OF GOD

Colleen O'Neil • 9722 1600

### BUSSELTON HOSPITAL

• 9753 6513 or 0427 333 970

### GERALDTON (WACHS)

Kristina Murray • Silver Chain and Regional Hospital  
9956 2441 or 0448 765 971

### MANDURAH SILVER CHAIN

Paula Parker - Call Silver Chain on 1300 650 803

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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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