



# WAOA Newsletter

August 2025  
Volume 215

## 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

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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.



## *In this issue...*

- We've got Updates & Reports from HQ, STN Tania,  
the President & the Albany Support Group
- Volunteering WA Awards Night
- Celebrating World Ostomy Awareness Day
- News of the World
- Dates for Upcoming Support Group Meetings
- & a reminder to Save the Date for WAOA's AGM!!

*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://toiletmapp.gov.au>

## 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.

## 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

## 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.

## 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.**



[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.

## 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.

## 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

## 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.

## 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

## 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

## 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.



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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

It has been a very busy and productive period since I last wrote my report in the April Newsletter. It was extremely humbling to hold a special General Meeting in which we discussed the purchase of 19A Guildford Road (see picture below). It was pleasing to being asked relevant and poignant questions on how the purchase would impact the association and what impact it would have on our members.

Strategically, to now own, with no outstanding debt, the whole 15-19 corner sets the association up to remain in Mt Lawley for many years to come. We look forward to leasing the office out to a medically based practice, and once this has occurred, we will promote this to the membership. I would like to thank the maturity of the Management Committee to work through this opportunity and to our Treasurer and Secretary that did most of the heavy lifting when it came to the administration of the purchase process.

It was extremely pleasing when our Secretary, Lorrie, was nominated for a Volunteering WA Award for excellence in Volunteering Management. Whilst she was unlucky to have not been the winner of the category, being one of three finalists in the category is an amazing feat. It was great that on the night she was surrounded by close friends and WAOA members. She is a very humble person, but this recognition and through her promotion of the WAOA objectives, she is and always will be a winner in our eyes.

My agriculture upbringing has instilled a love for a wet winter to fill dams and feed crops, but to the members, stay warm and stay safe and I look forward to meeting with you all in warmer times for our AGM.

Quentin



**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

### Government Survey

Still 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!

### Membership Fees

Thank you to the many members who agreed to pay their fee early (between April and June) as our team continued to process these manually – anything up to 90 a day, especially on Mondays. We had hoped to have the Member Portal installed in time to help make this process more “automatic”, but that didn't happen!

This period also provides opportunity to “clean up” our database, as members who no longer require membership because they have been reversed notify of this fact. Families also advise of members who have died, including the bequest they may have left as a “thank you” to the Association.

### Purchase of 19A Guildford Road

As most of you know from the survey of members earlier in the year, the Management Committee was given the go-ahead to purchase the adjacent Doctor's surgery when it became vacant in April. This has enabled us to consolidate the holdings on the whole block. We will be renting that building to another health professional as soon as possible to provide an additional income stream for the Association.

### Stomal Therapy Nursing services

Tania continues to travel the state to provide stoma reviews for those members who live outside the metropolitan area. Besides seeing members who request this review, she provides education for doctors, nurses and carers in each of the towns she visits. These are always welcomed support.

The Peer Support programme Tania is developing should be in operation very shortly - it has taken a lot of background development before it could be launched to surgeons, gastroenterologists and other STNs. Thank you to all those who have offered to be involved in this project.

### Raising Awareness of Living Well with a Stoma

1. Emily, Estelle and I will have been at the Aging Well Expo to raise awareness of living life with a stoma, the importance of acting on any changes to bodily functions and to always use the Bowel Screening Kit when it arrives as a preventative / early detection measure - or asking for one from the Scheme for those between 45 - 50 years.
2. Tania and Emily continue to advocate for ostomates travelling through security at the airport, attending major venues and promoting awareness of facilities needed in disabled toilets.
3. They have also presented sessions to medical students and GPs.

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

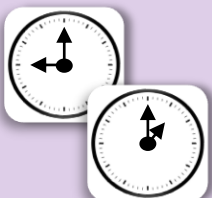
*Lorrie*

### 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)



INTRODUCING OUR NEW BAG

# CONFIDENCE BE *go*™



*"A choice that other bags cannot give, you can change the colour to your mood or clothing."<sup>1</sup>*



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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**  
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into the tang pocket
- 3 SECURE THE COVER**  
to the bag




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

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# Albany Support Group Update...

By Gerry van der Wal

## ***Highlights from the Albany Ostomy Support Group Meeting - held on 7<sup>th</sup> March 2025***

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 10 members present, as well as our STN Rachael. We welcomed two new members. Apologies were received from long time stalwarts Tom and Betty Reed, and Terry Heneker.

As per the usual, our new members were given the opportunity to introduce themselves and elaborate on their journey into becoming an ostomate. It appeared that one might not be staying an ostomate for very much longer as the procedure allows for a reversal sometime down the track, but he was assured that he would always be welcome if he wished to join in with our meetings in the future. The other member elaborated somewhat longer on her journey, explaining some of the struggles and joys of becoming an ostomate, and learning how her diet intake was crucially important for her control of gas problems.

The other members posed a few questions and shared their experiences, with some focus on the benefits of the use of overnight bags for urostomates. Several key procedures were shared into making these work effectively, such as standing up before retiring to bed to allow the urine in the stoma bag to drain into the overnight bag to overcome any possibility of air in the tubing blocking the flow during sleep. Some of the members unfortunately had experienced problems with overnight bags becoming entangled with their legs or even coming off the stoma bag with unpleasant results.

Our STN Rachael then gave a short presentation on the types and correct usage of hernia prevention/support belts. She displayed several different types which were designed for different purposes. She emphasised that these belts ought not to be drawn too tightly around the abdomen like a girdle, as this was restrictive to the efficiency of the stoma.

Her presentation, as always, was much appreciated and led to a further discussion session on the use of support belts. It became apparent that the support pants were regrettably no longer available on the support scheme, despite several members expressing their preference for these.

The meeting donated the sum of \$18.50 to the kitty, bringing this up to a current total of \$21.70, after the sum of \$100 was donated to Albany Hospice and \$50 to the Free Reformed Church of Albany for the use of their facilities during the 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 6<sup>th</sup> of June 2025, same time same place, all things being equal.

## ***Highlights from the Albany Ostomy Support Group Meeting - held on 6<sup>th</sup> June 2025***

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 10 members present, including our STN Rachael. We welcomed three new members. Apologies were received from long time stalwarts Tom and Betty Reed, Alan McKechnie, Tony Christian and Terry Heneker. Sadly, Terry Heneker, our immediate past president, informed us that His wife passed on at the end of 2024. He put in his resignation as he is not travelling very well.

As per the usual, our new members were given the opportunity to introduce themselves and elaborate on their journey into becoming an ostomate. The first member made us aware again that ostomates are not restricted to elderly cancer patients. She explained how she had been suffering with severe bowel problems as a small child



already, spending 3 to 4 years in and out of hospital for treatment. She has now recently, at a relatively young age, had to undergo a bowel cancer operation. However, her operation necessitated her being fitted with a stoma, and she has bounced right back, sounding very cheerful and certainly looked fit and healthy.

Our second new client spoke on behalf of his partner who was in hospital with serious complications, reminding us again that cancer can be a traumatic emotional experience. Our third new client was an elderly gentleman who had insisted on his doctor doing a colonoscopy on him as he was concerned about his internal workings. The next thing he was operated on, had a stoma attached and now felt as fit as a fiddle with no dramas involved.

The other members then introduced themselves again to the new members with a brief explanation of their particular stoma experience, and it would seem that the colostomates again outnumber the urostomates.

Our STN Rachael then gave a short presentation on the need to keep a weather eye on the size of the stoma, as this could change with weight loss or gain, and might require a different size stoma bag to be ordered. She further issued a note of caution to be alert to the quantity of ostomy supplies being ordered to prevent a large amount being stockpiled.

She stressed that members should ideally not exceed one month's supply in advance, unless there were exceptional circumstances necessitating a greater supply. She also suggested that it was a good idea when travelling to consider how temperature differences could impact on the effectiveness of bags, with some clients placing their supplies in a small esky for safe keeping.

The meeting donated the sum of \$36.95 to the kitty, bringing this up to a current total of \$58.65. 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 5<sup>th</sup> of September 2025, same time same place, all things being equal.

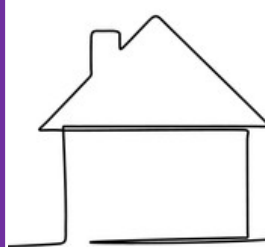
*\*Editor's note: Many thanks to Gerry for these updates about what support groups discuss and can offer ostomates - it is greatly appreciated ☺*

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.

MAKING THE  
INVISIBLE  
VISIBLE

**HIDDEN**  
**disabilities** 



## Annual General Meeting - 8<sup>th</sup> November 2025

The WAOA Management Committee will hold their AGM at WAOA HQ on the **8<sup>th</sup> of November**, so please **Save the Date** and attend if you can.

More information such as the time of the meeting will be communicated closer to the date. In the meantime, if you have any questions please call or email WAOA on the details listed below.



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

**SPACE FOR  
ARTICLE**





TRE™ barriers absorb moisture up to **4x faster** than other barriers, helping prevent leakage.<sup>1</sup>



The only ostomy barrier to contain patented super absorber 'Dry Lock' technology.<sup>2</sup>

Jillian, Dansac TRE™ Champion

## Designed to stop leakage before it happens.

Dansac TRE™ barriers expand around the stoma when in contact with moisture, maximising skin contact and filling the small spaces, to form a unique seal, and prevent gaps that can cause leakage and peristomal skin complications.



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[www.dansac.com.au](http://www.dansac.com.au)  
1800 880 840

1. Dansac data on file, LN-06901, 11/24, ref-04051, 2024, Laboratory In Vitro Study using water \*In comparison to Coloplast Sensura Mio™ barrier, Salts Confidence Be™ barrier, Convatec Esteem™ barrier and Dansac Nova™ barrier.  
2. Dansac data on file, LN-06224, 07/22.

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# Volunteering WA 2025 Awards Gala Dinner

Held earlier this year on the 15<sup>th</sup> May the Volunteering WA Awards Gala Dinner was a very significant occasion for the WA Ostomy Association as our own Lorrie Gray was nominated in the category of WA Excellence in Volunteer Management.

Although Lorrie did not take out the award on the night we need to acknowledge what an amazing achievement it is just to be nominated and in the eyes of all at WAOA Lorrie is already a winner!

Below are two excerpts from the evening by Hannah Beazley MLA, Minister for Volunteering and Tina Williams, CEO Volunteering WA. They highlight the importance of volunteering and how it helps to make WA a better place.

Lorrie has also provided her thoughts, on the next page, from the evening along with some photos from the night and on behalf of WAOA and all its members - **CONGRATULTIONS Lorrie!**

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***“Volunteering WA is proud to present the 2025 WA Volunteer of the Year Awards, celebrating the incredible individuals and organisations that strengthen Western Australia through volunteering.***

As the State peak body, we are privileged to help celebrate the exceptional contribution of WA's 1.5 million volunteers and support the organisations who empower them. We extend a heartfelt congratulations to each of the 2025 Recipients.

Embracing the National Volunteer Week theme, *Connecting Communities*, we celebrate the vital role volunteers play in nurturing our lives and driving positive change.

We extend our sincere thanks to our award partners for their ongoing support, our independent judges for their time and dedication in assessing nominations, and the community members who took the time to nominate exceptional volunteers, leaders, and organisations.

Tonight, we come together for a special evening of recognition and inspiration, celebrating those who place volunteering at the heart of our communities.”

- **Tina Williams** CEO Volunteering WA

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***“It is a privilege to support the 2025 WA Volunteer of the Year Awards, which shine a light on the remarkable Western Australians who selflessly donate their time, energy and expertise to helping others.***

Volunteers are the heart and soul of our communities, with Volunteering WA estimating that as many as 65 per cent of Western Australians aged over 15 years are engaged in volunteering and contribute nearly 400 million hours a year to causes across our State. Their efforts are truly inspirational, and it is crucial their extraordinary stories of service are celebrated.

Volunteering not only has a significant social and economic impact on our State but is often the foundation for lasting friendships that enrich lives, build inclusivity and strengthen our communities. This is reflected in this year's National Volunteer Week theme, *‘Connecting Communities’*, recognising the power of volunteering to bring people together.

The Cook Government recognises the deep value of volunteering and is committed to supporting a thriving and connected volunteering sector into the future. Congratulations to all this year's winners, finalists and nominees. You all make Western Australia a better place.”

- **Hon. Hannah Beazley** MLA Minister for Volunteering



**Empowering people & communities to enrich Western Australia**

# Volunteering WA 2025 Awards Gala Dinner

## *An Acknowledgement from Lorrie -*

How lucky am I to be doing a job I love and to be rewarded in this way, although I didn't win, being nominated is such great recognition from my peers and the wider community.

Three of my mentors and our longest serving volunteers are with me tonight, and this recognition should be shared by them too, one having been involved with the Association from its inception (1969) and the other shortly afterwards.

I joined the Association in 2009, a relative latecomer. A number of our current volunteer team of 50 have been there longer than I, but lots of others have joined us since then to participate in the variety of jobs required to source and dispatch the personal care items required by our 4,200+ Western Australian members who have a stoma. Around 90 parcels a day, 5 days a week are picked and packed for collection or postage. With an average of 70 new members a month, the work is constant, but no 2 days are the same.

Processes that make it easy to "get it right", mainly thanks to our warehouse manager Kerstin, enable new volunteers and the significant number of Stomal Therapy Nursing, Curtin medical students and TAFE Enrolled nurses to join in and enjoy their experiences, whether allocated for a day or several.

The team is 'relatively' easy to manage - our volunteers want to be of service to their fellows - and as mandated - have fun, so the social parts of each day can become quite noisy, especially when opposing football teams are under review!

Thank you to Volunteering WA for organising these awards and this night. I'm glad I wasn't one of the judges needing to sort through all those 200+ nominations! Thank you too to the generous sponsors who support us all.

I hope to be able to continue to be part of our vibrant team for some time to come and thank my nominator and our team members for their ongoing support of the Association and me - **Thank you!**



L to R - Emily Broad, Barbara Wallace, Estelle Hayler, Andrew Burke, me (Lorrie), Mary Jo Kroeber AM, Kerstin Huband (partially hidden) Jess Whitehouse, Keryln Carville and Wendy Pearson.



For more information on volunteering, please visit -  
[www.volunteeringwa.org.au](http://www.volunteeringwa.org.au)



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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
- ✓ Our comprehensive range spans preparation, application, security and removal
- ✓ Covering leak protection, to odour control and Sting-Free Skincare, our range helps you say "Hello, World" with the confidence you deserve



For more information or to obtain a FREE sample, please call **1800 335 276** or email **[connection.au@convatec.com](mailto:connection.au@convatec.com)**

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 O640 September 2023



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feeling secure  
and confident  
in doing the  
things you love**

**Request  
your free  
sample**



**ease™ Strips are now**  
**ESENTA™**  
**Thin Curve and Thin Strips**

Now part of our ESENTA™ skincare range, Thin Curve and Thin Strips maintain a secure and skin-friendly bond for most people with an ostomy.

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.

- ✓ Skin friendly
- ✓ Flexible and thin - designed to move with you
- ✓ Easy application and removal
- ✓ Water resistant



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

To find out more or to request samples of ESENTA™ Thin Curve and Thin Strips please call our customer care team on **1800 335 276** or email **[connection.au@convatec.com](mailto:connection.au@convatec.com)**

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me+**

# Raising Awareness of Living with an Ostomy

Every year on the first Saturday of October, people worldwide come together to celebrate **World Ostomy Awareness Day**. This day serves as a reminder of the resilience, strength, and courage millions of individuals display each year living with an ostomy. It's a day to raise awareness, break stigmas, and empower those living with ostomies to lead fulfilling lives.

Organized by the International Ostomy Association, the Ostomy Association of the Americas (OAA) will be the lead host for this global event that promotes education, advocacy, and support for ostomates, their families, and caregivers.

The theme for 2025 is **"Invisible Disabilities: Visible Support ...The Global Unity of Ostomates"**  
 Rational - Bringing light to uncover the invisible ostomy and create visible support, fostering conversation, global awareness, and ensuring equity for our communities both locally and globally.

It emphasizes empowerment and inclusivity, aiming to reduce stigma and improve access to healthcare and resources. Through workshops, community events, and social media campaigns, World Ostomy Day inspires understanding and encourages dialogue, ensuring that those with ostomies can lead full, confident lives.

*Source: Ronaldo (ASPOA Secretary) - 2025*

## DID YOU KNOW?

### MYTH:

People with an ostomy can only eat certain foods.

### FACT:

Ostomates are not on a restricted diet. But they should be aware of the effects that various foods will have on stool output such as gas, colour or blockage.

## DID YOU KNOW?

Ostomy Pouches are odor-proof and when fitted right should not leak.



## MYTHBUSTING -

## Facts & Truth to Fight Ostomy Stigma!!

### MYTH:

Only older people have ostomies.

### FACT:

People of all ages have this life-saving surgery, even infants!



### MYTH:

Ostomies are permanent for everyone.

### FACT:

For some they are, but many ostomies are temporary to help the digestive systems heal after surgeries or conditions such as diverticulitis and then they are reversed.

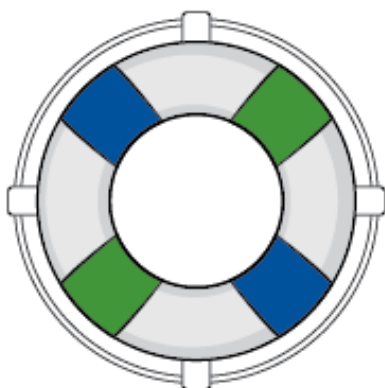
## DID YOU KNOW?

People with ostomy pouches can swim, scuba dive, and play any sport!



**World Ostomy Awareness Day**  
**Saturday, October 4, 2025**

**STOMIES**  
**Are Life-Savers**





# Is smell impacting your confidence and daily life?

Then we have a solution for you!

SenSura® Mio is unique for its full circle filter and two part filtering system helping with odour and ballooning. While it has a continuous airflow, it also minimises odour escaping the bag<sup>1</sup>.

Don't let odour hold you back from doing what you love. The SenSura® Mio filter is designed to help you feel more confident in everyday moments. When you request a sample, you'll also receive sachets of the Brava® Lubricating Deodorant to further neutralise odour and make emptying easier - along with a handy Ostomy Travel Bag to carry your essentials wherever the day takes you.



Full-circle filter for effective control over odour and ballooning<sup>2</sup>



Receive a free Ostomy Travel Bag and Brava® Lubricating Deodorant sachets (masks odour) with any SenSura® Mio samples! Scan the QR code to request samples or call 1800 531 823 or visit [www.coloplast.to/unpleasant-odour](http://www.coloplast.to/unpleasant-odour)



1. Virgin-Elliston T, Nonboe P, Boisen EB, et al. Evaluating the Performance and Perception of a Stoma Bag Full-Circle Filter in People with a Colostomy or an Ileostomy - Two Randomized Crossover Trials. Healthcare. 2023;11:369.

2. Based on laboratory test. Coloplast, Data-on-file (04/2023)

ⓘ Always read the label and follow the directions for use. Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.



## CARING for Someone? Help & Advice is Available!

As mentioned in the last issue of the WAOA Newsletter 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! Recently they have shared an important message regarding winter viruses which we thought would be beneficial to share with our members, readers and carers!

In conjunction with their friends at *Aussie Pharma Direct* they are reminding people that being prepared matters and you shouldn't let winter viruses catch you off guard.

Have you ever had COVID-like symptoms, tested negative, and gone to work only to find out later it was Influenza A or RSV? This scenario is all too common among carers and patients, and both viruses can be dangerous for those who are immunocompromised.

With overlapping symptoms between the common cold, COVID-19, Influenza A & B, RSV, and Adenovirus, knowing what you're dealing with early means you can take action fast- without waiting in a GP clinic full of other unwell people.

That's why more carers are keeping the Sonictec 5-in-1 Rapid Antigen Test on hand. Available *through Aussie Pharma Direct* you can either directly visit their website - [www.aussiepharmadirect.com.au](http://www.aussiepharmadirect.com.au) or visit the **Australian Carers Guide** (website below) to get more information and potential discounts on products.

At the moment they have promo code **ACGS10** that is offering a 10% discount on the Sonictec 5-in-1 test! Whether you're supporting someone recovering from illness or taking precautions in shared spaces, this test is a simple way to stay proactive.



Remember you can also sign up for the ACG e-Newsletter to get more frequent content so make sure to visit the website!



**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.*

# Stomal Therapy Nurse News...

By Tania Norman

Travel has certainly been a large part of this last quarter, in addition to the usual rural trips, I have travelled to Melbourne in February to run an education session and back again in April for the Biannual Stomal Therapy Nursing Conference - not bad for someone who hates flying! I found the conference to be enlightening in many areas, with talks from surgeons, STNs and ostomates alike. The presentations that stood out the most were from two young bowel cancer survivors, one diagnosed at 23, the other at 34 yrs old. They were using their experiences to educate the larger community that bowel cancer isn't just an older person's disease.

Other talks that made an impression were trials that had been done prior to reversal of temporary loop ileostomies where liquid feed was instilled through the distal loop of the stoma into the bowel a couple of times a day several weeks prior to reversal surgery. Those that had the "refeeding" via their distal loop stoma prior to reversals had a quicker recovery, better return to normal bowel function and reduced incidence of LARS (persistent faecal incontinence or frequency of bowel motions).

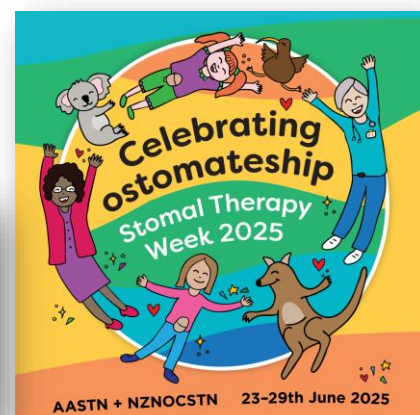
Another interesting talk from the STN conference was that presented by a STN from the Eastern States about her proposed PhD which is investigating the benefits of a nurse-led ostomy support groups. The STN discussed the benefits of the nurse-led groups which inspired me to attend those support groups that don't already have a nurse in attendance (where feasible). I will be attending a facilitation course to ensure that we are running our groups to the best of our ability and to better support our wonderful facilitators. Thank you so much to those of you who are facilitating groups: your work is invaluable, and we continue to need you. Please see our list of support groups and when they meet on pages 21 and 22.

Thank you also to everyone who has replied, offering to be a Peer Support Volunteer and completed our survey. We have been blown away by your responses, with many of you having already worked in Peer Support in one way or another. Please bear with us as we continue to work through over 80 responses and organise the education program before contacting you again.

We still do not have any one in our 18 - 30 urostomy group! If you think you can help, please reach out to [info@waostomy.or.au](mailto:info@waostomy.or.au) or telephone 9272 1833 during office hours.

## Stomal Therapy Nurse Week June 23<sup>rd</sup> - 29<sup>th</sup> June 2025

This year's theme for Stomal Therapy Nurse Week was to celebrate the relationships that we have with our ostomates and to raise awareness of ostomies in the wider community. A very talented ostomate designed the Logo which was made available in all different merchandise. Some of our support groups distributed posters to raise awareness in their local communities.



## 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

# Bowel & Stoma Health WA News

by Tania Norman

As mentioned previously, in addition to the interstate travel, the rural visits have continued. In March I visited Kalgoorlie where I ran a STN clinic and saw 14 ostomates. Another 4 ostomates were seen in the community and 1 new ostomate was seen on several occasions as an inpatient to facilitate his discharge. I was able to meet with Resmi, the resident STN and offered her support in negotiating hours for a STN position and for when she does step up to the role.

Education was provided to a total of 74 Health professionals which included 29 medical staff.

I also facilitated the monthly support group meeting, which was attended by 3 ostomates, 2 of whom have agreed to assist in the long-term running of the group in Abbie's absence - we hope to see her back soon.

Finally, 4 medical centres were visited and requests for education taken for next year's visit.

In May I travelled to Geraldton, Carnarvon, Exmouth and Kalbarri. A total of 9 ostomates were reviewed, 2 in Carnarvon, 3 in Exmouth and 4 in Kalbarri. I met with Rhonda who runs the Support Group in Geraldton and discussed options for a support group in Dongara & Jurien Bay.

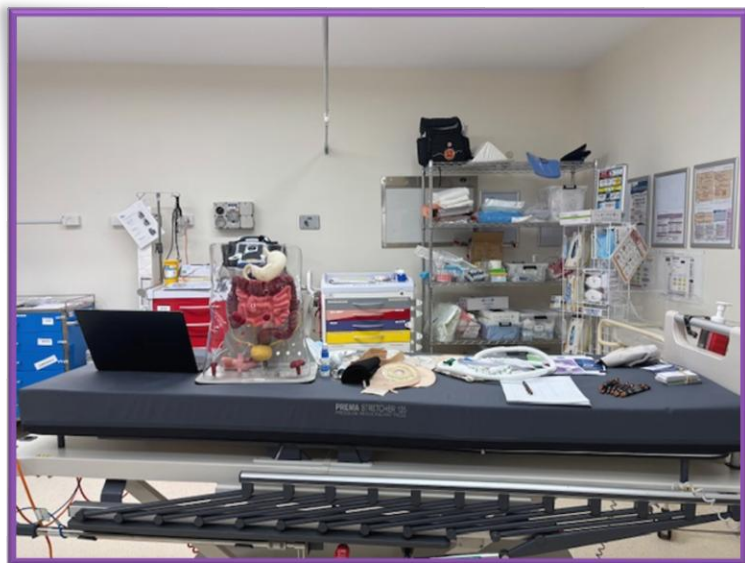
A total of 65 health care professionals were educated across the areas and 3 nurses expressed an interest in undertaking the STN course next year. Kristina Murray, STN in Geraldton working part time with Silver Chain, is now also working part time at Geraldton Regional Hospital outpatients - ostomates can self-refer to her service.

I have been able to attend the Support Group meetings in Dunsborough which has a fabulous little group forming, aided by the fantastic cakes made by Deb - thank you to both Deb and Jim for facilitating the group.

In June I also travelled to Narrogin to run a STN clinic and attend the quarterly Support Group catch-up. A total of 7 ostomates were seen in clinic and there were 11 of us for the support group. This time its Bev we had to thank for the cake - I feel a competition happening here!! Thank you also to Lorraine for her ongoing dedication to the group.

At the end of June, I also travelled to Northam to run a STN clinic, as there is currently no STN service in the region. However, I am told there will be a position advertised soon - fingers crossed.

By the time you read this in August I will have been to Broome and possibly Port Hedland and Karratha. No Support Groups in these areas yet but the ostomate numbers are small.



**Education sessions can happen anywhere: resuscitation room at Carnarvon hospital - prepared to move out at any time!**

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

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**







## Upcoming Support Group Meetings



### Metropolitan Area

#### New Members' Support Group

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

**28 June 2025 / 26 July 2025 /  
23 August 2025 / 27 September 2025 /  
25 October 2025 / 22 November 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)*

**4 June 2025 / 2 July 2025 / 6 August 2025 /  
3 September 2025 / 1 October 2025 /  
5 November 2025 / 3 December 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

**6 June 2025 / 5 September 2025 /  
5 December 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

**20 June 2025 / 18 July 2025 / 15 August 2025 /  
19 September 2025 / 17 October 2025 /  
21 November 2025 / 19 December 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

**24 June 2025 / 29 July 2025 / 26 August 2025 /  
30 September 2025 / 28 October 2025 /  
25 November 2025 / 30 December 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

**24 June 2025 / 22 July 2025 / 26 August 2025 /  
23 September 2025 / 28 October 2025 /  
25 November 2025 / 23 December 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 - 4/6/25, 3/9/25, 3/12/25**  
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**

**26 June 2025 / 31 July 2025 /  
28 August 2025 / 25 September 2025 /  
30 October 2025 / 27 November 2025**

Venue – Naturaliste Community Centre  
21 Dunsborough Lakes Dr, Dunsborough

#### York Support Group

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

**14 June 2025 / 12 July 2025 / 9 August 2025 /  
13 September 2025 / 11 October 2025 /  
8 November 2025 / 13 December 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=S66gvF>

#### 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/>



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ADVERSITY

<https://www.facebook.com/share/g/jiLCKm64oFt9rTJ3/>



# The POSI+IVE choice for Ms Yellow



Ms Yellow has a parastomal hernia and was experiencing leaks.

She had withdrawn from her previously active social life and had reduced self-confidence.

Finding a conformable flange to ensure an effective seal was critical to her quality of life – something Aurum<sup>®</sup> Plus Soft Convex successfully provided.\*

**"Ms Yellow fed back that the Aurum<sup>®</sup> Plus Soft Convex Pouch is marvellous and has stopped all her leaks"**

- Louise Harrison  
Stoma Care +  
Colorectal CNS

**Call 1800 819 274  
for your free samples  
of Aurum<sup>®</sup> Plus Soft  
Convex pouches**

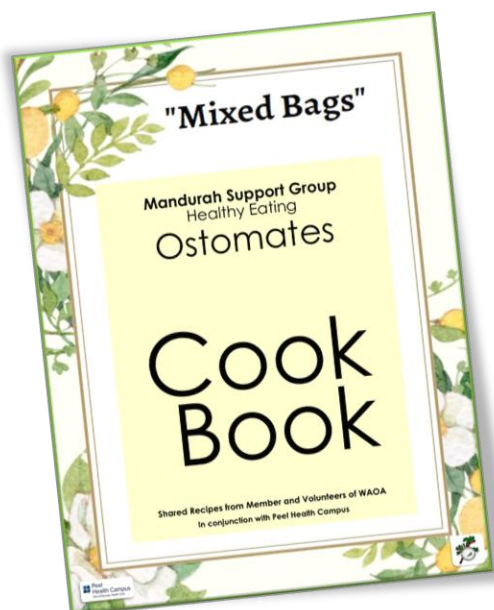


\*Managing Parastomal Hernia Complications, Leading to Simplified Stoma Care and Peristomal Skin Improvements, Welland Case Study.

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# A Winter Warmer Recipe



A few years ago, the 'Mixed Bags' cookbook was released. Members and Volunteers of WAOA in conjunction with Peel Health Campus shared recipes and some diet and nutrition advice for Ostomates!

If you would like to download a PDF copy of the cookbook, simply use this link -

<https://www.waostomy.org.au/storage/Ostomates%20Cook%20Book%20Mandurah%20Support%20Group.pdf>

Below is a recipe from page 14 and is perfect for a lazy, wintery weekend! Give it a try and ENJOY!

## LAZY WEEKEND CHICKEN



(Serves 6)

### Ingredients

- 2 Tbsp Butter
- 6 Large Chicken Portions
- 3 Tsp Curry Powder
- 1 Can Cream of Mushroom Soup
- 1 Apple, Chopped Finely
- 1 Cup Cream
- 1 Onion, Chopped Finely
- Salt and Paprika

### Method

1. Melt butter in a small saucepan and sauté apple and onion in curry powder until the onion is soft.
2. Add soup and cream.
3. Sprinkle salt and paprika on chicken and spread out in one layer in a shallow buttered baking dish.
4. Pour sauce over chicken.
5. Bake uncovered in a moderate oven for 1½ hours.



"When eating with an ostomy the trick is to eat little and often rather than eating one big meal. This can really help with unwanted noises in the day and really help manage output!"



**DO YOU HAVE SOMETHING TO SHARE???**  
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)







# News of the World



You may or may not have read the 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 from the April issue and if you want to read more head to Ostomy Australia's website -

[Ostomy Australia – The Australian Council of Stoma Associations Inc](#)

## Farewell to musician

USA: Singer-songwriter Peter Yarrow died in New York on January 7, 2025, aged 86. A founding member of folk group Peter, Paul and Mary, Yarrow was diagnosed with bladder cancer four years ago.

In an interview in December, the Grammy-winning musician and activist spoke about living with an ostomy after having his bladder surgically removed during cancer treatment. He said he hoped that by speaking about his experience with cancer and with an ostomy, he could inspire others.

"It is my hope that my words and my story help to reassure my ostomy brothers and sisters," he said. "This is a challenge, but life actually becomes brighter after you have an ostomy. For me, life has become more precious, present and rewarding."

"At first it was hard for me to see a portion of my intestines on the outside of my body, but it took less than a month for me to understand and become proficient in the mechanical side of living with a urostomy; emptying and changing the appliance, managing the skin around my stoma, or making whatever lifestyle adjustments I needed to make when I travelled and performed."

Yarrow previously advocated for colonoscopies and early cancer screenings in 2010, when he wrote and performed The Colonoscopy Song.

Source: [www.people.com](http://www.people.com)



## Fashion adapts

UK: It's a go-to shop for cheap knickers and designer dupes, but now UK retailer Pri mark hopes to become the top destination for clothing designed for those with a range of disabilities.

In a first for the budget high street shop, it has released a 49-piece line of womenswear and menswear, adapted from its bestselling items to suit a range of needs.

Designed in collaboration with Victoria Jenkins, a disabled fashion designer and founder of the brand Unhidden, it follows the release of a so-called "adaptive" underwear range last year.

Among the most wanted items is a cropped beige trenchcoat that can be put on or taken off while seated, a particular hit among wheelchair users.

Notable features in the range include magnetic zips for easy fastening on trousers; hidden access points for stomas, insulin pumps or other medical equipment; and cropped cut jumpers that ensure clothes fit better on seated wearers.

It also includes ultra-soft pyjamas, loungewear, formal shirts and trousers with hidden elastic waistbands. The decision to launch the range came from the success of Primark's accessible lingerie, which has been available since January and includes underwear for people with stomas.

Source: [www.theguardian.com](http://www.theguardian.com)

## All washed up

KOREA: A bathroom company has developed and introduced a dedicated bathroom set for ostomates, in what the company says is a first for Korea. Deputy director of Daelim Bath's design team, Kim Hye-rim, said the toilet facilities were developed with a focus on having all the necessary functions for the convenience of patients with intestinal and urinary tract surgeries.

"Although the proportion of ostomates is increasing every year, ostomy patients are struggling because there are few toilets with washers for ostomates nationwide," she said.

For these patients, Daelim Bath's bathroom set consists of curved washers, hand showers dedicated to cleaning, and universal faucets. The surface of the sink can be kept clean by adding a special coating using anti-fouling glaze, to more easily clean away pollutants. In addition, a shelf is mounted on the top of the faucet, making it easy to place necessary items such as drainage pockets, and extra hooks and shelves for other equipment and items of clothing are provided.

Daelim Bath plans to install and provide the bathroom sets in university hospitals and government offices, for the convenience of ostomy patients. "We will continue to research and develop products that apply universal design to improve life satisfaction for everyone regardless of physical disabilities," Ms Kim said.

Source: [mk.co.kr](http://mk.co.kr)

## 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 Keryl 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

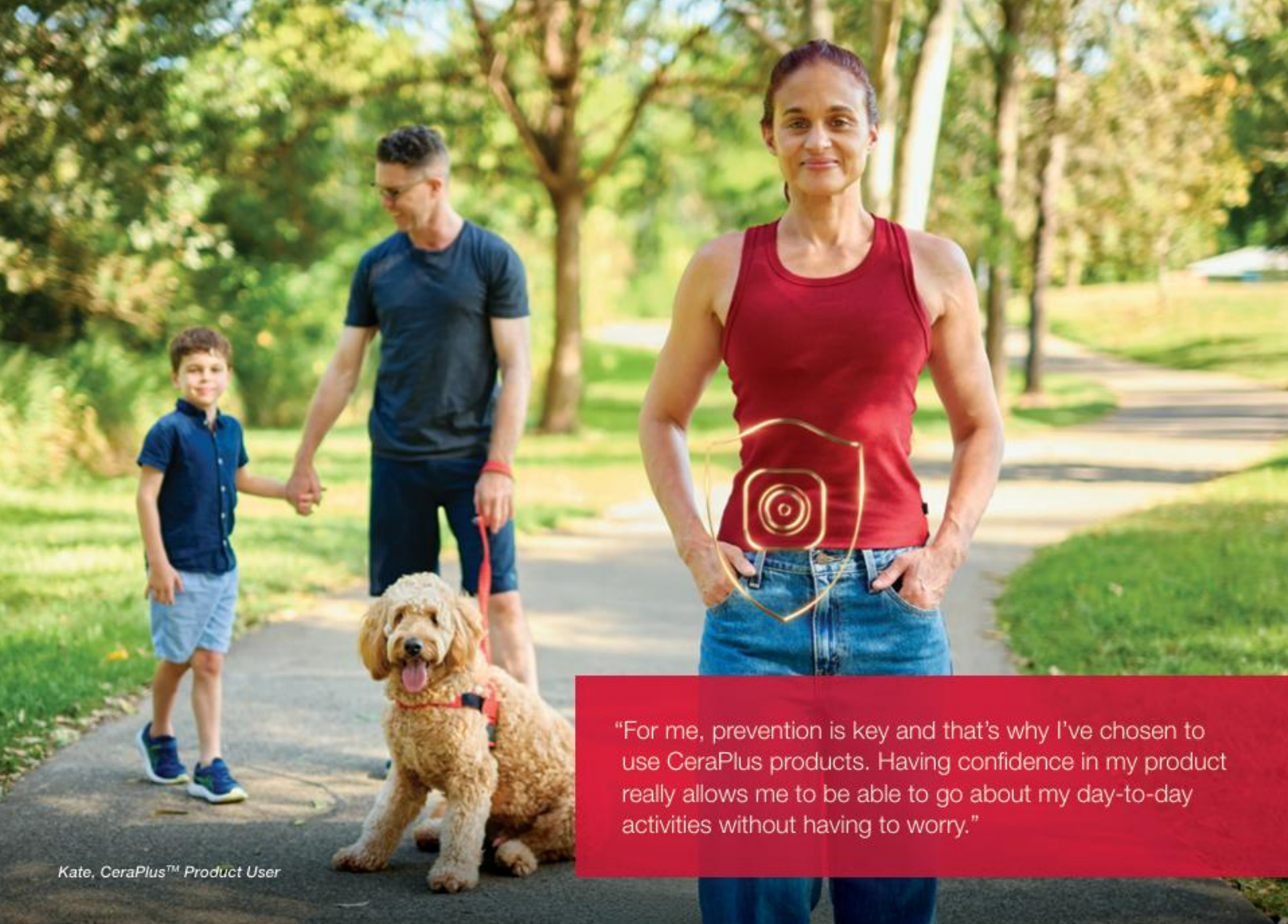
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Augusta	Abrolhos	Beacon
Bencubbin	Busselton	Carnarvon
Eucla	Eneabba	Hyden
Kalgoorlie	Leeman	Mingenew
Narrogin	Northam	Rockingham
Walpole	Toodyay	

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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Kate, CeraPlus™ Product User

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# THIS IS LIFE

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