



**MILTON KEYNES
STOMA SUPPORT GROUP
(MKSSG)**

**Newsletter number 10
October 2020**

Dear Member

We hope you all enjoyed our last newsletter. From those who have already written to us, the fascinating experiences and many talents among you are coming to light. We hope many more of you will write to us about what interests you or what has left a lasting impression on you.

Our first Zoom meeting went very well, with a number of members joining in; it was especially good to see Hugh appearing from outer space and Tony in the desert! (You will have to join us next time to find out more!) We plan to make this a regular event until we can resume our Dobbies gatherings. Our next meeting will be on Monday, 16 November, at 10.30am – so pop the date in your diary. Login details are: <https://us04web.zoom.us/j/2353805789?pwd=RU16VVk1czdMM3ZNQ1ltbkRvaVZJUT09> Meeting ID: 235 380 5789; Passcode: 8g61xU. We will remind you of these details nearer the time.

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Stoma team news

The team is lead by Karen (centre in photo), with Grainne (left) and Elena (right).



Hello from your Stoma Care Team!

We hope everyone is managing to keep safe and well.

During these uncertain and restrictive times it is important to keep ourselves as healthy as possible. Exercising regularly is a fantastic way to not only keep ourselves fit but also to help our mental health and wellbeing.

Exercising with a stoma is completely safe following the initial recovery period after surgery providing you follow some basic guidelines. With any exercise we would recommend that you start off slowly and gradually build up your stamina. Short walks are a good starting point which can be built up to longer walks as you feel stronger and more confident. Pilates and yoga are also good forms of exercise as they can build core abdominal muscle strength which can reduce the risk or prevent enlargement of a parastomal hernia. A number of the stoma companies and national ostomy associations have exercises on their websites which can be a useful guide for you.

To prevent hernia formation we recommend some abdominal support to use when exercising; this can be in the form of support underwear, a support belt or a support vest. For light exercise, support underwear can be purchased from most larger supermarkets or department stores; these do not have to be expensive and a medium support higher waisted style is usually adequate.

Some of the stoma care companies offer a bespoke measuring service for support belts but we are also happy to advise and measure you for support garments. You are entitled to three vests or support belts per year on prescription.

As always if there is anything you are unsure about or would like advice please do contact us on 01908-996951 or email stomateammkuh@mkuh.nhs.uk.

Thank you Karen, Grainne and Elena for giving up time to contribute to our newsletter!

Tip of the month

This tip is for those of you who have a hernia and wear a support belt.

Loosely fit your support belt, then make final adjustments while lying on your back. This allows your hernia to recede and gives the best support.

Suggested by Morag. If you have a tip you would like to share with others please send it in to us.

Recipe



One of our members, Sandra, has kindly sent in a favourite recipe of hers.

Hi everyone

Here is the recipe I use to make my banana bread. I hope you like it!

Sandra

<i>Butter for greasing</i>	<i>100ml sunflower oil</i>	<i>200g ground almonds</i>	<i>2 tsp baking powder</i>
<i>3 eggs</i>	<i>4 tbsp natural yoghurt</i>	<i>2 tsp ground cinnamon</i>	<i>1 tsp Demerara sugar</i>
<i>3 tbsp honey</i>	<i>2 large ripe bananas</i>	<i>125g sifted plain flour</i>	

Method

- 1 Preheat the oven to 180°C/Gas mark 4 and line a 2lb loaf tin with butter and greaseproof paper.*
- 2 In a large bowl beat together 3 eggs, 3 tbsp honey, 100 ml sunflower oil and 4 tbsp natural yoghurt. Mix in 2 ripe mashed bananas, 200g ground almonds and 2 tsp of ground cinnamon. Gently fold through 125g sifted plain flour and 2 tsp of baking powder.*
- 3 Pour the batter into the loaf tin, scatter with 1 tsp Demerara sugar then bake for about 1 hour to 1 hour 15 minutes until well risen and golden brown. A fine skewer inserted in the centre of the cake should come out clean.*
- 4 Leave the cake to cool in the tin for a few minutes then remove the lining paper and leave to cool on a wire tray to cool completely.*
- 5 Enjoy!*

Thank you Sandra. We hope your recipe will inspire others to send in their own favourite recipe!

Calendar

With your help we are hoping to compile a 2022 calendar at this time next year. For that, we are asking members to send us a scan/photograph *each* month that shows some typical aspect of the month. We can use scans sent in by email or, if you are not able to scan from an original image/photo, please contact us for us to arrange to make a scan. We will build a bank of all contributions but we will not select a particular photo for any month until we have them all. Please provide a short title for your picture.

Joke of the month

A medical association's unofficial view on their government's coronavirus strategy.

The allergists were in favour of scraping it, but the dermatologists advised not to make any rash moves.

The gastroenterologists had a sort of a gut feeling about it, but the neurologists thought the administration had a lot of nerve.

Meanwhile, obstetricians felt certain everyone was labouring under a misconception, while the ophthalmologists considered the idea short-sighted.

Pathologists yelled 'Over my dead body' while the paediatricians said 'Oh grow up!'

The psychiatrists thought the whole idea was madness, while the radiologists could see right through it.

Surgeons decided to wash their hands of the whole thing and the internists claimed it would indeed be a bitter pill to swallow.

The plastic surgeons opined that this proposal would 'put a whole new face on the matter'.

The podiatrists thought it was a step forward, but the urologists were p-----d off at the whole idea.

Anaesthesiologists thought the whole thing was a gas, and the lofty cardiologists didn't have the heart to say no.

In the end, the colorectal surgeons, always bringing up the rear, told the government exactly where to put their strategy.

Contributed by Jenny.

News from the suppliers

This message is from Bullens. Their representative, Paula Thomas, has been a 'regular' at our Lovat Fields meetings and many of you will have spoken with her even if you can't remember her by name!

It's been a difficult time for everyone over the last eight months. Life as we knew it has been turned upside down and our new normal is very different from the year we were all looking forward to in January. Here at Bullens we've been working hard to ensure that we can continue to provide all our customers with the great service that they have been used to. It's such a shame that we can't get out and meet people at open days and meetings – it's such a great part of what we do.

As part of our commitment to help and support our customers we've created a 'Healthy Mind Guide' full of hints and tips about ways to relax, different hobbies that you could think about, as well as information about keeping your mind happy. You might have seen it advertised in the IA Journal or Colostomy UK 'Tidings'. If you haven't and you'd like a copy please email us at info@bullens.com or call us on 0800-031-5401.

We hope you are all staying safe and Paula is really looking forward to being able to come to one of your meetings as soon as she's allowed to.

Book review

For this review, Jenny gives her thoughts on *A View Across the Rooftops* by Suzanne Kelman.



I first came across this book in April this year when it appeared as one of Kindle's Daily Deals. (You may recall that this was the time when we were in a very tight lockdown situation). The narrative was inspired by the Diary of Anne Frank and is also set in Nazi-occupied Amsterdam in 1941.

It tells the story of a young Jewish student who is given sanctuary from the Gestapo in the attic of one of his professors and the book is described as a 'testament to the courage of humanity in history's darkest days'.

I won't reveal the rest of the details of the story but it was a salutary reminder that we are not the first community to have found ourselves locked up and scared, which was in itself reflective and reassuring. It was a significant wake-up call that however bad things appear there will always be someone worse off than you!

This book is easy to read and very moving in parts. I found it very difficult to put the book down, especially towards the end as the plot unfolds to its final conclusion.



I would add one final comment: for me, the true significance of the book was as a timely reminder that we had it relatively comfortable during our total lockdown that lasted only weeks. Those who found themselves in real social isolation during the war had no media entertainment or outside contact and were completely hidden away for months or years.

398 pages; paperback £8.99 or Kindle version £1.99

If you have found yourself totally absorbed in a book, film or hobby at home, do tell us about it.

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You will now have a good idea of how and what you may be able to contribute in future and we look forward to receiving your stories and comments. The deadline for you to send in your contributions for our November issue is by Friday, 13 November, latest. As before, we would prefer you to send your contributions by email or text if you can, or you can use our phone number (when you may be asked to leave a message for us to call back). If you want to pass on any articles or recipes on paper please get in touch. Our contact details are given below.

Best wishes

Jenny, Lynne, Morag, Tim, Tony
MKSSG Committee

Contact details: www.mkssg.org.uk • mkssg.sec@gmail.com • 07843-768386 (leave a number for us to call you back) • a closed Face book page (search for the group and request to join)