



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

**Newsletter number 11
November 2020**

Dear Member

We very much hope you are enjoying the newsletters but to keep going we need you to continue sending in your contributions. Many of you will no doubt have thought about sending something in to us. Well, hesitate no longer, please just do it! Remember to send in your calendar photos (themed to the month); next year, we will select those to include in our 2022 calendar.

Questions please! To support our members as ostomates and to encourage exchanging information with each other on ostomy matters we would like you to send in questions. If you have any serious problems then of course you should contact the Stoma Care Team. However, we would like you to write in if you have particular questions which we can put to other members or to our Stoma Care Team to offer solutions. These can be included in the newsletters anonymously if you wish. Sharing such matters can help others who may be 'putting up with' things they feel not worth bothering anyone about. Let's try to make life as easy as we can for all!

It was good to see some familiar faces again on our monthly Zoom meeting. If you would like to exchange Christmas greetings with other Dobbies friends then please join us on Monday 21 December. Login details to follow. Please bring your own coffee and mince pies!!

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Stoma Care Team news

The team is led by Karen (centre in photo) with Grainne (on the left) and Elena (on the right).



Hello from your Stoma Care Team!

We do hope you are all managing to keep yourselves safe and well. For this month we just wanted to reassure everyone that during these times of uncertainty the Milton Keynes Stoma Care Team are still very much here for you.

We are unsure at this stage whether any of the team will be redeployed to other areas of the hospital but the stoma care service will still be open for you. As with the last wave of the pandemic we will adapt our working practice to ensure we keep our patients as safe as possible but if you have any concerns or need advice from us we would encourage you to contact us as usual.

Stoma Care Direct Line: 01908 996951 *(This is an answer machine but we check it very regularly throughout the day and will always return your call. Please ensure you leave your name and a clear contact number.)*

*Alternatively you can email us using our **team email**: stomateammkuh@mkuh.nhs.uk*

We are enjoying reading the MKSSG newsletters and discovering more about all your talents and interests!

Take care and we look forward to seeing you all again when it is safe to do so.

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

Tip of the month

With coronavirus conditions still continuing, Christmas almost upon us and Brexit coming in the New Year, transport delays are possible. Over this period, ensure you order your supplies in good time and not leave it to the last minute.

It's all a matter of timing

Seeing the photo of what is still a largely male-dominated sport, you may be forgiven for thinking that this story is about one of our male members. You would be mistaken though: it's from Rita, one of our members, telling us about how she spends many of her weekends.



It's 7 o'clock on a Sunday morning and I am off to the Shenington Kart Race Circuit. Had my breakfast, checked that I have my licence and membership cards in my bag, that the dog has been fed, and it's into the car for the 45 minute drive. I am not likely to be back home before 7:00pm so all that I may need to 'survive' the day has to be with me!

My family have been involved in kart racing for over 50 years, yes, it is called kart racing, we only call the commercial side of the sport go-karting! Kart racing in the 21st century is full blooded miniature racing with families spending upwards of £30,000 a year on their sport. All the F1 drivers came through karting and many of the new stars took their first steps at the Whilton Mill Circuit near Daventry, our area has played a big part in the development of future stars. However not everyone will become a star. The sport has a range of classes governed by the age of the driver, they can start at six and the biggest enthusiasts often go on into their seventies. Motor racing is a very cruel sport, one day you are on top of the world, another nothing will work for you. Unlike an athlete who loses a race, they can train harder and they do not have the problems of a race vehicle, tyre pressures engine and gear settings, and you may have done everything you can, but there will be 24 plus drivers trying to stop you being successful. Incidents do happen! Racing is very professional, with probably about 2 million pounds worth of equipment being found in the pits, with anything up to 250 drivers taking part at each of the bigger circuits.



My role is that of a Timekeeper; I operate the computing system that logs the details of the races. A modern computing system is able to count the laps and record all of the times that the drivers achieve; it even places the data on the internet so that enthusiasts who are not able to attend may follow their favourite drivers from their arm chair. Every single piece of information generated by each race, finishing order, lap times, penalties applied (for contact or other technical reasons), all go through the timekeeper. It takes several years for a Timekeeper to become fully qualified, they are vetted through Motorsports UK, and if they qualify, they have an official licence at a grade based on their experience.

I have been in the sport since the computing of data first came into being and I am privileged to be one of the three timekeepers in the UK licenced to train and assess new people for their first licence.

You will realise that the pressure is immense to keep up with up to 48 races in a day and to make sure that all of the data that will be fed back to Motorsport UK is complete and technically correct. By the time I am setting off home I am almost completely drained, you cannot afford to make an error!

We send our thanks to Rita for this fascinating account. Let us know what hobbies you enjoy!

Scams

Trading Standards, Milton Keynes Council, has provided us with a short document on scams, in particular Covid themed and Christmas themed (times when scams can increase). We are sending it as a separate document to you with this newsletter. Justine Kelly, one of our members, has sent in similar information and we are including parts of that too. We would like to thank Justine for her contribution: it is certainly proof we have plenty of expertise among group members!

While much of the information refers to digital media, there is useful advice included for those of you not online. You may even find the digital information useful to you in the future or you may wish to pass it on to others you know are already online.

Recipe

This month our thanks go to our member, Lesley, who shares one of her recipes.

A friend gave me a paperback, The Little Teashop of Lost and Found, by Trisha Ashley. In this story, there is a special recipe which becomes the trademark of the shop, which is 'Little Fat Rascals', a cross between a scone and rock cake. They are so quick and easy to make and I have ended up baking lots!



Little Fat Rascals

3oz/75 g butter or margarine

8oz/200g self-raising flour

¼ tsp. each of ground cinnamon, nutmeg, mixed spice

Mix together using rubbing-in method, till it looks like breadcrumbs.

Then add

3oz/75g mixed dried fruit with peel

2oz/50g raisins

3oz/75g caster sugar

Stir in 1 beaten egg and 2 tbsp milk

Divide into 12 small rounds on baking tray.

Bake 15 minutes gas mark 6/200°C/400°F.

Irresistible warm from the oven. But they store well in a cake tin once cooled.

Murder case review: a miscarriage of justice

For over two decades, like many people in South Wales, Lynne has continued to follow the account of four murders in the small village of Clydach near Swansea. It was the crime that shocked the nation and the biggest murder hunt in Welsh history.

In 1999, the well liked family of Mandy Power, her mother and two daughters were brutally murdered and their house set on fire (and just partially burnt). Mandy had had several sexual relations with men, including the convicted Dai Morris (with some justification known as a 'thug'), an affectionate affair with a man, and also an ongoing intense affair with a woman, Alison Lewis. Ex-policewoman Alison was married to a policeman, who was the identical twin brother of another policeman (all in the local police force).

The Clydach Murders book focuses on whether there has been a miscarriage of justice. Why was no (non-family) DNA found at the house when experts all say it is impossible to remove all traces of DNA? Why was a 99% accurate e-fit of a witness not shown on the several crime programmes featuring the murders? The four murders were proved to have been carried out with a blunt instrument but why was there blood of only three victims on it – and why might this be so significant in proving a miscarriage of justice? Withholding evidence and witness tampering (largely by police) all distorted the complicated case for the juries. Yet so far there have been two guilty verdicts (to the surprise of many) on a single piece of circumstantial evidence and on the prosecution's argument that there was no sexual relationship between Mandy and Dai. You couldn't make it up!

The case continues: with written evidence to date equal to 20 bibles, Dai's family fight on to get another appeal. Meanwhile he protests his innocence after 19 years in prison – and not pleading guilty means that he will receive harsher treatment and never get parole.

Book (very easy reading): *The Clydach Murders: A Miscarriage of Justice? (2017, second edition) by John Morris, Amazon Kindle edition £5.69, Paperback £9.99, 291 pages.*

Latest developments: *BBC Wales Investigates, The Clydach Murders: Beyond Reasonable Doubt, one hour programme, Thursday 26 November at 9pm on BBC2 and BBC iPlayer to September 2021.*

11th hour of the 11th day of the 11th month of 2020, Campbell Park, Milton Keynes



This is the 'bud' of The Rose in Campbell Park; the pillars are inscribed with the dates of significant events. The Rose is where Armistice Day in Milton Keynes is 'officially' commemorated. It had to be a virtual ceremony this year for most of the public (hence the lack of people in the photo taken immediately after the ceremony). Representatives of the British Legion, the armed forces and local dignitaries were among those who laid the wreaths.

News from the suppliers

Barry Austin has been the friendly face of Coloplast at our meetings for some years. He has moved on in the organisation and we look forward now to meeting his replacement Claire Ballard as soon as we are able to. Meanwhile here is the latest from Coloplast.

Embracing new technologies – safe resources for ostomates

Over the past few months, all of us have adapted to new ways of keeping in touch with our friends, family and loved ones and using digital resources. In conjunction with the Association of Stoma Care Nurses (ASCN) UK and the Education Team at Coloplast Professional, we have produced this document Safe digital resources for ostomates for stoma nurses to impart to their patients.

The websites you use should be reliable and accurate; there are many ways for ostomates to source information about stomas, surgery and products as well as adapting to life with a stoma. This guideline provides a safe starting place.

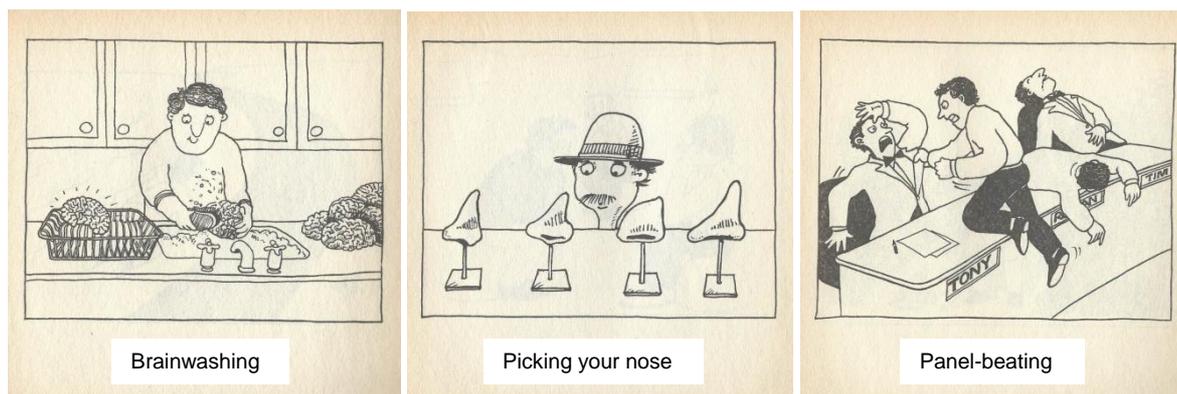
Many of these resources are developed, written and filmed by people living with a stoma, their top tips to coming to terms with their stoma and living their life to the full. Topics covered include: Who and how to tell, Living with a stoma and life's milestones, Showering with a stoma, Sex, intimacy and dating, Travel and preparing for a holiday, Patient stories and perspectives.

You can find the Safe Digital Resources for ostomates on the Coloplast website:

www.coloplast.co.uk/stoma-links or alternatively, please email Claire Ballard, Territory Manager at gbubl@coloplast.com

Joke of the month

Puns intended, with apologies to Tim and Tony for being panel-beaten ...



Contributed by Lynne.

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Not being able to hold our quarterly meetings meant we had lost all sources of funding. However, along with the newsletter contribution of each of our suppliers comes a small donation to our funds. This covers our newsletter costs and allows us to provide our Welcome Pack without charge to new ostomates while we are unable to offer any personal contact.

We will be sending out our December newsletter a week or so before Christmas so your contributions will have to reach us rather earlier than usual. The deadline is by Wednesday, 16 December, 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.

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)