



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

**Newsletter number 13
January 2021**

Dear Member

With the new year breaking, we have much to look forward to once the covid vaccinations start to take effect. Let's hope summer will bring new freedoms and hopefully signs that we will be able to meet again. Meanwhile, we hope you continue to find our newsletters entertaining and informative. Thank you to those who have contributed to this issue. We look forward to receiving more contributions from members on any topic that interests you or any joke/experience you have found amusing.

We held our last Zoom meeting on Monday, 18 January, which prompted much laughter and was thoroughly enjoyed by all. As usual, details for our next one will follow by email nearer the time.

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Tip of the month

If you use the internet but are hesitant about joining our Zoom meetings, please give them a try – you won't be disappointed! One member said after her first meeting 'It has made my day! Seeing you all and talking face to face, the first time in a year.' If you need guidance please get in touch and we'll do what we can to help you. If you are not using the internet, why not talk with family or friends about doing so? It's never too late to start. Do think about it!

Stoma Care Team



A simple message from the Stoma Care Team this month – Milton Keynes Stoma Care Department remains open for business! This is despite all the pressures being heaped upon Milton Keynes University Hospital at the moment.

Their contact details remain the same:
direct line 01908 996951, email

stomateammkuh@mkuh.nhs.uk.

On behalf of every one of our members, we thank Karen, Grainne and Elena for the great support they continue to provide. Furthermore, we are eternally grateful to them, and all the nurses and staff at the hospital, for performing so heroically at the present time.

Brain teasers

- 1 *Before the days of the motor cars, a man rode into town on his horse. He arrived on Sunday, spent three days in town and left on Sunday. How is that possible?*
- 2 *A woman had two girls who were born on the same hour of the same day of the same year. But they were not twins. How could this be so?*
- 3 *You have two buckets. One holds exactly five gallons and the other three gallons. How can you measure exactly four gallons of water into the five gallon bucket? Assume you have an unlimited supply of water and that there are no measurement markings of any kind on the buckets. (There are two possible solutions to number 3.)*

Answers will be published at the end of our next newsletter.

Contributed by Jenny and Lynne.

Making the best of lockdown



The more we hear from members the more we realise just how talented MKSSG people are. Tony, a member, recently sent in this very interesting contribution for our newsletter. Since having major surgery, including a urostomy, and during lockdown Tony has spent time enjoying an unusual and engrossing hobby and, as he puts it, 'making the best of lockdown'. Here is his account.

A few years ago I had a radical cystectomy (removal of bladder and prostate). Just before my bladder cancer diagnosis I had bought a 3D Printer to explore its possibilities and to keep me mentally active.

It works by printing very thin layers of melted plastic that build up to create the final model.

Over the last two years, and particularly while we have all been under lockdown rules, I have been developing some skill at using 3D drawing packages (such as SketchUp) and converting some of them to printable items.

Having three grandchildren, much of my effort has been directed at repairing and making a variety of toys.

These have ranged from a simple dinosaur to an intricate 'Star Wars' tie fighter.



During lockdown, I printed a half-size 'Mandalorian' helmet for my grandson. (Actually, for my son who is an avid Star Wars fan though he claims it was for his son!)



Toys are fun but I have also been able to make lots of useful items like battery holders and a shower plug cover. My printer allows me to print in two colours so I can make some interesting designs.

A project that I thought you might be interested in was to develop a 'night bag holder' for my urostomy bag system that didn't keep falling over.

I designed a holder that is fitted to my bed frame and includes hanging points for the bag and a clip to hold the tube in position.

This holder is brilliant, doesn't move, and has provided me with great support for my night bag. So much so that, having had a travel

holder break while I was away between lockdowns, I have also made a travel version. It comes apart for packing but is very sturdy when assembled.

I'm just waiting for the opportunity to have a break somewhere and try it out. Here's hoping that I don't have to wait too much longer!



Our thanks to Tony for sending in this fascinating contribution to our newsletter. An inspiration to us all to keep busy during lockdown!

Recipe of the month: Scottish Tea Loaf

Predictably, this *Scottish* tea loaf is a favourite recipe from Morag!



175g raisins
175g sultanas
175g soft, dark brown sugar

300ml hot black tea (stronger is better)
1 egg, beaten
285g self raising flour, sifted

Measure the dried fruit into a mixing bowl; add the sugar followed by the hot tea. Mix well, cover and leave overnight.

Next day, pre-heat the oven to 170C.

Add the egg and flour to the soaked fruit and mix well.

Spoon the mixture into a lined, greased 2lb loaf tin, levelling off the top.

Bake in oven at Gas mark 4/170C for about an hour or until firm to the touch. A skewer should come out clean when pierced into the centre of the loaves.

Turn out and leave to cool on wire racks.

Can be eaten as it is or spread with butter. Or you can fry it with bacon and egg – it's a Scottish thing!

News from the suppliers

This month's news is from Trio Healthcare. Elaine Molesley is their representative who comes to our quarterly meetings and we look forward to seeing her again in person as soon as we can!

Hello Genii ... goodbye sore skin

Trio Genii is the world's first stoma bag with the patented Sil2™ Breathable Silicone Technology in the adhesive flange, all other bags use hydrocolloid adhesives. When moisture sits on your skin, skin irritation can occur. This doesn't happen with Sil2™ because it naturally breathes & repels moisture, just like healthy skin, which helps to break the cycle of redness and irritation.

The silicone flange also sticks firmly to the skin but it won't go gooey, mushy, or sting when you remove it. It's also highly flexible, it feels like skin, is soft and comfortable and fits your body shape to give an 'invisible' feeling. The bag cover features a soft, water-resistant sports fabric that feels light and comfortable.

Choose from three shades: Light, Medium or Dark. Trio Genii is currently available in closed and drainable colostomy bags and drainable ileostomy bags; urostomy bags are not available.

To find out more:

call our Team on 0800 531 6280, email careline@triohealthcare.co.uk or visit trioostomycare.com.



Serious lockdown advice

Everyone please be careful because people are going crazy from being locked down at home!

I was just talking about this with the microwave and the toaster while drinking my tea, and we all agreed that things are getting bad.

I didn't mention any of this to the washing machine, because she puts a different spin on EVERYTHING!

Certainly couldn't share with the fridge, because he's been acting cold and distant!

In the end, the iron straightened me out. She said 'the situation isn't all that pressing and all the wrinkles will soon get ironed out'!

The vacuum, however, was very unsympathetic ... told me to just suck it up! But the fan was VERY optimistic and gave me hope that it will all blow over soon!

The toilet looked a bit flushed but didn't say anything when I asked its opinion, but the front door said I was becoming unhinged and the doorknob told me to get a grip!

You can just about guess what the curtains closed with. They told me to pull myself together!

We will survive!

Contributed by Morag.

Walking back through time: moated site and medieval fisheries

Here a member, Lesley, talks about one of her regular local walks introducing us to some of its interesting landscape features – and tempting us to visit when we are free to do so again!

Hi everyone,

I thought you might like to visit, when allowed, and see and read about the moated site at Great Woolstone, which includes an old church, rectory and ancient fisheries. In Photo 1, the rectory can be seen on the horizon on the right hand side, and the 13th century church is very close by but is just out of the photo. This church is currently used by musicians for practice.

On the site are medieval fisheries, which were ancient fish ponds connected to the moat. They were used for breeding and storing fish, which was a popular food since meat eating was prohibited on Fridays and during Lent. These ponds are now normally dry, but with all the recent heavy rains, have filled, depicting how it was in the 12th–14th centuries.



1 Pond with rectory on horizon



2 Pond and information panel



3 Water-filled moat

Photos 1–3 show us just what would have been the ground view all those centuries ago. John (husband) and I enjoy our daily walks, nearly always through this park – Ouzel Valley Park – which is on our doorstep. (You will find a map of the site at the end of this newsletter.)

Book review: Captain Tom's autobiography

Here are Jenny's thoughts on the autobiography of a remarkable man.

Many of you will remember those days back in April when we watched the indomitable Captain Tom Moore complete his self-imposed target of 100 laps of his garden, which in so doing raised a record breaking £38.9 million for NHS Charities Together.

His recently published book Tomorrow will be a Good Day: My Autobiography begins with his early childhood days in Yorkshire, followed by his army service in Burma during the Second World War, his subsequent jobs and family life, culminating in his knighthood from the Queen. But throughout this account of his life, as described in the flyleaf; 'you will encounter time and again the curiosity, courage and generosity that saw Captain Tom look around him during our current crisis and decide that something had to be done'.

This is a very easy to read book, and Capt. Tom's view and perception of life is an inspiration to us all in these challenging times: 'Through a century filled with drama and great change I've always looked on the bright side. I've lived through war and heartache, triumph and tragedy and yet I'm still here, so I can only believe that tomorrow will be a good day'.

I would thoroughly recommend it as an uplifting read!

Available: Kindle edn £9.99; Hardback, on offer, e.g. £7.50 (Amazon), £10 (Waterstones). 400pages.



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We have just space to remind you to send in contributions, by Thursday, 18 February, please, and 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

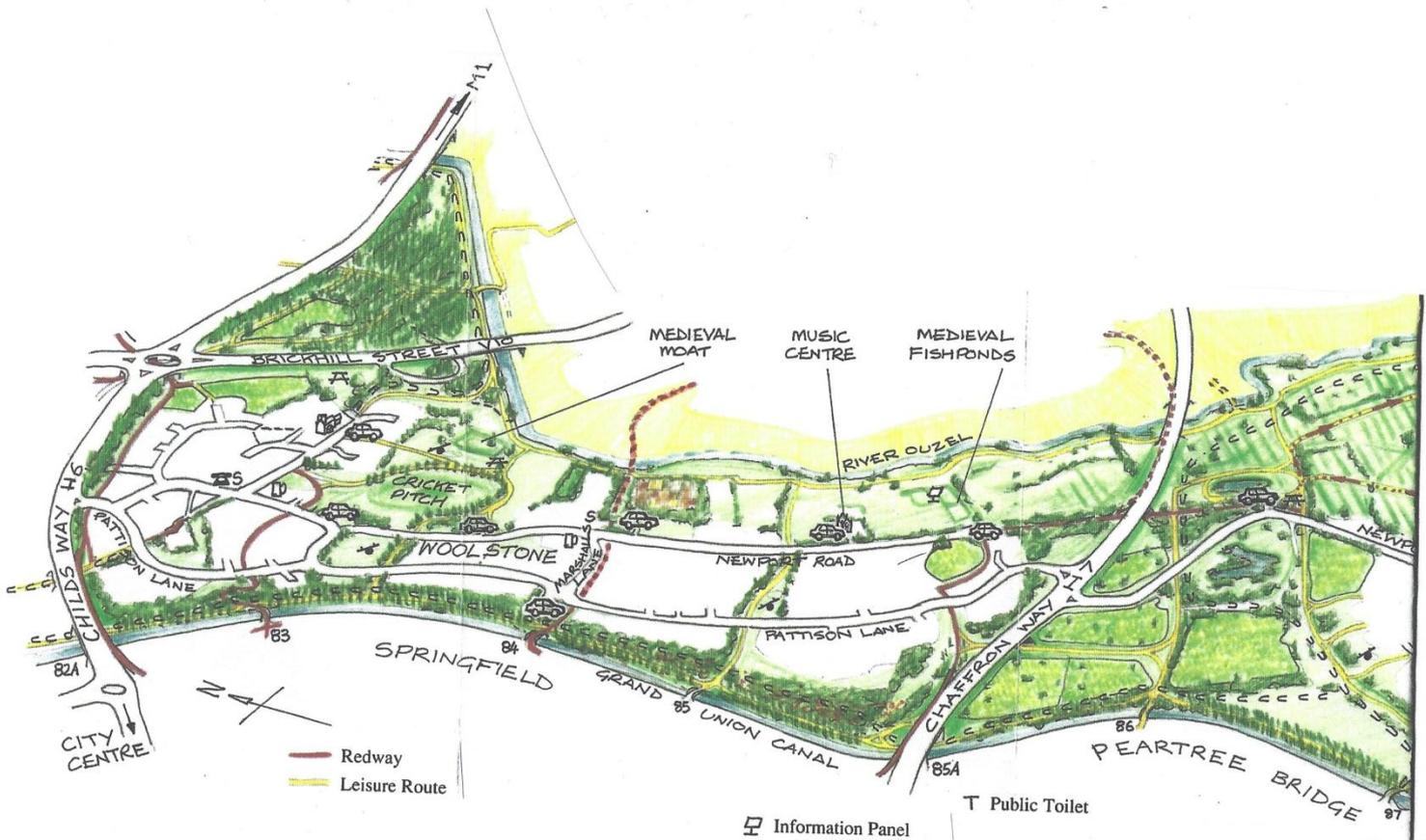
MKSSG Committee

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)

Section of Ouzel Valley Park

The section shows the sites of the park itself, the moat, church/music centre, and medieval fishponds. Car parks are indicated by the car icons. The paths through the park are Redways and Leisure Route paths.

Using the car park nearest to the church on Newport Road, you enter the park through a gate. The ponds are visible on the right hand side (back of the church). The Redway takes you towards the River Great Ouse. At this point, turning right, takes you to the information panel. Turning left, through a gate, takes you to the moat, passing allotments on your left, through a gate/cattle grid (a bridge is on the right hand side), then pass the Parkway Care Home/orchard, then a large paddock until you reach the medieval moat.



Holy Trinity Church/music centre



Old Rectory