



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

**Newsletter number 14
February 2021**

Dear Member

Finally we are coming out of winter and looking forward to signs of spring. Thankfully, for the most part, Milton Keynes has avoided the very destructive rainfall and heavy snowfall other areas have been getting. Added to that, many of you will have had at least your first vaccinations and hopefully not had any side effects. Let's hope then that the very worst is behind us!

As always we have tried to provide here a variety of content that is interesting and fun, offering an insight into what other members are doing, recipes to try, jokes and puzzles to amuse and tantalise, and helpful tips and suggestions. We would love to hear from you about anything you want to share. We can help you put some wording together if you feel a little unsure. If you tried the brain teasers in our last newsletter we have provided the solutions at the end of this one.

We held our last Zoom meeting on Monday, 15 February. While a few regulars were unable to join us we were very pleased to welcome a few 'newbies'. We hope more will join in the next meeting. As usual, details for this will follow by email nearer the time.

* * * * *

Message to our Stoma Care Team

Contact details: direct line 01908 996951 (leave a message); email stomateammkuh@mkuh.nhs.uk.



'While numbers of Covid cases and hospital admissions continue to drop and vaccinations increase, we know that you, our stoma care nurses, and all medical staff must still continue your difficult and risky work. We want you to know that we will keep you in the forefront of our newsletters and our minds. Take care, stay safe and thank you.'

Jokes for the month

Here are some jokes to put you in the mood to enjoy the rest of the newsletter.

Q: How do you make antifreeze?

A: You steal her pyjamas.

A bank robber pulls out a gun, points it at the teller and says, 'Give me all the money or you're geography!' The puzzled teller replies, 'Did you mean to say "or you're history?" ' The robber says, 'Don't change the subject!'

Instead of 'the John', I call my toilet 'the Jim'. That way it sounds better when I say I go to the Jim first thing every morning.

In a Catholic school cafeteria, a nun places a note in front of a pile of apples, 'Only take one. God is watching.' Further down the line is a pile of cakes. A little boy makes his own note, 'Take all you want. God is watching the apples.'

Perhaps you have heard them before or know some funnier ones? Tell us!

In her own words



I wrote this after recovering from severe depression. I was determined to view the world with a positive attitude and take joy wherever I could. I'm trying to do the same during lockdown.

Morag

Sunshine and Serendipity

I looked round the garden, enjoying the unexpected March sun. A robin sang from his perch on a nearby branch. His mate gathered materials for the nest they were building in the dense ivy, working tirelessly. Splashes of colour stood out from the overall winter drabness. A Christmas rose, adorned in delicate, saucer-shaped flowers, stood high above the alpines.



The mini daffodils nodded their bright yellow heads in the breeze.

The crocuses were opening their colourful petals to meet the warmth of the sun. The aubrietia cascaded over the weather-beaten rocks, resplendent in royal purple blooms. Behind them, the berries gleamed on the pyracantha bushes; a mixture of bright red, orange and yellow; beacons for hungry birds.

The peace of the morning was broken by the strident calls of starlings descending on the bird table. There was plenty of food

for all, but they chose to fight over one particular morsel. They clambered comically over each other, too busy fighting to notice that the food was spilling to the ground below to be eaten by the cheeky sparrows! I held my breath as the robin hopped down, followed by his mate. He pecked delicately at the spaghetti leftovers I'd put out. With a short strand gripped in his beak, he turned to offer it to his partner. Did he think it was a worm? Unimpressed, she spurned his offer and flew off. The next visitors were blue tits. Two performed acrobatics while feeding at the ball of fat hanging from the bird-table. Another had learnt how to remove whole peanuts from the feeder, carrying them away to devour at leisure on a nearby branch.



A movement caught my eye. A blackbird foraged in the heather garden; his bright yellow beak scattering the bark chips that I'd carefully laid the day before.

I'd recently been woken early by the croaking chorus of eager male frogs and now the first packets of frog spawn had appeared.

A flash of orange shone brightly in the pond. It was the one

and only goldfish left after a recent visit from a heron. He hung just below the surface, undisturbed by the frenetic coupling of the countless frogs all around him.



We live surrounded by beauty in nature. If we could just take the time to appreciate it, I think our lives would be all the richer for it.

Recipe of the month

You don't have to be a vegetarian to enjoy this recipe from Morag. It makes a quick, tasty, healthy meal and can be made with any vegetarian mince.

Quorn Spaghetti Bolognese (serves 4)



350g of Quorn mince
2 tbsp of olive oil
1 large onion, finely diced
1 large carrot, finely diced
1 stick celery, finely diced
2 garlic cloves, crushed
200g mushrooms, finely diced
1 vegetable stock cube, dissolved in 200ml of boiling water
400g tin of chopped tomatoes
100ml of red wine
1 tsp of oregano
1 tsp of marjoram
1 tbsp of tomato puree
1 tbsp of tomato ketchup
350g spaghetti (dried)
Hard cheese of your choice, grated to serve

- 1 Heat the oil in a large frying pan, add the onion, carrot, celery, garlic and cook over a medium heat stirring frequently for about 5 minutes until the vegetables have softened. Add the mushrooms and stir-fry for 2-3 minutes more.
- 2 Tip the vegetable stock, tomatoes, red wine, herbs, tomato puree and ketchup into the pan, stir well.
- 3 Cook over a low heat for 8-10 minutes until the vegetables are cooked.
- 4 Stir the Quorn mince into the sauce, continue to cook (about 10 minutes, don't overcook) over a low heat while you cook the spaghetti as per pack instructions. Season to taste.
- 5 Drain the spaghetti, spoon the Bolognese sauce on top and sprinkle with cheese.

Marsh Family videos

Do you want cheering up and your days lightened? Then, if you haven't already seen them, search on YouTube for the videos made by the Marsh family. They've moved on from their 'One day more' (from *Les Mis*) and their 'weary' lament 'I know them so well' (from *Chess*) in which mum of four sings 'It only takes one child to make it hell'.

They've made more videos this year, including 'Have the new job' (based on *Hallelujah*, and saying it will give you the rhythm!). Don't cut away as soon as the songs are finished and watch what the kids get up to! They clearly enjoy it all as much as we do.

A novel enterprise

Not one to be daunted by a lack of commercial products to resolve a problem, member Justine found her own answer which she shares with us here.



Like many of you, I read in bed as a way of relaxing my mind. Whilst I'm lying in bed, I can see my bedside lamp, my bedside alarm clock, my water bottle, my pen and paper, my mobile phone, etc. on my bedside table, but I have run out of room for my book or my kindle. I looked for a decent solution and saw a many pocketed contraption for about £8. Way too fussy for my needs though! I wanted something that is a one pocket wonder! So ... I created my very own version. I hotfooted it to Wilko's and purchased just one fabric place mat. I folded it into 3 sections and sewed 2 of the sections together down the sides. The other section was then slipped under the mattress and I'm now the very proud owner of my very own kindle holder! I even considered stapling the sections together! What do you think?!

Nurturing nature

Birds usually begin building their nests from the end of March into early April. If you put out feeders, try using an extra one to provide the birds with soft nest material, such as nesting wool (which you can buy specially) or short lengths of wool (say 2 inches to avoid the birds getting entangled in it). Tease a few bits out of the feeder. Put it out in good time for the birds to know it's there, perhaps near the feeders, and in a place where you can watch. It's a win-win situation!

Contributed by Lynne.



News from the suppliers

This month's news is from SecuriCare, providing details of their delivery service and other ancillary support they routinely offer to those with stomas.

Put yourself first with SecuriCare

We deliver a free home delivery service for your stoma supplies. With SecuriCare, you'll receive a service tailored to your individual needs with flexible delivery and ordering options to suit you. We can also deliver prescription medicines via our in-house pharmacy, PharmaCare. Gordon joined SecuriCare and says...



'I signed up to SecuriCare having been with another company for 5 years, unfortunately their service level dropped so it was time for a change. The biggest attraction was the nominated delivery day and time slot. I received my order bang on time. The staff are friendly and helped talk me through the joining process and my order. I'm looking forward to a long association with SecuriCare. Thank you for providing a first rate service for we folk with stomas during these difficult times.'

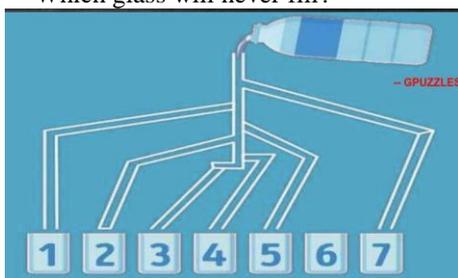
As well as a tailored service, we offer complimentary items to support your daily routine including our new Wash Bag. Plus, you'll receive a complimentary copy of each new edition of our popular ostomate magazine, Hand in Hand, with your order.

Speak to our friendly Careline team today. Call 0808 120 8740.

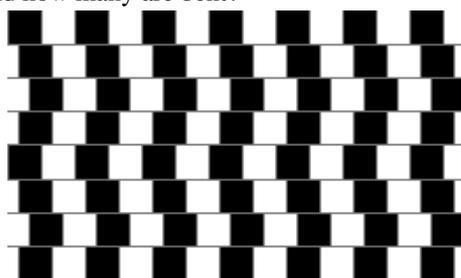
Brain teasers

We leave you with some brain teasers to try out. Good luck!

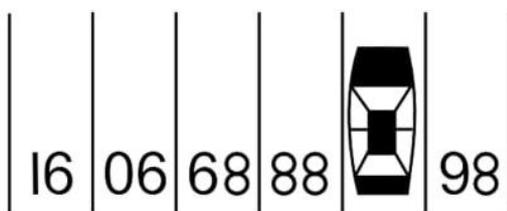
- 1 Which glass will fill first?
Which glass will never fill?



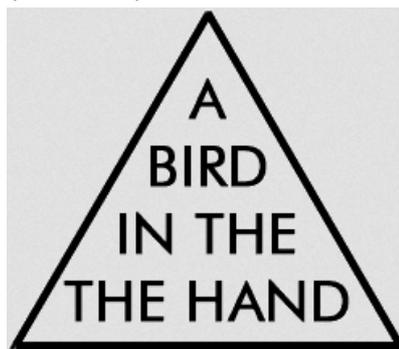
- 2 How many of the lines are parallel to each other and how many are bent?



- 4 What is the car's parking slot number?



- 3 Read aloud what is written in the pyramid.
Do you find any mistake? If not, read it again.



Contributed by Lynne. Answers will be printed in next month's newsletter.

* * * * *

Finally a reminder to send in contributions for our next newsletter, by Thursday 18 March 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)

Answers to brain teasers in our January newsletter

With a month to work on them, we feel sure you will have solved the brain teasers in our last newsletter but just in case you haven't here are the answers.

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?*

The name of the horse was Sunday

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?*

They were two of a set of triplets.

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)*

One solution:

- 1 Fill the 5-gallon bucket with water.
- 2 Pour it into 3-gallon bucket, leaving you with 2 gallons in the 5-gallon bucket.
- 3 Empty out the 3-gallon bucket.
- 4 Pour the 2 gallons in the 5-gallon bucket into the 3-gallon bucket.
- 5 Fill the 5-gallon bucket with water and pour it into the 3-gallon bucket, leaving 4 gallons in the 5-gallon bucket.

Alternate solution:

- 1 Fill the 3-gallon bucket with water.
- 2 Pour the 3 gallons into the 5-gallon bucket
- 3 Fill the 3-gallon bucket again.
- 4 Fill the 5-gallon bucket with water from the 3-gallon bucket, leaving you with 1 gallon left in the 3-gallon bucket.
- 6 Empty out the 5-gallon bucket.
- 7 Pour the remaining 1 gallon of water from the 3-gallon bucket into the 5-gallon bucket.
- 8 Fill the 3-gallon bucket.
- 9 Pour the 3 gallons of water from the 3-gallon bucket into the 5-gallon bucket leaving you with 4 gallons of water in the 5-gallon bucket.