



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

**Newsletter number 15  
March 2021**

Dear Member

As always we have tried to pack in to our newsletter as much as we can so that there is something for everyone. We hope you will find our ostomy related features here particularly informative: the supplier's news and also the articles on Active Ostomates and on a 'sportsbag'. Can you contribute to our next issue? We'd love to hear from you on any topic – even a few sentences! We held our last Zoom meeting on Monday, 15 March attended by most of our regulars. As usual, it was fun and light-hearted. Details for our next Zoom meeting 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](mailto:stomateammkuh@mkuh.nhs.uk)



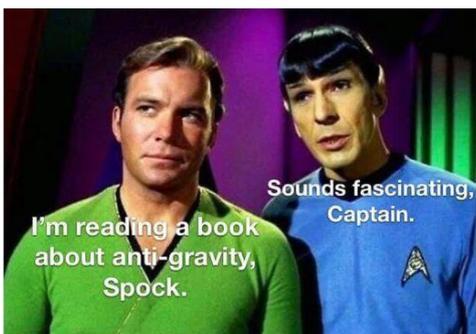
Finalising this newsletter on Tuesday 23 March, we note that it is one year to the day from our first lockdown – and is being recognised nationally as a day of reflection. As well as those who have suffered from Covid-19, it reminds us to think of our local NHS staff including our own stoma care nurses and to thank them all for giving so much with such dedication for so many months. Let's hope they will 'get the break' they deserve very soon!

**Brain teasers**

- 1 *If your uncle's sister is not your aunt, what relation is she to you?*
- 2 *In an English language word the first two letters signify a male, the first three letters signify a female, the first four signify a great man, and the whole word, a great woman. What is the word?*
- 3 *An Arab sheik is old and must leave his fortune to one of his two sons. He makes a proposition. Both sons will ride their camels in a race, and whichever camel crosses the line LAST will win the fortune for its owner. During the race, the two brothers wander aimlessly for days, neither willing to cross the finish line. In desperation, they ask a wise man for advice. He tells them something, then the brothers leap onto the camels and charge towards the finish line. What did the wise man say?*

Contributed by Lynne and Jenny. Answers in our April newsletter.

**Reading matters**



**E-books bonanza!**  
Would you like some bargain or even free e-books?  
Would you like to be able to choose from 40 genres and even choose the type of content you prefer?  
Have a look at:  
[www.the.fussylibrarian.com](http://www.the.fussylibrarian.com)

Cartoon contributed by Jenny.  
Look out for Tim's review of today's best seller later in this newsletter!

Tip contributed by Morag.

## A short visit to the Isle of Man in a sports boat



Thanks go to our member Hugh for this account of his trip to the Isle of Man. He is seen here at the top of Snaefell.

Hugh had a urostomy in 2010, is married and lives in Heelands.

(To help understand the nautical units of measurement, think in terms of:

nm = nautical mile, 1852 metres/1.15 miles; and knots = one nautical mile per hour.)

*The boat is a Four Winns 258, so about 8 metres long, 4 berth sports cruiser powered by a 5.7 litre petrol engine (moored in Douglas in the photo). We set off from Conwy Marina, in North Wales. The Marina was built in 1994, but during World War 2 the site was used to build sections of the Mulberry harbours used during the D-Day campaign. The pub at the marina is called, unsurprisingly, The Mulberry, offering Robinsons' ales and decent food.*



*Planning a trip in any boat is a gamble; the tides, and the weather particularly, can be against you, so although this trip had been planned, actually setting off is always in doubt until the day. In August 2012 (yes, that long ago!), things came right, times off booked, weather superb, tides were good, the boat can easily head tides, but many harbours are closed at low tides. Conwy marina is only accessible half the time.*



*The conditions on the outward trip were great as you can see (in the photo on the left), dead calm, blue sky. The route from Conwy to Douglas is a straight line, the distance is about 60nm. The boat is capable of 30 knots, but the fuel consumption is horrible, so we kept at about 18 knots and the journey took about 3 hours or so. When we arrived, we had to hang about waiting for the tide to access the inner harbour where the berths were, this is only open 2*

*hours either side of high tide.*

*So, in Douglas we went for a walk around in the evening, watched the tram crew turn the horse round! (See photos on the right.)*



*The following day, we went to Laxey, to visit the working Wheel (see newsletter supplement) and take the tram to the top of Snaefell.*

*Next day we took the bus to Peel and visited the Picturesque Harbour. We had considered taking the boat of course, however fueling was an issue. I also bought a pair of kippers as you do. (Photo left is of the Kipper House in Peel Harbour.)*



*The following day was time to head back to Conwy, but first we had to refuel. There was, at the time, no fuel dock at Douglas and, although diesel was readily available, petrol was not so we had to take fuel cans (we had brought several with us) to a garage and refuel the hard way. That done we set off; the sea state was up a bit and parts of the journey back were uncomfortable. These boats are not designed for open sea journeys – they are perfectly safe – but as the man said, you will give up*

*long before the boat does! The camera did not come out on the way back!*

*Conwy itself is well worth a trip, ideal for 2 or 3 days away. Places to visit are: the Castle; Quayside; Edwards butchers' shop; The Albion, a lovely original 1930's pub; good fish & chip shops; and the numerous other local places a short drive away. There is one direct train from MK arriving in Llandudno Junction, just across the bridge, at 21:09! There are many others but with one or more changes. I have visited several other islands around our coast, Lundy, Wight, Brownsea, Guernsey and Jersey, and Holy Island. These have all been by small boat, except Holy Island, that I walked to! The method of getting there is unimportant, seeing new places is, and that is what sticks in my mind.*

We would love to hear your recollections!

## News from the suppliers

Our supplier for March is Peak Medical. Kirsty Stronge has taken over from Jackie Hall and we look forward to meeting and greeting her once our quarterly meetings resume.

At **Peak Medical** we pride ourselves on our original and reliable **SuperFlex** hydrocolloid adhesive **protecting skin for over 50 years**



### Did you know?

- The improved **smooth foam** layer allows stretchability for a perfect fit with flexibility, greater comfort and reliability. **Keeping Stoma Care Simple.**
- The **NATURAL** ingredients in the barrier, along with the perfect amount of hydrocolloid and reversible absorption, help maintain the ideal environment for **healthy peristomal skin.**
- The controlled flexibility in our **SuperFlex Soft Convex** maintains the convexity perfectly for your comfort.
- The **unique** design helping to fit to body contours. The only soft convex with **horizontal and vertical OVAL** adhesive barriers.
- These **UNIQUE OVAL** shapes along with a tried and tested hydrocolloid allow for added security and comfort for a variety of body types and lifestyles.

### Simplicity is genius!

For Complimentary Samples:

Call **FREEPHONE 0800 652 0424** or email [info@peakmedical.co.uk](mailto:info@peakmedical.co.uk) quoting **M156**.



## Jenny's 'Notes from the garden'



March is a time when suddenly nature and the garden start to come alive after the long dreary winter. But it can also be a month of contrasts: we can have beautiful sunshine one day and bitterly cold wind and rain the next, so be cautious but seize the opportunities when the sun shines to do some of these jobs: prune the roses and shrubs; mulch the flower and vegetable beds; sow sweet pea seeds indoors or plant out young plants outside; sow seeds either in a greenhouse or windowsill. Above all – enjoy the delights of the spring garden.

## Book review

Here is Tim's enthusiastic response to the book *The Thursday Murder Club* by Richard Osman.

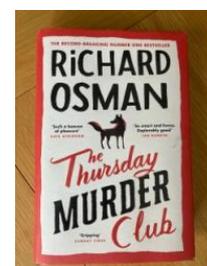
*I'm not a big fan of murder mysteries so I wasn't sure what to expect when I unwrapped this one on Christmas Day. The book has broken records galore since its launch in September last year. I thought there might be something in this and there certainly is! I was hooked from start to finish.*

*This is the first novel from Richard Osman, the boffin with the thick rimmed glasses on the BBC TV programme Pointless. I don't think it will be his last.*

*The novel is set in Coopers Chase, an exclusive retirement village in the rolling hills of rural Kent - a sort of very upmarket Lovat Fields. The central characters are residents of the village, all in their 70's and 80's. A group of them are interested in tackling unsolved crimes and they receive plenty of real life unsolved cases from a retired police officer in their midst. They manage to book a weekly two hour slot in the main meeting room on Thursday mornings and so they call themselves the 'Thursday Murder Club', but they book the room in the name of the 'Ancient Japanese Opera Society' to make sure that no-one else interrupts proceedings.*

*Things liven up when the co-owners of Coopers Chase are both murdered, separately a few days apart. This gives the Thursday Murder Club their chance to shine, by assisting the local police with their enquiries. What follows is a classic Agatha Christie style mystery with lots of suspects, all with motives of varied credibility, and sub-plots in abundance. All laced with plenty of humour too. Riveting stuff!!*

**Available:** Hardback £7.99 (WH Smith; Amazon), Kindle £9.99, Paperback £7.37 (not yet available, due to be published 13 May 2021). 400 pages.



## Keeping body and mind in shape



Giovanni Cinque, Funding Raising and Development Manager for Colostomy UK, tells us about Active Ostomates sessions for those with all types of ostomies.

*Colostomy UK have been running our Active Ostomates programme since 2016, and it has expanded each year, so that by the end of 2019 we were delivering Chair Yoga, Art, Rugby League and Swimming sessions to over 4,000 ostomates a year in partnership with stoma support groups and local stoma care departments.*

*One of the main impacts of the Coronavirus to us has been that with support group venues and leisure centres closed, we have had to stop our sessions in the community. However rather than bring a halt to everything we decided to see how we could change and grow the programme taking advantage of technology. In April 2020 Active Ostomates:at Home was born. Delivered through Zoom and free of charge to all participants, Active Ostomates:at Home offers weekly classes in Yoga, Mindfulness & Meditation, Art, Chair Yoga, and Pop to the 80's dance.*

*Last year we had over 500 people take part in the classes. Here's just some of the feedback we've had:*

'I really have found them a comfort because I do not know anyone else at all with a stoma and just being in a group with people in the same situation as me has been a real help, I can't tell you how much, even though that's not why we are in the groups at all!'



'It has been a great way to get back into yoga after having my colostomy operation in September. I did yoga before my operation and was very keen to start exercise again but a bit apprehensive about what I should and shouldn't do, this has been a great help both mentally and physically.'

'I have loved the mindfulness sessions with Sophie. They are the perfect length and she is so skilled at guiding us through these. The Pop to the 80's is hilarious, you can't help but smile through the sessions. Jennifer is lovely, so bubbly and encouraging.' *Our existing classes are all continuing in 2021 and excitingly from mid-April we'll also be launching two new classes: Zumba, and Family Crafts.*

*To find out more about Active Ostomates:at Home and to book a place on the next set of classes please visit <https://www.colostomyuk.org/active-ostomates/>*

Thanks to Giovanni for this very informative guide to encouraging us to become Active Ostomates.

## 'Sportsbag'

Starting to think about holidays and donning swimming trunks, shorts or bikini?



If you are not comfortable with complete 'bag exposure' and resort to various cover-ups such as high waisted garments, there is a 'sportsbag'. A 'sportsbag' is a stoma pouch cover, which looks like a sports money/accessories bag (front shown left, back and belt shown right). It is made of quick drying waterproof nylon; and the flange opening can be cut with scissors to increase the size if required. It is designed and made by a person who has a stoma.



Details are in an electronic leaflet at the end of this newsletter or in a separate printed leaflet to postal members.

\* \* \* \* \*

With such a packed newsletter, we have just space to wish you all a Happy Easter and, finally, a reminder to send in contributions for our next newsletter, by Monday 19 April please, and by email or text if you can, or use our phone number (you may be asked to leave a message for us to call back).

Best wishes

Jenny, Lynne, Morag, Tim, Tony

MKSSG Committee

**Contact details:** [www.mkssg.org.uk](http://www.mkssg.org.uk) • [mkssg.sec@gmail.com](mailto: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)

## Supplement to March newsletter

### Working Wheel at Laxey, Isle of Man



The Laxey Wheel – also known as The Lady Isabella – was built out of the hillside above Laxey village. A tribute to Victorian engineering and architectural design, with a wheel of 72 feet 6 inches and a width of 6 feet, it is the largest surviving waterwheel of its kind in the world.

It pumps water from the Glen Mooar area of the Great Laxey Mines complex, which processed silver, lead and zinc and it served the mine for 70 years.

The site is an awesome tourist attraction, maintained by Manx National Heritage, (they have reciprocal arrangements with English Heritage & The National Trust.) Visitors can not only see the great wheel turning (three revolutions a minute), but can explore the mine and the trail to the mine (to learn about the miners' lives and work), enjoying the beautiful Laxey Valley en route.

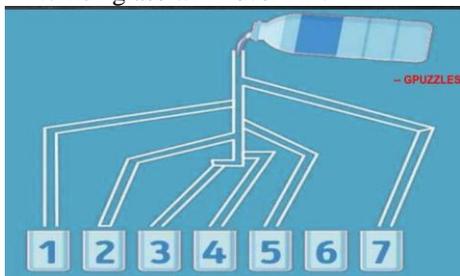
Climbing to the top of Snaefell rewards you with panoramic views across the Glen Mooar Valley to the sea.

It is the main tourist attraction of the Isle of Man and features on the back of the Isle's £20 notes.

Finally I would add: the Isle of Man is well worth a visit, we really only scratched the surface, but glad we went, and if I get the opportunity would go again.

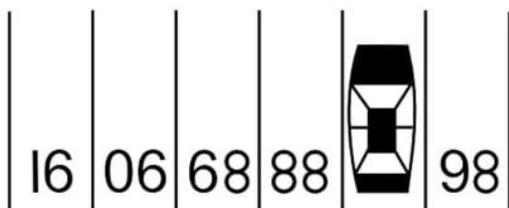
### Answers to brain teasers in our February newsletter

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



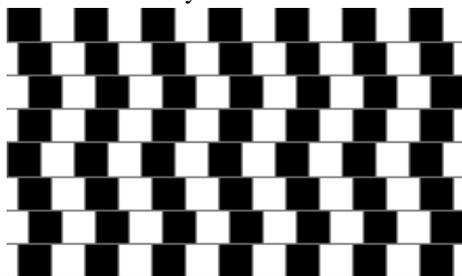
No glass will ever fill. 6 is unconnected. The others are all blocked at some point: 1 and 5 at the initial point, 2 at the end, 3, 4 and 7 in the middle.

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



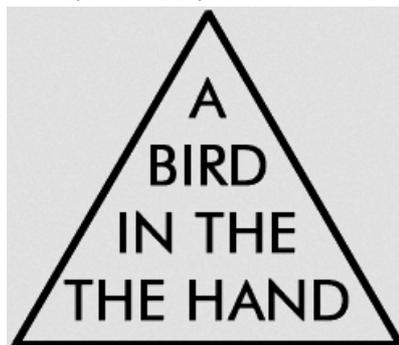
Number 87; imagine or turn the image upside down.

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



All the lines are parallel. The disorderly black and white squares create the optical illusion. To prove it, try measuring with a ruler.

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



Reading this aloud for the first time, many of us don't notice that 'the' is repeated!

# SPORTSBAG

The **stoma pouch cover** that looks like an accessory bag and gives you the confidence and support to get back to an active lifestyle

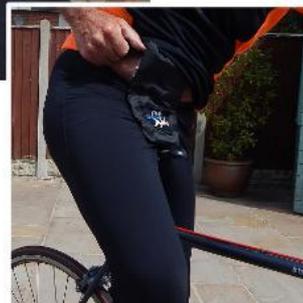


*"Conceals stoma bag completely. Great Idea. Looks like a waist /bum bag. Recommend."*



**At last** there's a stoma bag cover that gives you the support, security and confidence to engage in the broadest range of activities. Swimming, badminton, cycling, whatever your sport or just to get back to your everyday life.

SPORTSBAG is designed to be used on it's own as a smart cover for your stoma bag but also, by adding the webbing belt, as a support system to ensure that the weight and movement of the bag do not pull on your stomach during strenuous activities. You will probably want to wear the belt all the time, even in bed where you can rest assured that SPORTSBAG will take care of any night time disturbances.



*"Thanks. My husband really liked it"*



*"Very fast delivery. Excellent seller. 100% recommend"*



To buy your **SPORTSBAG** on **ebay** simply search for 'SPORTSBAG STOMA'

## Availability and cost

The information above is a copy of a standard leaflet provided by the maker, Mr G Jones, but he has said that we can obtain a sports bag from him directly.

It costs £12.95 via ebay or £11.95 directly. If buying directly from Mr Jones make your cheque payable to G Jones and send it to Mr G Jones, 5 The Finches, Poulton le Fylde, Lancs, FY6 7JU. Remember to give him your name and address.

Let him know you heard about the sportsbag from our newsletter!