



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

**Newsletter number 16
April 2021**

Dear Member

Spring is here, Covid-19 cases very low (on the day of writing, 6 new cases in MK) and new avenues are opening up for us to explore albeit still very tentatively. We have tried to make our newsletter positive, forward looking and cheering for everyone, including – even if you are not able to get out and about – yet another hilarious book review! By the time this reaches you, many of you will already have had that long-awaited haircut, visit to shops or garden centre and perhaps started to take up old hobbies and sports you couldn't do over the last twelve months. We hope, whatever the coming days bring, you will be able to leave the dark days of winter behind and enjoy the moment!

One word of caution to those going out in their cars: because of a rise in theft from vehicles Thames Valley Police are asking people to remember when leaving their cars, not only to make sure the cars are locked but to put everything out of sight. That means not just handbags/purses and the like, but items we may not think of such as sunglasses, medication, signs (if not sight) of Sat Nav or Smartphone such as mounts/suction cups/cables, and registration documents and insurance documents. Take precautions then rest easy!

Our Zoom meetings continue monthly. Our thanks go to those who do join in for making these such lively events. All are welcome so please contact us if you want to join but are hesitant about getting access and we will help you. Details of the next meeting will follow in due course.

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Sad news and a personal thank you to our Stoma Care Team

We recently heard the sad news that Bill Grist, one of our newer members, passed away last August. He and his wife enjoyed coming along to our Dobbies get-togethers and Lovat Fields meetings. She praised the huge amount of support from many sources that they had received during Bill's illness and said how how grateful they were to the stoma care team.

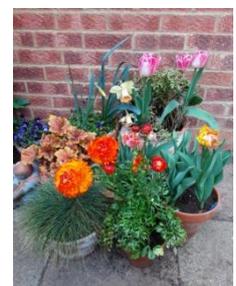
We pass on our condolences to her. She is very welcome to join us as soon as we can get together again and we will be keeping in touch with her to let her know when the meetings will be.

The stoma care team are available to us all by phone or email:

Stoma Care Direct Line: 01908 996951 (This is an answer machine but it is checked very regularly and the team will always return your call. Please ensure you leave your name and contact number.) Alternatively you can email them using the **team email: stomateammkuh@mkuh.nhs.uk**

Jenny's 'Notes from the garden'

April can be a treacherous month for gardeners – one minute bright and sunny and the next snowing – so pleased don't be fooled into thinking it's nearly summer. Newly planted shrubs must be given some protection in cold, exposed situations, and don't be tempted yet with those colourful displays of bedding plants in the garden centres unless you can keep them indoors or in a heated greenhouse. Spring plants and bulbs in pots should be watered regularly if it stays dry, and when they have finished flowering they should be dead-headed and fed. If you have sown seeds it should soon be time to pot up the seedlings.



Campbell Park Walk

Our thanks go to member Lesley for this inviting account of her latest walk – reminding us of what we can so freely enjoy in Milton Keynes.

Just a few minutes drive from Milton Keynes shopping centre is the beautiful Campbell Park. Looking at this first photo, who would believe you were in the centre (heart) of Milton Keynes?



I look back very fondly on the years I once worked with the lovely, talented group of Landscape Architects when I was at the MK Development Corporation. The main designer for the majority of the shopping centre interior plants and Campbell Park was a colleague called Tony Southard, sadly no longer with us.

I have only recently ventured into and around the park again, I don't know why! Other routes have taken over! But I do recommend a visit.

If you park alongside the canal, next to the Cricket Pavilion. Turn right, along the canal, walking past barges that have moored up, then right again over a little red bridge into the park and walk along the footpaths, you are then guided by the signposts to various parts of the park. (The photo on the right shows the picturesque open air seating for the cricket matches.)

On your way around you will be met by various sculptures, described on the 'Campbell Park Art Trail' notice board (see photo) as well as at the various individual sites. (Examples illustrated below: steel 'Armillary Shpere' reflecting the MK Housing Association sundial logo; and chestnut wood carving 'Onwards and Upwards' representing the development of MK.)



To arrive at the Light Pyramid, which is the highest point, is a slight incline which can be extremely windy, but there are wonderful views as far as Bedford. I remember when my children were very much younger than they are today, we took them tobogganing down the slope.

Today they take their own children. How time flies....



(Photos show the rising slope of the approach to the Light Pyramid; the pyramid itself at the top; and the view from the top of the 'toboggan' slope.)

Milton Keynes is well stocked with green areas. Have we tempted you to visit some? We hope so!

Alphabet quiz

Work out the missing words using the numbers given on the left to help: e.g. 12 **A** in the **B** = 12 Apostles in the Bible. For help, check out the quiz with clues in the supplement to this newsletter (where you will also find the answers to last month's brainteasers).

206 B in the HB	12 I in a F	16 O in a P	1 U for a TM
2 C in a M	4 J in a P of C	9 P in the SS	57 V of H
7 D in a W	88 K on a P	1 Q is equal to 2 P	40 W
118 E in the PT	12 L of H	5 R in the OS	1 'X' in RN for a D
3 FH	60 M in an H	12 S of the Z	1 Y in most E
1000 G in a K	2 N in a D	3 T	1 Z in RP
18 H in a GC			

Foodies' Fayre

With the easing of the lockdown restrictions we are going out more to eat, while some of us have upskilled at home. We have been pondering what helps us enjoy our food. Here is a list of our choices. Perhaps one or other suggestion will appeal to you? For most places you will need to book in advance and remember indoor eating does not start until 17 May.

The Old Beams *Situated in a very pleasant spot in Paxton Crescent, Shenley Lodge, on the site of an old barn, this pub has lots of character, with spacious indoor seating, a beer garden, and large car park. It is notable for its very extensive menu for lunch and evening meals and guaranteed to offer something to please every palate. Perhaps best of all for me: it is my local!* (Tony)



Miss Havisham's Tearoom *This is a lovely old fashioned tearoom in Stony Stratford, just off the High Street, in Timor Court. They serve fresh sandwiches and hot food, including delicious toasties, clotted cream tea and afternoon tea. The staff are very welcoming and friendly. They were able to provide me with gluten free food. At the moment they are serving outdoors in the court area outside.* (Morag)

Stowe *Some of you may already be familiar with the beautiful National Trust gardens of Stowe which were landscaped by Capability Brown, but if not, they are certainly worth a visit. At present you still have to book a timed slot, but once there you can stay for as long as you like. The main restaurant has now reopened serving food on the patio. There is also a Potting Shed café, due to open on weekends, to provide you with drinks and snacks* (Jenny)



Recipe Boxes

Q: What have Amorini, Cavolo Nero, and Chermoula got in common?

A: They're all foodstuffs I'd never heard of until about 4 months ago.

In the darkest depths of the lockdown, partly in an attempt to avoid going to the supermarket, partly to alleviate the boredom, and partly out of curiosity I decided to try my hand at recipe boxes. The two most popular ones are Hello Fresh and Gousto. Gousto boxes are about £10 cheaper for the same number of meals but in my opinion the meals are just as good and Gousto is a British company (whereas Hello Fresh is German). The standard kits contain 3 recipe cards and all the ingredients you need to cook the meals. If a recipe stipulates, say, cayenne pepper then you get a sachet containing just the right amount so you don't need to buy a jar that then sits on a shelf untouched for years on end.

You choose 3 recipes from a list of about 24. I don't think I have had a disappointing meal, and I'm cooking stuff that I would never dream of cooking normally. I recommend you give them a try. (Tim)

Humour

What happens if the clock gets hungry?

It goes back four seconds.

What do you get if you cross a chicken with a cement mixer?

A brick layer

What do you call a woman who stands next to walls?

Eileen

I'm a cardiologist with a child in sixth form art class. What can I say?



News from the suppliers

Clinimed is our supplier this month. Their representative, Eva Heley, is no stranger to us as she has attended many of our meetings and we look forward to meeting up with her again as soon as we can.

Introducing the latest CliniMed stoma pouch range, designed around what you value – security, comfort, and healthy skin.

Aura Plus benefits from a unique plus shaped flange which reduces the risk of leakage, helping your pouch stay secure throughout the day so you don't have to worry. The skin-friendly hydrocolloid flange contains medical grade Manuka honey, which is known for its therapeutic properties and may help to promote healthy skin around your stoma. Aura Plus is available in a choice of colours, so you have the freedom to mix and match between a bold, versatile black pouch and a light, simple sand pouch.

Aura Plus has made a huge difference to those who have tried it already:

'It felt more secure and I didn't feel the need to keep checking it as often'

Mrs T, North East

'The shape of the flange certainly stopped the leakage I suffer'

Mr L, East Anglia



For more information or to receive a free sample please call 0808 231 7985.

Book review

Morag reviews *That bear that ate my pants* by Tony James Slater.

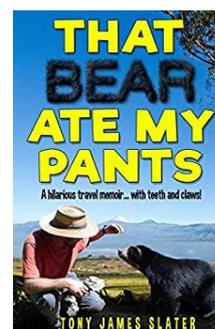
If you enjoy a humorous, well written travel memoir then this is the book for you. It's the story of a young Englishman who travels to Ecuador to work as a volunteer at an animal rescue centre high up in the mountains. Even the prologue had me giggling and was a taste of things to come. How do you look after animals that would happily kill you and eat you? Tony is a hard worker but clumsy and accident prone. He describes his antics with honesty and a comic touch. His affection for the animals is obvious though not reciprocated.

Don't read this in a public place as you'll laugh out loud frequently. I particularly enjoyed reading about the runaway sloth, feeding the wild boar, the Galapagos tortoise rolling down the hill and the escaped monkey. Many animals manage to escape and the description of their capture is usually hilarious. Another job for Tony is picking dead tarantulas out of a tank of live ones. There are sad moments too, like the poor caiman that was badly injured (but still managed to sink his teeth into Tony!)

The sanctuary is full of flamboyant characters, both animal and human. I was sad when it was time for Tony to leave the sanctuary as I wanted to read more. He does go on to have further adventures abroad so if you read and enjoy the book, there are another 5 books in the series.

N.B The book does contain a fair amount of swearing, so if you are offended by bad language this may not be a book for you. On Amazon it has 1620 reviews and is currently No.1 in Memoir, Humour and Travel!

Available: Paperback £9.99 (Amazon), Kindle £3.99. 392 pages.



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You know the score by now: we would love your contributions, long or a few lines, for our next newsletter, and by Thursday 20th May please. Email or text is easy for us if you can, or please don't hesitate to 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 • 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 April newsletter

Alphabet Quiz with clues added

Words in brackets are not definitions but associated words.

206	B in the HB (anatomy)	16	O in a P (weight)
2	C in a M (music)	9	P in the SS (space)
7	D in a W (time)	1	Q is equal to 2 P (volume)
118	E in the PT (chemistry)	5	R in the OS (international games)
3	FH (Xmas rhyme)	12	S of the Z (sky)
1000	G in a K (weight)	3	T (opera)
18	H in a GC (outdoor game)	1	U for a TM (outdoor game judge)
12	I in a F (length)	57	V of H (table sauce)
4	J in a P of C (indoor game)	40	W (don't disturb)
88	K on a P (music)	1	' X ' in RN for a D (date)
12	L of H (Greek/Roman myth)	1	Y in most E (fowl)
60	M in an H (time)	1	Z in RP (animals in capital)
2	N in a D (US money)		

The answers will be printed in our May newsletter.

Answers to brain teasers in our March newsletter

1 If your uncle's sister is not your aunt, what relation is she to you?

Answer: My mother

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?

Answer: Heroine

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?

Answer: The rules were that the owner of the camel that crosses the finish line last wins the fortune. The wise man simply told them to switch camels.