



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

**Newsletter number 22  
October 2021**

Dear Member

First, we would like to welcome three members who have joined us recently and for whom this is their first newsletter. We hope you will enjoy being part of the group. As for all our members, do get in touch if you feel we can help at any time; our contact details are at the end of this newsletter. Our stoma care team are always there should you need their help and their contact details are given below.

Regular readers of our newsletters may notice at the end of this newsletter some additional committee names. We are very pleased that we now have three new committee members. We are still working with them on rearranging our tasks but we would like to thank them very much for agreeing to join the committee.

There was a good turnout at our last get-together in Dobbies. We will be meeting again in Dobbies in November, i.e. 15 November, as we usually do on the third Monday of the month. Please note though that this is *not* the case for December.

**Christmas Lunch**

For the third Monday in December, we will be having a Christmas lunch, so we will *not* be going to Dobbies on that morning. We are grateful to a couple who are members who recommended to us the Prince George pub in Tattenhoe and we have provisionally booked there a Christmas buffet lunch on **Monday 20 December, from 12.30pm to 3 pm. Please check out the full details in the supplement to this newsletter.** We hope as many of you as possible will join us.

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**Stoma care team**

Should you need help at any time, remember that our stoma care team are always available (in the photo from left to right Karen, Grainne, Helen and Elena).

Their contact details are:

**Stoma Care Direct Line: 01908 996951** (an answer machine which is checked very regularly and your call will be returned, but please ensure you leave your name and contact number)

**email: [stomateammkuh@mkuh.nhs.uk](mailto:stomateammkuh@mkuh.nhs.uk)**



**Brain teasers**

1 Jimmy's mother had four children. She named the first Monday. She named the second Tuesday, and she named the third Wednesday. What is the name of the fourth child?

2 Imagine that you are in a boat, in the middle of the sea. Suddenly, you are surrounded by hungry sharks, just waiting to feed on you. How can you put an end to this?

3 Once there lived a king who did not allow anybody to enter or leave the kingdom. There was only one bridge that connected his empire with the outer world. A single sharpshooter guard was specially assigned for a lookout on the bridge. He must kill anyone trying to go outside and send back anyone trying to come in to the kingdom. To take rest, the guard used to sit inside his hut for 5 minutes and return back on the lookout. The bridge took a minimum of 8 minutes to pass. Even then, a woman was able to escape the kingdom without incurring any kind of harm to the guard or herself. How? (Answers next month; answers from our September newsletter are in this month's supplement.)

## Gadgets and tools

We all see many gadgets advertised that we are tempted enough to buy but then never use – usually because they solve problems we find we don't have! However we have put together here some examples of gadgets and tools which we do find useful. You may be aware of some of them but hopefully there will be at least a few that you may find appropriate and worth trying for yourself.

### Auto wash stick (Creative Products, approx £10.00)



If, like me, you find it difficult to reach that section in the middle of the car roof when cleaning the car – then I have the solution for you. I purchased this gadget recently and haven't been tempted to use the (now very expensive) car wash since. No more rubber gloves and sponges – you simply insert the wash stick into a bucket of hot, soapy water and pull up the handle to draw the cleaning solution into the handle, where it is held automatically until released during use. The lambs-wool mitt then cleans the car very effectively. All you then have to do is to rinse the head and repeat with clean water to complete the process. Jenny.

### Litter picker/Grabber/Handy Reacher (various brand names; from approx £3



to £15 depending on strength needed for picking up different items)

A picker-upper tool, great for grabbing anything out of reach: getting to tight spaces

the hand/arm can't reach. A simple trigger on the handle operates the 'grab'. Morag.

### Secateurs/tool sharpener (I have a Bosmere brand not available now, but Verdemax do a similar tool called 'Multi-functional sharpener 15cm'; approx £12)



This sharpener is specially curved so it's perfect for following the curve of my secateurs blade. It has a hand guard and also a tiny brush enclosed in the handle to brush off any shavings from the blade edge.

It's never out of my trug! Lynne.

### Spider catcher vacuum insect catcher



(Lakeland shown here, other brands available; approx £13)

We have had a vacuum spider catcher in the house for years. The one we have has a tube extension and a little cap to put on the end (which keeps the 'catch' in instead of keeping the vacuum running). The vacuum means the insects/spiders are drawn towards it so they are much easier to catch! Lynne.

### Window vac (Karcher are generally most recommended; approx £45 but depends on the model and if you buy some of the accessories)

This is such an efficient way of cleaning windows (and also shower screens, mirrors and tiles). You spray on water and the vacuum soaks it up without leaving any smears. You charge the battery electrically, and the charge will last half an hour but I find that more than enough time. The vac is incredibly light to handle and so quick to use – I can do any window or glass door in a minute or so without having to shift things out of the way or get messy myself. No going back to the old way for me. Lynne.



### Touch screen pen/pencil/stylus (many brands, many stores, £2-3)

When holding my Tablet, I've never got the hang of 'double-thumbing' to use its keyboard when I want to write more than a few words. The touch pencil I use has a rubber end to touch the screen. I find it so quick and accurate for the keys (also for the various icons). I find I even use it when I have both hands free. But you don't need to buy one if you have one of those pencils with a rubber on the end – just cut that in half and use the rubber part! Lynne.



### Egg beater (many brands and in lots of antique/secondhand shops; approx £12 new)

Sometimes the oldest solutions are still unmatched today. That's how I see my inherited Horlicks and Ovaltine Mixers, basically a jug and 'plunger' with holes and a long handle – so simple and quick to use and easy to clean. You can buy new whisks to the same design. Sadly, the secondhand ones are so popular now that they have become retro and barely cheaper than new ones. Still they are worth it: why would you use a whisk (not easy to dry completely when washed) or swivel your wrist when you could just push down with your hand? Lynne.



### Home spun ideas

My three 'must have' gadgets are general common everyday items.

**Old toothbrush** for cleaning all narrow crevices around shower tray, baths, Hoover filters, around taps, etc.

**Pegs** for fastening 'open' boxes of cereals to keep them fresh, pegging jumpers/shirts up when changing stoma bags, and sealing opened packets of dried goods or frozen goods.

**Elastic Bands** for wrapping around those packets of rice, dried fruit, nuts, cheese, opened frozen bags of vegetables, etc. – all those foods that normally have a sticky sealer strip that never seems to stick! Lesley.



## News from the supplier

Our news this month is from Medilink, who provide us with an update from their home delivery service, in particular their innovative recycling scheme.



At Medilink®, we offer a reliable, free and discreet home delivery service for your prescription stoma care and continence products. We want to make your life as easy as possible and that's why we offer you a range of additional benefits, from ostomy advice and a comprehensive range of complimenting items to a tailored cutting and customisation service for the perfect fit.

### NEW Medilink Recycling Scheme

We continually look at ways to support and understand our customers, and have recently initiated a new service to help minimise the impact additional products have on the environment. Medical foil sachets are not commonly recyclable through the UK waste management scheme. That's why **we have introduced the Medilink® Recycling Scheme.**



We have partnered with a waste management company to turn empty foil sachets from all manufacturers' adhesive remover wipes, barrier film wipes and foam applicators into energy. So no matter which manufacturer's products you use, we can recycle your empty foil sachets, so they don't end up in landfill.

To find out more about Medilink or the recycling scheme: **FREEPHONE: 0800 626388;**  
**EMAIL: [enquiries@saltsmedilink.co.uk](mailto:enquiries@saltsmedilink.co.uk); WEB: [www.saltsmedilink.co.uk](http://www.saltsmedilink.co.uk)**

## Tip

Although we should routinely use the seat belts as fitted in our own cars, sometimes circumstances will apply which make the belts particularly uncomfortable as in Justine's case. This is her solution.

*I suffered a rear-end shunt a few years ago which resulted in stomach bruising and I now use a Zuwit Bump Belt. It fastens around the bottom half of my driver's car seat and I guide my seatbelt through*



*the hook part. It simply takes the stomach part of my seatbelt further away from my stoma safely. It's really comfortable and I feel naked without it if I use another car! I've road-tested other versions but the Zuwit brand suits me best as it's the quickest, easiest one I've used!*



## Recipe: Yoghurt Fridge Cream

There is just space here for Jenny's quick but delicious dessert recipe using just four ingredients.

*This recipe must be prepared a day in advance. Serves 5–6.*

*10 fluid oz whipping cream*

*8 oz natural yoghurt*

*8 oz Muscavado brown sugar*

*fresh fruit, raspberries, strawberries, etc*



*In a large bowl whip the cream to stiff peaks. Fold in the yoghurt.*

*Put the fruit in the bottom of a bowl and half fill the bowl with the cream mixture. Sprinkle with about one third of the sugar.*

*Spoon the remaining mixture over the sugar; then pile on the remaining sugar.*

*Chill overnight in the refrigerator.*

*Decorate with fruit if desired. It tends to sink through though so only add it just before serving.*



## Jenny's 'Notes from the garden'



I always find autumn a season of mixed blessings; on the plus side there are the glories of all the autumnal colours (as in the photos of acers, left), but on the minus side it marks the end of the summer. Of all the jobs that need to be done throughout the gardening year it is the clearing away of the summer bedding that I hate the most, as it can be months before the spring reasserts itself. If you wish to

protect larger plants; such as fuchsias from the winter frosts then cover them with fleece bags which can be purchased from garden centres. However the changing seasons and intricacies of nature never cease to amaze me as the transformation of a small bulb into a glorious tulip demonstrates.



## Humour

- The Dalai Lama walks into a pizza store and says, 'Can you make me one with everything?'
- What did the green grape say to the purple grape? 'Breathe, stupid!'
- Don't you hate jokes about German sausage? They're the wurst!
- What did Earth say to the other planets? 'You guys have no life!'
- What did the fish say when it hit the wall? 'Dam.'
- What did one frog say to the other frog? 'Time's fun when you're having flies.'

Contributed by Lynne.

## Collection of supplies

Lynne is resuming collection for unwanted ostomy supplies to pass on to others in need. If there is anything you have which you really can't use, please contact us or bring the supplies to any meeting. If you are happy to send them off yourself, you can send them to Jacob's Well Appeal. Their address and other details are in the supplement to this newsletter.

## Job vacancy

Our three new committee members have agreed to take on specific tasks for us but we still need someone to take on some treasurer's tasks. These mainly involve: keeping a simple list/spreadsheet record; paying out expenses; maintaining petty cash and with others sorting the cash at Lovat Fields meetings four times a year; and occasional bank transfers. There is very little time required throughout the year and the tasks will often involve liaising with committee members and others, so there is some regular people contact which we hope you would enjoy. Morag can explain fully what is involved and will be there to support you. No banking experience is necessary!

Can you help us? There is no need to join the committee (although we are a very friendly bunch!) unless you wish to do so, or you could come along to a committee meeting and see how you feel then. If you are interested, please get in touch on any of the contact details below. Thank you.

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Don't forget to check out the Christmas lunch! We know that there are many members we rarely, if ever, meet so let's see if we can improve on our record at the lunch.

For our November newsletter we need all contributions by/on Friday, 19 November, latest please. Email or text is easy for us if you can, or please don't hesitate to phone. We are always happy to work with you on any wording and find pictures if that will help.

Best wishes

Tim (Chair), Jenny, Justine, Lesley, Lynne, Morag, Sheila, 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 October newsletter

### Sending supplies to Jacob's Well Appeal

The address to send your supplies to is:

Jacob's Well Appeal  
Jacob's Well Yard  
Swinemoor Lane  
Beverley  
HU17 0JX

Please remember to:

- remove any personal labels;
- check what Jacob's Well say they can take from the list on their website;
- check what you are allowed to send with the carrier you choose (for example, many do not accept aerosols); all carriers publish lists on their websites;
- add driver's instructions for your carrier: 'Turn between Aldi and MKM'.

### Answers to brain teasers in our September newsletter

1 In a year, there are 12 months. Seven months have 31 days. How many months have 28 days?  
*Answer:* They all do.

2 What is unusual about the following words: revive, banana, grammar, voodoo, assess, potato, dresser, uneven?

*Answer:* Take the first letter of each word and place it at the end. It will spell the same word backwards.

3 You are travelling to a village and reach a fork in the road. You can go either way but only one way leads to the village and you don't know which one. You happen to see two men standing at the fork and you can ask them. Unfortunately one of the two men always lies; the other one always tells the truth. But you do not know who is a liar and who is not. You are allowed to ask only the same one question to each of the men. What question should you ask to know the right way to take?

*Answer:* Ask either man this question: 'If I were to ask the man who is next you: which is the correct way and the road to the village, what would the person next to you answer?'

If you happened to ask this question to the liar, he will show you the wrong way.

And if you happened to ask this question to the one who says truth, he will also show you the wrong way.

Once you have an answer from one of the men, take the other way. This will lead you to the village.

### Christmas lunch

All details about our Christmas lunch are in the following pages.

## Christmas Buffet lunch

Monday 20 December, from 12.30pm to 3 pm.

Prince George, Portishead Drive, Tattenhoe Lane, Milton Keynes, MK4 3FA

Please decide if you wish to come to the lunch and let us know by email, phone or post as soon as possible but in any case **by/on Monday, 15 November, latest.**

By/on that date we will need a **non-refundable** £5 deposit from you for *each* person. For payment of the deposit and to let us know of any special dietary requirements (such as food allergies and intolerances) you may have, please refer to the booking form provided.

Please let us know if you are able to offer a lift to others who have no means of transport.

# BUFFET MENU

£12.95pp

CREAM CHEESE & CUCUMBER SANDWICHES\* ①

TURKEY & CRANBERRY SANDWICHES\*

EGG & CRESS SANDWICHES\* ①

SAGE & ONION HUMMUS &  
WHOLEMEAL PITTA ②

CHICKEN LIVER PARFAIT TOASTS\* ‡

SMOKED SALMON PÂTÉ TOASTS\*

HONEY & MUSTARD GLAZED SAUSAGES

BEEF & HORSERADISH FILLED YORKSHIRES

NUT ROAST & CRANBERRY FILLED  
YORKSHIRES ①

TURKEY & CRANBERRY FILLED YORKSHIRES

MALDON SEA SALTED ROAST POTATOES &  
RED WINE GRAVY\* ‡ ②

SMOKED NUTS ①

ROOT VEGETABLE CRISPS\* ②

SWEET FESTIVE TREATS\* ①

Salted caramel profiteroles, chocolate  
brownie, mince pies ‡

① Suitable for vegetarians. ② Suitable for vegans. ‡ Contains alcohol.

(\*) Non-gluten option available - please select on booking form. Fish and poultry dishes may contain bones.

**BOOKING FORM**  
**including dietary arrangements and payment of deposit for**  
**Christmas Buffet lunch**

*Monday 20 December, from 12.30pm to 3 pm.*  
*Prince George, Portishead Drive, Tattenhoe Lane, Milton Keynes, MK4 3FA*

If you plan to come to our Christmas lunch please complete the details below and return the completed form with your deposit. (Emailed members: please see the note at the end of this booking form.)

Name(s).....

Address .....

.....

Phone number.....

Email address.....

**SPECIAL DIETARY REQUIREMENTS:**

Please check carefully the menu for the dietary information given in the list of dishes and the key at the bottom; the key is repeated here. If necessary the pub can supply a list of allergens for each dish.

Ⓥ Suitable for vegetarians. Ⓥ️ Suitable for vegans. ‡ Contains alcohol.  
(\* Non-gluten option available - please select on booking form. Fish and poultry dishes may contain bones.

If you are completing the form for more than one person please state clearly the person for whom any special dietary requirements apply. If you have no special dietary requirements, please state 'none'.

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**PAYMENT OF NON-REFUNDABLE DEPOSIT:**

Payment can be by cheque, made payable to Milton Keynes Stoma Support Group, or cash. This booking form and the deposit can be sent to us by post to reach us by **Monday, 15 November**, latest (we suggest you post as soon as you can to ensure we receive your form in time), or given to one of the committee by hand at Dobbies on **Monday, 15 November**.

If you are using post, please send the completed form with your deposit to:  
J. Gowing, 5 Gordale, Heelands, Milton Keynes, MK13 7NQ.

**Note to *emailed* members:**

Please print off this page and complete it as a printed form. If you are not able to print it please let us know as soon as possible and we will post a form to you or you can complete one at Dobbies if you intend to pay your deposit there.