



Ostomy Tasmania Incorporated

NEWSLETTER No. 207

December 2019

(Supplement to Ostomy Australia Volume 28 No 2)

NEXT MEETING

DATE & TIME: SATURDAY 21 MARCH 2020, 2.00 pm

PLACE: Ostomy Tasmania Distribution Office, St Johns Park, New Town
All members and friends are invited to attend this Management Committee meeting as observers. Company representatives are often present, so you're all welcome to come along and check out their new appliances.

MANAGEMENT COMMITTEE & STAFF

OFFICE BEARERS

PRESIDENT	Mr Peter Clarke, Lenah Valley 0418 146 142
VICE PRESIDENT	vacant
SECRETARY	Mrs Sue Hoyle, Kettering 0417 122 153
TREASURER	Mr Chris Laughler
MINUTE SECRETARY	Ms Rebecca Thompson

COMMITTEE

Mrs B. Clarke, Mrs M. Ferguson, Mr P. Lopez, Mrs S. Hicks RN, Mrs H. Hortle, Mr A. Kok, Mr P. Emery, Mrs Tess Bonde

ADMINISTRATIVE & BUSINESS SUPPORT

Mrs Melissa Ferguson, Mrs Karen Hooker, Mr Philip Emery

Please address all correspondence to: The Secretary

Mail: P.O. Box 280, Moonah TAS 7009

Phone: (03) 6228 0799

Fax: (03) 6228 0744

Email: admin@ostomytas.com.au

Please cross all cheques and money orders and make payable to: Ostomy Tasmania

OUR STOMAL THERAPY NURSES

SOUTHERN REGION

Madi Bradshaw	Royal Hobart Hospital (Ward 2AS)
Tesse Bonde	The District Nurses (ph 6208 0500)
Annette Goulding	Royal Hobart Hospital (Ward 2AS)
Sonia Hicks *	Stomal Therapy Dept, RHH; (ph 6166 8283)
Pamela Heathcote	Ward 5A, Royal Hobart Hospital
Margot Hickman	Gastrostomy CNC, Royal Hobart Hospital
Heather Noga *	Hobart Colorectal Clinic, Lenah Valley; (mob 0417 366 769)
Vanessa Rhodes *	Stomal Therapy Dept, RHH; (ph 6166 8283)
Megan Twaits	Ward 2AS, RHH; (ph 6166 8283)

NORTHERN REGION

Sue Delanty*	Stomal Therapy Dept, LGH; (ph 6777 6832)
Teena Carydakis	Short Stay Surgical Unit: LGH
Carolynne Partridge	Specialist Clinic, Launceston General Hospital
Kristy Willis	Ward 5A, Launceston General Hospital
Elizabeth Cute *	Calvary Campus St Vincents (ph 6332 4835)
Leanne Bedwell	Calvary Campus St Vincents
Deborah Franklin	Regis Aged Care, (ph 0438 445 338)

NORTH WEST REGION

Michelle Emin *	N.W. Regional Hospital, Burnie; (ph 6493 6274)
Andrea Hicks *	Mersey Community Hospital; (ph 6478 5387)

(* STNs occupying official Stomal Therapy positions are shown in **bold**. Sonia and Vanessa are job sharing at the RHH)

PLEASE CHECK YOUR PARCEL

Please make sure you **PROMPTLY OPEN** and **CHECK THE CONTENTS** of your parcel as soon as you receive it. Our volunteers make every effort to get your order right, but occasionally mistakes are made. If you receive the wrong appliances, we need to know as soon as possible and **definitely within the same month you received the parcel**, otherwise we are unable to make any exchange.

MEETING TIMES?

It's been suggested that we may attract more members to our Management Committee meetings if we hold them at night instead of on a Saturday afternoon as at present. Please email Sue at admin@ostomytas.com.au if this would be of interest to you. Note: next meeting is Saturday, March 21, at 2pm. All welcome.

INFORMATION FOR MEMBERS

You **MUST** be a financial member before any appliances can be issued to you. If you are unable to pay your annual Stoma Appliance Scheme Access Fee which is due on 1 July each year, please contact the Secretary for a Time Payment request.

POSTAL ORDERS

- **ALL ORDERS** should be addressed to **P.O. Box 280, Moonah, 7009**.
- Please state your order clearly, **quoting the brand name, code no., size and number of appliances you require**. Remember to **include your name and address**.
- Please DON'T ask for "*my usual order*." Although we have a record of your usual appliances, we don't always know what your usual accessory items are. The best way to ensure you get what you want is to *quote the brand and code no.*
- Make sure to **allow at least two weeks for return delivery**, especially when ordering a two-month supply (including holiday orders).
- **POSTAGE, PACKAGE AND HANDLING - \$15.00 per parcel** (extra for large parcels)
- Please include this payment with your order. Remember to **cross all cheques and money orders** and make them payable to **Ostomy Tasmania**. **Write your name and address on the back of money orders**.
- We have the facility to run a postage account for you if you would like to pay a bulk amount of postage money (up to 12 months), thus saving costs of multiple cheques, money orders etc. In this case, you can submit your order by phone, fax, email or online ordering.
- You can make an internet transfer to our bank account (BSB 807 009, Account No. 5109 4661, Name of account: Ostomy Tasmania Inc.) **Make sure you include member's full name as a reference**.
- You can phone the office and pay by credit card.

COLLECTIONS

- **OPENING HOURS:**
Mondays (excluding Public Holidays) **9.00 a.m. - 12 noon and 1.00 pm - 3.00 pm**
Tuesdays 9.00 am - 1.00 pm.
- **WHERE:**
St Johns Park, New Town: the Amenities Building, which is the second building on your left as you drive in to the St Johns Park complex from Creek Road. Look for the "Ostomy Tasmania" signs on the building. A few parking spaces are available outside the building (look for the signs).
- **Bring a box end** (with code number) along so we can see what you require.
- **Credit card and EFTPOS facilities** are available at the Distribution Centre.

INFORMATION FOR MEMBERS ...continued

The phone number for the Distribution Office is 03 6228 0799. If you get the answering machine, please leave your **NAME, PHONE NUMBER** and the **REASON** for your call.

If you call during busy times (Monday & Tuesday) and your call isn't answered, please call back.

**** the answering machine is turned off when we are in the office.**

Submit **Online Order Forms** via <http://www.ostomytas.com.au/online-order-form>

Postage must be paid before parcels can be despatched.

CERTIFICATES

APPLICATION FOR ADDITIONAL STOMA SUPPLIES certificates (from your Stomal Therapy Nurse or your Doctor) are required for all issues in excess of the maximum monthly allowances.

- Certificates **must** be on Australian Government form PB050, "Application for Additional Stoma Supplies" and be signed by you **and** the STN or Doctor.
- certificates **must** be for a valid medical reason
- they **must** state the number of appliances required
- **you** will need to contact your STN or GP to renew your certificate every 6 months if the extra product is still required; our office staff can't do it for you.

PLEASE NOTIFY THE OFFICE

- if you have changed your address;
- if you are the relation of a member who has died;
- if you've had a reversal of your ostomy.
- **Don't expect that your Stomal Therapy Nurse will let us know.**

PRICE LIST FOR TAPES, SPRAYS & WIPES

The following items are available for purchase:

Product	Cost	Product	Cost
Micropore 1" (without dispenser)	\$1.50 roll	Micropore 1" (with dispenser)	\$3.00 roll
Micropore 2" (without dispenser)	\$2.50 roll	Micropore 2" (with dispenser)	\$4.50 roll
Hostoma No Smells or Hosgon Room Spray (120 ml)	\$6.00 each	Hypafix tape 10cm x 10m	\$28.00 roll
DuPont Low Lint All-Purpose towels (35cm x 30cm) box/100	\$13.00 box*	60cc/ml Catheter Tip Syringe	\$2.00 each
<i>*please note price increase from 1 January 2019</i>		Hostoma No Smells Room Spray (1 Litre)	\$20.00 each

SAS ACCESS FEES WERE DUE 1ST JULY 2019

All Australian ostomates are required to pay a uniform fee to be eligible for free appliances from the Stoma Appliance Scheme. The Stoma Appliance Scheme Access Fee is mandatory and it is not possible for us to waive it, nor to supply appliances to unfinancial members. Members who cannot pay the full fee at once can apply to pay by instalments by completing a Time Payment Request form available from the office. For the 2019/2020 period, the fee is **\$60 per year for full members** and **\$50 per year for concession card holders**.

Reminder: Please make sure money orders and cheques are made payable to "Ostomy Tasmania Inc." Direct Credit payments must include member's name as reference.

Your fee **MUST** be paid the first time you order appliances after 1 July 2019, or an agreement to pay the fee by instalments must be entered into. Concessional categories include full and part Centrelink pension and Healthcare card holders.

SUPPORT GROUP REPORTS by Adrian Kok

OSTOMATES NORTH - WEST SUPPORT GROUP

On 11th September 20 members attended the North-West support group with the meeting being coordinated by local member Noni Nelson, as Adrian was not well. Thea from Coloplast and Perri from Salts were the reps attending, both did very interesting and informative presentations. Morning tea was supplied by Coloplast, which was much appreciated by all. Noni reminded everyone about the Green's Beach day out which was held on the 9th October. The Christmas luncheon was held at Ulverstone Senior Citizen's Club on Wednesday 27th November from 12noon-3pm. All new and present members are most welcome to attend meetings. Please contact Adrian J Kok on 0498 196 059 if you wish to attend. Many thanks Noni again for coordinating the meeting in my absence.

OSTOMATES SOUTH SUPPORT GROUP

On 4th September 9 members were present at the Southern support group meeting held at the Ostomy Tas tea room, because of the closure of the Glenorchy RSL. Sue Hoyle from Ostomy mentioned that the group could use the premises on an ongoing basis. Many thanks Sue. I asked Sue if she would give us a brief overview of the day to day running of Ostomy Tasmania. Sue's talk was extremely interesting with members asking questions during her talk. Thank you Sue for your time. The two company reps that were at the Northern meeting were also at the Hobart support group, and both gave fine presentations. The Southern Christmas lunch was held on Wednesday 20th November at the COOLEY'S Hotel (Moonah) commencing at 12noon-3pm. All new and present members are most welcome to attend meetings. Contact Adrian J Kok on 0498 196 059.

OSTOMATES NORTHERN SUPPORT GROUP

On 2nd of September 28 members were present at the Northern support group along with 3 new members. Kerri Dunn from Omnigon and Denise Barr from Hollister were there representing their respective companies. Both ladies gave interesting and informative presentations showing several of their company products. Afternoon tea was supplied by Hollister and was much appreciated by all. Local member Barbara Pitt then spoke on the upcoming day at Green's Beach (held on Wednesday 9th October commencing at 12noon) for lunch. People were requested to bring own lunch. The Northern Christmas lunch was held at the Newstead Hotel on the 18th November starting at 12noon-3pm. All new and present members are most welcome to attend meetings. Contact Adrian J Kok on 0498196059.

SEMI COLONS CANCER SUPPORT GROUP

Semi Colons Cancer Support Group offers support and information for men and women (with or without ostomies) in Southern Tasmania who have been impacted by Colorectal Cancer. **Meetings are held in Sandy Bay on the Third Friday of every month in the afternoon.** Ostomates are welcome to attend. For more information please call Karen on 6169 1900.

ACSA ANNUAL CONFERENCE

Manager/Secretary Sue Hoyle, Treasurer Chris Laughler, and Support Officer Philip Emery all travelled to Perth to attend the 2019 Australian Council Stoma Association (ACSA) Annual Conference, held over 3 days – Oct 17 to 20. This is a gathering of the 21 associations from each Australian state and territory who administer the ordering & distribution of the Stoma Appliance Scheme for users. Delegates from each association vote on various issues as presented by ACSA at the AGM and the General Meeting which follows. Observers also attended. Next year it is our turn to host the conference which will be held at the Hotel Grand Chancellor in Hobart on 15th – 18th October 2020. You, as a member, are welcome to become involved either by helping to organise and/or attend the conference in person as an observer. Call our office or drop us an email for more information.

CHANGES TO POSTAGE FEE FROM 1 AUG 19

Australia Post have increased our contract parcel rates and also imposed a fuel surcharge from 1 July. Consequently from 1 August postage and handling costs for a parcel up to 6kg is now \$15.00. In addition, for each kg over 6kgs (up to 8kgs) an extra \$1 will be added (eg. 8kg parcel = \$17 total). If the weight is over 8kgs we will need to charge a second parcel (assuming the same despatch to the same address). This second parcel will be charged at a lesser rate of \$12.50 (for many of you this change will negate the need for a 2nd Parcel).

PRESIDENTS REPORT 2019

OSTOMY TASMANIA INCORPORATED

This past year has been both sad and challenging for Ostomy Tasmania.

In April our newest staff member, Ben Clarke, tragically died at age 31. Ben had been a staff member for a little over 2 years, and had also been a volunteer for 10 years prior to coming on staff. We also lost our long term Management Committee member, volunteer and computer expert, Charles Spiegel, in June. Charles was 91 and still making himself available to help us. Both are very much missed. Tributes to both Ben and Charles were included in the last newsletter.



The past 12 months have also been challenging financially. Expenses continue to rise, but we have limited opportunities for increasing our income, and interest rates continue to fall.

We are very grateful to our wonderful staff and volunteers for their continuing dedication and hard work. Members continue to receive excellent service thanks to their efforts.

Statistics for the period from: 1/7/2018 to 30/06/2019

Number of Members as at 30/6/19:

Full members:	367
Concession members:	962
DVA members:	31
Total:	1360

Multiple Stoma Members 37

Number of accessing members (including Multiple Stomas & visitors): 1570

Peter Clarke
President

YOUR INVOLVEMENT WELCOME!

Are you willing to become a committee member of Ostomy Tasmania Inc.? It is vital to have an informed, interested and capable committee to manage the Association's affairs. Our Constitution allows for ostomates and non-ostomates to be committee members. Ostomy Tasmania Inc. members and other interested persons are encouraged to consider nominating. There are generally only 2 meetings held per year. Contact Sue Hoyle at the office or email admin@ostomytas.com.au to express an interest.

XMAS OFFICE CLOSURES 2019/20

We will close for the Christmas break at 1.00pm on **Tuesday 17th December** (last day for collections). We will re-open at 9.00 am on **Monday 6th January 2020**. Requests for December supplies, and double issues for December/January, **MUST** be with us by **Monday 9th December** or we cannot promise you will receive your stock before Christmas, particularly if your product is one that we have to order in. A **\$50 opening fee** applies over the closure period if we have to open up especially for you.

Wishing you a

MERRY CHRISTMAS

and a

PROSPEROUS NEW YEAR!

