



# Ostomy Tasmania Incorporated

**NEWSLETTER No. 216**

**December 2022**

*(Supplement to Ostomy Australia Volume 31 No 3)*

## **ACKNOWLEDGING OUR PAST PRESIDENT**

It is with great sadness that we acknowledge the passing of our past President of Ostomy Tasmania Inc., Peter Clarke. Peter had served in the role over the last 5 years however due to serious declining health issues, was forced to step down from his position at our last AGM in September and passed away shortly after. Peter never missed attending our twice-yearly management meetings and capably presided over the AGM each year.

Moreover, he will be remembered for his kind, compassionate understanding of fellow ostomates' needs, as well as his supportive and cooperative approach towards fellow management committee members, volunteers and office staff over many years. We extend our condolences to his wife Barbie (volunteer/committee member), son Daniel, and other immediate family members.

Peter's late son Ben also served as a staff member at Ostomy Tasmania for some years. Peter's legacy will be recognised & appreciated by many. May he rest in peace.



**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](mailto:admin@ostomytas.com.au)

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

## 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 THREE weeks for return delivery**, especially when ordering a two-month supply (including holiday orders).
- **POSTAGE, PACKAGE AND HANDLING - \$15.00 per parcel** (extra for parcels over 6kg)
- 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 fax, email or online ordering. NB: **Phone order availability limited**.
- 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**.
- **Email:** admin@ostomytas.com.au
- **Online:** at [www.ostomytas.com.au](http://www.ostomytas.com.au) NB: Credit card payment via "**Payment**" page
- **Fax:** 03 6228 0744
- **Mail:** P.O. Box 280, MOONAH, Tasmania 7009

### COLLECTIONS

- **CURRENT OPENING HOURS: Mondays** (excluding Public Holidays) **9.00 a.m. – 12 noon** and **1.00 pm - 3.00 pm. Tuesdays to Fridays 9.00 am – 1.00 pm.**
- **WHERE:** St Johns Park, New Town: Amenities Building, which is the second building on your left as you turn in to the St Johns Park complex (Woodhouse Road) 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. Calls may go to the answering machine. If so, you can leave your **NAME, PHONE NUMBER** and the **REASON** for your call. We will return your call as soon as possible.

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 **total** 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 etc

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	<b>\$17.50</b> box	60cc/ml Catheter Tip Syringe	\$2.00 each
<b>NB: price increase for Dupont Towels</b>		Hostoma No Smells Room Spray (1 Litre)	\$20.00 each

## ANNUAL FEES WERE DUE 1ST JULY 2022

All Australian ostomates are required to pay the Stoma Appliance Scheme Access Fee to be eligible for free appliances from the Scheme. This 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 2022/2023 period, the fee is:

- **\$70 per year for full members**
- **\$60 per year for concession card holders.**

Your fee **MUST** be paid the first time you order appliances after 1 July 2022, 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.

**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.**

## SUPPORT GROUP REPORTS by Adrian Kok

Unfortunately, there are no support group meeting reports for this issue, as convenor Adrian Kok has been unwell and is currently recovering after having surgery in September. The September meetings still went ahead with the generous support of other members. Adrian informs us that he intends to continue the support groups next year and has invited all members and friends to attend one of the Xmas group functions in November. By the time you read this the following Xmas functions will have been held:

### NORTHERN SUPPORT GROUP

Xmas function: 24<sup>th</sup> November, at The Newstead Hotel - 12 noon to 3pm

### SOUTHERN SUPPORT GROUP

Xmas function 23<sup>rd</sup> November, at the Sandy Bay Yacht Club - 12 noon to 3pm

### NORTH – WEST SUPPORT GROUP

Xmas function 30<sup>th</sup> November, 12 noon to 3pm at the Senior Citizens, Ulverstone

All members, including their spouses/carers and any new people are more than welcome to attend meetings at no cost. Please contact Adrian on 0498 196 059 if you would like to attend future meetings. This also helps with catering needs.

**For further information** re: 2023 meeting dates please **contact convenor Adrian Kok** – Ph: **0498 196 059** or email: [leahkok33@gmail.com](mailto:leahkok33@gmail.com). NB: info will also be posted on the "Notices" page on our website [www.ostomytas.com.au](http://www.ostomytas.com.au) as it becomes current.

## 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.

Note: support group meetings have recommenced and are scheduled on the third Friday of every month - 10am to 12noon (*NB: new meeting times*), at 15 Princes St Sandy Bay. People can call Support Services on 1300656585, or Cancer Council helpline on 131120.

## NEW PRESIDENT APPOINTED

Ostomy Tasmania Inc. new President is Ross De Little. Ross kindly stepped forward to fill the void after the sad passing of Peter Clarke, our past president for the last 5 years.

Ross' background includes:

Director of the Queen Victoria Home Inc. for 15 years including Chairman of the Board and President of the Association for 6 years,

Director of The Royal Yacht Club of Tasmania for 5 years including Flag Officer and Past Rear Commodore.

We warmly welcome Ross to our team, and feel confident he will be a valuable asset in fulfilling the President's role and responsibilities as part of Ostomy Tasmania's Executive Management Committee.

## PLEASE CHECK YOUR PARCEL

Please make sure you **PROMPTLY OPEN** and **CHECK THE CONTENTS** of your parcel as soon as you receive it. We 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.

## NEXT MANAGEMENT COMMITTEE MEETING

**DATE & TIME:** SATURDAY 18 MARCH 2023, 2.00 pm

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

## STN PROFILE: TESS BOND

**Name:** Tess Bonde – really Tessie, but that is usually how I know I am in trouble!

**How Long have you been an STN:** Coming up to 10 years this year.

**Where do you work:** The District Nurses in Moonah. I have set up and run a community-based clinic out of the office in Moonah, as well as home visits when needed. The clinic runs fortnightly on Wednesdays, and I would love to increase that to weekly. I also have a private services company called Stomal Therapy To You which enables me to fill the needs of people in Residential Aged Care facilities.

**Family:** Married for 15 years with two lovely daughters, 11 and 7 this year.

**Memorable moment with a patient:** Any time I can help someone live their best life! I love to help tweak regimes so that people can live leak free and enjoy their hobbies; swimming, exercise, knitting, travelling...whatever it may be!

**Hobbies:** I love to run! I do a lot of fun runs, parkrun, and general wearing out the bike track whenever I have time! I knit, crochet and try my hand at sewing, though am not as good at that. I enjoy going to the theatre and particularly love musicals. I am also onto my second year on the national committee for the Australian Association of Stomal Therapy Nurses and am currently the sitting Treasurer. I relish the opportunity to help shape the future of stomal therapy in Australia and advocate on behalf of ostomates everywhere.



# OUR STOMAL THERAPY NURSES

## SOUTHERN REGION

Tess Bonde	The District Nurses (ph 6208 0500)
Madi Bradshaw	Royal Hobart Hospital (Ward K9W)
Annette Goulding	Royal Hobart Hospital (Ward K9W)
<b>Sonia Hicks *</b>	<b>Stomal Therapy Dept, RHH; (ph 6166 8283)</b>
<b>Heather Noga *</b>	<b>Hobart Colorectal Clinic, Lenah Valley; (mob 0417 366 769)</b>
<b>Vanessa Rhodes *</b>	<b>Stomal Therapy Dept, RHH; (ph 6166 8283)</b>
Megan Twaits	Royal Hobart Hospital (Ward K9W)

## NORTHERN REGION

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

## NORTH WEST REGION

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

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

# MANAGEMENT COMMITTEE & STAFF

## OFFICE BEARERS

PRESIDENT	Mr Ross De Little
VICE PRESIDENT	Mr Colman Dwyer
SECRETARY	Mrs Sue Hoyle, Kettering (mob. 0417 122 153)
TREASURER	Mr Chris Laughler
MINUTE SECRETARY	Ms Rebecca Thompson

## COMMITTEE

Mrs B. Clarke, Mrs M. Ferguson, Mrs S. Hicks RN, Mr P. Emery,  
Mrs T. Bonde RN

## ADMINISTRATIVE & BUSINESS SUPPORT

Mrs Melissa Ferguson, Mrs Karen Hooker, Mr Philip Emery

## **SUPPORT GARMENTS FOR OSTOMATES**

Just a reminder for new ostomates that you are eligible to receive a quantity of support garments (provided free under the Stoma Appliance Scheme) each calendar year to help manage your stoma: 6 pants/briefs or 3 support belts (or combination of both) can be issued. Support garments can greatly assist with managing hernias and/or for undertaking recreational and workplace activities where extra support is required. If a company have available products information can be found on their websites. A list of suppliers is available at [ostomytas.com.au/ordering/products](http://ostomytas.com.au/ordering/products).

## **EXTRA STN HOURS AT THE ROYAL**

We have been advised that Stomal Therapy Nurses, Megan Twaits and Madi Bradshaw have now taken on extra hours at the Royal Hobart Hospital, which will be in addition to Vanessa Rhodes and Sonia Hicks who currently job share and work many long hours in meeting member's stoma needs. This will be welcome news for current and prospective ostomates in the Hobart area who will benefit from the additional hours.

## **CHRISTMAS CLOSURE DATES**

We will close for the Christmas break at 1.00pm on Tuesday 20th December (last day for collections). We will re-open at 9.00 am on Tuesday 3rd January 2023. Requests for December supplies, and double issues for December/January, MUST be with us by 9am Monday 5th December. \$50 opening fee applies over the closure period if we need to open up especially for you.

