



Ostomy Tasmania Incorporated

NEWSLETTER No. 218

August 2023

(Supplement to Ostomy Australia Volume 32 No 2)

STOMA AWARENESS WEEK

The following was submitted to the local media during National Stoma Awareness Week (June 19-25) by our president, Ross De Little, and featuring local ostomate Jess (pictured):

'Imagine! What can you be?' Stoma is derived from the Greek word meaning 'body opening'. In our world a stoma is a surgically made opening in the abdomen that allows body waste to be removed through the end of the bowel into a collection bag. There are some 55,000 people in Australia including 1500 in Tasmania living with a stoma. There are basically 3 types of stoma; colostomy (bowel), ileostomy (small intestine) and urostomy, (bladder). Ostomy Tasmania Inc. is a registered charity that administers the distribution of all medical products that those with a stoma require. ...continued page 6



NEXT AGM & MANAGEMENT COMMITTEE MEETING

ANNUAL GENERAL MEETING & MANAGEMENT COMMITTEE MEETING

DATE & TIME: SATURDAY 16 SEPTEMBER 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 reps may be present, so you're welcome to come along and check out their new appliances.

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

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 the member's full name as a reference.**
- **Email:** admin@ostomytas.com.au
- **Online:** at 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.

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.

INFORMATION FOR MEMBERS ...continued

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)	\$7.00 each	Hypafix tape 10cm x 10m	\$28.00 roll
DuPont Low Lint All-Purpose towels (35cm x 30cm) box/100	\$17.50 box	60cc/ml Catheter Tip Syringe	\$2.00 each
<i>NB: price increase marked in bold</i>		Hostoma No Smells Room Spray (1 Litre)	\$27.50 each

Please note our suppliers have increased the price of the following items:

HOSGON ROOM SPRAY: \$7.00 (was \$6)

HOSTOMA ROOM SPRAY: \$7.00 (was \$6)

DUPONT TOWELS: \$17.50 (was \$13)

HOSTOMA NO SMELL ROOM SPRAY: \$27.50 (was \$20)

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.

ANNUAL FEES WERE DUE 1ST JULY 2023

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 2023/2024 period, the fee will remain at:

- **\$70 per year for full members**
- **\$60 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 2023, 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 Northern Support Group

On 5th June 23, 32 members were in attendance at the support group. It was decided that from now on we will hold a combined meeting as we are permitted to have 55 people in the meeting room. Meeting times from now on will be from 1.30 to 3.30pm at the Cancer Support Centre; Howick Street. Kerrie Dunn from Omnigon gave an excellent presentation with several members checking out the display table she had set up and asking more questions during the afternoon tea break. Thank you Kerrie for being of great help to the members. Also a big thanks to Omnigon for paying for the cost of the afternoon tea. It was much appreciated. Stomal nurse Teena Carydakis was also in attendance and helped answer questions as well as asking the group about how they coped, firstly after being informed that they would have a pouch, and then how they managed in the months after. Many thanks. Adrian KoK then introduced one of the members, Peter Ralph, who was our guest speaker. Peter gave an extremely interesting talk on his early life, his schooling, his time working on the West coast in the mines, and his later years. Peter then introduced his wife of many years Lois to say a few words about life as his carer. Many thanks to Peter and Lois.

Next meeting: Monday 4th **September** 1:30pm to 3:30pm - Cancer Support Centre 69 Howick St Launceston. Xmas function: **24th November** (time/venue TBA)

Ostomates North - West Support Group

At Ulverstone on 14th June, 20 members attended the support group of which 5 were new members. Jessica Ferguson from the Sutherland Medical Company gave a great presentation on support garments and answered several questions asked by the group. Morning tea was had and it gave most members a chance to speak to Jessica or Stomal nurse Michelle Emin . Immediately after morning tea Michelle gave an interesting talk on travel and the importance of receiving a document from your Stomal nurse or your G.P stating that you need the products when travelling. This issue brought up discussion from several who have travelled and some who have had difficulty. Thank you Michelle for your attendance. One of our members Wayne Bailey, gave a very interesting talk on his early life from being born and bred up in Campbell Town . Wayne also mentioned about his time in retail business for several years until he started his own business with success. Wayne said he certainly is a lucky man having been married for 58 years to wife Eleanor (his greatest support). Many thanks Wayne for your talk. Next meeting: Monday **11th September** 10am to 12noon - Apex House, 3 Gollan St, Ulverstone (NOTE: **NEW VENUE**). Xmas function: **29th November** (12noon - 3pm venue TBA)

Ostomates South Support Group

On 7th June 19 members attended the support group; which has grown in size this year. We had neither a Company rep nor a Stomal nurse available which was most unfortunate, but this can happen with heavy commitments. One of our members, Ross De Little, then gave a very interesting talk and presentation about "Irrigation " which the members asked several questions on. Ross also informed the members about the benefits of irrigation when travelling. Thank you Ross for your talk. Next meeting: Wednesday **6th September** 10 am to 12 noon - Cancer Council, 15 Princes Street, Sandy Bay. Xmas Function: **22nd November** (time/venue TBA)

For further information re: 2023 meeting dates please **contact convener Adrian Kok** –

Ph: **0498 196 059** or email: Adriankok@outlook.com.au. NB: info will also be posted on the "Notices" page on our website www.ostomytas.com.au as it becomes current.

All members, including their spouses/carers and any new people are more than welcome to attend meetings at no cost.

The **State Picnic** at Ross will be on Monday the **9th October**. More details later.

HOBART ALL CANCERS SUPPORT GROUP

Semi Colons Cancer Support Group has been discontinued, however there is still the **Hobart All Cancers Support Group** which offers support and information for men and women in Southern Tasmania who have been impacted by Colorectal Cancer, as well as other cancers.

Support group meetings are scheduled on the fourth Tuesday of every month – 2pm to 4pm at 15 Princes St Sandy Bay. People are asked to call 61691900 to register their interest.

TRAVELLING OVERSEAS?

Many of you are no doubt contemplating travelling overseas again, now that the Covid threat has abated some. The following link may prove useful in answering many of the questions/concerns you may have before you embark on your journey -

<https://www.australianstoma.com.au/resources/travelling-overseas/>

The Stoma Appliance Scheme is approved by the Department of Health under the Pharmaceutical Benefits Scheme, which has been the case for many years.



This is Jess's story:

Hi, my name is Jess and I have an ileostomy. My surgery was on 13/07/2021 and I call my stoma "Romi the Stomi". In the beginning I was diagnosed with Ulcerative Colitis which led to fistulating Crohn's disease. I had had some 100 procedures on perianal fistulas with a never ending array of drains and setons inserted into my bottom, the pain and discomfort was horrific, both physically and mentally. I was booked in for laparoscopy pan prolectomy surgery and although I had endured a lot, I was more concerned at the time about having a bag on my tummy for life! But I really needed the operation and therefore had to accept the challenge as I knew it would change my life in a positive way. Waking from surgery, I looked down to see my new body part. It was confronting, even though I was aware of what I was about to see! After several re-admissions I began gaining strength, both mentally and physically and by mid September I was back in the gym! My passion for life was stronger than ever, I was pain free and my mind was the clearest it had been in a very long time. I commenced Pilates as I really wanted to restore my core to its former strength. I had made some huge life changes! Body confidence plays a big role in the acceptance of an ostomy. Education is paramount and of course removing the stigma of talking about wee and poo as they form part of our bodily functions. Ostomy Tas perform an amazing role, ordering online is easy and the staff and volunteers are both compassionate and caring. Wow! What a legend this Romi girl is, she has literally changed and saved my life. There are just so many positives and I really feel a huge weight has been lifted from my body and mind.

CHRISTMAS CLOSURE DATES

Christmas Closure 2023/24: Last day **Tuesday 19th December 2023**; Reopen **Tuesday 2nd January 2024**. Orders must be in by Monday 4th December if delivery is required prior to Xmas. \$50 opening fee applies over the closure period if we need to open up especially for you.

WHEN TO PLACE YOUR MONTHLY ORDER

Some members may not be aware they can place an order at any time during the current month, however we have had instances where people leave it until the very last day, or weekend, to place an order. This can be problematic because orders will likely not get processed until we are back in the office (eg. at the beginning of the next month), meaning you may miss out on a month's supply. We therefore request you avoid placing your orders on weekends, public holidays, or out of office hours, if the end of the month is imminent. Thank you for your assistance.

ST JOHN'S PARK MASTERPLAN

The State Government has announced a 20 year masterplan to transform St John's Park into a contemporary Health and Well-being precinct. It will affect Ostomy Tasmania's present site, the Amenities Building. You may have seen the release on local media.

Our site is involved in stage 4 of the plan. We have sought further information regarding our future in the Park. Public consultation was scheduled to begin in June 2023 but has yet to commence. Once we receive further information we will advise members.

Visit www.health.tas.gov.au/about/doing-business-us/priority-projects to find out more.

OCTOBER 1ST ALLOCATION CHANGES TO S.A.S.

From 1st October 2023 Support Garment Briefs and Pants are being removed from the Stoma Appliance Scheme (SAS) however Support Belts will remain and will increase from 3 to 4 per calendar year.

If you have not yet received your full allowance of support pants, now is the time to order them (we need to receive orders before **18th September** to have time to get them in and issue to you before 30 Sept.

The maximum monthly issue for ALL Cleanser Wipes is being reduced to 60 units per month. In addition, to receive any brand of Cleanser Wipes from 1 October 2023 on (e.g. Coloplast 12080 or 4715, Dansac 71000-0010 or 710000-000), you will require an authorization certificate from your STN or GP and we will be unable to issue them without this. Unfortunately, this is a decision made by the Commonwealth Department of Health and Aged Care and is therefore outside of our control. If you need to still receive Cleanser Wipes, you should contact your STN as soon as possible (don't leave it until the last minute!)

CHANGES TO SUPPLIER DELIVERIES

Over recent months we have been forced to renegotiate delivery arrangements with some of our suppliers. Due to the high costs of air freight since Covid first impacted, some of our suppliers have made the shift to road freight delivery from Melbourne warehouses to Tasmania to save money.

Whilst we always work hard to minimise wait times for our member's orders, this naturally impacts on our ability to get your supplies out to you in a timely fashion. Consequently, we request our membership make some allowance for a later delivery time than you may be used to (ie. up to 1 week delay), - hence we encourage you to submit your order with plenty of time to spare (ie. 2-3 weeks ahead). We apologise for any inconvenience this may cause, however as you will appreciate, the situation is one which is out of our control. NB: most weekly ordering is done before 10am Monday mornings.

OUR STOMAL THERAPY NURSES

SOUTHERN REGION

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

NORTHERN REGION

Teena Carydakis*	Stomal Therapy Dept, LGH; (ph 6777 6832)
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)
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(* 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 (mob: 0419 524 605)
VICE PRESIDENT	Mr Colman Dwyer
SECRETARY	Mrs Sue Hoyle, Kettering (mob: 0417 122 153)
TREASURER	Mr Chris Laughher
MINUTE SECRETARY	Ms Rebecca Thompson

COMMITTEE

Mrs B. Clarke, Mr P. Emery, Mrs M. Ferguson, Mr J. Oakley, Ms J Skipper, Mr W. Stuart,
Mrs T. Bonde RN, Mrs S. Hicks RN

ADMINISTRATIVE & BUSINESS SUPPORT

Mrs Melissa Ferguson, Mrs Karen Hooker, Mr Philip Emery