



Ostomy Tasmania Incorporated

NEWSLETTER No. 219

December 2023

(Supplement to Ostomy Australia Volume 33 No 3)

PRESIDENTS REPORT 2023

Dear fellow Members,

It gives me pleasure to table my report for the 2022/2023 financial year. We have achieved a net profit of \$39,000 which is commendable in the current economic climate. This result could not have been achieved without the strong support of our volunteer group, ie. Secretary, Treasurer and the support team who assist on a five day roster and we thank them all most sincerely.

Adrian Kok continues to organize the "Ostomates" groups in the North, North-West and South on a quarterly basis and we are indebted to him for his energy and enthusiasm.

We have filled some vacancies on the Committee and I warmly welcome James Oakley, Jessica Skipper, Emma Jarvis and Warren Stuart. A special thank you to Colman Dwyer for his services as Vice President and I welcome James Oakley to that position.

Finally, I would like to thank our hardworking staff, Phil, Mel and Karen, your dedication and support is highly valued.



Ross de Little 16/09/2023

MANAGEMENT COMMITTEE MEETING

DATE & TIME: SATURDAY 16 MARCH 2024, 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.
- 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. Preferred ordering method is via online ordering.

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 per box)

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.

RECOGNITION AWARD FOR TEENA



We are very pleased to report that one of our Stomal Therapy Nurses, Teena Carydakis (Launceston General Hospital) was awarded *Runner Up* for the “Nurse of the Year Award” announced at the Tasmanian Public Sector Nursing and Midwifery Excellence Awards, held November 10 at the Grand Chancellor, Hobart. Teena received a certificate for *Outstanding Leadership & Contributions to the Tasmanian Health Service*. We congratulate Teena on her nomination, and recognition of service.

As I’m sure many of you are aware, there is a level of ignorance out there about what it means to have a stoma, so it is indeed gratifying to see practitioners working in the Ostomy sector being recognised for their specialized area of expertise and delivery – which in turn helps to raise awareness about stomal related management and treatments to a wider audience generally.

SUPPORT GROUP REPORTS by Adrian Kok



Pictured are some attendees of the gathering at the Annual Picnic at Ross on 9th October. Even though the turnout wasn't great with 13 members attending, it was great to see people enjoying the day out. With fine weather and all members full as a boot from their picnic snacks and drinks it was time for some well overdue exercise, so out came the Bocce. First up were 2 beginners of the game, Ross de Little & Adrian Kok, with Ross coming out a 3-2. Several other members had a shot of success, none more so than Brian Quarry who managed a 5-0 whitewash. With the Bocce Classic over it was time to pack up and go home. Thank you all for a fun afternoon. Photo courtesy Ross De Little.

Ostomates Northern Support Group

The Launceston support Group met on 4th September with 17 members attending along with Company Reps, Perri Stevens from Ainscorp and Denise Barr (who's retiring) from Hollister. The Reps gave their respective presentations, and the members were appreciative of the knowledge that they presented. Members then had afternoon tea which was kindly donated by Ainscorp. During the tea break several members approached the Reps to ask questions on certain products they had on display. Hollister donated 2 lucky door prizes which were greatly appreciated. After the break Adrian brought up several issues that needed to be mentioned (State Picnic at Ross & Health Expo). The Christmas function was held at the Newstead Hotel on 24th November.

Change of venue in the New Year. We will be meeting at **Legacy House** in York Street Launceston. Entrance is at the back of the Elizabeth Street carpark. There will be a guest speaker for the March meeting.

Ostomates North - West Support Group

The Ulverstone support group met on 11th September at the new venue, Apex House, with 19 members attending. Due to the plane delay from Melbourne our company rep from Dansac, Bruce Anthony, was a

late attendee. Adrian commenced the meeting by welcoming 2 new members. He then went on to inform the members of other important issues (State Picnic at Ross & Health Expo). Morning tea was served then after the break. Bruce gave a very informative talk on the upcoming changes to Ostomy products commencing 1st October. He took time to answer several questions due to these changes. Many thanks to Bruce for his attendance and explaining the changes to the members.

The Christmas function was held on 29th November at Furner's Hotel, Ulverstone.

Change of meeting venue for the New Year. We will continue to meet at **Apex House** in Golan Street Ulverstone. There will be a guest speaker for the March meeting.

Ostomates South Support Group

The Hobart support group met on 6th September with 15 members attending along with Stomal Nurse, Heather Noga and Coloplast Rep, Thea Loiterton. Thea and Heather gave a fantastic presentation, which was well received by all members. Members asked many questions which generated great discussions with everyone taking part. Many thanks to Thea and Heather for their contribution to the group. Morning tea was then served with the wonderful help from the ladies at the Cancer Council. Many thanks to those ladies. Thea Loiterton from Coloplast donated 2 lucky door prizes. Thank you Thea. After the break Adrian brought up several important issues that needed to be discussed (see below). The Christmas function was held at the Cooley's Hotel in Moonah on the 22nd November.

Change of venue for the New Year. We will be meeting at the **District Nurses Centre Birdwood Avenue Moonah** on a **THURSDAY**, please note the change in day. Guest Speaker for March will be a Dietitian.

HEALTH EXPO: Adrian mentioned having a table at a Health Expo with information about the support groups and also Ostomy Tas. This may be a great way to promote the support groups and to inform other organisations and the general public, in the hope of obtaining more members.

For further information re: 2024 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.

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.

MYPOST ACCOUNT OPTION

Australia Post wish to communicate to our membership who receive parcels that they now have the option to sign up to the MyPost app – this allows additional control over aspects of each delivery (eg. requiring signature, instructions to leave on premises, notifications, etc.) This may be a useful tool if members have had issues with their deliveries in the past and want some added reassurance.

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)
Vanessa Rhodes *	Stomal Therapy Dept, RHH; (ph 6166 8283)
Megan Traits	Stomal Therapy Dept, RHH (Ward K9W)

NORTHERN REGION

Teena Carydakiss*	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 Jim Oakley
SECRETARY	Mrs Sue Hoyle (mob: 0417 122 153)
TREASURER	Mr Chris Laughher
MINUTE SECRETARY	Ms Rebecca Thompson

COMMITTEE

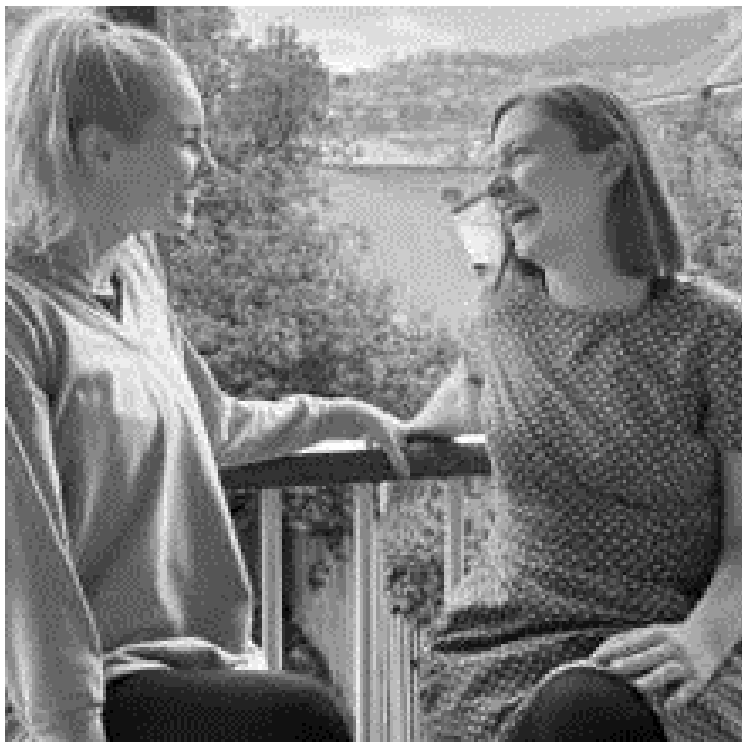
Mrs B. Clarke, Mr P. Emery, Mrs M. Ferguson, Ms E. Jarvis, Ms J. Skipper, Mr W. Stuart,
Mrs T. Bonde RN, Mrs S. Hicks RN

ADMINISTRATIVE & BUSINESS SUPPORT

Mrs Melissa Ferguson, Mrs Karen Hooker, Mr Philip Emery

We wish to advise members that Heather Noga, Stomal Therapy Nurse at the Hobart Colorectal unit (Calvary Hospital) has officially retired from her position, after several decades of providing Ostomates with ongoing support. Heather finished up on the 10th of November. We wish Heather well in the future and thank her for her considerable service over the years.

MEET SOME OF OUR NEW COMMITTEE!



Pictured on the right: Hi, my name is Emma, 36 with Autoimmune Hepatitis (AIH), Irritable Bowel Disease (Pan Colitis) and Coeliac Disease. Ostomate since July 4th this year - so have only had ileostomy and stoma (Stoma's name is Winifred (or Winnie for short) for a bit over 3 months. I am an artist and Mum who works for a medical training company and am interested in disability advocacy and spreading awareness about invisible illnesses including those experienced by Ostomates. I truly believe that the kind of change that will make a difference is possible... one small step at a time. Thank you for having me on board- I look forward to getting to know you all better over the coming months.

Pictured on the left: I am Jess. 37 years young. I have had my permanent ileostomy now for just over 2 years. Pre surgery I had fistulating Crohn's disease. My stoma is Romie the Stomie or Romes the Stomes. I am looking forward to embarking on spreading awareness for the Ostomate community

CLEANSER WIPES CHANGES

We have received some emails and phone calls of "concern" or "complaints" about the decision to restrict cleanser wipes. We wish to communicate to members that the decision to change the allowances and restrictions was made by the Stoma Product Assessment Panel, which comprises representatives from Govt. Departmental Officials, Health Professionals, Industry representatives, ASCA and Clients. Ostomy Associations have responsibility to advise our members and implement these changes. We are not responsible for the decision. Should you wish to direct your concern to the panel, please send an email to stoma@health.gov.au.

In addition, there has also been some confusion with members over which wipes are affected. Please note it only affects CLEANSER WIPES (eg. codes 12080, 710000-0010, 4715), **not** Barrier or Remover wipes. These remain on the Scheme as per usual.

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. A **\$50 opening fee** applies over the closure period if we need to open up especially for you.

