



Ostomy Tasmania Incorporated

NEWSLETTER No. 220

April 2024

(Supplement to Ostomy Australia Volume 34 No 1)

OSTOMY TASMANIA CHRISTMAS GATHERING



Pictured above are the wonderful volunteers and staff at Ostomy Tasmania celebrating the end of year Xmas gathering at the Boat House, Cornelian Bay on the 8th December 2023. General consensus being was the food was extremely flavoursome, and the company convivial. The Xmas lunch is given in recognition for the many hours of labour generously given by our volunteers throughout the year. Without them Ostomy Tasmania would not be able to deliver this essential service to the membership.

AGM & MANAGEMENT COMMITTEE MEETING

DATE & TIME: SATURDAY 21 SEPTEMBER 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.

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 WILL BE DUE 1ST JULY 2024

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 2024/2025 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 2024, 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.

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

CLEANSER WIPES CHANGES - UPDATE

Recently government changes required that members obtain an Authorisation Form to receive cleanser wipes (x 60) each month which was initially only for 6 month periods at a time. We are pleased to report this has now been changed so that the authorisation no longer needs to be renewed at the end of a 6 month period. Once you have the initial authority in place you will retain access to cleanser wipes indefinitely.

FROM THE PRESIDENT

Dear Fellow Ostomates

Just a brief update on our current position. Firstly, I would like to acknowledge and thank our loyal team of volunteers who are busy daily collating and packing orders for either post or pickup. Without this vital support we would not be in the sound financial position we currently enjoy.

We recently received a letter from Minister Guy Barnett, Department of Health, stating our tenancy at St Johns Park is secure until the end of 2025. Hopefully within that timeframe we shall know whether we are to be included in the redevelopment plans for St John's Park. The government spent some \$700,000 making our current tenancy "fit for purpose" in 2010, prior to that we were a tenant at the Repatriation Hospital, so we are thankful to be a long-term tenant of the government.

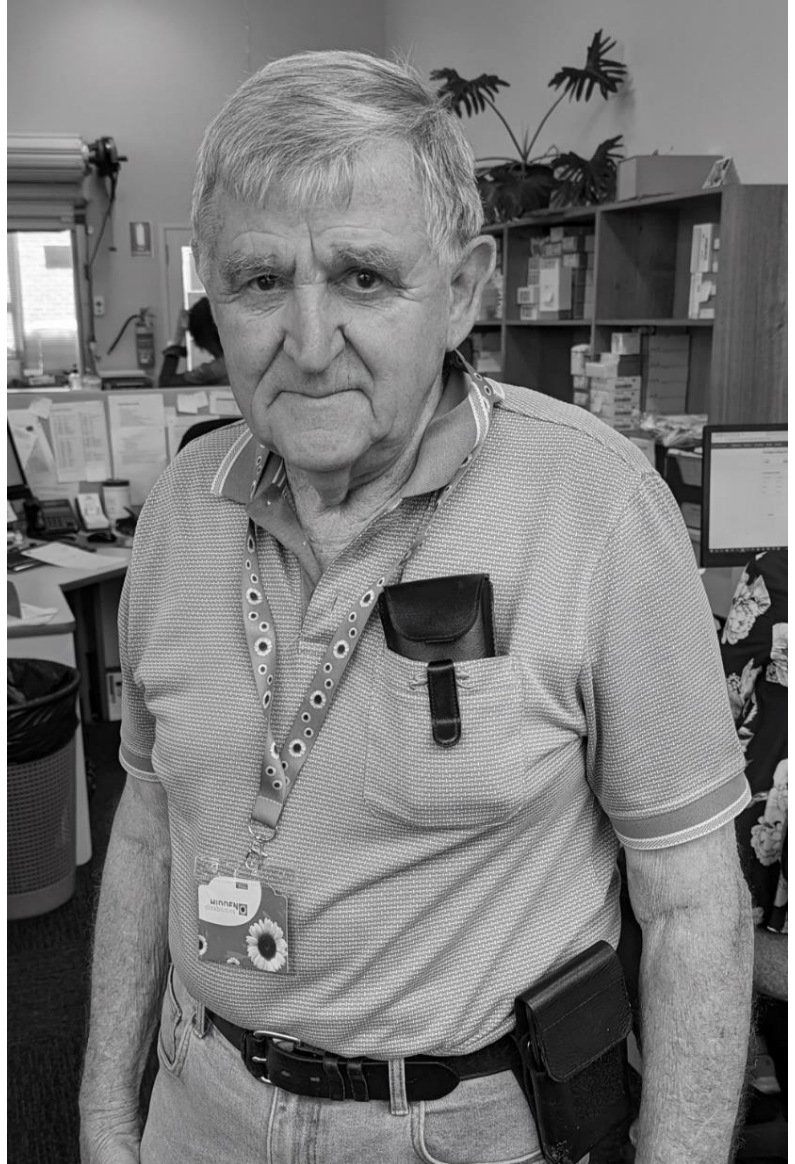
With the new "full body" scan devices now installed at major airports, ostomates can now contact local airports to request a Sunflower lanyard. The lanyard is for individuals with hidden disabilities and airport security staff are trained to recognise this initiative.

The Commonwealth Government has now removed the requirement for 6 monthly renewal scripts for cleanser wipes. An initial script is still required from a stomal therapy nurse or medical practitioner.

With best wishes to you all.

Ross de Little

Pictured: Volunteer Robert demonstrates the Sunflower lanyard - ready for travel.



HOBART ALL CANCERS SUPPORT GROUP

Hobart All Cancers Support Group 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.

SUPPORT GROUP REPORTS by Adrian Kok

All together state wide from the Christmas raffles we managed to raise \$255, which I have already sent to the Cancer Council of Tasmania. Thank you all once again.

Ostomates Northern Support Group

The Christmas function for the northern support group was held at the Newstead Hotel, Launceston with 28 members attending. The food was great and the people mingled amongst one another and chatted. After lunch there was the raffle with 8 prizes, some donated. A special thanks must go to Lois Ralph for making the superb teddy and Ray & Judith Rapley for the wine bottle along with other members who donated chocolates, etc. Peter Ralph then on behalf of everyone thanked Adrian for his dedication and hard work to the group. Adrian then thanked all who had assisted him through the year and wished all a happy and safe Christmas and New Year.

The first support group of the year (March) saw 29 members attend, of which 9 were new. Amanda Marshall and Libby Anne (Convatec), both from Tassie were in attendance. Adrian welcomed everyone, especially those attending for the first time. He then introduced Amanda and Libby who gave a fantastic presentation involving several of the new members. Because of continuous questions the session went for nearly an hour, such was the interest shown. Morning tea was then taken with still more people coming to the reps for more answers covering various issues. Convatec donated 2 lucky door prizes which was won and kindly accepted by 2 new members. After morning tea Adrian spoke on the difficulty of getting medical experts as guest speakers (ie. dieticians, therapists etc.). He also mentioned that some companies were cutting costs, thus the absence of a few companies for the March meeting. Adrian then thanked the Convatec reps for their attendance and input. He then said the next support group meeting in Launceston would be on June 3rd at Legacy House from 10 am -12 noon. Entrance to Legacy House will be from the back door only (via Vincent St)

2024 meeting dates: Monday 3rd June; Monday 2nd September

Ostomates South Support Group

The Christmas function for the southern support group was held at Cooley's Hotel Moonah with 16 members attending. They were treated to fine dining and friendship. After lunch there was the usual raffle with several prizes, some donated. The prizes consisted of wine bottles, chocolates and other items, with all the prizes being shared around. Before the end of the function Adrian thanked all those who have assisted him through the year and wished everyone a safe and healthy Christmas and New Year.

The March meeting was attended by 11 members, 3 of which were new - held at the District Community Nurses Centre at Moonah (next to Tas Water), with plenty of parking at the rear of the building. Kerrie Dunn from Omnigon was present and gave a superb presentation with several questions answered. District nurse, Tess Bonde, was also there to give her input into some of the questions. It was great to have both Kerrie and Tess there. Morning tea was then taken with still more people asking questions to Kerrie. After morning tea Adrian spoke on a promotion some Councils were prepared to do to assist us with new members. More will be said later. Kerrie Dunn from Omnigon generously donated 2 lucky door prizes along with a prize donated by a member couple. Many thanks for the prizes. The next meeting will be held at the District Nurses Centre, June 6, 10 am-12 noon, Birdwood Ave, Moonah.

2024 meeting dates: Thursday 6th June; Thursday 5th September

Ostomates North - West Support Group

The Christmas function for the North-West support group was held at the Furner's Hotel, Ulverstone with 22 members in attendance. The private dining room was magnificent with the food just as good. Those who came chatted with others through the afternoon. After lunch we had the raffle with once again prizes donated. Then Adrian thanked those who have helped him through the year and wished everyone a happy and safe Christmas and New Year.

A small group of 6 members attended the March meeting at Apex House. Libby Anne was present representing Convatec. Michelle Emin (Stomal nurse at Burnie Hospital) was also there. Libby gave a very good presentation with questions coming slow at first but then when morning tea was taken several members approached Libby with more questions. Michelle also assisted with some of the members. After morning tea Adrian mentioned that the Launceston support group were interested in coming to Ulverstone for a joint Christmas function, which the coastal group were most excited about. There were 3 lucky door prizes donated by members which were most appreciated. The next meeting at Ulverstone will be on the 12th June from 10 am -12 noon at Apex House 2 Gollan St.

2024 meeting dates: Wednesday 12th June, Wednesday 11th September

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.

OUR STOMAL THERAPY NURSES

SOUTHERN REGION

Tess Bonde

Madi Bradshaw

Annette Goulding

Sonia Hicks *

Vanessa Rhodes *

Megan Twaits

The District Nurses (ph 6208 0500)

Stomal Therapy Dept, RHH (Ward K9W)

Royal Hobart Hospital (Ward K9W)

Stomal Therapy Dept, RHH; (ph 6166 8283)

Stomal Therapy Dept, RHH; (ph 6166 8283)

Stomal Therapy Dept, RHH (Ward K9W)

NORTHERN REGION

Teena Carydakis*

Carolynne Partridge

Kristy Willis

Renee Matthews

Elizabeth Cute *

Leanne Bedwell

Deborah Franklin

Stomal Therapy Dept, LGH; (ph 6777 6832)

Specialist Clinic, Launceston General Hospital

Launceston General Hospital

Ward 5A, Launceston General Hospital

Calvary Campus, St Vincents (ph 6332 4835)

Calvary Campus, St Vincents

Regis Aged Care, (ph 0438 445 338)

NORTH WEST REGION

Michelle Emin *

N.W. Regional Hospital, Burnie; (ph 6493 6274)

(* 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

BI MONTHLY ORDERING

We would like to remind our members that if you have been a member for more than six months, and your orders are straight forward (ie. not a dual ostomate, or lots of script items), you are eligible to place 2 monthly orders at the one time. This is particularly beneficial for members who are not able to collect their products from our Hobart office, and therefore have to pay parcel postage each time they place an order. If the order can fit into 1 parcel, which is usually the case, you will only need to pay the single parcel fee of \$15. NB: sometimes we have to add a small extra charge if the parcel goes over 6kg in weight to cover Australia Post additional charges. This is added on at the time of postage and may require you to add additional funds with your next payment.

BLOG SITE FOR OSTOMATES

We received the following message recently which we thought worthwhile sharing with our members, especially those interested from a woman's perspective. Feel free to check it out.

"My name is Karyn Takahashi and I would like to introduce you to my blog, "Living with a stoma." I'm writing it from the carers position, as a family member observing a family member dealing with a new stoma. Within my blog, I have included details of all Ostomy Associations across Australia. Details such as: Location, Contact details, open and closing times, etc. I have included the link www.livingwithastoma.com.au Feel free to pass it along to any clients who may want to read it. I am open to all feedback. My goal is to make this blog site a 'go to' for all women living with a stoma or caring for someone with a stoma."