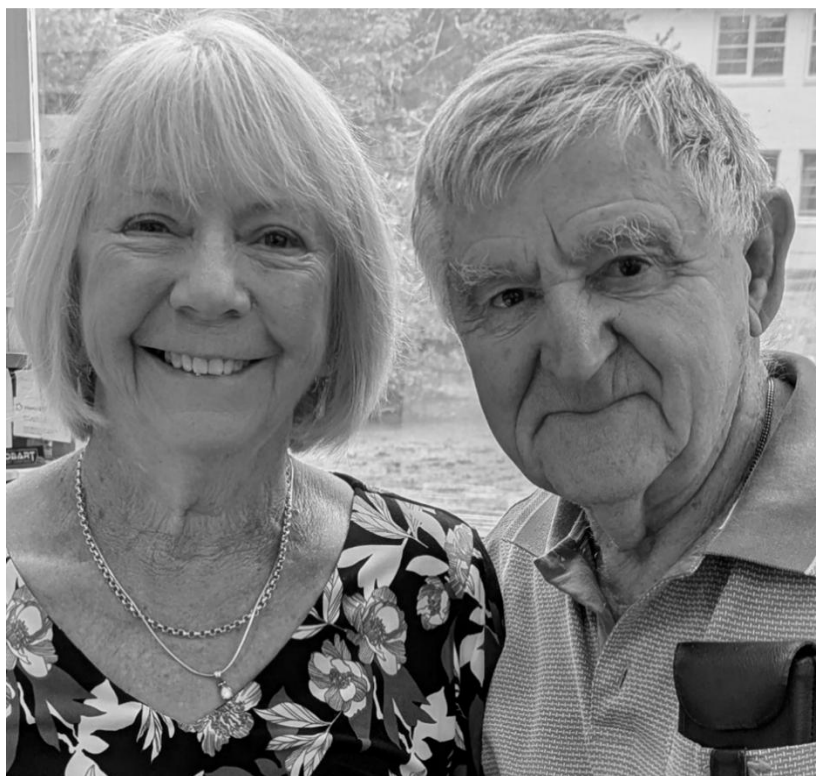


ROBERT FAREWELLS OSTOMY TASMANIA

One of our stalwarts, Robert McManus (pictured right with Manager Sue), a hard-working and reliable volunteer, recently retired his services with Ostomy Tasmania after a long-standing association, and we wish him well in his continued retirement. Robert first joined the volunteer team back in 2005 after being a temporary ostomate himself (and having successful reversal surgery). Robert has been involved in many Not-for-Profit organizations in a voluntary capacity, and as such was duly recognised and awarded an Order of Australia Medal back in 2017. We wish to acknowledge Robert's valuable contribution to Ostomy Tasmania over the years. Robert was a regular face in our office on a Monday morning,



responsible for the entering of consignments of parcels ready for despatch to our clientele both in Tassie and to mainland Australia. So, if you receive parcels from us through the post Robert may have been the person responsible for attaching the labels. Ostomy Tasmania very much values the contribution of all our volunteers, who freely give up their time week on week (sometimes several days in a row) to make sure our members receive their supplies each month in a timely fashion. We could not operate without them. See photo on page 7.

AGM & MANAGEMENT COMMITTEE MEETING

DATE & TIME: SATURDAY 20 SEPTEMBER 2025, 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 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 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 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 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.

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. Our preferred ordering method is via online ordering.

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, "Application for Additional Stoma Supplies - Clinical" 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.
- A once-off Cleanser Wipe Authorisation form signed by your STN or GP is required before we can issue any cleanser wipe products.

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
		Hostoma No Smells Room Spray (1 Litre)	\$27.50 each

ANNUAL FEES ARE DUE 1ST JULY 2025

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 **2025/2026** period, the fee will increase to

- **\$85 per year for full members**
- **\$75 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 2025, 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.

NB: Any new members joining in April & May 2025 will pay the current rate of \$70 ordinary, \$60 concession. Members joining in June are made financial for the 2025/26 year.

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

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.

HOBART CANCER SUPPORT GROUPS

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.

Hobart Bowel Cancer Support Group meets every second Thursday of each month, 2pm to 4pm at the Southern Support Centre – 15 Princes St, Sandy Bay.

SUPPORT GROUP REPORTS by Adrian Kok

Ostomates Northern Support Group

20 people attended the Xmas function at the Newstead Hotel with good food & good company, along with the usual raffle prizes which were evenly shared amongst those who attended. The money from the raffle goes to Legacy. Adrian then thanked all those who had assisted him through the year. The first meeting was on Wednesday March 5th at Legacy House from 10am-12noon. Please use the rear entrance door of Legacy. Contact Adrian on—0498196059. **2025 remaining dates/times:** Wednesday 4th June, 3rd Sept. 10 am to 12 noon; Legacy House, 59 York St. Launceston.

Ostomates South Support Group

10 people attended Cooley's Hotel with Adrian & Leah Kok coming from Launceston to join the group along with Community Nurse Tess Bonde also in attendance. Everyone enjoyed the meal and the camaraderie. The usual raffle prizes were well shared amongst the group. Adrian then mentioned that Helen & Mike Dowd will be coordinating the meetings next year. Adrian then thanked those who had assisted over the years. The first meeting was Thursday March 6th at the Community Nurses centre Birdwood St Moonah from 10am-12noon. **2025 remaining dates/times:** Thursday 5th June, 4th Sept. 10 am to 12 noon; District Nurses Centre, 2 Birdwood Ave Moonah. Please **contact Helen** if attending on **0416200452**.

Ostomates North - West Support Group

19 people attended the Furner's Hotel for the combined Xmas function between the North & North-West. A great meal and fine camaraderie was had amongst the group. The Xmas raffle was generously supported by all, with most of the 10 good prizes shared nicely around. Adrian then thanked all who had helped him in the past year and then mentioned that the first meeting in March is on a Wednesday. Contact Adrian on 0498196059. **2025 remaining dates/times:** Wednesday 11th June, 10th Sept. 10 am to 12 noon; Apex House, 2 Gollan St, Ulverstone.

It was unfortunate, but due to Covid and other illnesses 35 people had apologised non-attendance for the various 2024 Xmas functions. Let's hope you recovered ok. Take care.

To confirm attendance in the north, and for further information re: 2025 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. NB: **March meeting reports in next issue**.

SUPPLIER ORDERING DAYS

Just a reminder to our members that our normal weekly supplier ordering days from are **Monday** morning (Coloplast, Convatec, Ainscorp) and **Tuesday** morning (Dansac, Hollister, Braun, Omnigon) – **before 10am**. If you miss this cutoff your product will not get ordered until the following Monday or Tuesday, hence potentially delaying the arrival of your order for another week.

CHECK YOUR CUPBOARD REGULARLY

We are still getting quite a lot of orders where members are leaving it until the last minute to order their appliances. We recommend you have at least 3 -4 weeks' worth of appliances stored in your cupboard. We occasionally get messages like "I'm desperate, I've run out of pouches/baseplates – can you help me please". This can create a lot of headaches for our staff because we then need to scramble to find an alternative to get the member out of trouble - until we receive their product in from the supplier (up to 2 weeks). It also often puts an added burden on the hard-working Stomal Therapy Nurses who are also put on the spot to try and help at short notice. We therefore request you regularly check on the status of your supplies to ensure you have enough to see you through until the next order. If you find you are running low at the end of each monthly cycle when ordering the maximum supply allowed, the best course of action is to contact your STN to see if they can give you a certificate for additional supplies (script) to help you get ahead (or maybe have your system reviewed). Better that than running low each time you are due to order.

SOME CLEANSER WIPES TO BE DISCONTINUED

We wish to inform our members that Dansac Cleanser wipes – product code **710000-000** or **71000-0010** are being discontinued from the Stoma Appliance Scheme (SAS) as of 1st April 2025. Coloplast Cleanser wipes however, will still be available – these are Comfeel cleanser wipes – product code **4715** for individually wrapped wipes (box of 30, 2 boxes per month) or Brava Skin Cleanser wipes – product code **12080** (travel pack of 15 wipes, 4 packs per month). Remember that you do require a Cleanser Wipe Authorisation for your initial issue of these products.

MEMBERSHIP FEES TO INCREASE 25/26

Just a reminder to our members that due to increasing costs and overheads associated with running a Not for Profit organisation we are now having to increase our yearly subscription. Consequently, fees for the 25/26 financial year will increase for **Full Members** to **\$85** and **Concession Members** **\$75**, and Associate Members \$25. NB: This is the first SAS fee increase we have implemented since 2019/20.

SUPPORT GARMENT ALLOWANCE

At the start of each calendar year you are entitled to order 4 support belts if required. In the first instance you should only order one belt to check for fit and comfort, and then you can order the remaining amount as required. It's best to choose your belt with the assistance of your stomal therapy nurse however if this is not possible, you can also check out the company websites to see which size and style best suits your body, as well as the necessary code numbers to place an order with us. The belts are particularly helpful if you have a hernia. NB: pants and briefs are no longer available on the scheme, but can be purchased direct from the suppliers.

WALKING GROUP FOR OSTOMATES

If your interested in joining a small group of ostomates and supporters on a weekly early morning walk (usually Weds leaving from New Town in Hobart), call Barbie on 0437005469. Newcomers welcome.

Continued from Page 1 – pictured below some of our hard-working volunteers share a morning tea & delicious Banjo's pastries in celebration of Robert's past contribution (L-R: Colman, Robert, Chris, Les and Steve).



FAREWELL TO VANESSA

We say farewell to Royal Hobart Hospital (RHH) Stomal Nurse, Vanessa Rhodes, who has moved on to greener pastures after many dedicated years of service at the RHH stomal therapy department. Many of our members, past and present, will have been familiar with Vanessa's diligent care and expert advice on all matters stomal. She was certainly a familiar presence at Ostomy Tas over many years. We wish Vanessa and family the very best for the future.

WORLD OSTOMY DAY

World Ostomy Day will be held on 4th October 2025. The motto this year is "Invisible Disabilities: Visible Support. The Global Unity of Ostomates". If you have any ideas about how to celebrate, and wish to get involved, you are welcome to forward suggestions to World Ostomy Day 2025 Co-ordinator, Richard McNair. Some proposed ideas include: Open seminars, Display Days, Walks in public places, Celebratory dinners. Ostomy Tasmania will support in any way we can.

ONLINE PORTAL UPDATE

Some of you will be wondering about the progress of the Portal rollout reported in in our last newsletter. Alas, we are still waiting on the developers in Queensland to schedule our test environment prior to going live (cyclones don't help!). Hopefully we will have something to announce soon, which will be shown on our website when the time comes. Thanks for your patience.

OUR STOMAL THERAPY NURSES

SOUTHERN REGION

Tess Bonde*

Madi Bradshaw*

Annette Goulding

Sonia Hicks*

Janet Robins

Megan Twaits

Patrick Meaney

Jade Long

The District Nurses (ph 6208 0500)

Stomal Therapy Dept, RHH (ph 6166 8283)

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)

Stomal Therapy Dept, RHH (ph 6166 8283)

Stomal Therapy Dept, RHH (ph 6166 8283)

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)

REGION

Michelle Emin *

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

* STNs occupying official Stomal Therapy positions are shown in **bold**.

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, A Kok

ADMINISTRATIVE & BUSINESS SUPPORT

Mrs Melissa Ferguson, Mrs Karen Hooker, Mr Philip Emery