

TASMANIA'S SUPER WOMEN!



Pictured at a recent Coloplast event are some of Tassie's Super STNs - with Prof Kerlyn Carvill (far left). L to R: Madi, Teena, Megan, Sonia (rear), Jade, Michelle (rear), Janet, Sarah.

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 into 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 WERE 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 has increased 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.

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.

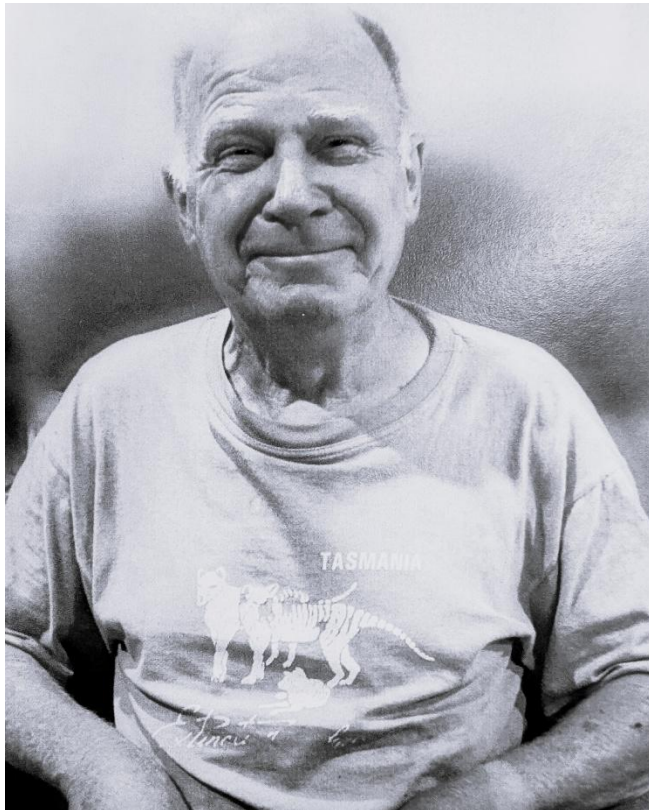
PAYMENTS SAFER VIA WEBSITE

In an attempt to stay ahead of cyber security concerns we request members make credit card payments via the online portal on our website (<https://ostomytas.com.au/payment-donation>) rather than send in an email form. Emails inboxes are more susceptible to hackers and therefore pose the greater risk when sending financial information, whereas the Square and PayPal portals on our website have much greater security for users when entering sensitive credit card details.

VALE ADRIAN KOK

We are sorry to advise that our Support Group State convener, Adrian Kok, passed away in May. Adrian was a stalwart in bringing attention to the needs & support of ostomates around the state - committing many, many hours to his role over the years. We wish to express our appreciation for the work he did for the cause and understand he will be missed by many member ostomates (both past and present) who regularly attended support group meetings and events. Adrian was also a committee member of Ostomy Tasmania, for which we acknowledge his contribution.

Shortly before he died his wife Leah passed on the following to share - written by Adrian himself - this is an extract:



"...I'm very grateful to Helen and Mike who have put their hands up to coordinate the southern ostomates. Thank you, Helen and Mike Dowd.

From the very first support group meeting way back in March 2014 till now, I have met many wonderful people who have inspired me with their resilience and energy. Great characters like Alison Coombes from the Hobart group and Jenny Gill from the Launceston group brought many a smile into our lives. Both sadly are now deceased. And who could forget Bruce the farmer from Wilmot, who was the guest speaker at the June Ulverstone support group meeting. Bruce brought the house down with lots of laughter about his journey with a stoma, and we won't forget Bruce's "sheer ass", in winning nearly 90% of the lucky door prizes.

These wonderful, kind and supportive people have made our support groups so successful and worthwhile. A huge thankyou to all of those who have

supported me and my wife Leah over the years.

These groups have meant a lot to me, and I have been fortunate enough to have gained some wonderful friends as well. I would also like to thank Ostomy Tasmania for their support. Finally, remember when you think you have been given a raw deal or are having a rotten day just stop and look around, for there is always someone worse off than you. And lastly, I would like to say, "keep positive, keep smiling and live for the day".

...Rest in Peace Adrian

SUPPORT GROUP REPORTS

Please be advised that the North, North West and Southern support group meetings will continue for the remainder of 2025 with the assistance of STN's in the north and north west, and Helen Dowd in the south.

Ostomates Northern Support Group

Next Meeting: Wednesday 3rd Sept. 10 am to 12 noon; Legacy House, 59 York St. Launceston.

Please contact **Teena Carydakis** STN on **67776832** if attending.

The Northern Ostomy Support group met at Legacy House Launceston on the 4 June 2025. There were 20 members who attended. We had Bruce from Dansac and Elise from Braun who kindly spoke and gave very informative updates on ostomy products. Stomal Therapy Nurse Teena came along who had a Q & A session around use of accessories. Morning tea was sponsored by Elise from Braun and this was well received.

It was also a time for us to reflect on the valuable work completed over the years by Mr Adrian Kok. His lovely wife Leah came, and she showed the group a photo album of Adrian's life over the years and we thank her for coming along to the meeting.

The Northern Ostomy Support group meetings will continue. Any queries or new members who would like to attend please reach out to Teena, Stomal Therapy Department, Launceston General Hospital on phone 6777 6832.

Ostomates South Support Group

Next Meeting: Thursday 4th Sept. 10 am to 12 noon; District Nurses Centre, 2 Birdwood Ave Moonah.

Christmas Function will be on Thursday 20th November (Time / Venue TBA)

Please contact **Helen Dowd** if attending on **6239 6223** or **0416 200 452**.

On 6th March 2025, 10 members attended the Southern Support group meeting at the District Nurses Centre in Moonah. Helen Dowd was unable to attend the meeting due to her recent knee operation.

The meeting was chaired by Mike Dowd assisted by Stoma Nurse Tesse Bonde. Although our numbers were a little down, it was great to welcome 2 new Ostomates and one spouse to our gathering. Elise Byrne, representing B. Braun, gave an overall report on their products along with samples dealing with adhesive removers and air fresheners. After morning tea, which was provided by Elise, Tess gave a presentation, including a colour chart outlining 3 types of Stoma: Colostomy (Bowel); Ileostomy (Small Intestine) ; and Urostomy (Bladder). Helen, along with Tess, is keen to arrange a public display for Stoma Awareness week in the near future. It would be great to have Ostomates come along for this awareness activity. Contact: Helen Dowd on 0416200452 or **62396223**.

On 5th June, 14 persons attended the Support group get together at District Nurses Centre in Moonah. It was a different start to the meeting with an acknowledgement of the passing of Adrian Kok and all that he had done for Ostomates in Tasmania by co-ordinating the three groups four times a year since 2016, his encouragement and friendly approach to all members. I, Helen Dowd, cannot attempt to fill his shoes – I will not even try – but with the support of the members of the southern Ostomates, will endeavour to continue Adrian's legacy.

Our theme for the meeting was Travel Hints – everyone had ideas and / or questions on how to deal with security issues at airports; how to accommodate the difficulties with changing bags etc in public toilets, (including the little cubicles on planes) using waterproof / plastic sheeting on dirty surfaces for

products; the use of the sunflower lanyards and travel certificates. There was a brief mention about the mentoring of new ostomates who might have questions. This will be explored more in the future. Tesse spoke about Ostomy Awareness Week. Unfortunately, at this stage, we have not been able to secure a site for a display, to create awareness among the general public. We will continue to pursue this for Ostomy Day in October. Bruce Anthony, Territory Manager from Dansac, gave a presentation of products and generously provided morning tea. The meeting concluded, by Tesse, Bruce and Helen, each presenting a joke – a fitting tribute to Adrian, as this was his way of ending our meetings. The lucky door prize was won by Charles, congratulations.

Ostomates North - West Support Group

Next Meeting: Thursday 11th Sept. 10 am to 12 noon; Apex House, 2 Gollan St, Ulverstone.

Christmas Lunch will be held on Thursday 27th November from 12.00pm venue to be confirmed.

Contact **Michelle Emin** on **0498196059**.

The North West Coast Ostomates Support Group meeting was held on Friday 13th June at the Apex House in Ulverstone. There were thirteen Ostomates and partners in attendance. Leah and a good friend attended, sharing some memorabilia along with some laughs of Adrian's antics. Thea Loiterton (Coloplast) was also present, showing us new products and answering questions. Stomal Therapy Nurse Michelle and new student Lisha were there to answer any questions. Leah was presented with a bunch of flowers from the group. A cuppa was enjoyed with morning tea provided by the Ostomates. Several of the Ostomates joined Leah for lunch at a local eatery after the meeting.

Next meeting will be on Thursday 11th September from 10.00 am to 12.00pm at the Apex House, 2 Gollan Street, Ulverstone.

Please come join us – contact Michelle Emin 0488 329 210 if you would like more information or would like to attend.

To confirm Support Group attendance, and for further information re: 2025 meeting dates please contact: Teena Carydakakis (STN) **67 776832 - North**, Michelle Emin (STN) **0488 329210 - North West**, Helen Dowd **62 396223** or 0416 200452 - **South**: NB: information 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.



FAREWELL TO LES

Sadly, one of our hard working and valued volunteers, Les Rhodes, passed away recently after a short illness. Les was a selfless worker who had a great work ethic and was well liked by all who knew him. Even though he wasn't an ostomate himself he was nevertheless happy to give his time unconditionally every week to help receive stock and send out parcels, which says a lot about his character. Les is survived by wife Chris (of 54 yrs - another tireless volunteer), son Adrian, daughters Vanessa (ex STN) and Lauren, as well as 4 grandchildren.

He will be greatly missed.

RIP Les

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)

NORTH WEST 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,

ADMINISTRATIVE & BUSINESS SUPPORT

Mrs Melissa Ferguson, Mrs Karen Hooker, Mr Philip Emery