



WORLD OSTOMY DAY RECOGNISED LOCALLY



On Saturday 4th October Helen Dowd (Southern Support Group facilitator – pictured left), and Tess Bonde (STN District Nurses – pictured top) generously organised and staged an information and education table at the Kingston Channel Court Shopping Centre, with the help of some fellow ostomates, including Patricia (pictured right) - to help spread the word on World Ostomy Day. Members of the public showing an interest were provided with information about what it means to be an ostomate, as well as available support resources. This is expected to be the first of many such education displays (to coincide with future Ostomy Days). A big thank you to those who organized and supported, and to the Shopping Centre for providing the space free of charge.

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)	\$7.50 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
NB: Hostoma price increase effective 1/09/25		Hostoma No Smells Room Spray (1 Litre)	\$30.25 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.

PAYMENT OF MEMBERSHIP FEES?

Frequently we get asked if we send out invoices for membership renewal. As we are only a small organisation, comprising mostly of volunteers, we simply do not have the resources to invoice all our members every year (some 1500). Nor do we invoice postage payments each month (although a current balance will show on the order slip when you receive an order). However, we do advertise membership fees via our newsletter, on the website, and with a flyer in post parcels prior to the end of the financial year (to remind those who receive parcels). Rest assured if you are unfinancial at the beginning of the financial year when you place your July order, we will contact you to arrange renewal. Also, to stay ahead of the due date, members are more than welcome to pay for future years membership anytime via the website payment page (just add a note with payment).

SUPPORT BELT INFORMATION

Just a reminder to members that the quantity of support belts available through the Stoma Appliance Scheme is now 4 per calendar year, not 3 as was previously the case. These can be especially helpful to people for work, sport and other recreational activities. Ainscorp and Omnigon supply most of these, plus a select number (with a shield) can be sourced through Sutherland Medical. Most of you would be aware by now that support pants and briefs are no longer available on the Scheme, but can be purchased direct from the companies. Note also that the allowance for the narrow appliance belts (2.5cm wide) is now 6 per calendar year (previously 4).

PRESIDENTS REPORT

Well I am able to report, as it has been confirmed by the Department of Health, that our lease of the premises at St. Johns Park will be extended. In any case we have an undertaking that we will be provided six month's notice if we're required to vacate. We shall however, continue to seek further clarification on our long term tenancy at St. Johns Park.

I really can't thank enough, our wonderful band of volunteer helpers, who, week in, week out, pack the orders for post or collection. Without this assistance we most certainly would not be in the sound financial position we currently enjoy.

May I particularly thank our Secretary and Treasurer who are here on most days, such dedication to our cause is immeasurable.

Thank you one and all.

With best wishes, Ross de Little



MANAGEMENT COMMITTEE MEETING

DATE & TIME: THURSDAY 5TH MARCH 2026, 2.00 pm (NOTE CHANGE OF DAY)**

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

SUPPORT GROUP REPORTS

Ostomates North Support Group

2026 Meeting Dates: Wednesday 4th March, 3rd June, 2nd September. 10 am to 12 noon; Legacy House, 59 York St. Launceston. Please contact **Teena Carydakis** STN on **6777 6832** if attending. 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. **2025 Christmas lunch:** Friday 28th November; Olde Tudor Hotel, 229 Westbury Rd, Prospect – contact Gwenda Larner 0412905647.

Ostomates South Support Group

The Southern Support Group met on 4th September at The District Nurses Assoc. rooms, with 18 people present including representatives from Coloplast (Thea) and Omnigon (Kerrie), and Stomal Therapy Nurse (Tess). Both reps gave very interesting talks on their products and how to apply them. Our theme for the day was PARASTOMAL HERNIAS:- the causes, effects, and caring for a stoma with a hernia. Tess gave a very animated demonstration, on the floor, of how to apply a support belt and correctly apply certain pouches.

The dates for **2026 meetings** were mentioned and noted. (5th March; 4th June; 3rd September and our Christmas Dinner 26th November). World Ostomy Day, started in 1993, and is held every 3 years. The intervening years are known as Ostomy Awareness Day. This year **World Ostomy Day** was on October 4th and we celebrated at Kingston Channel Court shopping complex. The motto is "INVISIBLE DISABILITIES : VISIBLE SUPPORT – THE GLOBAL UNITY OF OSTOMATES" Several members interacted with the public to raise awareness, offer information and promote education about the different types of ostomies.

2025 Christmas get together was held at **Cooley's Hotel** on **November 20th at 12.30 pm**,

2026 Meeting Dates: Thursday 5th March, 4th June, 3rd September. 10 am to 12 noon; District Nurses Centre, 2 Birdwood Ave Moonah. 2026 Christmas dinner 26th November. Please contact **Helen Dowd** if attending on **6239 6223** or **0416 200 452**.

North West Ostomates Support Group

The North West Support group was held on Thursday 11th September at the Apex House, Gollan Street, Ulverstone. There was a good attendance, including regulars and some new faces. The new faces introduced themselves with lots of discussion with the more established Ostomates.

One of the Ostomates – Carrie has been going to art classes and presented these paintings, which all had a very meaningful story behind them. The established Ostomates who have been coming for many years are all providing input in keeping the group going. There is no dedicated person, and everyone is taking on a task to do, for which I would personally like to thank them.

No venue or dates have been set for next year yet, working on these as I am writing this.

The **Christmas Lunch** this year will be at **Furner's Hotel**, Ulverstone on **Thursday 27th November 2025** at 12.00pm. All Ostomates welcome to come along for lunch and a chat.

If you would like to attend the Christmas lunch, please RSVP to Michelle – Stomal Therapy Nurse
Ph: 0488 329 210.

"Your body can stand almost anything. It's your mind that you have to convince"

Michelle - Stomal Therapy Nurse NWRH

Ostomates North - West Support Group

2026 Meeting Dates & Venue: TBA (check website. Contact **Michelle Emin** on **0488329210**.)

To confirm Support Group attendance, and for further information re: 2026 meeting dates please contact: Teena Carydakis (STN) **6777 6832 - North**, Michelle Emin (STN) **0488 329 210 - North West**, Helen Dowd **6239 6223** or 0416 200 452 - **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.

CHRISTMAS CLOSING DATES



Christmas Closure 2025: Our last opening day before Christmas will be **Monday 22nd December 2025**. We will then be closed for the Christmas/New Year period, reopening on **Monday 5th January 2026**. Orders must be in by **Monday 8th 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.

INFORMATION FOR HOLLISTER USERS

Hollister Customers, please note that there will be a letter from Hollister in December and January orders. Please take the time to read through the letter as it contains important information regarding the Hollister Pouch Upgrade. Alternatively, this letter can be collected from your association when you collect your order. If you have any questions relating to this upgrade, please contact customer care on 1800 880 851.

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)

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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