



NEW PRODUCT HELPING OSTOMATES

Recently we received the following correspondence from the makers/suppliers of a new product for ostomates (and pregnant women). Disclaimer: we pass this information on for your interest, however make no recommendations as to the effectiveness of this product.

“Tummy Shield is a company whose product has been increasingly adopted by ostomates seeking greater comfort and safety while travelling in a car. We recognise that one of the common daily challenges for many patients is managing comfort and avoiding undue pressure on the stoma site, particularly when engaging in everyday activities like driving or riding in a vehicle. A standard vehicle lap belt, running directly across the abdomen, can cause significant discomfort, irritation, or anxiety about accidental impact on the stoma or appliance.

While originally developed for pregnant women, we have recognised its powerful benefit in alleviating pressure for other individuals with abdominal sensitivities, such as ostomy patients. It is a car seat belt repositioner that safely redirects the lap portion of the seat belt from the wearer’s abdomen down to the upper thighs and hips. This simple repositioning achieves two crucial things for ostomy patients:

Pressure Elimination: It eliminates direct seatbelt pressure on the stoma area, immediately increasing comfort and reducing the risk of irritation during travel.

Impact Safety: It ensures that, in the event of a sudden stop or impact, the load is absorbed by the body’s strongest skeletal structures (the pelvic bone), maintaining traveller safety.

The Tummy Shield has been independently crash-tested to global safety standards and meets the Australian Design Rules (ADR). This confirms it is both safe and legal to use in Australia without compromising the vehicle’s existing safety system. You can find more detailed safety and product information on the Tummy Shield website www.tummyshield.com.

We believe Tummy Shield offers valuable peace of mind and pain relief during car journeys for members of the ostomy community”.

AGM & MANAGEMENT COMMITTEE MEETING

DATE & TIME: THURS 3RD SEPTEMBER 2026, 2.00 PM (NOTE CHANGE OF DATE)**

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, please leave your **NAME, PHONE NUMBER** and the **REASON** for your call. We will return your call as soon as possible. Please note 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: price increase on some items		Hostoma No Smells Room Spray (1 Litre)	\$30.25 each

ANNUAL FEES WERE DUE 1ST JULY 2026

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, 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.

CREDIT CARD PAYMENTS

Members may not be aware we prefer postage payment done by credit card to be done via the Square or PayPal gateway portal on our website, rather than over the phone. The reason for this is because it helps take the pressure off our staff at peak times. Taking credit card details over the phone ties up administration, when the time could be better spent ensuring accuracy with orders instead. Obviously, it isn't always possible (e.g. members who don't have internet access), however if you do have internet and feel comfortable processing credit card payments yourself (via our online secure gateways - <https://ostomytas.com.au/payment-donation/>), then please consider giving it a go next time you place an order instead of asking one of our staff members to do it for you. Thanks for your assistance.

POSTAGE CHARGES EXPLAINED

Those of you who have orders delivered may not be aware that the balance of ongoing account (postage) is shown on the order slip that is included with items in the parcel you receive. This shows the amount given at the time orders are processed and is written in small print above the product information. If you notice the balance says "0" then it means you will need to add funds for postage the next time you place an order. If it is in the minus, then please add the necessary funds either before or with your next order. As a rule, if parcels go beyond 6kg in weight we need to deduct an amount to cover extra cost charge from Australia Post (unfortunately we don't know what this will be until after posting). Parcels above 6kg are charged \$1 for each kg over. In rare instances we may need to go with an extra parcel, in which case we charge \$12.50 for the second parcel to the same address.

TIME CONSTRAINTS FOR ORDERS

A few members are still submitting orders **after 5pm on the last weekday of the month** thinking that it's still in time for that month (even over the weekend), and who are upset when we say you've missed that month's order. As explained in a previous edition of this newsletter, we are required to submit a monthly claim to Medicare to get reimbursed for the cost of the products we purchase (on our members behalf). This claim happens soon after the close of business of the last weekday of the month. If your order comes in after that time and we have already submitted our Medicare claim, your order will be processed for the next month. In other words, if you send us your order at 11:30pm on the last day of the month it most definitely won't be processed that month!

PEER SUPPORT CHAMPIONS

Coloplast Ostomy Care now offer Peer Support in a new initiative. According to their promotional material... *"Living with a stoma can bring unique challenges, and sometimes the best support comes from someone who has been there too. Our Peer Support Champions are trained volunteers who openly share their own ostomy experiences to help others feel less alone, more informed, and more confident."* How it works - visit <https://www.coloplast.com.au/about-us/landing-pages/ostomy-peer-support-directory/>, where you can browse the profiles of volunteers with lived experience, and choose the one that most resonates with you. Call Coloplast Customer Care on 1800 653 317 for more information or visit online.

STOMA MYTHBUSTERS and ANNA'S WALK

One of our long-term members has recommended “*Stoma Mythbusters*”, run by an organisation called Colostomy UK, which provides education and awareness for all ostomates. It can be accessed through the website at colostomyuk.org and runs regular webinars, for those of you who are interested.

Also Save the Date: **Anna's Walk** - Walk for Bladder Cancer Awareness Sunday 17th May 2026. More information: www.beatbladdercanceraustralia.org.au/annas-walk

PRODUCT LIMITS ON ORDERING NEW ITEMS

Members may not be aware that even if you are eligible for 2 monthly ordering (having been a member for over 6 months) if you elect to change over to another item, or want to try a new one, a **one month** limit will apply to those items in the **first instance** (e.g. changing product size or simply experimenting with something new). The reason for this is the item may prove unsuitable over time, for whatever reason (even if you have tried a sample from the company). Naturally once you have trialled the item and found it satisfactory, you are then free to order 2 monthly from then on. NB: 2 monthly amounts are subject to discretion and are not always possible (e.g. the person has a dual stoma, orders extra-large amounts of product, or has many certificates for additional products).

NEW MAGAZINE FOR OSTOMATES

Our younger members especially may be interested in a new magazine being published in Australia soon. Heart Out Media is about to launch “*In Crowd*” – stating “...[In Crowd] is Australia's first premium lifestyle magazine for people living with continence challenges — ostomies, stoma bags, catheters and bowel irrigation systems. It's bold, beautifully designed and filled with honest, real stories from people navigating life with these conditions. Think less clinical pamphlet, more coffee table magazine your members will actually look forward to reading.” Ostomy Tasmania is hoping to receive a small quantity of the magazines from the first print run due in June, which we will endeavour to distribute to some of our younger members with their orders. If you want to get an idea of the magazine quality, check out “*The Blend*”, currently published by the same company, aimed at people using alternative feeding methods (<https://www.theblendmag.com>).

SUPPORT GROUP REPORTS

Ostomates North Support Group

The Northern ostomy support group met at Legacy House Launceston for the first meeting of the year. There were two ostomy Reps, Thea from Coloplast who sponsored morning tea and Kerrie from Omnigon. Both Reps provided an extremely informative update on new products and accessories. The quiz chaired by Thea was very well received and all members had to put their thinking caps on. Stomal Therapy Nurse Teena attended and chaired the meeting in collaboration with members Peter and Gwenda. There was time for Q and A with Teena able to answer any questions which was very much appreciated. There was one raffle thanks to Louis, and the recipient appreciated the surprise sweet treats. Our next meeting will be 3 June 2026. There will be two ostomy Reps again for this next meeting. We look forward to the next meeting.

Remaining 2026 Meeting Dates: Wednesday **3rd June, 2nd September.** 10 am to 12 noon; Legacy House, 59 York St. Launceston. Any inquiries or if you would like to attend, please contact **Gwenda** on **0412905647**, or **Teena Carydakis** STN on **6777 6832**.

Ostomates South Support Group

The Southern Support Group met on 5th March at the District Nurses Assoc. rooms, with 15 people present including reps from Hollister (Victoria) and B Braun (Elise) and Stomal Therapy Nurse (Tess). We began with a pictorial brain teaser to keep our brains active. This was a bit of fun. A report re the display for World Ostomy Day (October 4th 2025) was given and a thankyou to Tess, Lesley, Vijay, Mike, Trish and Rob for their support and assistance on the day. Notice of Lesley's passing two days ago was mentioned. Dates for activities for this year were discussed and agreed that Christmas function will be last Thursday in November; Stoma Awareness Week (22nd – 28th June); Ostomy Awareness Day (3rd October); and a Social day in July or August (date and venue to be advised). Members were asked to think about being a Buddy or Mentor to other Ostomates in the South, who were having problems or just need someone to talk with (not to give medical advice). Several indicated that they were willing to give this idea the go ahead. Contact Helen (0416200452 or 62396223) if you are interested in being a Buddy or if you need someone to talk with. During general discussion, we were notified of Colostomy UK having a myth busters section on their web site. What myths do they bust? We welcome a very inspiring man (who was diagnosed with bowel cancer at age 36) to our next meeting. Last year Matt ran from Cockle Creek to Stanley in 12 days and raised over \$100,000 for Bowel Cancer Awareness. This year, starting on Friday 8th May, he will be doing the run in reverse, and in 10 days. Check out his Facebook page "Matt's Marathon Mission". Good luck Matt. Looking forward to seeing you at our Meeting on June 4th.

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

Ostomates North - West Support Group

Our first meeting at our new venue at the Ulverstone Bowls Club, kindly organised by Mike Gray one of our long standing Ostomates and attendees of the Support Group and his wife Wilma. We thank them for organising this venue. It was a bit of a gloomy day, but the rain was lovely to see and much needed. There was a good attendance of sixteen; there were four new attendees, who shared their stories about their journey to becoming an Ostomate. Our established Ostomates joined in sharing their journeys as well and offering some advice. Lisha Avery our new STN from Mersey Community Hospital, and myself (Michelle Emin STN) answered questions. Morning tea was provided by the Ostomates and a good spread if I say so. After morning tea, we had a good laugh with some jokes from the Ostomates. Unfortunately, the Representative was unable to attend, but a good chat, cuppa and laugh always makes the Ostomates feel not so isolated. There will be two company representatives attending if all goes to plan. "Don't let yesterday take too much of today"
From all of us - North West Support Group.

Remaining 2026 Meeting Dates: - Wednesday **10th June, 9th September** - 10am to 12 noon, Ulverstone Bowls and Community Club, 41 Water Street, Ulverstone. Christmas lunch **2nd December** (venue TBA). Contact **Michelle Emin** on **0488329210**.

Further information will 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*

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, Mr W. Stuart,
Mrs T. Bonde RN, Mrs S. Hicks RN, Mrs H. Dowd.

ADMINISTRATIVE & BUSINESS SUPPORT

Mrs Melissa Ferguson, Mrs Karen Hooker, Mr Philip Emery