



OSTOMY
tasmania

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NEWSLETTER No. 227

IN CROWD MAGAZINE LAUNCHES

Some of our younger members will have recently received a free copy of "In Crowd" – a newly published magazine by Heart Out Media aimed at promoting a more positive lifestyle focus for ostomates in general. This publication is a good supplement to the Ostomy Australia journal, which is published three times a year, and provides a new perspective by highlighting stories of younger people successfully living with a stoma.

For those of you who didn't receive a copy, but who are interested in purchasing this, or future publications, In Crowd can be ordered online at incrowdmag.com.

Pictured: Manager Sue checks out some of the In Crowd articles.



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
- **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 **2026/2027** 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
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.

Ostomy Tasmania Christmas closure dates 2026/27: Monday 21st – reopen Monday 4th January.

IMPORTANT CHANGE TO PRE-ORDERS

Orders will now NOT be sent out until the month they are due regardless of when you submit the order to us. This will mean that where we hold stock, orders will generally be posted on the first or second working day of the month. However, if we have to order your stock in especially, there may be a delay of up to a week while we wait for the stock to come in. Please take account of this if you have been expecting your order to arrive to you on or about the 1st of the month.

TOILET BLACK SPOTS IN TASSIE

Recently Selwyn Sinfield, a concerned member of the public, advocate, and member of the Tasmanian Rest Area Advisory Group, raised issues with Ostomy Tasmania about toilet black spots suitable for ostomates on major highways in Tasmania. Recently he provided an update advising that a new rest area at the back of Exton east bound on Bass Highway (between Deloraine and Westbury) has been opened for use. He reported a member who uses Colostomy bags has checked this new facility out and all requested changes for the rest area were put in place making this facility very acceptable for ostomates “There are two toilets here and the disability toilet has the new layout suitable for colostomy users”. He also stated there is a new facility soon to be built west bound near this one and it will be set out the same when completed. We hope this will be useful to members as they travel around the State, and if you wish to raise any more black spots in need of attention please send them to our office and we will gladly forward on to Mr Sinfield on your behalf.

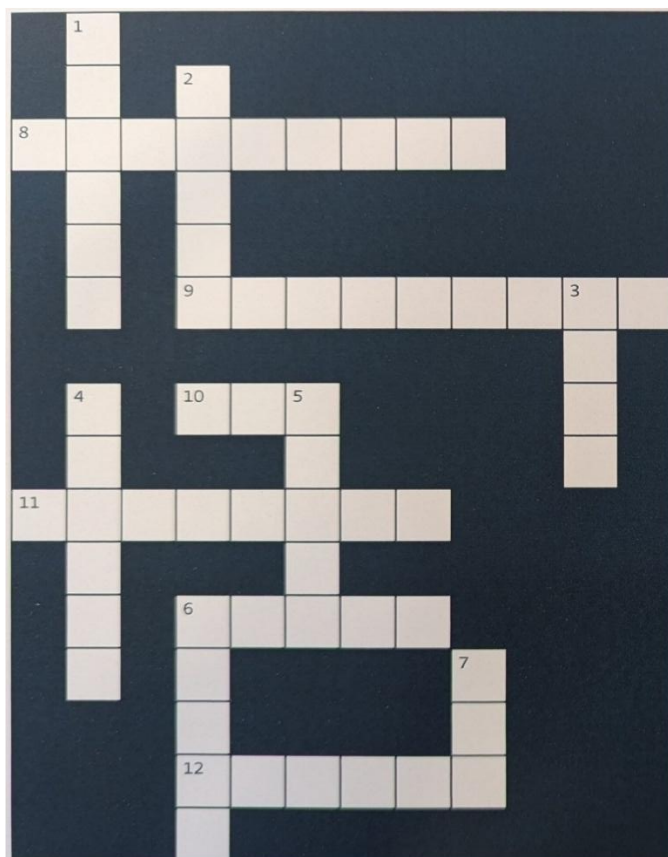
STOMAL THERAPY WEEK

Stomal Therapy Week 2026 was celebrated around the country from the 22 – 28th June 2026. According to the Australian Association of Stomal Therapy Nurses “Stomal Therapy Week 2026 recognises the shared journey between people living with a stoma and the network of stomal therapy nurses and supporters who stand alongside them, under this year’s theme **Every Journey. Together.** Living with a stoma is a unique experience for every person. From diagnosis and surgery to recovery, confidence, and everyday life, no two journeys are the same. People living with a stoma bring lived experience, resilience, and insight that shapes their care and outcomes. What remains constant is the importance of specialised, ongoing support. Stomal therapy nurses play a vital role within this network, partnering with people living with a stoma to provide expert clinical care, education, advocacy, and reassurance at every stage of the journey. Alongside them are health professionals, industry partners, ostomy associations, peer support groups, families, and carers — together forming a connected community of care that supports confidence, independence, and quality of life. **Every Journey. Together.** reflects this collective commitment — recognising that living well is made possible through shared expertise, lived experience, and community support. Stomal Therapy Week 2026 was an opportunity to raise awareness about living with a stoma, highlight the value of specialist stomal therapy nurses, and acknowledge the broader network of professionals, organisations, families, and supporters who contribute to helping people live well — at every stage of life.”

Unfortunately plans by the Southern Support group to raise awareness with an information table in Elizabeth Street mall didn’t go ahead because of bureaucratic “red tape”.

TEST YOUR OSTOMY KNOWLEDGE

Coloplast recently supplied us with the following quiz as part of Stomal Therapy Week 2026. Test your knowledge and check the answers on the bottom of the back page.



Down

- 1) What is the name of the stoma bags without an opening?
- 2) What shape is a permanent stoma normally?
- 3) What side of the body is a colostomy?
- 4) A bulge through the rectus muscle is called a...
- 5) What is the Greek word meaning opening?
- 6) Coloplast® SenSura® Mio range now has bags which are clear, grey and
- 7) What colour should a stoma be?

Across

- 6) The name of Coloplast® Supporting product range.
- 8) Type of stoma formed from the large intestine.
- 9) What is the name of the stoma bags that have an opening at the bottom?
- 10) Can I go swimming if I have a stoma?
- 11) What is the other name for an ileal conduit?
- 12) What shape are the best scissors to cut out a stoma bag?

SUPPORT GROUP REPORTS

Ostomates South Support Group

The Southern Support group met on June 4th at the District Nurses Association rooms, with 20 persons present, including representatives from Coloplast and Convatec and STN Tes Bonde). Unfortunately, our guest speaker for the day, Matt Duggan, was unable to attend this meeting. Tess spoke about her participation with Matt in his epic walk. We had 5 new Ostomates join us and they were very invested in the meeting by asking many questions. The main topic was dietary queries. This generated quite a lot of discussion re: the good and bad foods we should and should not eat – e.g. what could cause gas, blockages, odour, thickening and softening flow, etc. Helen spoke about organising a walk or a static display for Stoma Awareness Week on Saturday 27th June. Due to physical mobility restrictions of some, it was agreed to have a display only, with Helen to liaise with Hobart City Council to organise a permit for Elizabeth Street Mall.

Remaining 2026 Meeting Dates: Thursday 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 Support Group

The Northern Ostomy Support Group meeting was held 4 June 2026 10am to 12pm at Legacy House Launceston. There were two Reps present, Victoria and Sheela from Hollister and Pen from Convatec. Both gave an informative session on up-to-date products and advice on living with a stoma. We thank Victoria for sponsoring morning tea. Stomal Therapy Nurse Teena was present, who chaired the meeting with Peter. We all had a very interactive session sharing travel advice, hints and tips on life adjustment with a stoma. This was well received among members.

Remaining 2026 Meeting Dates: Wednesday **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 North - West Support Group

The latest support group was a relaxed social get together held at the Ulverstone Bowls Club on the 10/6/2026. Providing ostomates an opportunity to connect, share experiences and enjoy each other's company in a welcoming and supportive environment. Ostomates participated in informal conversations, including day to day life with a stoma, managing challenges, celebrating personal achievements and exchanging practical tips and encouragement. New ostomates to the group were warmly welcomed and introduced to the group, helping them feel comfortable and included. We had the Omnigon Rep Kerrie who provided valuable information on the product range and answered questions for ostomates. Laughs were aplenty, with our Mersey STN Lisha providing a game of pin the stoma on the belly (see picture LHS below). We also had a laugh with some jokes from the ostomates. Morning tea was provided by the ostomates and another good spread, thank you to everyone. Our lovely Lisha from the Mersey will be taking maternity leave at the end of July, we wish her and her husband Cameron all the best on the arrival of their little boy in September.

Pictured right shows a recent gathering of participants sharing a cuppa and conversation.



Remaining 2026 Meeting Dates: - Wednesday **9th September** - 10am to 12 noon, Ulverstone Bowls and Community Club, 41 Water Street, Ulverstone. Representatives from Convatec and Coloplast attending. 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 Hussey*

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) (retired 22/7/26)

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 *

Lisha Badcock *

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

Mersey Community Hospital (ph 64785387)

* 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

Answers to quiz: Across: 1. Closed 2. Round 3. Left 4. Hernia 5. Stoma 6. Black 7. Red

Down: 6. Brava 8. Colostomy 9. Drainable 10. Yes 11. Urostomy 12. Curved