Office Closure for Stocktake
Closes: Noon Wednesday 29 June
Opens: 9:00am Friday 1 July
(also closed on the third Wednesday of each month)
No supplies are available during these stocktake periods.

Next General Meeting
Petersham RSL
7 Regent Street, Petersham
Saturday 4 June 2015 at 1.30pm
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HENOS OF BUSINESS
MONDAY 9:00am to 4:00pm
TUESDAY 9:00am to 4:00pm
WEDNESDAY 9:00am to 4:00pm
THURSDAY 9:00am to 4:00pm
FRIDAY 9:00am to 2:00pm
Except on public holidays and stocktake days
Ordered items may be picked up from Stanmore between the hours of 11:00am and 2:00pm only

DIRECTORS
CHAIRPERSON Patricia Riordan
(02) 9981 7618
SECRETARY Peter De Luca
(02) 9524 5006
TREASURER & PUBLIC OFFICER Patricia Riordan
(02) 9981 7618
OTHER DIRECTORS Michael O’Connell
(02) 9597 4886
Bill Riordan
(02) 9981 7618
Eugene Tomczyk
(02) 4751 1784
Kim Lyell
Journal Editor
(02) 9453 0480

Please contact one of the Directors if you, your friends or relatives, are interested in joining the Board of NSW Stoma Limited.

NSW STOMA LIMITED
Office Address Unit 5, 7-29 Bridge Road
Stanmore, 2048
Postal Address P.O. Box 164
Camperdown, 1450
Phone 1300 OSTOMY (1300 678 669)
02 9565 4315 or 02 9565 4316
Fax 02 9565 4317
Email info@NSWstoma.com.au
Web NSWstoma.com.au
Medical Adviser Professor Les Bokey, AM
Professor of Colorectal Surgery

DEADLINES
JOURNAL ADVERTISING AND COPY
Issue Due Date
JUNE 1 April
DECEMBER 1 October
All advertising enquires should be directed to the Journal Editor.

Members are not obliged to reply to any advertisement or insert printed in this Journal if they do not wish to disclose their address or phone number.
Advertisements in this Journal are published as submitted by advertisers. The publisher has not checked the veracity of the advertisements and accepts no responsibility for their content. The publisher specifically disclaims all responsibility and liability for any material contained in this Journal and in particular any material that may breach any confidentiality or privacy or may be regarded as defamatory. Such liability will be assumed by the relevant author of the material. The reader is strongly advised to first obtain appropriate medical advice from an STN or GP before trialling any products advertised in this publication. No advertisement published in this Journal shall be taken to constitute an endorsement of products contained in that advertisement, either by the Editor, this organisation, or any government department connected with the Stoma Appliance Scheme.

June 2016 - 3 - NSW Stoma Limited
The name of our organisation has changed from Colostomy Association of NSW.

It is now known as: **NSW Stoma Limited**

Our new Email address is:  **info@NSWstoma.com.au**  
Our new Website is:  **NSWstoma.com.au**

---

**Come join us at our next General Meeting**

1.30pm **on Saturday 4 June**

**Petersham RSL**

7 Regent Street, Petersham  
(very close to the south side of the railway station)

Come along and share the afternoon with fellow Ostomates. There are Door Prizes and a Raffle. Company Representatives are in attendance with a wide range of appliances for you to view and handle. Ask the experts about any difficulties you may have.

Please join us and hear our guest speaker, **Vicki Patton**, a Clinical Nurse Consultant working at St George Public Hospital. Prior to this she worked as a Stomal Therapy Nurse at St George Private. Vicki has moved more into the area of continence but still works with people who have specialised continence stomas.

Over the past few years Vicki has travelled to Kenya assisting to set up a stoma, wound and continence nursing education program. Vicki will be sharing stories about her journey through the hospitals of Kenya and the wonderful patients and nurses they have met along the way.

---

**Coffs Harbour Stomal Therapy Education Day**

*When:*  **16 June 2016, 9am-3pm**  (during Stomal Therapy Week)

*Where:*  **The Princess Room, Sawtell RSL Club, First Avenue Sawtell**

A fun and educational day for all people with a stoma, and their family and friends, to learn more about life with a stoma. Opportunity to meet other Ostomates, nurses and speakers, ask questions, obtain samples and see new products. Everybody welcome! Come for an hour or come all day.

There will be education sessions (TBA) and Company representatives with their trade tables with ostomy products, advice and samples.

Morning tea is provided with lunch available to purchase at the Club’s bistro.

A **free event** run by the Stomal Therapy Nurses from Coffs Harbour Health Campus. Call **Mandy Hawkins STN** for more information on (02) 6656 7804.

**Please RSVP to Mandy by Friday 10 June 2016**
**ORDER PICK UP CHANGES**

Please note the following changes for orders which are to be picked up from our Stanmore premises:

1. Ordered items may be picked up between the hours of **11:00am and 2:00pm only**.
2. Orders which have not been collected within 10 business days will be cancelled and the stock returned into the warehouse.

**These changes commence from 1 June 2016**

---

**EMAILED ORDER RESTRICTIONS**

Due to the ever increasing amount of viruses coming through in emails, we will only accept your order via an email as follows:

**We can accept your order:**
- If it is sent as either a **PDF** or a **picture/photo** type file attachment in your email; OR
- If you just **type** your order into the body of your email and do not attach anything.

**We cannot accept your order:**
- If it **is sent as any other file type attachment in your email** (eg Word or Excel).

---

**ANNUAL STOMA SCHEME SERVICE FEES ARE INCREASING**

The NSW Stoma Limited annual membership fee will increase by $5 from **1st July 2016**

See page 20 for details

---

**OFFICE / WAREHOUSE CLOSED FOR STOCKTAKE ON THE THIRD WEDNESDAY OF EVERY MONTH**

No orders can be picked up or despatched and telephones will be switched off on that day.

Staff will resume their normal duties on the Thursday morning.

---

**OFFICE CLOSURE FOR ANNUAL STOCKTAKE**

Closes: **Noon Wednesday 29 June**

Opens: **9:00am Friday 1 July**

No orders can be picked up or despatched and telephones will be switched off during the stocktake.

Staff will resume their normal duties on the Thursday morning.

---

**WINNERS OF OUR 2015 MONSTER CHRISTMAS RAFFLE**

Drawn at our AGM / Christmas Meeting at Petersham RSL on 7 November.

1st Prize: **$1000 Prepaid Visa Gift Card**  
J. Ringrose  
(#60763)

2nd Prize: **$500 Prepaid Visa Gift Card**  
S. Hunt  
(#85421)

3rd Prize: **$250 Prepaid Visa Gift Card**  
E. Hastings  
(#78960)

4th Prize: **$150 Prepaid Visa Gift Card**  
* Stewart  
(#83366)

5th Prize: **$100 Prepaid Visa Gift Card**  
M. Tinta  
(#71418)
A warm welcome to all our Members and Associates. Firstly, let me introduce myself. Many of you will know me as your Treasurer, and now also your President until we change over to our new company structure, to be known as NSW Stoma Limited.

Since our previous publication, our former long standing President, Maurice Ross, has resigned due to ill health, and Norma Toohey, our former Secretary who has been with us forever, also decided it was time to put her feet up and smell the roses.

The Board have engaged a fit-out company to refurbish the office area on our first floor. It is almost twenty years since we purchased our Stanmore premises and there have been no major updates to the office area since the first floor was extended over the warehouse area and an elevator installed in 1998. The building works will cause some disruption, but with patience and co-operation I am sure that we will cope.

Our membership as at 30 January 2016 is 5,224.

All documentation for the new company was submitted to NSW Fair Trading, and in due course was given approval. Further documentation together with our new Constitution was sent to the Australian Securities and Investments Commission (ASIC) for their approval. They approved our Constitution and issued an Australian Company Number (ACN). Lastly, but very important, information was keyed into the Australian Tax Office’s (ATO) website to obtain an Australian Business Number (ABN). Once we obtain this ABN we will mail a copy of the new Constitution to all of our Members. Voting material and a profile of the Members standing to join the Board as Directors of NSW Stoma Limited will also be mailed prior to our next AGM.

Our website designers, Embellish Creative, have been working hard reconfiguring our forms, designing new banners and website home page.

It has taken more time than we imagined to put all this in place for the new company structure, however we had a great legal team to assist.

A reminder to those who pick up their supplies from our premises in Stanmore. The office/warehouse will be closed for stocktake on the third Wednesday of every month. No orders can be despatched and telephones will be switched off on that day. Staff will resume their normal duties on the Thursday morning.

On behalf of the Board, I would like to thank our staff, some of whom work much harder (they know who they are and are appreciated). And of course, thanks to our great volunteers and last, but not least, to Anne Marie, our popular Stomal Therapist.
NEW EasiSpray™ Adhesive Remover
Because your comfort is important

**BENEFITS:**
- Sting-free formulation
- Works quickly
- Spray from any angle
- Reliable spray every time
- Does not feel cold on skin
- Minimal waste

Available as of 1st April 2016

Happy New Year from Dansac

The trusted, sting-free and skin-friendly Dansac Adhesive Remover now comes in a new and improved spray can.

- Ensures quick, pain-free removal of appliances – and is now simpler for you to use
- Comfortably spraying from any angle makes pouch removal easy, convenient, sting-free and with the added benefit of no cold sensation
- Designed to spray until empty thereby minimising waste and cost.

For more information on how we can help you, or if you are interested in a sample of this product, please Freecall: 1800 220 972 (Aus) or 0800 678 669 (NZ)
GET INVOLVED! BOARD MEMBERS NEEDED

Would you like to help shape our organisation’s future direction?

Do you have what it takes to be part of our leadership group?

We would love to hear from you if you have a proven track record and expertise in financial, marketing, legal, advocacy, fundraising or other not-for-profit sector skills and you are interested in taking a leadership role in our organisation!

Previous board or committee experience is not required, but would be beneficial. Potential Board members must be (or become) financial members of NSW Stoma Limited and should have experience in a range of areas that would contribute to the organisation’s ongoing growth and sustainability.

You should be available to attend all monthly Board meetings (held at our office in Stanmore on the third Thursday of each month) and hopefully be able to assist with as many other tasks as your availability permits.

The Colostomy Association of NSW, established in 1964 and recently renamed to NSW Stoma Limited, now represents over 5,000 NSW ostomy members who are reliant on this organisation for their ostomy supplies and other related activities. The organisation currently has a paid staff of eleven supported by a number of volunteers.

If you think you have the skills and passion to commit to this role we would love to hear from you. Your support will be invaluable to the success of our organisation.

If interested please send your application in writing to:

The Secretary
NSW Stoma Limited
P.O. Box 164
Camperdown 1450
Provide discretion and confidence to your patients from day one.

Introducing the Moderma Flex one-piece pouching system with new viewing option. When not in use, the viewing option offers coverage and discretion. Simply lift the perforated cover to inspect and monitor the stoma.

The Moderma Flex one-piece pouching system with viewing option helps you get off to the right start.

Available on a range of Moderma Flex products. For details contact Hollister.

For more information please contact Customer Engagement on:
Australia  1800 219 179
New Zealand  0800 678 669
www.hollister.com

Hollister Ostomy. Details Matter.

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Our Annual General Meeting was held on Saturday 7 November 2015 at Petersham RSL Club.

Treasurer’s Report
Welcome to all and a special welcome to our guest speaker, Sue Butler from Concord Hospital.

We have had a very productive year and as a result our financial situation has improved on our 2014 Operating Deficit of $42,495.

The 2015 financial year ended with an Operating Surplus of $94,032, largely due to our improved inventory management.

We currently have just over one million dollars invested in term deposits with two banks. The interest rate is low, however bank term deposits are a safe investment for a Not-for-Profit organisation. Our total assets are just over three million dollars and total turnover for the year was just under thirteen million dollars.

Last year I mentioned at our Annual General Meeting that we were experiencing a considerable loss of parcels of stock with Australia Post. Since we have implemented eParcel post (where the recipient needs to sign upon receipt of the parcel) we have had no parcels go amiss.

Expenditure: Our current software has aged beyond its “use by date” and as a result, early in the new year we expect we will be trialling new software that is currently under test at a Melbourne-based association. In order to accommodate this software we have had to purchase computer hardware in excess of $70,000.

Our membership, unfortunately, continues to grow, with one of our staff becoming “one of us”. She is a valued member of our team and we wish her all the best.

Thank you.

Note: As of 1 April 2016 we have three Term Deposits:

**ANZ:** $443,205.26 invested at 2.20% for 6 months maturing 16 July 2016
**Suncorp:** $109,464.21 invested at 2.75% for 91 days maturing 10 June 2016
$539,106.82 invested at 2.80% for 92 days maturing 23 June 2016

Election of 2015-2016 Office Bearers
After declaring all positions vacant, the following people were elected as the new Board of Directors (to serve November 2015 to October 2016):-

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patricia Riordan</td>
<td>President</td>
</tr>
<tr>
<td>Peter De Luca</td>
<td></td>
</tr>
<tr>
<td>Michael O’Connell</td>
<td></td>
</tr>
<tr>
<td>Bill Riordan</td>
<td></td>
</tr>
<tr>
<td>Eugene Tomczyk</td>
<td></td>
</tr>
<tr>
<td>Kim Lyell (Journal Editor)</td>
<td></td>
</tr>
</tbody>
</table>

At the first Monthly Board Meeting (19 November 2015) held after the AGM, Patricia Riordan was appointed as President and Peter De Luca as Secretary. Patricia Riordan also retains the Treasurer role while the Vice President role was purposely left vacant (in preparation for the company structure change).
Are you worried about embarrassing pouch leaks?

Eakin Cohesive® Seals will secure your pouch and protect your skin.

Eakin Cohesive® has been successfully preventing leakage and protecting the skin of millions of users around the world since 1980.

Take away the worry of leakage and lead your life with confidence!

For total security and peace of mind, call for an Eakin Cohesive® seal sample
Contact our Customer Service Team
1800 819 274

www.omnigon.com.au
YOUR ORGANISATION IN NUMBERS

5,224
Members as at 30 January 2016

239
* Net Membership increase during the financial year

$11.666m
* Total Stock Purchased during the financial year

122,755
* Number of Stock Items Picked & Supplied to Members

$11.768m
* Total Value of Stock Distributed to Members (excluding $26k Counter Sales)

$2,067
* Average Annual Order Total per Member

11
Paid employees (full-time and part-time staff, assisted by a small number of volunteers)

$396k
* Salary and Wage payments

$315k
* Government Subsidy paid to CA of NSW (based on value of stock distributed)

* For the 2014 / 2015 Financial Year
Available now - a convex that doesn’t compromise
Convex appliances have traditionally had stiff baseplates that felt restrictive and uncomfortable when bending or stretching. SenSura® Mio Convex has an adaptive convex shell with unique integrated flexlines that provide a new level of flexibility and comfort - without any compromise on security!

The new SenSura® Mio Convexity
• 3 types of convexity available - soft, shallow and deep.
• 1 and 2 piece couplings available.
• All stoma types: colostomy, ileostomy and urostomy.

Register and be the first to try. Contact Coloplast today on 1800 653 317 or www.coloplast.com.au/tryconvex

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## Income and Expenditure Report (abridged)

<table>
<thead>
<tr>
<th></th>
<th>2015 $</th>
<th>2014 $</th>
<th>Variance $</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sales</td>
<td>11,768,193</td>
<td>10,932,086</td>
<td>836,107</td>
</tr>
<tr>
<td>Subsidy</td>
<td>315,278</td>
<td>300,494</td>
<td>14,784</td>
</tr>
<tr>
<td>Counter Sales</td>
<td>25,957</td>
<td>32,061</td>
<td>(6,104)</td>
</tr>
<tr>
<td><strong>SALES</strong></td>
<td><strong>12,109,428</strong></td>
<td><strong>11,264,641</strong></td>
<td><strong>844,787</strong></td>
</tr>
<tr>
<td>Opening Stock</td>
<td>601,879</td>
<td>336,346</td>
<td>265,533</td>
</tr>
<tr>
<td>Purchases</td>
<td>11,665,608</td>
<td>11,246,235</td>
<td>419,373</td>
</tr>
<tr>
<td>Closing Stock</td>
<td>(570,170)</td>
<td>(601,879)</td>
<td>31,709</td>
</tr>
<tr>
<td><strong>LESS: COST OF GOODS SOLD</strong></td>
<td><strong>11,697,317</strong></td>
<td><strong>10,980,702</strong></td>
<td><strong>716,615</strong></td>
</tr>
<tr>
<td><strong>GROSS PROFIT FROM TRADING</strong></td>
<td><strong>412,111</strong></td>
<td><strong>283,939</strong></td>
<td><strong>128,172</strong></td>
</tr>
<tr>
<td>Interest Received</td>
<td>32,492</td>
<td>41,104</td>
<td>(8,612)</td>
</tr>
<tr>
<td>Subscriptions</td>
<td>165,039</td>
<td>161,918</td>
<td>3,121</td>
</tr>
<tr>
<td>Cartage Income</td>
<td>348,582</td>
<td>288,858</td>
<td>59,724</td>
</tr>
<tr>
<td>Advertising</td>
<td>4,364</td>
<td>8,252</td>
<td>(3,888)</td>
</tr>
<tr>
<td>Donations &amp; Fund Raising</td>
<td>26,660</td>
<td>24,497</td>
<td>2,163</td>
</tr>
<tr>
<td>Other Income</td>
<td>8,828</td>
<td>0</td>
<td>8,828</td>
</tr>
<tr>
<td>Wages Subsidy</td>
<td>2,000</td>
<td>0</td>
<td>2,000</td>
</tr>
<tr>
<td><strong>OTHER INCOME</strong></td>
<td><strong>587,965</strong></td>
<td><strong>524,629</strong></td>
<td><strong>63,336</strong></td>
</tr>
<tr>
<td><strong>TOTAL INCOME</strong></td>
<td><strong>1,000,076</strong></td>
<td><strong>808,568</strong></td>
<td><strong>191,508</strong></td>
</tr>
<tr>
<td>Accountancy Fees</td>
<td>6,030</td>
<td>2,525</td>
<td>3,505</td>
</tr>
<tr>
<td>Advertising and promotion</td>
<td>0</td>
<td>1,495</td>
<td>(1,495)</td>
</tr>
<tr>
<td>Auditor’s Remuneration</td>
<td>9,000</td>
<td>7,000</td>
<td>2,000</td>
</tr>
<tr>
<td>Bank Charges</td>
<td>2,127</td>
<td>1,792</td>
<td>335</td>
</tr>
<tr>
<td>Cleaning/rubbish removal</td>
<td>14,358</td>
<td>13,198</td>
<td>1,160</td>
</tr>
<tr>
<td>Committee Expenses</td>
<td>13,321</td>
<td>10,132</td>
<td>3,189</td>
</tr>
<tr>
<td>Computer Services</td>
<td>18,405</td>
<td>17,570</td>
<td>835</td>
</tr>
<tr>
<td>Conference Charges</td>
<td>2,667</td>
<td>7,174</td>
<td>(4,507)</td>
</tr>
<tr>
<td>Consultants</td>
<td>4,987</td>
<td>2,160</td>
<td>2,827</td>
</tr>
<tr>
<td>Depreciation</td>
<td>14,725</td>
<td>16,361</td>
<td>(1,636)</td>
</tr>
<tr>
<td>Filing Fees</td>
<td>79</td>
<td>49</td>
<td>30</td>
</tr>
<tr>
<td>Freight &amp; Cartage</td>
<td>219,158</td>
<td>200,082</td>
<td>19,076</td>
</tr>
<tr>
<td>Sundry Expenses</td>
<td>7,010</td>
<td>7,708</td>
<td>(698)</td>
</tr>
<tr>
<td>Insurance</td>
<td>8,797</td>
<td>8,723</td>
<td>74</td>
</tr>
<tr>
<td>Leasing Charges</td>
<td>2,828</td>
<td>2,595</td>
<td>233</td>
</tr>
<tr>
<td>Light &amp; Power</td>
<td>8,961</td>
<td>17,165</td>
<td>(8,204)</td>
</tr>
<tr>
<td>Magazine Costs</td>
<td>22,808</td>
<td>22,592</td>
<td>216</td>
</tr>
<tr>
<td>Packing Materials</td>
<td>13,450</td>
<td>12,733</td>
<td>717</td>
</tr>
<tr>
<td>Printing, Stationery &amp; Post</td>
<td>8,380</td>
<td>11,949</td>
<td>(3,569)</td>
</tr>
<tr>
<td>Provision for Annual Leave</td>
<td>1,961</td>
<td>(671)</td>
<td>2,632</td>
</tr>
<tr>
<td>Provision Long Service Leave</td>
<td>16,599</td>
<td>1,263</td>
<td>15,336</td>
</tr>
<tr>
<td>Rates &amp; Taxes</td>
<td>992</td>
<td>903</td>
<td>89</td>
</tr>
<tr>
<td>Regional Meetings</td>
<td>0</td>
<td>4,324</td>
<td>(4,324)</td>
</tr>
<tr>
<td>Repairs &amp; Maintenance</td>
<td>17,851</td>
<td>11,114</td>
<td>6,737</td>
</tr>
</tbody>
</table>

*Continued next page*
<table>
<thead>
<tr>
<th></th>
<th>2015 $</th>
<th>2014 $</th>
<th>Variance $</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash and cash equivalents</td>
<td>1,480,684</td>
<td>1,421,236</td>
<td>59,448</td>
</tr>
<tr>
<td>Trade &amp; other receivables</td>
<td>1,196,747</td>
<td>974,543</td>
<td>222,204</td>
</tr>
<tr>
<td>Inventories</td>
<td>570,170</td>
<td>601,879</td>
<td>(31,709)</td>
</tr>
<tr>
<td>Other</td>
<td>6,874</td>
<td>0</td>
<td>6,874</td>
</tr>
<tr>
<td><strong>CURRENT ASSETS</strong></td>
<td><strong>3,254,475</strong></td>
<td><strong>2,997,658</strong></td>
<td><strong>256,817</strong></td>
</tr>
<tr>
<td>Property, plant &amp; equip.</td>
<td>941,428</td>
<td>956,153</td>
<td>(14,725)</td>
</tr>
<tr>
<td><strong>TOTAL ASSETS</strong></td>
<td><strong>4,195,903</strong></td>
<td><strong>3,953,811</strong></td>
<td><strong>242,092</strong></td>
</tr>
<tr>
<td>Trade Creditors</td>
<td>936,232</td>
<td>750,525</td>
<td>185,707</td>
</tr>
<tr>
<td>Sundry Creditors</td>
<td>0</td>
<td>51,145</td>
<td>(51,145)</td>
</tr>
<tr>
<td>Tax Liabilities</td>
<td>11,403</td>
<td>15,894</td>
<td>(4,491)</td>
</tr>
<tr>
<td><strong>TRADE &amp; OTHER PAYABLES</strong></td>
<td><strong>947,635</strong></td>
<td><strong>817,564</strong></td>
<td><strong>130,071</strong></td>
</tr>
<tr>
<td>Annual Leave Provision</td>
<td>60,495</td>
<td>58,534</td>
<td>1,961</td>
</tr>
<tr>
<td>Credit Card</td>
<td>350</td>
<td>638</td>
<td>(288)</td>
</tr>
<tr>
<td>Sundry</td>
<td>2,861</td>
<td>3,144</td>
<td>(283)</td>
</tr>
<tr>
<td><strong>CURRENT LIABILITIES</strong></td>
<td><strong>1,011,341</strong></td>
<td><strong>879,880</strong></td>
<td><strong>131,461</strong></td>
</tr>
<tr>
<td>Long Service Leave Provision</td>
<td>49,037</td>
<td>32,438</td>
<td>16,599</td>
</tr>
<tr>
<td><strong>NON-CURRENT LIABILITIES</strong></td>
<td><strong>49,037</strong></td>
<td><strong>32,438</strong></td>
<td><strong>16,599</strong></td>
</tr>
<tr>
<td><strong>TOTAL LIABILITIES</strong></td>
<td><strong>1,060,378</strong></td>
<td><strong>912,318</strong></td>
<td><strong>148,060</strong></td>
</tr>
<tr>
<td><strong>EQUITY</strong></td>
<td><strong>3,135,525</strong></td>
<td><strong>3,041,493</strong></td>
<td><strong>94,032</strong></td>
</tr>
</tbody>
</table>

**Retained Earnings**

<table>
<thead>
<tr>
<th></th>
<th>2015 $</th>
<th>2014 $</th>
<th>Variance $</th>
</tr>
</thead>
<tbody>
<tr>
<td>Retained earnings at start of financial year</td>
<td>3,041,493</td>
<td>3,083,988</td>
<td>(42,495)</td>
</tr>
<tr>
<td>Net surplus/deficit attributable to members</td>
<td>94,032</td>
<td>(42,495)</td>
<td>136,527</td>
</tr>
<tr>
<td>Retained earnings at end of financial year</td>
<td><strong>3,135,525</strong></td>
<td><strong>3,041,493</strong></td>
<td><strong>94,032</strong></td>
</tr>
</tbody>
</table>
FAILTE MO CHAIRDE (Hello my friends)

I hope this message finds you all well, as I am myself thank God.

It has been yet another busy six months at the Colostomy Association (now named NSW Stoma Limited)! Some of you I see regularly and others I see on just the one occasion. It always gives me great pleasure to be of assistance to each and every one of you.

On 26 February I had the opportunity of talking at the Ostomy Information Day held in Lithgow, which was well-attended and the people were all lovely.

There I gave a general talk on body fluid and the anatomy of the bowel. One key point from my talk for you was the importance of making a note of what operation you had and if possible what section of your bowel you had removed. This information is very important to have for any medical or allied health professional you need to visit in order for them to be able to offer you the optimal advice and support.

I had the pleasure of the wonderful company of Heather Hill (AM) and we teamed up at the end to answer any questions that people had. Unfortunately Janet Forsythe (the STN for Ostomy NSW Ltd) was unable to attend and we did miss her company and excellent talk on the day.

On Saturday morning we walked around Hassan’s Wall, which was magical. We also went to one of the local pubs, The Courthouse, on both days and enjoyed the lovely cool beer and the company of the very professional barman.

We have our next General Meeting here in Sydney on Saturday 4 June, which I do hope to attend. If you are attending the meeting and have any questions, please write them down and I will endeavour to answer them else you might forget!

By the time this journal gets to you Easter will be over, and I hope it was a very special one for you all.

Please remember to utilise my clinic service at NSW Stoma Limited. If you are just popping in and have a question or problem, please let the girls at the front desk know and I won’t turn you away, though you may have to wait a while.

Slan agus beannacht (bye and blessings), Anne Marie.
The unique collar creates a barrier between your stoma and your skin, helping to give complete security from leakage.

When correctly fitted, the thin polyurethane collar stays in contact with the stoma – even during bending or twisting – creating a secure barrier between your stoma and your skin.

Dermacol® can help provide effective protection from leakage for all types of stomas:

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- Hernias
- Oval stomas
- Urostomies
- Round stomas

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1st Prize: $1,000 Prepaid Visa Gift Card
2nd Prize: $500 Prepaid Visa Gift Card
3rd Prize: $250 Prepaid Visa Gift Card
4th Prize: $150 Prepaid Visa Gift Card
5th Prize: $100 Prepaid Visa Gift Card

TICKETS: only $2.00 each

Drawn at our Annual General Meeting on Saturday, 3 December
Our Esteem® one piece ostomy solutions help people with an ostomy live life the way they want to, doing the things they love.

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Key benefits include:

- **Trust and reassurance** - advanced filter helps minimise odours and ballooning
- **Peace of mind** – via an easy-view window
- **Comfort and discretion** – with soft, quiet fabrics
- **Simple, secure fastening** – with the InvisiClose™ Tail Closure and Lock-It-Pocket™

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PO Box 62663, Greenlane 1546 New Zealand. Phone: 0800 441 763.  www.convatec.com
Congratulations!

The Colostomy Association of NSW Committee were very pleased to present Maurice Ross, our recently retired past-President, with his Life Membership award in February 2016.

Maurice has been a member of our organisation since 1974. He joined the Committee in 1994 and was President for the past ten years after serving as Vice President for a similar period.

Amongst his many achievements, he managed a project in 1998 to extend the first floor over the warehouse area and install a new elevator. Maurice is only the fourth person to receive a Life Membership award, joining past Life Membership recipients Ken Wicks, Ian Murray and Norma Toohey. Congratulations Maurice!

ANNUAL STOMA SCHEME SERVICE FEE CHANGES

The annual Stoma Scheme Service Fee will increase by $5 with effect from 1st July 2016

During 2014, the Department of Health approved an increase in the Stoma Appliance Scheme Service Fee of $15, to be phased in over three years at $5 per financial year, commencing 1st July 2015. The second of these $5 Stoma Scheme Service Fee increases is to take effect from 1st July 2016.

The following Scheme Service Fees* will apply:

<table>
<thead>
<tr>
<th>STOMA SCHEME SERVICE FEE</th>
<th>1 July 2016</th>
<th>1 July 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Members</td>
<td>$55.00</td>
<td>$60.00</td>
</tr>
<tr>
<td>Concession Members^</td>
<td>$45.00</td>
<td>$50.00</td>
</tr>
<tr>
<td>Veteran Affairs Members</td>
<td>Exempt</td>
<td>Exempt</td>
</tr>
<tr>
<td>Associate Members</td>
<td>$5.00</td>
<td>$5.00</td>
</tr>
</tbody>
</table>

* excluding GST (Membership fees do not currently attract GST)

^ registrants who present a current Centrelink issued pension or healthcare card

Note: NSW Stoma Limited Annual Stoma Scheme Service Fees do not apply to DVA Gold Card holders as these costs are covered by Veterans Affairs.
Your path to confidence

The EasiView™ Viewing Option
The simple solution for ensuring everything is in place

The design of the new EasiView™ viewing option gives you the opportunity to easily and discreetly inspect the stoma and seal by lifting the serrated edge to reveal the clear panel. When you’re not looking, the flap covers the stoma and lays flat against the pouch. It’s the perfect balance of assurance and discretion.

For more information and samples please call 1800 220 972
August 2015: Shillong to Cochin (India)

16 days, 3,740 kilometres, 600 mosquito/bed bug bites, 400 photos with strangers, 187 litres of petrol, 162 hours driving, 40 chai teas, 38 paneer butter masalas, 32 times running out of petrol, 7 near misses, 5 break downs, 3 broken head gaskets, 2 massive backfires, 1 collision with a truck, lost clothing, autoparts and petrol cans ..... but after all this, ladies and gentlemen, ‘The Richies’ have completed the Rickshaw Run!

We have successfully driven our little tuk tuk, ‘Richie’s Rickshaw’, from the very top of India to the bottom southern state of Kerala. He is battered, bruised and a shell of his former self, but the trooper has got us where we needed to be.

The home straight was pretty cool ... after flying down the east coast of India, we cut inland and had a few nice days back in the countryside. We were again overwhelmed by the locals, and were even invited to play some park cricket with them ... and let it be known they are VERY, VERY good!

We then hit the central highway again, arriving a day early into Cochi. To get to the finish line, we had to get the old boy onto a ferry ... no small feat given this tiny ferry was also packed with trucks, cars and as many bikes they could squeeze on. Once on dry land, we hunted for the finish line, arriving into the welcoming arms of the Adventurist team. Turns out we were the fifth team to cross the line (although the fourth to drive it over the line ... the first team to arrive did so on a truck after half their engine fell out!). Although not an official race, we were pretty chuffed ... a good effort from the ‘Old Richie’.

It has been an amazing experience and one I would definitely recommend. Yes, it was challenging, and there were days when the twelve hours in the tuk tuk were hell. When it breaks down in nearly forty degree temperatures, on a dirt road thirty kilometres from the nearest town, and you have zero mechanical knowledge, you do question what you are doing with your life!

However, I couldn’t think of a better way to explore this amazing country.

It can be noisy, hot and smelly at times but that is only a small part. The countryside was amazing, with really beautiful scenery, changing dramatically as you moved from state to state ... whether it was monsoon-like weather in Megalahaya, to the lush tea fields of West Bengal, to the dry and sometimes sketchy areas of Bihar ... so much to discover and each day was completely different.

Continued on Page 24
How comfortable is your 2 piece pouch?

Introducing Flexima® 3S
…feels like it’s part of you!

Soft
- Floating flange minimises pressure during application.
- New soft flexible coupling system, moves with you.

Secure
- New pinpoint lock system for additional security.

Simple
- New guiding key positions the pouch for easy fitting.

A complete range…

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www.omnigon.com.au
Doing it in a tuk tuk was the best way to truly see India. Travelling across the country in one of their own vehicles made us unique yet approachable, and boy did we receive some attention … sometimes too much.

Above all, the thing to take away from this is how amazing the people are. Never have I seen such fascination, warmth and generosity shown by complete strangers. It didn’t matter where we went, nice hotel or poor roadside store, it was all the same. Often we didn’t even need help, yet Indians were always offering, seeking nothing in return. The fact that we were foreigners made us special … we were thanked simply for visiting their country. In a country of so many, often with so little, it was very humbling. Thank you India, you and you’re 1.2 billion are alright!

As this year’s run comes to an end, and the final few teams roll into Cochi (of course some won’t actually make it!), it is time to celebrate. We had a Northern vs Southern Hemisphere game of Kabbadi, a weird local game that no one really understands; basically you just tackle each other and try and touch lines or something. There was also a cricket match against some local school kids (pretty sure we were hustled!).

Tonight we have the Finish Line party on an island not too far from here. We won’t lie, we are pretty keen to sink a few and share war stories with the other runners … and if last night is anything to go by (it was a quiet night, which escalated very quickly), it should be good.

If you wish to do the Rickshaw Run at some point you will not be disappointed. Check out the Adventurist’s link: theadventurists.com/rickshaw-run

Also, I did this run in the hope of raising both awareness and support for the Cancer Council of NSW. If you feel inclined, please donate via the link: https://secure.cancercouncilfundraising.org.au/registrant/Fundraising Page.aspx?RegistrationID=902352#&panel1-2 to ensure they can continue to provide such an amazing service to those who need it most.
The addition of slim. The advantages of Adapt barrier rings.

The Hollister Adapt barrier ring line of products just got a little bigger and thinner. The newest addition, the Adapt slim barrier ring, delivers the same convenient features of the other Adapt barrier rings—at around half the thickness of the standard 48 mm flat ring.

The Adapt slim barrier ring:

- Measures just 2.30 mm thick
- Is designed to be easier to stretch, mould and shape
- Offers a lower profile and a less bulky alternative
- Is packaged in clearly labelled individual transparent trays, for simple stacking, storage, and product viewing

Talk to Hollister or your STN about the full line of Adapt barrier rings—including the new Adapt slim barrier ring.

For more information please contact Customer Engagement on:
Australia 1800 219 179
New Zealand 0800 678 669
www.hollister.com

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‘**Medical Speak**’ can be very confusing

After being involved in thousands of patient consultations, a simple realisation emerged. Patients are confused about their medical conditions and lack a proper understanding of diagnoses and treatments. Confusion leads to patients feeling disempowered, hopeless and anxious because quite simply, they fail to understand the ‘medical speak’.

Medicine has traditionally been a complicated, jargon-filled, black and white language—but it doesn’t have to be. People learn best through visual mediums that utilise colour, humour, interaction and storytelling.

**Medicine X** believed there could be a better way to translate medical theory into relevant patient information, leveraging the digital medium patients enjoy and understand. This is why Medicine X was created ([www.medicinex.com](http://www.medicinex.com)).

**Development of a digital story to explain having a colostomy**

**Medicine X** has worked collaboratively with the Australian Council of Stoma Associations (ACSA), as well as a group of doctors, nurses, medical experts and Ostomates, before teaming up with some of the world’s best script writers and artists to bring the story to life.

Together, they are developing a digital story (also called a digital application) to explain having a colostomy to patients through the world of storytelling. This digital story shares the experience of a real life Ostomate, and explains the medical information through the patient’s story.

**Like to help?**

We want to share our ideas with a focus group of Ostomates who have a wide range of experience with their colostomy, so that we can ensure that the messages we explain are relevant and on point.

Working with the focus group would help to evolve and optimise the content within the story and make it much more effective to those who have just learned that they need to undergo a colostomy procedure.

If you have had a colostomy and would like to be part of this focus group and have the chance to help people who are just starting out on their own colostomy discovery journey, then **Medicine X** would love to hear from you.

Please email [Emma Gillespie](mailto:amandalangerak@medicinex.com) (Project Manager, Medicine X) via: [amandalangerak@medicinex.com](mailto:amandalangerak@medicinex.com)
Medikidz believes that all children deserve access to medical information they can understand. We are creating a global community of young people who are informed, empowered and health-aware.

Medikidz Explain Stoma comic is an educational material for children with a stoma and parents and a grandparent with a stoma.

Originally available in the UK, the comic book is now free to view on iPhone, Web browser and iPad in ANZ thanks to Dansac ANZ!
ABOUT NSW STOMA LIMITED

We are a not-for-profit organisation dedicated to the support of members who have undergone surgery resulting in a Colostomy, Ileostomy, Urostomy / Ileal Conduit or other external pouch procedure.

Funds to continue our member services are derived from fees for distribution of PBS Ostomy appliances, sale of non-PBS products, interest earned on funds invested in bank deposits, donations, bequests and sale of raffle tickets.

We are reliant on the support of members, friends, volunteers and a small team of committed paid staff. The organisation is endorsed as an income tax exempt charitable entity and as a deductible gift recipient.

ABOUT THE STOMA APPLIANCE SCHEME

The Stoma Appliance Scheme (SAS), subsidised by the Australian Government, provides stoma related products (aids and appliances) free of charge to eligible members of Australian stoma associations.

The SAS provides assistance to Medicare eligible Australian residents who have a temporary or permanent artificial body opening (whether created surgically or otherwise), which facilitates the removal of urine and products of the gastrointestinal tract where the person does not have normal gastrointestinal tract or bladder functions. During 2014-15 over 40,000 people with stomas accessed the Scheme through the twenty-two approved volunteer ostomy associations within Australia.

To receive subsidised stoma products you must hold a SAS entitlement card issued by Medicare Australia through one of the Australian stoma associations. Your Stomal Therapy Nurse (STN) will help you join an ostomy association or you can choose to join the ostomy association most convenient to your circumstances. Members pay a small annual administration fee to their association to access the Scheme (Veteran Affairs Members are exempt) and postal delivery charges are generally also applicable.

These stoma associations independently purchase stoma related products from suppliers and distribute these to members as required. Associations then submit a claim to Medicare Australia for the products they have supplied to members. In addition to the cost of products purchased, Medicare Australia pays the ostomy associations a 2.75% handling fee on products supplied to members.

The choice of products which a member uses is guided by an STN who is specifically trained to advise on the use of stomal products following ostomy surgery. The STN will select and discuss products they feel are appropriate, taking into consideration each patient’s lifestyle requirements.

The Stoma Product Assessment Panel (SPAP) reviews applications from suppliers to list stoma related products on the SAS and makes recommendations about the suitability of those products for listing on the SAS Schedule.

The SAS Schedule lists all products and corresponding prices that the Government subsidises for eligible people.
WHAT STOMA PRODUCTS AM I ENTITLED TO?
The Stoma Appliance Scheme’s Schedule lists products that have been approved by the Department of Health and Ageing to be issued to eligible members. The Schedule determines the maximum quantity that you can receive per month, the price of the product and whether there are any restrictions.
The Department of Health and Ageing updates the Schedule four times a year with new products, deleted products and any variations to products already listed.
If you require a product not listed on the Schedule, you will be required to pay the full price; it will not be subsidised by the Government.
The Schedule can be obtained from the Department of Health’s website, www.health.gov.au (type “Stoma Appliance Scheme” into the search engine).

WHAT IF I REQUIRE MORE THAN THE MONTHLY MAXIMUM ALLOWED?
There are provisions under the Scheme for you to receive additional supplies where the monthly allocation does not meet your ongoing needs.
To obtain more than the maximum monthly allowance from your association, Medicare Australia require a signed medical additional supply certificate from your Stomal Therapy Nurse or General Practitioner (GP) clearly stating the clinical justification for additional products and specifying the item(s) and quantities required. This certificate should be passed on to your stoma association who will forward it to Medicare Australia on your behalf. Please note that the certificate is current for six months only.

WHAT IF I NEED STOMA PRODUCTS WHILE I AM ON HOLIDAY?
If you are travelling within Australia you can produce your SAS entitlement card at any stoma association which can supply stoma products to you as a temporary resident in their area. Associations prefer you to make arrangements with them to make sure they have your particular products in stock. An advance supply of your monthly allowance is also available to cover holidays.
You can also order your products for two months in advance. If you are travelling overseas, you are entitled to up to six months’ supply. If you require more than two months’ supply, you will need to provide proof of travel to your association.
Note: Ostomy products are not available to Australian citizens who live outside Australia.

<table>
<thead>
<tr>
<th>Annual Fees for 2016/2017 (July to June)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>STOMA SCHEME ACCESS FEE:</strong></td>
</tr>
<tr>
<td>(as per Government guidelines)</td>
</tr>
<tr>
<td>Full Members</td>
</tr>
<tr>
<td>Concession Members*</td>
</tr>
<tr>
<td><em>(Pensioner &amp; Commonwealth Health Card holders)</em></td>
</tr>
<tr>
<td>Veteran Affairs Members</td>
</tr>
<tr>
<td><strong>ASSOCIATE MEMBERSHIP FEE:</strong></td>
</tr>
<tr>
<td>Associate Members are:</td>
</tr>
<tr>
<td>- Reversed members who wish to continue receiving the Journal.</td>
</tr>
<tr>
<td>- Hospitals and Doctors who wish to receive the Journal.</td>
</tr>
<tr>
<td>$5.00</td>
</tr>
</tbody>
</table>
Australian Council of Stoma Associations Inc

CHARTER OF RESPONSIBLE USE

As a stakeholder in the Stoma Appliance Scheme, the Australian Council of Stoma Associations (ACSA) is committed to working towards the long term sustainability of the scheme for the benefit of current and future Australians who require Commonwealth Government subsidised stoma products to assist in the management of their stoma.

The objective of this Charter is to recognise the role that all Australian registrants of the Stoma Appliance Scheme play in the sustainability of the scheme and to define the principles of responsible use promoted by ACSA to all users of scheme listed products.

**Principle 1:** Only order those products which have been identified through careful review of personal use as being required and only order in quantities commensurate to individual use.

Rationale: Many of the monthly quantity allowances of scheme listed products are very generous and are in excess of a normal usage requirements. Placing an order each month for the maximum monthly quantity of every product used in stoma management could result in product excess and wastage as unused product reaches its “best before” date.

**Principle 2:** Keep an adequate but not excessive stock reserve on hand.

Rationale: 1 to 2 months of emergency reserve is an adequate supply to be kept on hand. A reserve supply equal to more than 2 month's standard supply is excessive (with the exception of holiday supply).

**Principle 3:** Only order ancillary items following referral by a qualified Stomal Therapy Nurse or registered Medical Practitioner.

Rationale: Not every product listed on the Stoma Appliance Scheme is suitable for use by all persons and some products may compromise the effectiveness of others. The advice of your Stomal Therapy Nurse or registered Medical Practitioner is essential before adding additional products to your stoma care regime.

**Principle 4:** Only use products for the purpose of managing and maintaining your stoma.

Rationale: Using products for a purpose other than that intended can result in product churn (eg: using a colostomy pouch to cover an Ileostomy, using skin conditioning cream for a purpose other than stoma management).

**Principle 5:** Don't expect the taxpayer to fund personal choice.

Rationale: An “Application for Additional Stoma Supply” (Medicare 4050) request is to be used when a Stomal Therapy Nurse or registered Medical Practitioner has assessed (following review) that a genuine need exists for a quantity of supplies which exceed the standard allowance for that product. Additional supplies required for any other reason may be purchased through an association.
DONATIONS

Donations are always welcome to help with funding of the organisation and for special projects.

As a not-for-profit organisation, we rely heavily on our volunteers and donations to supplement Federal Government funding to ensure our members have access to a good level of support for their stomal needs.

We are a Registered Charity so your donations are tax deductible.

If you no longer need our services, please consider making a donation to NSW Stoma Limited at this time. Many Ostomates are not as fortunate and must have a stoma for the rest of their life.

Where practical, we try to assist those less fortunate than ourselves. Such as sending superfluous supplies to less privileged countries, which do not receive free supplies. Please note that supplies no longer required by members can’t be sent back to suppliers because of the way the funding system is set up. However, any superfluous supplies can be returned via your Stoma Nurse. Please also note that only full sets (not odd wafers or bags) can be redistributed.

Please send your donation to our office with the form above completed and a receipt will be issued. Cheques should be made out to the NSW Stoma Limited. Be assured that your name will remain confidential.

Many thanks to members who have already sent in donations to help with our expenses. Please keep them coming.

Remember names will not be acknowledged unless requested.
**FREE STOMAL THERAPY SERVICE FOR MEMBERS**

The **NSW Stoma Limited Clinic** (free to members) is open from **11am to 1pm** at half-hour intervals on the **second and fourth Thursday each month** in the private room at our Stanmore office. Our lift has wheelchair access.

Members with an ostomy problem may phone (02) **9565 4315** to organise a free consultation.

Need help but unable to attend? You are invited to write to **Anne Marie Lyons** **STN** or contact her by phone, fax or email. Please remember to include your name, address and phone number (and email address if available).

---

### STOMA APPLIANCE SCHEME PRODUCT SUPPLIERS

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<thead>
<tr>
<th>Company</th>
<th>Address</th>
<th>Email</th>
<th>Website</th>
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<th>Toll Free Number</th>
<th>Free Call</th>
</tr>
</thead>
<tbody>
<tr>
<td>AinsCorp</td>
<td>PO Box 572 Niddrie Victoria 3042</td>
<td><a href="mailto:service@ainscorp.com.au">service@ainscorp.com.au</a></td>
<td><a href="http://www.ainscorp.com.au">www.ainscorp.com.au</a></td>
<td></td>
<td><strong>1300 784 737</strong></td>
<td></td>
</tr>
<tr>
<td>Hollister</td>
<td>PO Box 599 Port Melbourne Victoria 3207</td>
<td><a href="mailto:priority@hollister.com.au">priority@hollister.com.au</a></td>
<td><a href="http://www.hollister.com/anz/">www.hollister.com/anz/</a></td>
<td></td>
<td><strong>1800 219 179</strong></td>
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</tr>
<tr>
<td>Dansac</td>
<td>PO Box 575 Port Melbourne Victoria 3207</td>
<td><a href="mailto:customerservice@dansac.com.au">customerservice@dansac.com.au</a></td>
<td><a href="http://www.dansac.com.au">www.dansac.com.au</a></td>
<td><strong>1800 331 766</strong></td>
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<tr>
<td>Nice Pak Products</td>
<td></td>
<td><a href="mailto:healthcare@nicepak.com.au">healthcare@nicepak.com.au</a></td>
<td><a href="http://www.nicepak.com.au">www.nicepak.com.au</a></td>
<td></td>
<td><strong>1800 506 750</strong></td>
<td></td>
</tr>
<tr>
<td>Coloplast</td>
<td>PO Box 240 Mt Waverley Victoria 3149</td>
<td><a href="mailto:au.care@coloplast.com">au.care@coloplast.com</a></td>
<td><a href="http://www.coloplast.com.au">www.coloplast.com.au</a></td>
<td><strong>1800 653 317</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Omnigon Pty Ltd</td>
<td>PO Box 171 Moonee Ponds Victoria 3039</td>
<td><a href="mailto:info@omnigon.com.au">info@omnigon.com.au</a></td>
<td><a href="http://www.omnigon.com.au">www.omnigon.com.au</a></td>
<td></td>
<td><strong>1800 819 274</strong></td>
<td></td>
</tr>
<tr>
<td>3M Australia</td>
<td>Locked Bag 19 North Ryde NSW 1670</td>
<td></td>
<td><a href="http://www.3m.com.au">www.3m.com.au</a></td>
<td><strong>136 136</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
A HELPING HAND FOR CHILDREN WITH A STOMA

The Gastronaut puppets are a wonderful tool to help children (and others) achieve a basic understanding of an ostomy both before and after their own surgery, or the surgery of a loved one. Each Gastronaut is an Ostomate, has a stoma and a miniature drainable ostomy bag.

NSW Stoma Limited is pleased to provide one Ostomate hand-puppet free to each child Ostomate under ten years of age, when they join NSW Stoma Limited. Their puppet will be sent with their Membership pack, along with a certificate of ‘Bravery Under Surgery’.

A Gastronaut will be a friend to whom a child can talk and someone to hold onto in unfamiliar surroundings (hospitals, doctors’ offices, MRI equipment, etc). Their aim is to bring understanding, fun and imagination into the lives of youngsters to help them overcome their fears and anxieties. They can also be used as a communication tool between a child and an adult, particularly when talking to strangers, medical staff, new teachers, etc.

CERTIFICATE OF BRAVERY UNDER SURGERY

NSW Stoma Limited will send free of charge, a laminated “Bravery Under Surgery” certificate to any child Ostomate within NSW.

Please provide the child’s first and last name, the name of the hospital in which the operation took place, a doctor’s name and the date of the operation. Any additional information such as the name of a parent or relative who requested the certificate can also be easily added. The certificate is signed by the Ostomy puppets.

Just mail, fax or send an email (to info@NSWstoma.com.au) with the words “Gastronaut Certificate” in the subject line.

OTHER GASTRONAUT PUPPETS

While NSW Stoma Limited carries only the Max and Sally hand-puppets as “in-stock” items, other Gastronaut hand-puppets are also available for purchase in Australia at a cost of just $25 each plus postage.

Gastronauts Sally, Max, Simon and Lucy, Grandma Ruth and Grandpa Ron, Sergeant BJ Stoma, Jolly Janet the Cheerleader, Fire Chief Mike and Nurse Sue are just some of the hand-puppets available for purchase.

For further information about purchasing any of these new puppets, please email feedback@australianstoma.com.au
The National Public Toilet Map

A Project of the National Continence Program (NCP)

www.toiletmap.gov.au

© Commonwealth of Australia 2001 - 2013

The National Public Toilet Map shows the location of more than 16,000 public and private public toilet facilities across Australia.

Details of toilet facilities can also be found along major travel routes and for shorter journeys as well. Useful information is provided about each toilet, such as location, opening hours, baby change room availability, and accessibility for people with disabilities and details of other nearby toilets.

The Toilet Map is funded by the Australian Government Department of Health as part of the National Continence Program.

**WHAT DOES THE TOILET MAP DO?**

The Toilet Map improves independence and quality of life for the estimated 3.8 million Australians who are affected by incontinence by providing:

- the location of the nearest public toilet
- details of opening hours, accessibility, parking and other features
- the capacity to plan toilet breaks for short or long journeys
- the ability to save toilet information and trip plans
- access anytime using a mobile phone

It is also convenient for people with young families and those holidaying or travelling to new locations.

**HOW DO I USE THE TOILET MAP?**

- browse the map in a particular State/Territory
- Search for toilets by postcode, town or suburb, near a specific address or location such as a sports ground
- Plan a trip with the Trip Planner - Enter your starting address and destination to get a turn by turn description for the quickest route and the toilets along the way

When you find toilets near an address, at a point of interest or at a latitude/longitude you can select additional toilet features and opening hours in the right hand column of the page.

There are a number of different features listed, including baby change facilities, sharps disposal, MLAK access (see below) and accessible parking.

Unfortunately, it is not possible to release hard copies of the Toilet Map information to the general public. The main reason is that the toilet information is updated on a regular basis and so a hard copy of toilet information would quickly become out of date. However, feel free to print out toilet information from your browser to take with you on your travels.
The National Public Toilet Map is also available on:-
- Any mobile phone with an Internet browser. Go to m.toiletmap.gov.au on your phone to be automatically directed to the mobile site.
- Apple's iPhone. Just go to the App Store on your iPhone or use iTunes to download the National Public Toilet Map App. It’s free.
- You can also use the Toilet Map with a Global Positioning System (GPS).

**MASTER LOCKSMITHS' ASSOCIATION KEY (MLAK)**

MLAK stands for **Master Locksmiths' Association Key**. The MLAK is a master key that fits into specially designed locks allowing 24 hour a day access to public toilets. Eligible people (those with a disability and a letter of authorisation from a doctor, disability organisation, local council or community health centre) can purchase a key that opens all accessible toilets displaying the MLAK symbol.

For information about where to obtain keys or locks within your area, contact the Master Locksmiths Association of Australasia (phone 03 9338 8822).

**MLAK FACILITIES**

The Spinal Cord Injuries Australia organisation maintains a directory of MLAK-enabled facilities across Australia. To view this directory please go to:- http://scia.org.au/sci-resources-and-knowledge/public-toilets

**NEED TO USE A WHEELCHAIR ACCESSIBLE TOILET?**

Have you ever been too embarrassed to use a DISABLED TOILET when you have to change or empty your ostomy appliance? Or have you ever been challenged when entering or leaving a DISABLED TOILET (wheelchair accessible)?

Where available, a DISABLED TOILET will provide the privacy and space needed for an Ostomate to change or empty their appliance. However, to the general public most Ostomates do not appear as if they should be using them.

To help avoid such problems, **an information card** has been provided to all NSW Stoma Limited members. Keep the card in your wallet or purse for quick access if needed.

You can also show this card when asking to use the toilet at a shop, restaurant or other business. It doesn't guarantee access to their toilets (as every business has different health and safety rules), but it proves you have a genuine medical condition that requires the urgent use of a toilet. Many places will try to help you.
IRRIGATION FOR PEOPLE WITH A COLOSTOMY
Anyone interested in learning more about how colostomy irrigation works may like to have a look at a short (nine minute) YouTube video on their PC.

Go to www.youtube.com and type “Colostomy Irrigation” into the Search box, or type www.youtube.com/watch?v=g14kbuw1fU8 directly into your browser.

This video is a real-life colostomy irrigation instructional guide for people who have had bowel cancer surgery and now have a colostomy. The author of this video (from New Zealand) has been using the colostomy irrigation method for many years and tells how it gave freedom and normality back into his life.

If you are interested in pursuing colostomy irrigation further, please first talk to your own Stomal Therapy Nurse or make an appointment to see Clinical Nurse Consultant Anne Marie Lyons at our Stanmore office (phone 02 9565 4315).

HAVE A TEMPORARY STOMA / REVERSAL?
Do you have a Temporary Stoma? Have you been given a date for your reversal? Do you no longer need our services? If your answer is “YES” to any of these questions then please help us.

Firstly, if you have been given a date for your reversal it is important that you see your STN before going to hospital for that procedure. There are always a few questions that need to be answered and few tips that can be given to help you return to your no stoma status.

Also please let us know AFTER you have been reversed so that we can adjust our records etc. Doing so before your reversal could be a bit too early because for some reason your surgery might be postponed (eg. your Surgeon may get the flu).

HAVING A COLONOSCOPY?
You will probably need a drainable pouch to wear during the preparation for your colonoscopy procedure. If you have not been given some of these then please ensure that you include some drainable pouches in your next monthly order.

GOING TO HOSPITAL OR TO SEE THE STN?
If you are going to hospital for a procedure or going to see the Stomal Therapy Nurse it is very important that you take at least one change of appliance with you. Any procedure that requires you to have your appliance removed requires another one to be put back on - so please remember to bring a change.

Any Hospital stay - whether a day or a week – means that you need to take adequate supplies with you. Make sure to tell your family or friends where your supplies are at home in case you have to go to hospital in a hurry. Hospitals do not stock your supplies and are not required to supply them.

Make arrangements with your family and/or friends or ring us if you are in hospital and need to place your next monthly order.

Be prepared and ALWAYS carry a spare change anyway even if not going to hospital because things sometimes happen and it is always best to be prepared.
HOW TO COMPLETE YOUR ORDER FORM

Members are required to comply with the rules and regulations as set out by the Department of Health and this organisation.

1. Your Government **entitlement card number** must be placed on the order form to receive appliances.
2. Always print in block letters on the ORDER FORM.
3. Please do not fill in any of the columns marked “**ORGANISATION USE ONLY**”.
4. You must know the brand name, type and size of the appliances you are using, so that you can fill out the order form correctly. If you are not sure, our staff will advise you but please write it down for next time.
5. Creams, powders, wipes, irrigation sleeves, irrigation kits, etc must be clearly identified within the ‘**Appliance Item or Description**’ column.
6. Cash sale items (ie. not on the Free List such as Surgical Tape, etc) and extras in addition to your monthly free supply allowance, should be clearly identified with "**Purchase Item**" on the order form.
7. You must send **$12.00** to cover the cost of postage and handling. Postage for DVA Gold Card holders is covered by Veterans Affairs and require no money.
8. Members are entitled to **ONE SUPPLY PER MONTH ONLY**. If you need more than the maximum allowed quantity per month you must get a special form from your Stomal Therapy Nurse authorising the extra supply.

Please **do not overstock** and please **store your appliances in a cool area**.

**If an appliance card is no longer required, please return it to NSW Stoma Limited as soon as possible.**

### CASH SALE ITEMS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>Micropore Tape 1”</td>
<td>1.60</td>
<td>Please note that these items are not available as part of your monthly free supply allowance and must therefore be purchased if required.</td>
</tr>
<tr>
<td>Micropore Tape 2”</td>
<td>2.80</td>
<td><strong>Tip</strong> <strong>Hostoma Spray</strong> 5.50</td>
</tr>
<tr>
<td><strong>GST included where applicable</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If you require extra stoma appliances (that is, extras in addition to your monthly free supply allowance), then these are available for purchase. Simply ask at the counter or phone 1300 OSTOMY for price details.
NSW Ostomy Support Groups

**Tweed District**
Come and join in, explore new ideas, learn new skills and most importantly meet new people in a relaxed and caring environment. All Ostomates, partners and friends are welcome.

Our meeting are held quarterly at the South Tweed Sports Club, starting at 12pm and run for an hour, followed by lunch at the club. Next meetings:

- **8 Dec 2015**  
- **15 March 2016**

For further information, please contact

- **Lisa Clare**  STN: 0755 067 540
- **Jane Bright**: 0409 671 162
- **Alex Gibson**: 0412 302 358

**Grafton and District**
Meets on the **first Thursday of each month** from **9.00am to 11.30am**.

For further information, please contact:  
**Anne Onions** on (02) 6641 8200

**Far North Coast**
All Ostomates plus partners & friends, are welcome to come to our meetings.

Lismore Workers Club  
225-231 Keen Street

Meets on the **first Saturday** in  
March, July and December from  
11.30 am to 2.00 pm

For further information, please contact:

- **President Marie Taylor** 02 6686 7248
- **Secretary Marion Lyn** 02 6624 4235

**Coffs Harbour**
Meets on the **second Thursday of each second month** from **2:00pm to 3:30pm**.

Sawtell RSL Club  
First Avenue, Sawtell

All Ostomates and friends welcome, so come along, have a cuppa and be a part of it.

For further information, please contact:  
**Mandy Hawkins**  STN 02 6656 7804

**Hastings and Macleay**
All Ostomates, friends and supporters are welcome to our meetings held on the **third Wednesday in Feb - Apr - Jun - Aug - Oct - Dec** from **10.00am to 12 noon**.

Old Port Macquarie Hospital  
Morton Street

For further information, please contact:

- **Neil** 0427 856 630 or
- **Jenny** (02) 6586 0270
MANNING / GREAT LAKES
All Ostomates, friends and supporters are welcome to our meetings held on the first Wednesday in Feb - Apr - Jun - Aug - Oct - Dec from 10.00am to 12 noon.

Skills for Life Building
5-9 Elizabeth Avenue
Taree (wheelchair accessible)

For further information, please contact: Karla MacTaggart on (02) 6592 9469
Website: www.mglostomy.co.cc

NEWCASTLE / CENTRAL COAST

NEWCASTLE DISTRICT
Members and friends are welcome to attend our quarterly meetings held on the last Saturday in February, May, August (AGM) and November commencing at 1.30pm.

Hamilton Wesley Fellowship House
150 Beaumont Street
Hamilton

Stomal Therapists and company representatives attend and will help with any queries. New members and friends are most welcome.

For further information, please contact:
President Geoff Robinson 02 4981 1799
Treasurer Maree Dives 02 4971 4351
Secretary Eleanor Durant 02 4997 5141

CENTRAL COAST
Ostomates, their families & friends are invited to attend our meetings.

Held from 1.30pm to 3.30pm on the third Wednesday in February, May, August and November.

Different venue each meeting.

Get togethers include an information session and company representatives presenting products.

For further information & venue, please contact Stomal Therapy Service on (02) 4320 3323

ILLAWARRA AND SOUTH COAST

ILLAWARRA
All Ostomates, their families and friends are invited to attend all or any of our support meetings held on Wednesdays 17 Feb – 13 Apr – 15 Jun – 17 Aug – 19 Oct – 14 Dec from 10.00am to 12.00 noon.

Education Room, Figtree Private Hospital, 1 Suttor Place, Figtree
(Xmas luncheon venue to be advised)

For further information, please contact Helen Richards CNC STN (Wollongong Private Hospital) on (02) 4255 5046 (Mondays only) or Julia Kittscha CNC STN (Wollongong Hospital) on 0414 421 021

EUROBODALLA REGION
Meets on the first Sunday of Feb - Apr - Jun - Aug - Oct - Dec from 11:00am at Moruya Hospital, River Street, Moruya.

We will be having a Rep / Education Day at the meeting on Sunday 7 August.

All from the NSW south coast are welcome. Trena Oshea will be present at these meetings.

For further information, please contact Trena on (02) 4474 2666
NSW Ostomy Support Groups

SHOALHAVEN
All Ostomates, their families and friends are invited to attend our Monday meetings from **2:00pm to 4:00pm.**

Nowra Community Health Centre
5-7 Lawrence Avenue, Nowra
2016 dates to be advised

For further information, please contact Margaret McCabe STN or Tracey Newcombe STN on (02) 4424 6300

FAR SOUTH COAST
Bega and surrounding areas. Meets **second Sunday of every second month** at 11.00 am at a different venue each time. Flyers are sent to Ostomates ten days beforehand.

All ostomates, their families and friends are very welcome. Please bring your own food and drink.

For further information, please contact:
Eileen (02) 6495 6610 or
Geraldine (02) 6492 2366

BROKEN HILL
Meets every third month or as required in the Broken Hill Hospital Conference Room.

For further information, please contact Tamdra on (08) 8080 1333

DUBBO AND DISTRICT
All members, their families and friends are invited to attend the information day.

Company reps will be in attendance to help with any questions on products.

For further information, please contact Amy Keogh STN on (02) 6841 5555

GRIFFITH AND DISTRICT
An invitation is extended to all persons in Griffith and surrounding areas (100km radius including Coleambally, Leeton, Yenda, Hillston, Hanwood) with a Stoma formation to attend our meetings and share experiences.

For further information, please contact:
Barry Maples 02 6963 5267 or
0429 635 267
email: ann.bar@bigpond.com
Karan Hillam 0434 785 309

BATHURST
Meets **12:00pm to 1:00pm** on the first **Tuesday** of March, June, September and December at Daffodil Cottage.

For further information, please contact Louise Linke (Nurse Practitioner - Continence Advisor / Stomal Therapist) on (02) 6330 5676

WESTERN NSW

WAGGA AND DISTRICT
Meetings are held on the **first Wednesday of the month** from **10:00 am to 11:00 am** at The Men’s Shed, 11 Ashmont Ave, Wagga Wagga.

For further information, please contact:
David (02) 6971 3346 or 0428 116 084
Baz (02) 6922 4132
NSW Ostomy Support Groups

**SYDNEY METROPOLITAN AREA**

**CONCORD BOWEL CANCER SUPPORT GROUP**
People with bowel cancer and carers / partners are welcome to attend this free monthly service on **Thursdays** from **11.00am to 12.00 noon**.

**Level 7 Medical Centre**  
**Concord Hospital**  
**Hospital Road, Concord West**

**2016 dates to be advised**

Further details may be obtained from Sonia Khatri on (02) 9767 5943

**LIVERPOOL AND CAMPBELLTOWN AREA**

Meets **Thursdays** from **1.00pm to 3.00pm** in the **Heritage Auditorium** at **Camden Hospital** (Menangle Road, Camden).

**2016 dates to be advised**

For further information, please contact: Diane or Lu (STNs) on (02) 8738 4308

**NORTHERN SYDNEY AREA**

Meets on the first Wednesday of each month from **10.00am to 11.45am**.

**Jacaranda Lodge**  
**Sydney Adventist Hospital**  
**185 Fox Valley Road**  
**Wahroonga**

All Ostomates, friends and supporters welcome. For further information, please contact: **SAN Cancer Support Centre** on (02) 9487 9061

**PENRITH AREA**

Ostomates, family and friends are welcome to attend our educational support group. Meetings commence at **2.00pm**.

**Learning & Development Centre**  
**Nepean Hospital**  
(located behind the multistorey car park in Somerset Street). Entrance is via the back side door.

**2016 dates to be advised**

For further information, please contact: **Naomi Houston** (Stomal Therapist) on (02) 4734 1245
OTHER SUPPORT GROUPS

BEECHAC

BEECHAC is an Australian group involved in supporting those who have Bladder Exstrophy, Epispadias, Cloacal Exstrophy or Hypospadias.

Members try to support each other during times of stress around operations and diagnosis, when they need answers to queries about doctors and procedures and when they just need to talk to each other and find a time of companionship, compassion and hopefully some good times together.

Address: BEECHAC
Post Office Box 376
Newtown, NSW 2042

Phone: (02) 9516-3395 or (02) 4448-3050
Email: info@beechac.org
Website: www.beechac.org

Crohn’s and Colitis Support Group

Meetings are on the first Thursday each month from 7:00pm to 9:00pm.

Canterbury Hurlstone Park RSL
Argyle Room
20-26 Canterbury Road
Hurlstone Park

Contact: TBA

Bowel Group for Kids Inc

The Bowel Group for Kids (BGK) is a registered, Australian based national organisation dedicated to providing education, practical information and support, to families of children born with Hirschsprung’s disease (HSCR), anorectal malformations (ARM) and associated conditions.

Address: Bowel Group for Kids Inc
PO Box 40
Oakdale, NSW 2570

Phone: (02) 4659 6067
Mobile: 0431 857 188
Email: enquiries@bgk.org.au
Website: www.bgk.org.au

Continent Urinary Diversion Group

This is a support group for those who have undergone or are contemplating surgery for an Internal Pouch Procedure.

Meetings commence at 2:00pm

The York Room
Level 2
The Bowler’s Club
95 York Street
Sydney

Further details may be obtained from Carol Brennan on (02) 9997 4205
**MITROFANOFF SUPPORT AUSTRALIA**

Mitrofanoff Support Australia was established in October 2013 with an emphasis on support, providing tailored information and a social platform for people, their families and carers, who have undergone or are considering the Mitrofanoff procedure. Our website features information and resources in tailored sections. We have worked with surgeons, play therapists and relaxation experts to provide resources and information to assist with the transition to Mitrofanoff and to improve recovery.

Almost half of the Mitrofanoff surgeries in Australia are performed on children. We have an extensive range of tools and information for children and parents on our website under Families and Carers.

Our website also features Ambassadors for each group and they have kindly shared their stories so that others may take comfort in their experience or be inspired to live full and active lives.

Address:

**Mitrofanoff Support Australia**
PO Box 256
South Melbourne
Victoria 3205
Website:  [www.MitrofanoffAustralia.org.au](http://www.MitrofanoffAustralia.org.au)

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**PARENTERAL NUTRITION SUPPORT GROUP**

Parenteral Nutrition Down Under (PN-DU) is a self-funded, not-for-profit support group for consumers and carers in Australia and New Zealand on Parenteral Nutrition (PN).

We welcome new members – not only consumers & carers but also clinicians, industry representatives and others interested. Please contact us via:

**The Secretary**

Parenteral Nutrition Down Under
8/24 Albert Street
Hornsby NSW 2077

Phone:  (02) 9987 1978
Email:  contactpndu@gmail.com
Website:  [www.parenteral-nutrition-down-under.webs.com](http://www.parenteral-nutrition-down-under.webs.com)

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**WEE KIDS FOUNDATION**

The Wee Kids Foundation is a group of parents and friends who have joined together because of something they all share, the fact that they know or have a child of their own who is dealing with some form of urology issue such as incontinence, hypospadias, bladder extrophy, urinary tract infections or bed wetting.

Address:

**Wee Kids Foundation**
PO Box 191
Werribee, Victoria 3030

Phone:  0423 860 745
Email:  theweekids@optusnet.com.au
Website:  [www.WeeKids.org.au](http://www.WeeKids.org.au)
The NSW Stoma Limited Clinic (free to members) is open from 11am to 1pm at half-hour intervals on the second and fourth Thursday each month in a private room at our Stanmore office. Our lift has wheelchair access.

Members with an ostomy problem may phone to organise a free consultation.

Need help but unable to attend? Please write to Anne Marie or contact her by phone, fax or email.

Please remember to include your name, address and phone number (and email address if available).

A free Clinic is held on the second Tuesday each month from 11.30am to 2 pm. Please ring for an appointment.

The rear entrance is Unit 6/18 Monro Avenue Kirrawee (between Oak & Bath Roads). This entrance has no steps so is suitable for people with disabilities.

Janet can also be contacted on an ONL mobile phone: 0408 449 362. You can contact or leave a message for Janet on this number between 10am and 3pm Monday to Thursday but it is not for emergencies or for making an appointment.

Any errors or omissions please email Heather Hill at HeatherMaryHyde@yahoo.com or call 0422 204 497 (M)
Stomal Therapy Services (NSW and ACT)

**LIVERPOOL, CAMPBELLTOWN AND CAMDEN HOSPITALS**  
Phone: (02) 8738 3408  
Dianne Hooper CNC  
Mobile: 0419 224 662  
Lu Wang CNS 2  
Mobile: 0417 026 109

**MACQUARIE UNIVERSITY HOSPITAL**  
Geoff Matthews CNC Stomal Therapy  
Phone: (02) 9812 3380  
Colette Craft CNC Stomal Therapy  
Phone: (02) 9812 3483

**MATER HOSPITAL**  
Julie Choi STN.  
Phone: (02) 9900 7381  
Email: julie.choi@svhm.org.au

**NEPEAN PUBLIC HOSPITAL**  
Naomi Houston CNS STN  
Phone: (02) 4734 1245  
Email: Naomi.Houston@health.nsw.gov.au  
Urgent/important - please phone: (02) 4734 2000 (and request a text page).

**NEPEAN PRIVATE HOSPITAL**  
Kerrie Wrenford STN  
Phone: (02) 4732 7189  
Phone the Banksia Ward and leave a message; Kerrie will call back.

**NORTH SHORE PRIVATE**  
Johanna Ward STN  
Phone: (02) 8425 3540

**NORWEST PRIVATE HOSPITAL**  
Lesley Bush STN  
Phone: (02) 8882 8882

**PRINCE OF WALES PRIVATE**  
Mandy Richardson CNC  
Sharon Mallory CNC  
7:30 am to 4 pm Monday to Friday.  
Phone (02) 9650 4470 for an appointment.

**PRINCE OF WALES AND SYDNEY CHILDREN’S HOSPITAL**  
Carol Stott CNC (pager 44220) and  
Lisa Graff CNC (pager 44403)  
Wednesday, Thursday and Friday.  
Trish Doherty (Relieving) (pager 44403) Monday and Tuesday.  
Phone: (02) 9382 3869 (direct to office) or call the switchboard on (02) 9382 2222 to page them.

**ROYAL NORTH SHORE HOSPITAL**  
Kathryn Bolton CNC  
Wednesday, Thursday and Friday.  
Phone: (02) 9463 2824  
Fax: (02) 9463 2082  
Email: Kathryn.Bolton@health.nsw.gov.au

**ROYAL PRINCE ALFRED HOSPITAL**  
Lesley Everingham CNC  
Brooke Taylor CNS  
April Mollison CNS  
Cheri Kelcher  
Phone: (02) 9515 7280

**RYDE HOSPITAL**  
Tamra Webb STN  
Monday and Thursday.  
Phone: (02) 9858 7888 and page her.

**ST GEORGE PUBLIC HOSPITAL**  
Phone: (02) 9113 3519 or  
Pager: (02) 9113 1111  
Daniela Levido CNC (pager 224)  
Email: Daniela.Levido@sesiahs.health.nsw.gov.au  
Anne Mamo CNS  
Deborah Dutschak CNS  
Kirsty Crawford CNS  
Page 1066 for all three

**ST GEORGE PRIVATE HOSPITAL**  
Kerrin Hammon CNS  
Phone: (02) 9598 5285  
or (02) 9598 5555 and page 032
Stomal Therapy Services (NSW and ACT)

**Strathfield Private Hospital**
Maureen O’Shannessy CNC  
Phone: (02) 9745 7444

**St Vincent’s Private Hospital**
Jackie Johnston CNC  
Phone: (02) 8382 7111 (pager 0413)

**St Vincent’s Public Hospital**
Mark Murtagh CNC  
Phone: (02) 8382 1111 (pager 6158)

**Sutherland Hospital**
Joan Walsh CNC  
8am-4pm on Monday to Thursday  
Phone: (02) 9540 7111 (pager 473)

**Sydney Adventist Hospital**
Lyn Archibald CNC and Glenda Flew  
Phone: (02) 9487 9111 or 0419 285 113  
Email: StomalTherapy@sah.org.au

Sandra Cryer fills in for both when not available and answers their mobiles.

**Westmead Hospital**
Fiona (Lee) Gavegan CNC  
Phone: 0409 962 111  
Email: Fiona.Gavegan@health.nsw.gov.au

Karen Shedden CNC  
Phone: 0427 127 795  
Email: Karen.Shameden@health.nsw.gov.au

Phone (02) 9845 5555 and ask for Stomal Therapists (page 22888 or 27904). If unable to contact via pager, call answering service (02) 9845 7969.

**Westmead Children’s Hospital**
Charmaine (Chary) Richards CNC  
Stomal Therapy / Wound Management  
Phone: (02) 9845 2158  
Email: Charmaine.Richards@health.nsw.gov.au

**Newcastle Region**

**Calvary Mater Hospital**
Tess Richards CNS  
Lara Riley STN  
Jane Field STN  
Voicemail for STNs phone: (02) 4014 4815  
Email: StomalTherapy@CalvaryMater.org.au

**Hunter Valley Private Hospital**
Allison Lincoln STN  
Email: msalyoop@hotmail.com

**John Hunter Hospital**
Jenny O’Donnell CNC  
Phone: (02) 4921 3000  
Email: HNELHD-JHHStomal@hnehealth.nsw.gov.au

**Lake Macquarie Private Hospital**
Rhonda Farthing CNS  
Phone: (02) 4947 5334  
Monday to Thursday

**Lingard Private Hospital**
Allison Lincoln STN  
Phone (02) 4969 6799 for an appointment.  
Email: msalyoop@hotmail.com

**Maitland Public Hospital**
Jayne Campbell STN  
Mimi Wilson STN  
Please phone (02) 4939 2000 and page STN for appointments. Available Monday to Friday.

**Newcastle Private Hospital**
Jill Fairhall CNC  
Phone: (02) 4941 8741

**Wallsend Community Health**
Margo Aslms STN  
Nash Street, Wallsend.  
Phone: (02) 4924 6100
Stomal Therapy Services (NSW and ACT)

**CENTRAL COAST**

**GOSFORD DISTRICT HOSPITAL**
Debbie Day CNC, Sharon Gibbins and Mary Cuzner
Phone: (02) 4320 3323
8am to 4pm Mon-Fri

**NEW ENGLAND**

**TAMWORTH BASE HOSPITAL**
Robin Skillman CNC
Clinics available in towns throughout the area.
Phone: (02) 6767 7733 (office direct) or (02) 6767 7700 & page 29604 for assistance or an appointment.
*Serving towns and communities between Tenterfield, Boggabilla, Mungindi, Moree, Wee Waa, Quirindi, Armidale, Walcha, Uralla, Guyra, Bundarra, Tingha, Glen Innes, Emmaville, Ashford, Warralda, Inverell, Bingara, Narrabri, Barraba, Boggabri, Manilla, Gunnedah, Tamworth, Werris Creek, Nundle.*

**NORTH COAST**

**COFFS HARBOUR HEALTH CAMPUS**
Mandy Hawkins CNC
Phone: (02) 6656 7820
*Serving the towns of Coffs Harbour, Bellingen, Macksville, Dorrigo and Woolgoolga*

**GRAFTON BASE HOSPITAL**
Anne Oonlons STN
Monday, Tuesday & Friday.
Phone: (02) 6641 8200
Resource person: Robyn Paterson
STN. Phone: (02) 6640 2415 or Email: Robyn.Paterson@ncahs.health.nsw.gov.au

**LISMORE BASE HOSPITAL**
Margaret McKeef STN CNC and Bellinda Sams CNS for in-hospital.
Phone: (02) 6620 2850
Bill Tyrell STN CNC for all out-of-hospital ostomy patients.
Phone: (02) 6621 3252.
Outpatient service is also available on Tuesday and Friday.

**LISMORE COMMUNITY HEALTH**
29 Molesworth Street, Lismore 2480.
Jane Kulas STN CNS (Stoma, Wound and Continence)
Phone: (02) 6620 2967
Fax: (02) 6620 2963

**MACLEAN DISTRICT HOSPITAL AND COMMUNITY HEALTH**
Lynne Vaughan STN
Phone: (02) 6640 0111

**MANNING HOSPITAL (TAREE)**
Karla MacTaggart STN
Phone: (02) 6592 9469
Available Tues, Wed and Thurs.
*Serving towns & communities between Wingham, Forster, Tuncurry, Taree, Harrington, Gloucester and Bulahdelah.*

**PORT MACQUARIE AND KEMPSEY COMMUNITY HEALTH CENTRES**
Marja Emerton-Bell STN
Phone: (02) 6562 6066
Michael Rohr STN
Phone: (02) 6588 2731
*Serving towns & communities between Port Macquarie, Kempsey, Wauchope & South West Rocks.*

**PORT MACQUARIE BASE HOSPITAL**
Jeanie McCarroll STN
Monday and Wednesday.
Office in Surgical Ward 2C.
Phone: 0427 795 765 or Email: Jeanie.McCarroll@ncahs.health.nsw.gov.au
Stomatal Therapy Services (NSW and ACT)

**St Vincent’s Hospital (Lismore)**
Debby Flick STN. Phone (02) 6627 9448 or (02) 6627 9449

**Tweed Community Health Centre**
Lisa Clare Stomal/Continence Advisor
Phone: (07) 5506 7828 or (07) 5506 7540
Email: Lisa.Clare@ncahs.health.nsw.gov.au
Covering the hospital at Tweed Heads and the community from the Tweed NSW/Qld border to Bangalow.

**Illawarra and South Coast**

**Stomal Therapy Services (NSW and ACT)**

**Nowra Community Health**
5-7 Lawrence Ave, Nowra 2541
Margaret McCabe STN (Monday - Clinic, Wednesday & Thursday). Email: Margaret.McCabe@sesiashs.health.nsw.gov.au
Tracey Newcombe STN (Monday & Tuesday). Email: Tracey.Newcombe@sesiashs.health.nsw.gov.au
Stomal Therapy Clinic: Mondays by appointment.
Phone: (02) 4424 6300
Fax: (02) 4424 6347

**Wollongong Hospital**
Julia Kittscha CNC
Phone: (02) 4222 5303 or 0414 421 021 or Email: Julia.Kittscha@sesiashs.health.nsw.gov.au

**Western NSW**

**Albury Wodonga Health**
Rosaline Watson STN - both Albury (NSW) and Wodonga (VIC) Hospitals.
Office located at Albury Hospital, Borella Road, Albury NSW 2640
Phone: (02) 6058 4444 (hospital switch) and ask for Pager 416
Email: Rosaline.Watson@awh.org.au

**Albury Wodonga Private Hospital**
Geradine O’Brien STN. Located 1125 Pemberton Street, Albury. Phone: (02) 6022 4350 / (02) 6021 7111
Email: geradine@alburysurgical.com.au

**Bathurst Health Service**
Louise Link CNC
Phone: (02) 6330 5676 or Email: Louise.Link@gwahs.health.nsw.gov.au
Serving Bathurst, Orange, Parkes, Forbes, Cowra, Lithgow, Condobolin and surrounds

**Bega Community Health Centre**
Julie Metcalf STN
PO Box 173, Bega, NSW 2550
Phone: (02) 6492 9620 or 0447 242 355
Fax: (02) 6492 3257 or Email: Julie.Metcalf@gsahs.health.nsw.gov.au
If STN is absent, please leave your name and phone number on the answering machine for a return call.
Clinics are held on the last Wednesday of each month at Narooma Community Health Centre. Phone (02) 4475 7200 for Clinic appointments.

**Bega Hospital**
Wendy Kelland STN
Phone: (02) 6492 9111

**Figtree Private Hospital**
Helen Richards CNC
Phone: (02) 4255 5046 (Mondays only)
Stomal Therapy Services (NSW and ACT)

**Broken Hill Base Hospital**  
Maureen Nugent and Shirley Victory  
Phone: (08) 8080 1422

**Dubbo Base Hospital**  
Amy Keogh CNC. Phone: (02) 6841 5555 or 0427 150 649  

Mary McCarthy NUM STN  
S Block/EDSU Dubbo Base Hospital.  
Phone: (02)6885 8605  
Email: Mary.McCarthy@health.nsw.gov.au

**Griffith Base Hospital**  
Denise Henderson STN  
Phone: (02) 6969-5555 Ext 695

**Griffith Community Health**  
Raye Martin STN  
Phone: (02) 6966 9903  
Email: raye.martin@gsahs.health.nsw.gov.au

**Orange Health Services**  
Joe Webster STN  
Phone: (02) 6369 7455 or Email: Joseph.Webster@gwahs.health.nsw.gov.au

**Orange and Regional Nursing Service**  
Joanne Westcott STN  
Phone: (02) 6362 6184

**Young Mercy Centre**  
Contact Community Nurses.  
Phone: (02) 6382 8444  
*Serving Young, Harden, Boorowa, Cootamundra, Grenfell and districts.*

**Calvary Hospital (Wagga Wagga)**  
Karrinda Kenny CNS  
Phone: (02) 6923 2340

**Murrumbidgee Local Health District ( Wagga Wagga)**  
Helma Riddell CNC  
Based in Wagga. Can do home visits in the area. Phone: (02) 6938 6487

**Canberra and District**

**ACT Community Health Care**  
Clare Love CNC  
Lillian Velikennens STN  
Phone: (02) 6205 2147

**Belconnen Health**  
Cheryl Jannaray CNC  
Phone: (02) 6205 1201

**Calvary Hospital (Canberra)**  
Brigette Green STN, Joy Burdack STN and Marree Pegrem STN  
Phone: (02) 6201 6045

**Canberra Hospital**  
Kellie Burke CNC  
Phone: (02) 6244 2222 then page Stomal Therapy Nurse.

**Cooma Community Health / Cooma Health Service**  
Kirsti Dixon STN  
Phone: 0428 265 324 (mob) or (02) 6455 3201

**Cootamundra Hospital**  
Raylene Godvler  
Phone: (02) 6942 1861 or 0419 123 508

**Goulburn Community Health**  
Janine Rath  
Phone: (02) 4827 3913

**Queanbeyan Community Health Centre**  
Jenny McCudden  
Visits patients in Queanbeyan and Yarralumla areas.  
Phone: (02) 6298 9233
INTERNET WEB SITES

If you have Internet, or access to somebody who has, there is an astounding amount of information on all your ostomy problems – not only from Australian sources but also from around the world. This is particularly useful if you don’t have ready access to a Stomal Therapy Nurse.

The Google search engine is one of the best sources. Simply type the subject that interests you into the Search box, which should reveal vast numbers of entries from Universities and Hospitals. Many of these have an Internet service to which you can direct a specific question and receive an answer.

### AUSTRALIAN

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<th>Organization</th>
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<tbody>
<tr>
<td>Australian Association of Stomal Therapy Nurses</td>
<td><a href="http://www.StomalTherapy.com">www.StomalTherapy.com</a></td>
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<td>Bladder Exstrophy, Epispadias, Cloacal Exstrophy, Hypospadias, Australian Community</td>
<td><a href="http://www.BEECHAC.org">www.BEECHAC.org</a></td>
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<td>Bladder and Bowel Website</td>
<td><a href="http://www.bladderbowel.gov.au">www.bladderbowel.gov.au</a></td>
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<td>Bowel Cancer Australia</td>
<td><a href="http://www.BowelCancerAustralia.com">www.BowelCancerAustralia.com</a></td>
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<td>Bowel Group for Kids</td>
<td><a href="http://www.BGK.org.au">www.BGK.org.au</a></td>
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<td>Concord Hospital</td>
<td><a href="http://www.SSWAHS.nsw.gov.au/Concord/gastro">www.SSWAHS.nsw.gov.au/Concord/gastro</a></td>
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<td>Crohn’s and Colitis Australia</td>
<td><a href="http://www.ACCA.net.au">www.ACCA.net.au</a></td>
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<td>Colorectal Surgical Society of Australia &amp; NZ</td>
<td><a href="http://www.CSSANZ.org">www.CSSANZ.org</a></td>
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<td>The National Public Toilet Map</td>
<td><a href="http://www.ToiletMap.gov.au">www.ToiletMap.gov.au</a></td>
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<td>MIMS (Medical Observer Weekly publisher)</td>
<td><a href="http://www.MyDr.com.au">www.MyDr.com.au</a></td>
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<td>Mitrofanoff Support Australia</td>
<td><a href="http://www.MitrofanoffAustralia.org.au">www.MitrofanoffAustralia.org.au</a></td>
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<td>Young Ostomates United Inc.</td>
<td>home.VicNet.net.au/~youinc/</td>
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<td>Wee Kids</td>
<td><a href="http://www.Weekids.org.au">www.Weekids.org.au</a></td>
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### OVERSEAS

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<td><a href="http://www.NHS.uk/Pages/homepage.aspx">www.NHS.uk/Pages/homepage.aspx</a></td>
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<tr>
<td>British Medical Journal (BMJ)</td>
<td><a href="http://www.BestTreatments.co.uk">www.BestTreatments.co.uk</a></td>
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<tr>
<td>try with a UK post code = SW1A OAA</td>
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<tr>
<td>UK NHS (UK National Health System)</td>
<td><a href="http://www.NHSDirect.co.uk">www.NHSDirect.co.uk</a></td>
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<tr>
<td>J-Pouch surgery support</td>
<td><a href="http://www.J-Pouch.org">www.J-Pouch.org</a></td>
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<tr>
<td>The Bowel Movement (UK)</td>
<td><a href="http://www.TheBowelMovement.co.uk">www.TheBowelMovement.co.uk</a></td>
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THE LAST LAUGH

THE SECRET OF A HAPPY MARRIAGE

There once was a man and a woman who had been married for more than sixty years. They talked about everything. They kept no secrets from each other, except that the old woman had a shoe box in the top of her closet that she cautioned her husband never to open it nor ask her about it.

For all these years he had never thought about the box, but one day the little old woman got very sick and the doctor said she would not recover.

Trying to sort out their affairs, the little old man took down the shoe box and went to his wife’s bedside. She agreed it was time that he should know what was in the box. When he opened it he found two beautifully crocheted doilies and a stack of money totalling over $25,000. He asked her about the unusual contents.

"When we were married" she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doily."

The little old man was so moved, he had to fight back tears. Only two precious doilies were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with joy and happiness.

"Sweetheart," he said "that explains the two doilies, but what about all this money? Where did it all come from?"

"Oh," she said, "that is the money I made from selling all the doilies."

THERE IS A MONSTER UNDER MY BED!

Ever since I was a child, I have always had a fear of something under my bed at night. So I went to a psychiatrist and told him of my problem.

"Every time I go to bed I think there’s a monster under it. I’m scared. I think I’m going crazy."

"Just put yourself in my care for one year," said the psychiatrist. "Come talk to me three times a week and we should be able to get rid of those fears."

"How much do you charge?" I asked.

"Eighty dollars per visit," replied the doctor.

"I’ll sleep on it and will get back to you," I said.

Six months later the psychiatrist met me on the street and asked "Why didn’t you come to see me about those fears you were having?"

"Well, eighty dollars a visit three times a week for a year is an awful lot of money! A bartender cured me for $10. I was so happy to have saved all that money that I went and bought a new car."

With a bit of an attitude, he then said "Is that so! And how, may I ask, did a bartender cure you?"

"He told me to cut the legs off my bed. Nothing can get under there now!"
Change your life with our technically brilliant, naturally better convex appliances

Our unique skin barrier provides greater adhesion, absorption and helps prevent leakage

Infused with natural Aloe Vera to help prevent sore skin

FOR FREE SAMPLES call TOLL FREE 1300 784 737 (NZ 0800 100 146) or visit www.ainscorp.com.au