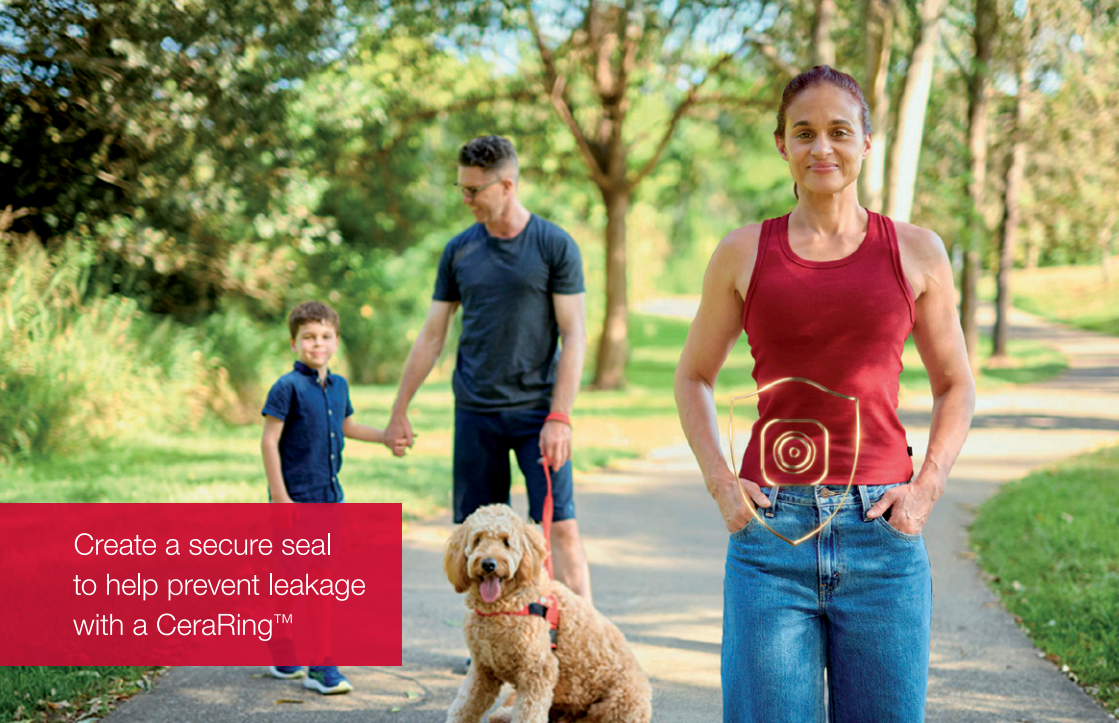






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HOURS OF BUSINESS

Monday-Thursday

8.30am - 3.30pm

Friday 8.30am – 1.30pm

For current information go to:

nswstoma.org.au

DIRECTORS (as at 31/10/2025)

CHAIRPERSON Allen Nash

SECRETARY Lynda frost

TREASURER Graham Lawson

OTHER DIRECTORS Carol Quast
Ian Murray
Eugene Tomczyk
Renee Constantin
Ian Niccol
Joneen Troup

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NOTICE BOARD

Christmas Closing

Friday 12th December – last day for orders wanting
pre-Christmas delivery

Wednesday 24th December – close 12pm

25th December – 4th January – Closed

Monday 5th January - Open

We wish all our members all the joy of the season
and a fabulous 2025!

Stomal Therapy Clinic

The clinic is open and free to all our members and operates for the first 3 Thursdays of each month at our Stanmore premises. Members can also contact Anne Marie via phone or email. Appointments are essential.

Anne Marie Lyons STN

phone or text: 0468 582 951

email: stomanurse@nswstoma.org.au

Stoma Appliance Ordering Portal for members

For information, FAQs and instructions go to:

<https://www.nswstoma.org.au/nsw-stoma-members-portal/>

From 1st July 2025 the following charges apply:

POSTAGE	STANDARD POST	EXPRESS POST
1 Month Issue within NSW	\$17	\$27
2 Month Issue within NSW	\$34	\$54
1 Month Issue Interstate	\$27	\$38
2 Month Issue Interstate	\$54	\$76

 **Please be aware that Australia Post do not guarantee delivery times for Standard or Express Postage**



NOTICE BOARD

Products for Sale

Product	Code	pack size	Member Price	Non-Member Price
Redi wipes Silk Wipe	ARS3033	100	\$10.00	\$12.00
Micropore 1"	1530-1	1 roll	\$2.00	\$3.50
Micropore 2"	1530-2	1 roll	\$3.50	\$5.00
Metal Nightstand	Nightstand	each	\$45.00	\$50.00
Simple Nightstand Plastic	380431	each	\$16.00	\$18.00
Ostomy Scissors (curved)	9505	each	\$9.00	\$10.00
Hollister Leg Bag	9632	each	\$10.00	\$12.00
Hollister Leg Bag	9624	each	\$10.00	\$12.00
Urostomy Drain Tube Adaptor	7331	10	\$31.00	\$35.00
Odour Be Gone Hos-Togel	3300	each	\$36.00	\$40.00
Odour Be Gone Hos-Toma No Smells 500ml	10500	each	\$20.50	\$22.00
Odour Be Gone Hos-Toma No Smells 120ml	10120	each	\$8.50	\$9.00

Did you know you can purchase products from any of our suppliers through us?
We offer special pricing for our members and can provide quotes on request.
Please note all cash sales must be paid for at the time of ordering.

CHAIRPERSON'S REPORT

from Dr Allen Nash December 2025



We had a series of successful member information days around the state this year and it was great to catch up with members and hear their feedback. Our Stomal Therapy Nurses continue to make significant contributions to our information days, usually in their own time, demonstrating their ongoing commitment to supporting ostomates. I would like to express a heartfelt thanks for their great work.

We are losing two of our long-standing board members Carol Quast and Ian Murray who have both made significant contributions to NSW Stoma beyond what is expected of the position. Carol is well known to members for her presentations at our information days and our regular online zoom sessions with members. Thankfully, she will be continuing to support members as a volunteer after leaving the board. Ian Murray made significant contributions to the selection of new software to run

the distribution of products, which was needed to replace a system that was not meeting our needs.

I wish them well and give them a big thank you on behalf of the board and members for their important contributions.

NSW Stoma is still working well and we are in a sound financial position despite the base funding from Medicare not keeping up with rising costs. Your donations have helped significantly in keeping our operations going and allowing us to provide information days, online information sessions and stoma nurse support for members.

Keep well.

Allen Nash

Chair - NSW Stoma Ltd



A message from Mary Egan, your General Manager

Just like that, another year has flown by! Where does the time go?

2025 was another busy year for NSW Stoma, and we finish the year by farewelling our 2 longest serving directors.

Both Ian Murray and Carol Quast have retired as directors after serving their maximum time of 9 years on the Board. They will be greatly missed, and we are so grateful for their years of dedicated service to NSW Stoma and its members. Thank you, Ian and Carol. Happily, Carol is remaining with NSW Stoma as our Education Officer, so you will continue to see her on our popular online members Zoom meetings, and at our equally popular in-person Stomal Therapy Education Days!

In 2024-25 year, along with said online monthly Zoom meetings and hosting four wonderful Education Day across the state, we welcomed 1706 new members; if this was you, I wish you a very warm welcome to NSW Stoma and hope you have enjoyed being with us so far. As a new member, your feedback is incredibly important to us, and we always value your opinion. If at any time you need assistance, have some feedback to share, or simply want to say hello, you are most welcome to contact

us, either by telephone, mail, or email (contact details are listed on page 3). Of course, this extends to all our members, as it is your valuable feedback that helps shape the services we provide to you and your fellow ostomates.

In 2025, sadly, we also farewelled some members, including our oldest member, Josipa Triva, who passed away in July at the incredible age of 106. Truly an example that someone can thrive with a stoma at any age, Josipa had her stoma created in an emergency surgery at Blacktown Hospital at the age of 105! A woman who loved learning and mastering new things, Josipa saw her stoma surprise as simply another challenge to accept with confidence and determination. Throughout her stoma journey, Josipa was proudly supported by her close friend and interpreter, Melina, and her STN at Blacktown Hospital, Lesley Jack. What a remarkable legacy of acceptance she leaves behind for us all to learn from. Vale, Josipa.

In 2025 we had our first members' feedback survey in five years. Thank you to everyone who completed this online survey, as your feedback truly goes a long way in determining the services we provide in future. Feedback from this survey was particularly complimentary to our wonderful STN, Anne Marie Lyons, so a very special shoutout and thank you to her for the dedicated, warm





NSW STOMA MEMBERS ZOOM MEETING

The meeting is designed to give you an introduction to NSW Stoma Ltd and the services we offer, as well as provide some explanation of the Stoma Appliance Scheme and how to place your orders.

We recognise how important it is to feel supported on your stoma journey.

The meeting offers lots of tips and tricks for new ostomates and our more experienced ostomates usually learn something too.

Whether you are a new member or have been with us for some time you are welcome to join us. There is lots of opportunity to ask questions too.

The meeting is hosted by Anne Marie Lyons, our Stomal Therapy Nurse, Carol Quast, NSW Stoma Director & Ostomate, and NSW Stoma Manager, Mary Egan. To attend please email: customer.service@nswstoma.org.au and we will send you a zoom invitation on the day of the meeting. You need to register your interest for each meeting you wish to attend.

Meetings are held at 6pm on the first Wednesday of the month via Zoom.

Not a new member?

If you would like us to cover other topics, please let us know by emailing: customer.service@nswstoma.org.au

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OMNIGON

A message from Mary Egan, your General Manager (continued)

and joyous care that she continues to provide to all our members. We are certainly all very grateful to have you. *Go raibh maith agat!* ('Thank you' in Irish).

This year, NSW Stoma has had some changes in the online space. We continued to see an increase in the number of members placing their orders via our online portal; now at a rate of 44% up from 35% this time last year. Thank you, as this truly does make our job easier, and we hope, is easier for you too. Also, for your ease and accessibility, we increased the font size across our website, which we trust, has made viewing our site and keeping updated easier. We've also become more active on social media with the appointment of our Digital Content Creator. If you don't already, please do follow us on Facebook and Instagram to see everything we have to share. We hope you have enjoyed our posts as much as we've enjoyed bringing them to you!

This year, we were very pleased *not* to increase the membership fee for our members (although we unfortunately did have to pass on the cost of the higher postage fees from Australia Post). We always have you, our members, at the forefront of our minds when reviewing service decisions such as these and we truly hope this has made a difference to many of you.

Unfortunately, we have not yet heard of the findings of the Federal Government schedule review of

distribution arrangements for the Stoma Appliance Scheme (SAS). The proposed final recommendations to the SAS were due in the first half of 2025, but at the time of writing (October 2025) have not yet been handed down. As soon as these findings have been released, they will be communicated to you.

We now have a total of 27 volunteers, including those working on-site, with our journal and our governing board. Every one of them makes a real contribution to the smooth running of our association and the services we provide. A special thank you to Andrew Hollo who has volunteered in our warehouse twice per week for 5 years. Andrew will be 80 years young in December and shows no sign of slowing down. He is an inspiration to all of us.

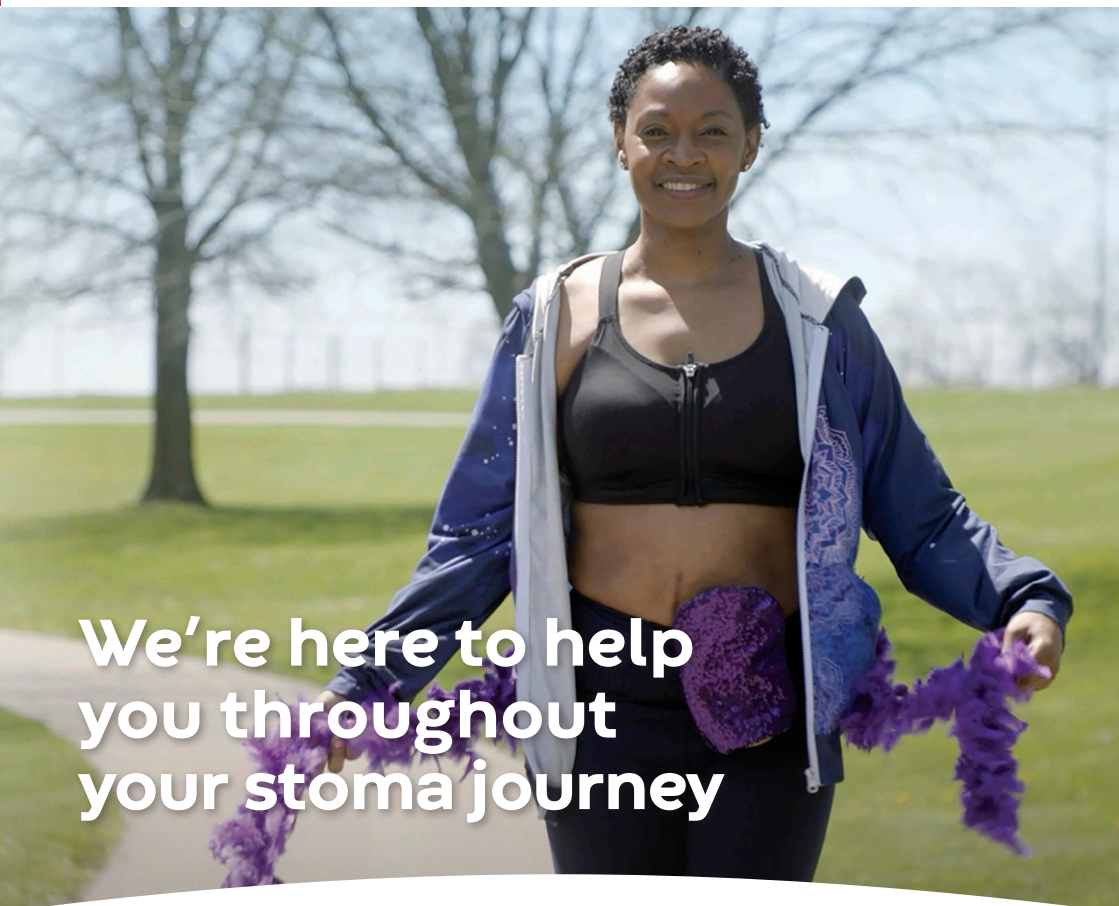
So, what's next? Well, 2026 will see NSW Stoma celebrate ten years since being incorporated in 2016 from the Colostomy Association of NSW. (We began as the Colostomy Association of NSW in 1964). It will certainly be another interesting year that, I'm sure, will fly by just as this one has!

Wishing all our wonderful members, staff, and volunteers a relaxing and safe festive season and a happy and healthy 2026!

Warm Regards,

Mary Egan

General Manager, NSW Stoma Ltd



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Disclaimer: Speak with your doctor, physiotherapist, or nurse before doing these exercises, and ask them to show you how to do the movements correctly. If you've had a very complex surgery, have an unstable hernia, or other complication, please check with your doctor or ask for a referral to a clinical physiotherapist.

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Failte Mo Chairde

(Hello my friends)

Another year under our belt, can you believe it??

I hope you are all doing well and enjoying life.

As of September, this year I decreased my days at Concord Hospital to 2 instead of 3, I am slowly easing myself into retirement! I will continue with NSW Stoma for a few more years, you are not getting off that lightly!

It's not that I want to leave, because I love my job but its time to see more of Australia while I have good health and able to climb those mountains and row the rivers and whatever else that requires a lot of energy while I have it.

I am sure many of you agree with me.

The zoom meetings are still a great success; we have changed the format around a bit to include more time for you to have a Q & A and interact and that seems to be quite successful.

Please keep your questions coming in for the meeting and let us know any topic you would like discussed. Remember the meeting is for you. Things that many of our ostomates express about the meeting is that they "do not feel so alone" and they have a "connection which makes them



feel good" and they can "fit in", this is music to our ears I can assure you.

My last united ostomy association meeting to attend was in Port Macquarie and what a beautiful place that is, it caters for all ages and is such a well-kept city.

Loved the way they utilised the rocks along "The Breakwall" it was a great idea and it sure is a tourist attraction.

The meeting was great with really good interaction with our audience. Thank you all.

I will now wish you all a blessed Christmas, full of love and laughter.

Nollaig Shona daoibh
(happy Christmas all)
Slán agus beannacht
(bye and blessings)

Anne Marie
This journal I thought I would discuss constipation, while it is not relevant to people with an ileostomy it is relevant to people with colostomies and urostomies and of course your family/ carers.



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Fiber/Constipation

Constipation

- Constipation occurs when bowel movements become difficult or less frequent
- **You are considered to be chronically constipated if you have two or more of the following for at least 3 months:**
- Straining during a bowel movement more than 25% of the time
- Hard stools more than 25% of the time
- Incomplete evacuation more than 25% of the time
- Two or fewer bowel movements in a week

What causes constipation?

- Inadequate fluid intake
- Inadequate fibre
- A disruption of regular diet or
- Decreased activity or exercise
- Immobility
- ↑ consumption of dairy products
- Stress
- Resisting the urge to defecate
- Pain from haemorrhoids/fissures
- Bowel cancer
- Hernias
- Overuse of laxatives
- Hypothyroidism
- Neurological conditions such as Parkinson's disease or multiple sclerosis
- Antacid medicines
- Medicines (especially narcotics, but also antidepressants, or iron supplements)
- Depression
- Eating disorders

Treatment of constipation

- **Dietary changes** – such as increasing the amount of fibre in the daily diet 25-30g/day
- **More fluids** – liquids help to plump out faeces, restrict the intake of diuretic

drinks such as tea, coffee and alcohol

- **Fibre supplements** – these may be helpful if the person is reluctant or unable to include more wholegrain foods, fresh fruits or vegetables in their daily diet. As fibre supplements can aggravate or cause constipation if fluid intake is inadequate
- **Exercise** – regular exercise improves bowel motility. Ideally, exercise should be taken every day for about 30 minutes
- **Treatment for underlying disorder** – such as surgery to repair an abdominal hernia, hormone replacement therapy for hypothyroidism, or anaesthetic cream and sitz (salt water) baths for an anal fissure
- **Laxatives** – there are two main types: bowel stimulants and agents that increase the water content of the stool
- **Removal of the impacted faeces** – enemas, stool softeners and a short-term course of laxatives or manual evacuation.

Medications for the treatment of constipation

Stool softeners/ (Emollients)

e.g. Coloxyl, Dulcolax

Side-effects;

Abdominal pain or cramps, nausea
Lowers surface tension of the bowel, allowing water to enter the intestines
Draws water into stool, making it softer
May take 1-3 (up to 5 days) to work

Bulk-forming laxatives

e.g. Psyllium, Metamucil, Benefiber,
ProNourish Normacol, Normafibe,
Fybogel

Side-effects;

Bloating, flatus, need to drink fluids

- These are not digested but absorb liquid in the intestines and swell to form a soft, bulky stool

- Peristalsis is stimulated by the presence of the bulky mass
- Bulk forming laxatives are generally the first-choice treatment for mild constipation that has not improved with lifestyle measures.
- They can also be used to help prevent constipation in people at risk of constipation.

Osmotic laxatives

e.g. Movicol, Lactulose, sorbitol, glycerin, epsom salts, milk of magnesia, fleet enema, microlax
Picolax, picoprep, colonlytely (used for colonoscopy preparation and severe constipation)

Side-effects;

Flatus, cramps, dehydration, electrolyte imbalance, caution if suspected bowel obstruction.

- These laxatives are known as an osmotic laxative.
- This means that it works by rehydrating hard stools.
- Making them absorb more water from inside the bowel so they become softer.
- This induces a watery stool or bowel motion, usually within three hours, which normally removes the bowel contents.
- Caution with heart failure or renal failure, may cause electrolyte imbalance

Lubricant laxatives

e.g. Paraffin oil, castor oil, olive oil

- Encourage bowel movements by coating the bowel and the stool mass with a waterproof film
- This keeps moisture in the stool
- The stool remains soft, and its passage is made easier
- Lubricant laxatives are taken by mouth

Stimulant laxatives

e.g. Senokot, Senna, Bisacodyl

Side-effects;

Abdominal pain, cramping, diarrhoea, caution if suspected Bowel Obstruction

- Also known as contact laxatives, encourage bowel movements by acting on the intestinal wall
- They increase the muscle contractions that move along the stool mass
- Stimulant laxatives are a popular type of laxative for self-treatment ...but are more likely to cause side effects
- They are for short-term use
- Stimulant laxatives are dangerous, despite the fact that they are non-prescription medications.
- These are the most commonly abused laxatives.

Fibre

What is fibre?

- Fibre is the indigestible parts of plant foods, such as vegetables, fruits, grains, nuts, seeds and legumes.
- Fibre contributes to our digestive health, which can impact our immune system, mental health, disease risk and overall health in so many ways.

Why is fibre essential for your health?

- As a whole fibre, delivers a lot of health benefits:
- supports weight loss
- reduces cholesterol and blood sugar levels
- lowers risk of cardiovascular diseases such as stroke, heart disease, and more
- lowers risk of diabetes
- increases digestive and bowel health
- fuels healthy gut bacteria
- may lower risk of colorectal and breast cancer



What does lack of fibre cause?

- Irregular bowel movement
- Constipation
- Haemorrhoids
- Blood sugar fluctuations
- Feeling hungry soon after eating
- Feeling tired all the time and sluggish
- a rise in cholesterol levels
- Having a hard time losing weight

Types of fibre

- Dietary fibre is naturally present in plants that we eat.
- Added fibre is fibre that manufacturers add to some products to increase their health benefits.

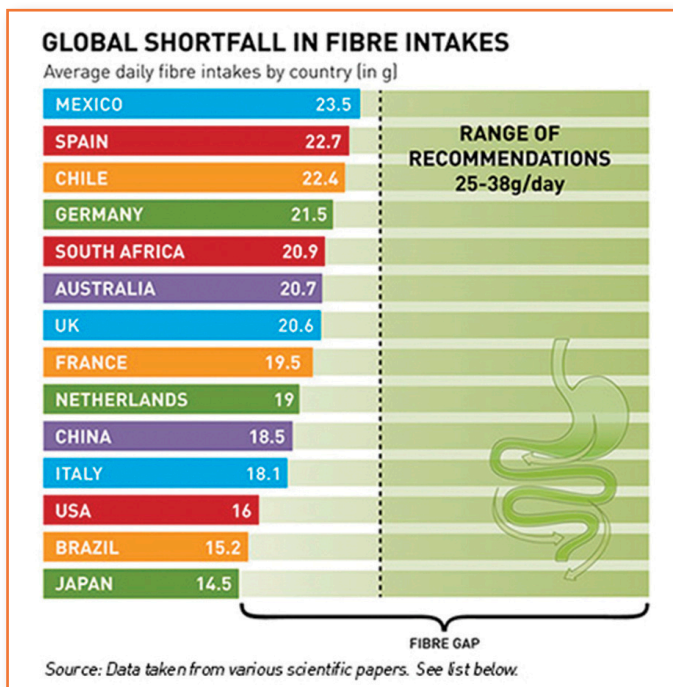
Soluble fibres

Soluble fibres are water soluble and therefore digestible.

- Soluble fibres come from the insides of plants and include substances such as pectin. They are present in fruits, vegetables, oats, and barley and may help manage blood sugar and cholesterol levels.

Insoluble fibres

- Insoluble fibres are not digestible.
- Insoluble fibres come from the outer skins of plants and pass straight through the digestive system. They can help prevent constipation. Examples include bran, celery, whole grains, and seeds.



Fibre supplements

It's best to get fibre from food. Supplements don't have the vitamins, minerals and other nutrients that fibre-

rich foods do. But fibre supplements can be part of the daily intake. Fibre supplements can cause belly bloating and gas, at least at first.

Fruits

Fruits	Serving size (grams)	Total fibre (grams)*
Raspberries	1 cup (123)	8.0
Pear	1 medium (178)	5.5
Apple, with skin	1 medium (182)	4.5
Banana	1 medium (118)	3.0
Orange	1 medium (140)	3.0
Strawberries	1 cup (144)	3.0

Vegetables

Vegetables	Serving size (grams)	Total fibre (grams)*
Green peas, boiled	1 cup (160)	9.0
Broccoli, boiled	1 cup chopped (156)	5.0
Turnip greens, boiled	1 cup (144)	5.0
Brussels sprouts, boiled	1 cup (156)	4.5
Potato, with skin, baked	1 medium (173)	4.0
Sweet corn, boiled	1 cup (157)	4.0
Cauliflower, raw	1 cup chopped (107)	2.0
Carrot, raw	1 medium (61)	1.5

Grains

Grains	Serving size (grams)	Total fibre (grams)*
Spaghetti, whole-wheat, cooked	1 cup (151)	6.0
Barley, pearled, cooked	1 cup (157)	6.0
Bran flakes	3/4 cup (30)	5.5
Quinoa, cooked	1 cup (185)	5.0
Oat bran muffin	1 medium (113)	5.0
Oatmeal, instant, cooked	1 cup (234)	4.0
Popcorn, air-popped	3 cups (24)	3.5
Brown rice, cooked	1 cup (195)	3.5
Bread, whole-wheat	1 slice (32)	2.0
Bread, rye	1 slice (32)	2.0

Legumes, Seeds and Nuts

Legumes, nuts and seeds	Serving size (grams)	Total fibre (grams)*
Split peas, boiled	1 cup (196)	16.0
Lentils, boiled	1 cup (198)	15.5
Black beans, boiled	1 cup (172)	15.0
Cannellini, Navy, Great Northern beans, canned	1 cup (180)	13
Chia seeds	1 ounce (28.35)	10.0
Almonds	1 ounce, about 23 nuts (28.35)	3.5
Pistachios	1 ounce, about 49 nuts (28.35)	3.0
Sunflower kernels	1/4 cup (32)	3.0

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1. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948>
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Thank You, Carol Quast & Ian Murray

NSW Stoma is governed by a voluntary board of directors drawn from our member base. They give up their time and expertise to ensure that our members not only receive the products they need to manage their stoma but feel supported to live their best life. Under our constitution, directors can serve a maximum term of 9 years on the board. This year we have 2 directors reaching that maximum term.



Carol Quast has been an ostomate since 2012 and joined the NSW Stoma Ltd board in 2016 and served as Chair in 2019 & 2020. After 9 years on our board, Carol is stepping down. Her contribution to NSW Stoma and its members is enormous. Not only an

extremely capable administrator and educator, Carol is also passionate about supporting ostomates and is often called upon to speak to new ostomates, providing reassurance and comfort at a challenging time in their lives. The care, compassion and empathy she shows to all who meet her has made her a vital part of the support services offered by NSW Stoma. She has been instrumental in delivering much of our support program, particularly our education days and zoom meetings for members. Carol will stay on as our volunteer education officer so will continue to support NSW Stoma and our members. We are privileged to have such a capable educator in this role. I would personally like to thank Carol for her support since I took up my position at NSW Stoma in 2019. It has been a privilege to work with her.

Ian Murray has been an ostomate since 2015 and joined the NSW Stoma Ltd board in 2016. He steps down from the board after 9 years. After an extensive career in information technology and logistics (working for Macquarie University, IBM, Canon and Brambles), Ian has made a considerable contribution to the NSW Board, advising on IT infrastructure, phone systems and software upgrades. We are fortunate to be able to draw on a diverse member base, bringing a wide range of skills to our board for the benefit of our members.

Ian has invested much of his time ensuring that NSW Stoma has the expertise needed to bring the best possible services to our members. I would also like to thank him personally for the support he has shown me since I joined NSW Stoma in 2019.

Mary Egan

From the Chair: Carol and Ian have both contributed far beyond what is normally expected of a board member over the many years they have been on the board. Carol has given countless hours contributing to members information days and more recently in online members meetings



and her participation has been greatly appreciated. Ian spent many hours of his time ensuring we had a viable computer system to handle NSW Stoma's product distribution at a time when the system badly needed updating. They both made a difference for NSW Stoma's members services and played a

significant part in the ongoing success of our organisation.

On behalf of the board, I wish to convey the whole board's appreciation for their great contributions over the past nine years.

Allen Nash



VOLUNTEERS WANTED

Ever thought of volunteering?

Volunteering not only benefits your association, it's good for you, too. Gain professional experience, meet new people and learn new skills while helping us improve and expand our services. Volunteer workers at NSW Stoma are valued and appreciated and play an important role in supporting our strategic objectives. We currently need assistance in the following roles: stock receipt and dispatch, administration and customer service/reception. Whatever your skills, full training is provided. While the majority of volunteers working within the association environment either have a stoma themselves or have a close family member who is living with a stoma, our association welcomes volunteer enquiries from any interested person.

NSW Stoma Ltd provides a clean, safe, friendly and happy work environment and we are seeking friendly positive people to help us cope with our ever-increasing workload. To apply download our application form here:

<https://www.nswstoma.org.au/volunteers/>

or just email **volunteer@nswstoma.org.au** and we will send it to you.

Education & Information Days –

Port Macquarie



▲ **Anne Marie Lyons.**



▲ **Anne Marie Lyons, Mary Egan & Carol Quast.**



▲ **Lee Gavegan.**



▲ **Lee Gavegan, Anne Marie Lyons, Maria Emerton-Bell, Casey Luke.**



▲ **Casey Luke.**

Our Regional Education Days provide an opportunity for ostomates to meet and support each other.

Speakers include Stomal Therapy Nurses and Stoma Association representatives and fellow ostomates to provide a patient's perspective.

With plenty of time to ask questions, it's an excellent way to learn more about your Association and gain useful information and tips to help you manage your stoma.

Anyone with a colostomy, ileostomy, urostomy or external pouch procedure is invited to attend, as are family, friends, carers, and healthcare professionals.

These days are also attended by supplier company representatives

and provide an opportunity for members to find out more about the latest products available under the Scheme and additional products available for purchase.

Partnering with our sister association, Ostomy NSW, we ran 4 days in 2025, starting in Nowra, then Port Macquarie and Wagga Wagga and finishing the year in Liverpool. These days are supported by local stomal therapy nurses and association nurses, who give up their time to support ostomates. Thanks so much to those amazing stoma nurses: Anne Marie Lyons, Lee Gavegan, Heather Hill, Brenda Christiansen, Maria Emerton-Bell, Casey Luke, Mandy Hawkins, Alyssa Higoe, Naomi Smith, Mathew

Port Macquarie and Wagga Wagga



Wagga Wagga



Heather Hill does welcome to country. ▶



▶ Lee Gavegan, Anne Marie Lyons and our valuable regional STNs.



▶ Allen Nash.

Paula Garrod. ▶

Sebastian, Afin Rasul, Erin Wagner, Irene Cozens, Kristin Cozens and Ray Godbier. They give up their time for free and we really appreciate them and the depth of knowledge and experience they bring with them. We are also grateful to the ostomates who share their stories and show us that each ostomate has their own journey but they are not alone. A big thank you to Paula Garrod, Carol Quast, Jackie Carusi, Amy Filipczyk, Allen Nash and Mat Boyd-Skinner. A big thank you to Stephen Lardner at Ostomy NSW for sharing the workload and making these days possible. We are looking forward to bringing more of these days in 2026. Watch our website for details.



▶ Wagga Wagga STNs.

◀ Mary Egan, Heather Hill and Dolly, 'The Emotional Support Chicken'.



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1. Voegeli D, LBF® "No-Sting" Barrier Wipes: Skin Care Using Advanced Silicone Technology. British Journal of Nursing, 2008; Vol. 17: No. 7. 2. Salvadalena et al. "Lessons Learned About Peristomal Skin Complications Secondary Analysis of the ADVOCATE Trial". J Wound Ostomy Continence Nurs 2020;47(4):357-63.

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We Remember an Incredible Woman: Josipa Triva, 106+ Years Young

It is with deep sadness that we pay our respects to our oldest ostomy member, Josipa, who has passed away at the remarkable age of 106.

Some of our readers may recall our 2023 article, where we highlighted that there is no age barrier to living your best life with a stoma. That story shone a light on Josipa and her close friend and interpreter, Melina. At the age of 105, just days after Christmas, Josipa underwent emergency surgery at Blacktown Hospital and had a stoma created. True to her resilient spirit, she embraced this new chapter of her life with courage and grace, never missing a beat.

Josipa once told me how much she loved learning and mastering new things, and her stoma was simply another challenge she accepted with quiet confidence. Throughout, she was supported by her beloved STN, Lesley Jack.

When I spoke to Melina after Josipa's passing, she shared that Josipa died peacefully in her sleep on 28 July. She would have turned 107 on 23 October. Melina continues to mourn the loss of her great friend, finding it difficult to believe she is gone, as Josipa remained so full of life—still championing the needs of others and even instructing nurses on how to care for her stoma right until the very end.

Melina delivered Josipa's eulogy and smiled as she recalled Josipa's



final touches: she had suggested what Melina should wear and even what to include in the speech! Ever organised, Josipa had arranged the food, flowers, and multiple wakes well before her passing. Every detail was thoughtfully planned and paid for, with four gatherings to take place—immediately after the ceremony, and then at 40 days, 6 months, and 12 months.

When I asked Melina what message she most wanted to share about Josipa, she said that Josipa was always looking for ways to brighten the lives of others. No matter what life presented, she sought out the good in people and situations. She believed deeply in showing respect by looking people in the eye, listening with kindness, and

by Bernadette Burrell

standing up firmly when something was not right.

It is in moments of great loss that we realise how limited words can be, and how truly special our friends are. We hope Melina will find comfort in knowing that her kindness, compassion, and unwavering friendship meant so much to Josipa.

The world is certainly a sadder place without her, but the joy, strength, and care she brought to others will live on.



I feel privileged to have met such a hardworking, honest, and admirable woman. May she rest in peace.
Vale, Josipa.

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Spreading Comfort, One Bear at a Time

The Story Behind Ostomy Support Bears by Kelly Moss

In 2018, Kelly Moss turned a personal moment of joy into a global movement. After retiring early due to severe arthritis, Kelly received a teddy bear with a stoma bag from her brother—a gift that brought tears to her eyes. Having lived with an ostomy for 19 years, she was deeply moved by the bear's resemblance to her own experience and wanted others, especially children, to feel that same comfort and acceptance.

What began as a small donation to Perth Children's Hospital quickly grew. Encouraged by a stoma nurse and driven by the desire to make ostomy bears more accessible, Kelly reached out on Facebook for help. The response

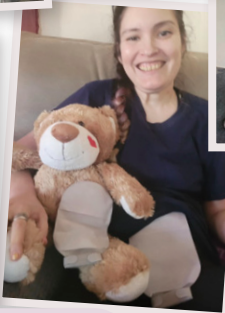
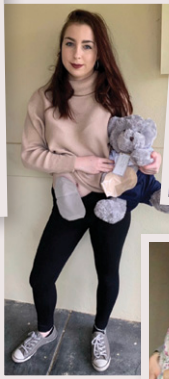
was overwhelming: donations of materials poured in, and volunteers stepped up to sew.

In her first year, Kelly sent out over 800 bears. Today, that number has surpassed 8,000, reaching children and adults across the globe. Her initiative is entirely not-for-profit—each bear purchased funds

the creation of another. She now has a dedicated “bear room” filled with donated bears waiting to be dressed with real ostomy bags.

Kelly customizes each bear to reflect different ostomy types—right-sided, left-sided, or double—and uses real, donated medical supplies. Despite the physical challenges of arthritis, she continues to craft these bears with love and determination.





***"Life has been given back to you. Take it and enjoy it because you can!"
– Kelly Moss***

Her work has touched lives in hospitals across Australia and overseas, including Vietnam, Bangkok, and Bali. Support from groups like the Friends and Family of Wollongong Hospital has helped her reach even more people in need.

Kelly's message is clear: having an ostomy is not the end—it's a new beginning. She's lived a full life with her ostomy and encourages others to embrace theirs without shame. Her only regret? Waiting 8 years to get her bag.

✉ Interested in an Ostomy Bear or want to donate?

Contact Kelly Moss
+61 425 619 744

mossy120@gmail.com

FB - Ostomy Support Bears WA
Instagram - Ostomysupportbears

NSW STOMA LTD. CLINIC

Anne Marie Lyons STN. **Mobile:** 0468 582 951

Email: stomanurse@nswstoma.org.au

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2025 Dates: 10th April & 15th Oct

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Phone: (02) 5124 2222 (then page stomal therapist)

NORTH CANBERRA HOSPITAL

Marree Pegrem STN **Phone:** (02) 6201 6334

COOMA HEALTH SERVICE

Vicki Black STN **Phone:** (02) 6455 3222

COOTAMUNDRA HOSPITAL

Raylene Godvier

Phone: (02) 6942 1861 **Mobile:** 0419 123 508

QUEANBEYAN COMMUNITY HEALTH CENTRE

Jo Morgan STN

Phone: (02) 6150 7144 or (02) 6150 7670

Visits patients in Queanbeyan & Yarralumla areas.

THE NATIONAL PUBLIC TOILET MAP

A Project of the National Continence Program (NCP)

www.toilemap.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.

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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 **M**aster **L**ocksmiths' **A**ssociation **K**ey. 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>



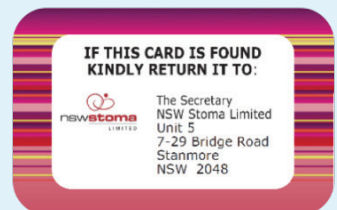
NEED TO USE A WHEELCHAIR ACCESSIBLE TOILET?

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.



DONATIONS

A huge thank you to all our members and supporters for your generosity, without which we would not be able to offer additional services, such as our Stomal Therapy Clinic, STN Scholarship, Zoom member meetings and more.

Your donation also allows us to support those members needing our financial assistance and it is so gratifying to be able to offer that assistance. Thank you for making that possible.

I also want to acknowledge our members who are no longer with us and the generosity of their loved ones who made donations on their behalf.

Some of you choose to remain anonymous but your generosity and philanthropy are noted with special thanks to the Penn Foundation for their continued support of our STN Scholarship.

The names of those of you who have given us permission are listed below and include donors from 1st April 2025 to 30th September 2025:

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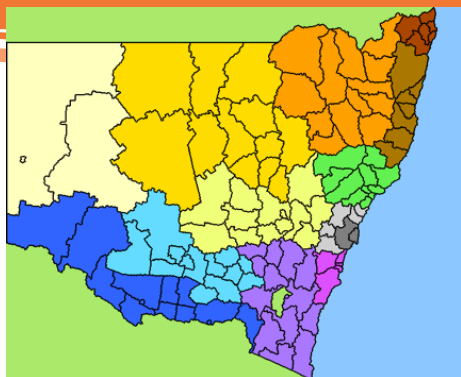


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Ostomy Support groups are a great way for ostomates to support and care about each other. Friends and family are also welcome to attend support group meetings.

If you are involved in a support group and would like us to include information about your meetings in our journal and on our website please email:

info@nswstoma.org.au

For current information on support groups please go to: **<https://www.nswstoma.org.au/becoming-a-member/support-groups/>**

NSW STOMA LTD MEMBERS SUPPORT GROUP ZOOM MEETING

All members, carers & friends are welcome to join our monthly Zoom meeting at **6pm on the first Wednesday of every month**. Hosted by Anne Marie Lyons (STN), Carol Quast, NSW Stoma Director & Ostomate, and NSW Stoma Ltd manager, Mary Egan, this is designed to give information about the services we offer and provide some explanation of the Stoma Appliance Scheme and how to place orders. If you would like to attend please email: **customer.service@nswstoma.org.au** and we will send you a zoom invitation on the day of the meeting. You need to register your interest for each meeting you wish to attend.

OSTOMINGLE - YOUNG OSTOMATES SUPPORTING EACH OTHER

Looking for some young, like-minded Ostomates? Ostomingle is a group of ostomates 18 and over who come together over a meal to share their ostomy experiences and learn from one another.

Each meet-up will be held at a different venue around Sydney so we can mingle around town.

When: Check with the group organisers for advice on scheduled meetings.

Contact: Renee Constantin

www.ostomingle.com

ostomingle@gmail.com

BEAT BLADDER CANCER

National support group (online via Zoom) for bladder cancer patients/carers from all across Australia. All welcome.

Last Tuesday of every month @ 7:30pm – 9pm AEST

Contact: Adam Lynch **0421 626 016**

Register at **<https://www.beatbladdercanceraustralia.org.au/>**

SYDNEY METROPOLITAN AREA

BANKSTOWN – LIDCOMBE AREA

Where: Revesby Workers Club 2B Brett St, Revesby 02 9772 2100

When: 10am-12 noon, Wednesday 2026

Dates: TBA

Contact: Your Stomal Therapy Nurse or Carolyn Nichols on **0419 335 046** or **carolyn.nichols@dansac.com.au** for further information

Please RSVP for catering purposes

CONCORD AREA

People with bowel cancer and carers/family are welcome to attend this free monthly service.

Where: Survivorship Cottage, Concord Hospital, Gate 4, Nullawarra Avenue, Concord West



NSW OSTOMY SUPPORT GROUPS

When: Check with the group organisers for advice on scheduled meetings.

Contacts: Sonia Khatri **(02) 9767 5943**

LIVERPOOL & CAMPBELLTOWN AREA

Where: Campbelltown Catholic Club, 20/22 Camden Rd, Campbelltown

When: Thursday 1.30pm-3pm 2026

Dates: TBA

Afternoon tea provided. RSVP is essential for catering purposes.

Contact: Erin Wagner - **0419 224 662** or Mathew Sebastian - **0417 026 109** (STNs)

NORTHERN BEACHES AREA

Where: Forestville RSL Club, 22 Melwood Avenue, Forestville

When: Contact for info on next meeting

Contacts: Bob Cooper
email: **bob.cooper542500@gmail.com**

NORTHERN SYDNEY AREA

Where: Jacaranda Lodge, Sydney Adventist Hospital, 185 Fox Valley Road, Wahroonga 2076

When: First Wednesday of the month 10am – 11.30am

Contact: Nerolie on **(02) 9487 9061**

PENRITH AREA

Ostomates, family and friends are welcome to attend our educational support group

Where: Sydney Medical School, Outpatients Department, 62 Derby Street, Kingswood (opposite Nepean Hospital Emergency Department at roundabout, Outpatients is at left-hand side of building)

When: 2pm-3.30pm TBA

Contact: Naomi Houston (Stomal Therapist) on **(02) 4734 1245**
Naomi.Houston@health.nsw.gov.au

RAMSGATE

The Stomal Therapy Nurses from St George Public, St George Private, Kareena Private, Hurstville Private and Sutherland Hospitals together would like

to invite you to attend a stoma support group for ostomates and their families.

Where: Ramsgate RSL (meet in the front foyer), Corner of Ramsgate Rd and Chuter Ave, Sans Souci.

When: 11am-1pm Thursdays. 2026 Dates: TBA

Contact: Your Stomal Therapy Nurse or Carolyn Nicols on **0419 335 046** or email: **Carolyn.nichols@dansac.com.au**

Everyone is welcome. Car parking available. Tea, coffee and finger food provided. RSVP for catering purposes.

ST GEORGE/SOUTH EAST SYDNEY

Where: St George Community Centre, Premier St, Kogarah

When: 11am - First Wednesday of the month (February to December)

Contact: June on **(02) 9311 0211** or Allan on **(02) 9556 3268**

WESTMEAD

Where: Westmead Hospital, Seminar Room 6, WECC

When: Wednesday 10am – 12pm, 2026 Dates: TBA

Contact: Lee Gavegan STN
Mob: **0409 962 111**

NORTH COAST REGION

TWEED / BYRON AREA

Ostomates, family & friends are welcome.

Where: South Tweed Sports Club, 4 Minjungbal Dr. Tweed Heads South.

When: Check with the group organisers for advice on scheduled meetings.

Contact: Lisa Clare STN: **(07) 5506 7540** or **0429 998 928** or

Lisa.Clare@health.nsw.gov.au

Kate Rycroft **0432 251 703** or **rycroftkate@gmail.com**

FAR NORTH COAST

All Ostomates plus partners and friends are welcome to attend meetings.

Where: Lismore Workers Club, 225-231 Keen Street

When: Check with the group organisers

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for advice on scheduled meetings.

Contact: Marie Taylor (02) 6686 7248

CLARENCE VALLEY OSTOMY SUPPORT GROUP

All Ostomates plus partners and friends are welcome to attend meetings.

Where: Aruma, 175 Queen St, Grafton

When: Bi-monthly – 2nd Tuesday of the month 2026 **Dates:** TBA

Contact: Gary Tobin Ph: 0400 675 277

COFFS HARBOUR

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

Where: Sawtell RSL Club, First Avenue, Sawtell

When: 4th Thursday of every second mth.

Contact: Mandy Hawkins STN:

(02) 6656 7804

Mandy.Hawkins@health.nsw.gov.au

HASTINGS MACLEAY

Where: Port City Bowling Club, Function Room, 4 Owen St, Port Macquarie.

When: 10am – 12pm Third Wednesday of every second month Feb, Apr, Jun, Aug, Oct, Dec

Contact: Neil 0427 856 630 or

Glennie 0410 637 060

MANNING / GREAT LAKES

Where: Venue TBA

When: 10.30-12pm approx. 1st

Wednesday of every 2nd month

Contact: Karla MacTaggart STN

(02) 6592 9169

NEWCASTLE / CENTRAL COAST REGION

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

HAMILTON

Where: The Hub, Hamilton Wesley Fellowship House, 150 Beaumont Street, Hamilton

When: 1.30pm – 4.30pm approx.

Last Saturday in Feb, May, Aug & Nov

Contact: Geoff on 0425 315 726 or Lynda on 0425 209 030

MAITLAND

Where: Maitland Hospital Education Rooms, 51 Metford Rd, Metford

When: 11am – 1st Wednesday of Feb, May, Aug, Nov

Contact: RSVP Annika 0429 002 760 or Jackie 0412 445 498

WYONG

Where: Wyong Community Health Centre, 38A Pacific Hwy, Wyong NSW 2259

When: Contact organiser

Contact: Local Stoma Therapists:

(02) 4320 3323 email: CCLHD-Stomaltherapy@health.nsw.gov.au

ILLAWARRA / SOUTH COAST REGION

ALBURY-WODONGA

Where: Boardroom, Hilltop Albury-Wodonga Patient and Carer Accommodation Centre, 600 Keene St, Albury

When: 10am every 2nd Tuesday of the month. February to December

Contacts: Alex Watson on 0428 578 385 or Liz Landy on 0418 854 574.

BOWRAL

Where: Mittagong RSL Club, 146 Old Hume Highway, Mittagong

When: 1pm-2.30pm Tues 2026 **Dates:** TBA

Contacts: Mathew Sebastian & Erin Wagner, Stomal Therapists, Liverpool Hospital (02) 8738 4308 or Mariam Mellor (Coloplast) on 0400 921 901

Everyone is welcome. Plenty of car parking. Tea/coffee and finger food provided. RSVP 1 week prior for catering purposes.

EUROBODALLA

All NSW South Coast region are welcome.

Where: Moruya Hospital, River Street, Moruya

NSW OSTOMY SUPPORT GROUPS

When: Check with the group organisers for advice on scheduled meetings.

Contact: Trena OShea (02) 4474 2666

FAR SOUTH COAST/BEGA AND SURROUNDS

Where: Meeting venue changes, ostomates advised 10 days prior

When: 11am 2nd Sunday of every 2nd month: Feb, April, Jun, Aug, Oct, Dec

Contact: Eileen (02) 6492 2530 or Geraldine (02) 6492 2366

GOULBURN

Where: Goulburn Workers Club 1 McKell Place Goulburn NSW 2580

When: 10am – 12pm Wednesday 2026
Dates TBA

Contact: Your Stomal Therapy Nurse

ILLAWARRA

Where: Education Room, Figtree Private Hospital, 1 Suttor Place, Figtree

When: 10am-12pm 2026

Dates: check with organisers

Contacts: Helen Richards CNC STN Wollongong Private Hospital
(02) 4286 1109

richardsh@ramsayhealth.com.au or Julia Kittscha CNC STN Wollongong Hospital
0414 421 021

isld-stomaltherapy-NIHG-SIHG@health.nsw.gov.au

SHOALHAVEN

Where: Nowra Community Health Centre, 5-7 Lawrence Avenue, Nowra

Also: Ulladulla Community Health Centre, cnr South St & Princes Hwy, Ulladulla

When: 2026 Dates: TBA

Contact: Brenda Christiansen

(02) 4424 6321 or 0422 006 550 or

Brendacristsansen@health.nsw.gov.au

ACT

Where: ACT & Districts Stoma Association, 2nd Floor, City Health Building, 1 Moore St, Canberra

When: 10am-12pm, Tuesday 2026 TBA

Contact: Your Stomal Therapy Nurse

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WESTERN NSW REGION

BATHURST

Where: Daffodil Cottage, 365 Howick St, West Bathurst NSW 2795

When: Check with the group organisers for advice on scheduled meetings.

Contact: Louise Linke (STN/continence advisor) (02) 6330 5676

BROKEN HILL

Where: Broken Hill Hospital, conference room

When: Every third month or as required

Contact: Tarndra on (08) 8080 1333

DUBBO

Where: Dubbo Health Service, Ian Locke Building, Room 8 or join virtually via Pexip or phone.

When: Check with group organiser

Contact: Stomal Therapy on 0408 769 873

GRIFFITH AND DISTRICT

An invitation is extended to all persons in Griffith and Surrounding areas (including Coleambally, Leeton, Yenda, Hillston and Hanwood) with a Stoma formation to attend our meetings and share experiences.

When: Check with the group organisers for advice on scheduled meetings.

Contact: Barry Maples (02) 6963 5267 or 0429 635 267; Kim Hallam 0434 785 309

ORANGE

Where: Smarter Living Choices, 15 Oliver St, Orange

When: Check with the group organisers for advice on scheduled meetings.

Contact: Louise Linke (STN/continence advisor) (02) 6330 5676 or Joanne (02) 6362 6184

WAGGA AND DISTRICT

Where: Men's Shed, 11 Ashmont Avenue, Wagga Wagga

When: Check with the group organisers for advice on scheduled meetings.

Contact: David (02) 6971 3346 or 0428 116 084

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1. Data on File, 2024: ref-04111 (n=200)

2. Data on File, 2023: n=110 Qualitative Interviews; 2023: n=43 Clinical Trial

3. Data on File, 2023: ref-03863 (Woven fabrics tested are Polyester-based)

4. Data on File, 2023: n=459 Qualitative Interviews; 2023: n=110 Qualitative Interviews; 2023: n=43 Clinical Trial

5. Data on File, 2023: n=43 Clinical Trial

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