

# YORK IA NEWSLETTER

## Spring 2008

### Meetings

Our Spring meeting/AGM and 40<sup>th</sup> Anniversary celebration will be at the New Earswick Folk Hall on April 19<sup>th</sup>.

### Diary Dates

News of upcoming meetings and events.

### Fund Raising

New ways to help raise funds for York IA.

### Internal Pouch News

The Internal Pouch Group meets at the Biltmore

### Newsletters via e-mail

A number of members are now receiving these newsletters via e-mail, would you like to do the same? Not only would this save us time and money, it's better for the environment too.

If you would, please let us know by sending an e-mail to [newsletters@york-ia.org.uk](mailto:newsletters@york-ia.org.uk) and in future your newsletter will be delivered electronically.

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Welcome to our Spring newsletter, we hope you all had an enjoyable festive period and didn't suffer too much from the winter weather and floods. We'd like to welcome a number of new members who have joined us since our last newsletter, and also some who, while not new to IA are new to York. Membership continues to grow steadily.

### Spring Meeting – April 19<sup>th</sup> 2008

As you will be aware from our recent flyer this year we will be celebrating our 40<sup>th</sup> Anniversary and will be having a celebration buffet lunch along and we have a number of talented signers to provide us with some entertainment afterwards. Joyce Gallon, our first Group Secretary and Tom Matheson our first President will both be attending along with all of our past presidents, Anne Demick, IA's National Secretary will be joining us for the day too. This will be a rare opportunity to catch up with some key members of York IA's history.

We will be making presentations to two of our local hospitals of some equipment for use in their stoma care clinics. These were purchased with funds raised through the year and members donations as well as a donation from IA National Office of £1000 under the Matched Funding Scheme.

If you would like to come along but find transport a problem, contact the Secretary or the Treasurer as a number of our members are happy to provide lifts so we may be able to organize something. If you do plan on coming but have not yet informed the Treasurer could you please do so by returning the form that came with the flyer that was distributed with the last Journal before April 5<sup>th</sup>, alternatively you could e-mail [treasurer@york-ia.org.uk](mailto:treasurer@york-ia.org.uk) or telephone 01759 380102.

### Autumn (2007) Meeting

At our autumn meeting we made a presentation to the stoma clinic at Harrogate hospital. Sister Elaine Bentley (on the left in the picture with Daphne Smurthwaite) came along and collected a number of Valley Cushions which are loaned to patients recovering from surgery to make sitting a little more comfortable. We also provided a portable DVD player that is used to show videos to patients about their surgeries and its aftermath. In addition to this we also provided a digital camera and accessories which can be used to photograph problem areas and quickly get them to the consultants who can determine the best course of action.



The Ileostomy & Internal Pouch  
Support Group

Freephone: 0800 0184 724 Email: [info@iasupport.org](mailto:info@iasupport.org) Website: [www.iasupport.org](http://www.iasupport.org)  
President: Professor Norman Williams MS FRCS FMedSci

Registered Charity

## Diary Dates

**19<sup>th</sup> April 2008** - Spring Meeting/AGM/40<sup>th</sup> Anniversary celebration at the New Earswick Folk Hall. Our normal meeting runs from 10.30am to about 1.00pm and then we will be having our celebration buffet lunch.

**24<sup>th</sup> April 2008** – Salts Open Day at the Hilton Hotel near Cliffords Tower from 10.00am until 3.00pm. York Against Cancer, Macmillan, IA, CA, UA and a number of clothing companies will be present.

**18<sup>th</sup> October 2008** – Autumn meeting at the New Earswick Folk Hall, usual raffle and manufacturer displays from 10.30am.

**25<sup>th</sup> October 2008** – Coffee morning at Heworth Methodist Church with the usual cakes, bring and buy and produce.

## Fund Raising

Do you use the internet? If so there is now a very easy way to help raise funds for York IA simply by searching the web. All you need to do is use our page on EasySearch as your search engine. How do we do this? Instead of using your regular search engine (Google, Yahoo, Ask etc.) when searching for something on the internet simply go to <http://yorkia.easysearch.org.uk> and enter your search there. If you are a power user and have Firefox or Internet Explorer 7 as your browser you can add this to the list of search providers (and ideally make it the default) in the search toolbar. Each search you make will raise about 0.75p for York IA, while this doesn't sound much it quickly mounts up and an average internet user can easily raise £25 a year and a heavy user can raise much more, this can multiply quite quickly if all your family members or co-workers use it too. Our treasurer and his family have been trialling this for some time and are currently raising £4 to £5 a week for York IA. It is quite straightforward to set up your browser but if you have any difficulty contact the treasurer who will guide you through it.

If you shop online using any of the retailers listed by <http://www.easyfundraising.org.uk> each purchase can raise funds too. Simply select York IA as your cause and click on the EasyFundraising link to your retailer and we will receive a percentage of any purchase you make, at no cost to yourself.

## Internal Pouch News



In October 2007 the Internal Pouch Group arranged a night out in York for anybody with an internal or anybody who is considering one and wanted to meet some people who had already been through the procedure. A good sized crowd gathered at the Biltmore in the centre of York for a few drinks and a meal. As well as a good number of local members a number had travelled a good distance to meet up, including one all the way from Dublin. A good night was had by all and the Pouch Group are now organizing similar nights in different parts of the country.

We have a stock of the Internal Pouch Travel Cards and if any member would like one please contact a member of the committee who will arrange for one to be forwarded to you.

## Computer Recycling Project

We'd like to thank the Computer Recycling Project at York University for providing our Secretary with a refurbished PC when he found his was too under powered for his broadband connection. A call for help to the project quickly provided us with a new much more powerful PC that is now being put to good use, so many thanks to guys at York University.

## National Draw

Closing date for the National Draw is April 12<sup>th</sup>, if you still wish to enter please ensure your counterfoils and payment arrive at the Treasurer's by this date. Cheques for this and any outstanding subscriptions should be made payable to York IA.