



**NOTICE OF BI-MONTHLY**

**NEXT MEETING**

**Sunday 26th  
May, 2019 at  
2pm.**

**ST STEPHENS  
CHURCH HALL  
= MELVILLE**



**The Presidents Message – Brian Gordon**

**Can I as your President encourage as many of you as possible to attend the National Ostomy conference being held on 10 to 11<sup>th</sup> August 2019 at the Novotel Hotel in Victoria St Hamilton, being organized by your Waikato Ostomy Society. In my experience this is a wonderful opportunity to see the latest range of appliances being displayed, by the suppliers, in one panorama and able to ask the questions as well, from a very knowledgeable group of individual company representatives.**

**Not only are you able to do this but there will be workshops as part of the program where in a forum type situation you can ask questions of your fellow Ostomates and listen in general to questions and answers. In the past I have found this situation to be invaluable especially to newer Ostomates or in gaining suggestions to a particular problem or concern.**

**If you happen to know any Ostomates who may not belong to the Society, but who you know would benefit from attending then please encourage them to attend.**

**All the details are on our website and the latest Ostomate magazine, plus an enrolment form which you can also do on line or contact our Secretary Jan O'Leary if you have any queries.**

**A full and interesting program has been organized by your Conference Committee and I know you will not be disappointed. I look forward to seeing as many of you there as possible.**

**A huge THANK YOU to everyone who helped setup and man our information stand at the Waikato Wellness Show, held at Claudelands Event Centre on 5, 6 and 7th April.**

I get more cleaning done in the ten minutes before someone comes over than I do in a week.



your eCards  
someecards.com

**OSTOMATES DESERVE  
A LIFE LIKE  
EVERYONE ELSE.**

**Do I have your email address  
if not please forward it to  
janoiam1st@gmail.com**

**The Waikato Ostomy Society is hosting:-  
The Ostomy NZ Education, Support and Training Conference  
"BREAKING DOWN BARRIERS"**

**9th 10th & 11th August 2019**



Society  
has gotten to the  
point where  
everybody has  
a *Right*, but  
nobody has a  
*Responsibility*.

Who is interested in helping organise a monthly morning or afternoon tea for each area.

Except for Whangamata no interest was shown....

Ock Well ... worth a shot..... ☹️

Happy to try again..... 😊



### Words of Wisdom

Thou shalt not weigh more than thy refrigerator.

### Why Changing Places toilets are so important for people with a stoma?

“I have often had to change my colostomy bag whilst kneeling on a toilet floor. This experience leaves me very upset and often very fearful of going out as my first thought would be about the toilet facilities and what they are like. I feel that there needs to be more awareness around the different people who actually need to use a disabled toilet”

Changing Places toilets meet the needs of people living with a stoma with a hook and shelf space in every cubicle. However, they are also important as they are challenging perceptions of what kind of people can use a ‘disabled’ toilet.

Are we up to speed in NZ toilets..... Is this something we as a society can assure that the councils and retailers etc know of this need?

## Waikato Ostomy Society Committee

### Let's SUPPORT our Association

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Web Sites [www.ostomywaikato.org.nz](http://www.ostomywaikato.org.nz) and [www.ostomy.org.nz](http://www.ostomy.org.nz)

*This newsletter is kindly printed and posted for us by Mr. Ralph van Dalen*

## Subscription Time

Subscriptions for 2020 year are now due and remain at \$20.00. They can be paid via any of the following methods:

=Internet banking to Westpac 03 1560 0014261 00 preferred method, include your name in reference area.

=Post to Treasurer, & Quote your invoice # Posting Cash (NOT recommended)

=Pay directly at the next meeting!

