



# IA UPDATE

February 2024



## Welcome

Welcome to IA's latest newsletter. As the season changes and we look to welcome the warmer weather, we are thrilled to introduce our new IA ambassadors. Mike and Sophie will be supporting IA in producing content for our IA social media pages, and spreading the word about the incredible work our volunteers and colleagues do within the charity. Information Day is proving to be a jam packed day of guest speakers and workshops as we share more details for the day.

## Information Day Hot Off The Press

Topics for discussion on Saturday 20 April have been confirmed with something for everyone. It will once again prove to be a very informative day, covering all aspects of health and lifestyle. There truly is something for everyone, with an exhibition and your chance to browse the different companies and chat with their representatives. Tea, coffee and lunch, will be provided throughout the day of discussions and workshops from invited experts. Topics and workshops include:

- Working with a chronic illness
- Intimacy with a stoma
- Cell therapy
- Pro's and con's of an ileoanal pouch



Attending Information Day is the perfect opportunity to hear advice and tips from experts in their fields, whilst enjoying your day with 'like minded' people. Take the opportunity to spend time with individuals that have walked the same shoes as you. You may come away having not only learned new ways to deal with everyday life, but also friendship and connection.

Head to <https://iasupport.org/infoday24> for more information and book your place.,

## Birmingham IA



Our Redditch Social took place at the Ecumenical centre, Evesham Walk, Redditch on Saturday 10 Feb. This event attracted sixteen attendees. Chairman Mike went over the progress of the volunteers now supporting wards at QE and Solihull Hospitals. Committee members Andy and Bogusha talked about the progress with respective hospitals, and Mike updated the attendees about bookings so far for our Information Day and background details to transport and parking links. Mike also mentioned Keith Kightley, who is running the London Landmarks Half Marathon for IA on Sunday 7 April and they had a round of applause for him.

# A Warm Welcome To Our New Ambassadors

IA has the pleasure of introducing new ambassadors Sophie Pearce and Mike Dyer to the team. Together with Marketing, they will be working to create engaging and informative content to our followers on social media.



Sophie's association with IA is being one of the first ambassadors for the charity, playing a vital role in raising awareness, providing support and sharing her experience with others.

She wanted to become an ambassador, with the aim of raising awareness, providing support, and breaking stigmas surrounding living with a stoma. Sophie has worked in the NHS for over fifteen years, and has a passion for helping others with similar experiences and creating a positive impact.

With her own journey with Inflammatory Bowel Disease and having an ileostomy, it has given her an insight into the challenges people face. Sophie hopes to support and empower others going through similar experiences. She has a passion for making a positive impact in the lives of those dealing with similar health issues.

Mike has raised money for IA by taking part in 10km races and completing multiple competitive Tough Mudder events. More recently he has completed his One2One support volunteer training.

As an ambassador for Ileostomy and Internal Pouch Association, Mike aims to help raise awareness about his condition, and the challenges faced by individuals with an ileostomy.

By sharing his own experiences and educating others, Mike hopes to help reduce any stigma and misconceptions surrounding ileostomies.



## Ambassadors Needed

Do you enjoy using social media as a way of raising awareness? If being an Ambassador for IA is something you would be interested in, please get in touch by emailing [marketing@iasupport.org](mailto:marketing@iasupport.org) expressing your interest. Include your social media handles and what you raise awareness of and why.

# Running In Style



Steve Mack has taken the IA official running top for a spin! Training is going well for the London Landmarks Half Marathon on Sunday 7 April, just a couple of months to go and all our runners are well on their way to smashing their goals. Steve wants to thank all who have already donated, with funds helping those that are going through what he did 29 years ago. As the hashtag says #IAmStrong, and having an ileostomy should never hold you back from doing anything. We love Steve's approach to his training, and whether you are walking or running the race, IA are behind you all the way!

Use the link below to donate to JustGiving in support Steve and his incredible efforts for IA:

<https://rb.gy/tatru2>



# Norfolk & Suffolk IA



Our long standing member Peter Howard, who lives in Ipswich, will be taking part in the London Landmarks Half Marathon on Sunday 7 April, 2024. Peter will be walking the route to raise funds for IA. He would very much appreciate any local sponsorship from Norfolk & Suffolk IA members, and others. If you would like to donate and help Peter achieve his target of £500, you can do so via Just Giving here: [www.justgiving.com/Peter-Howard11](http://www.justgiving.com/Peter-Howard11).



Peter shares that there is a “healing” process for everybody, and that time period varies for each individual and one's particular circumstances.

Peter can truthfully say that once one has accepted that new “makeup” in one's life, it does not become a hindrance to normal living. It took him three/four years and his first flight to convince him that he could have his life back.

Since then it has not stopped him doing anything.

Peter has travelled the world following his passion for Natural History, and has been to far flung places such as Madagascar and the Galapagos Islands. He also worked in Africa (Ghana) for two years in a professional capacity as a Water Engineer. In addition, Peter has visited several other African counties doing voluntary wildlife conservation work. His main family live in China, and he has visited them five times, the most recently in October 2023.

Overall, it has made him a better person by realising that we are a very fallible, fragile creatures, and we all need a helping hand at times in our lives, and to be given care and consideration by our fellow human beings. Peter's illness made him appreciate good health and the need to seize every day, and to be constructive about one's time available.

# Catch Up With IA Group Relationship Lead Roy Bustin



This month there has been a focus on reviewing all the volunteering roles that we have at IA. The purpose of this is to consider how the different roles fit together. It's thinking about how these roles function and how they make a difference

to the people that we help. It's also about helping volunteers to be clear about what is and isn't expected of them. To support this, we have been busy refreshing the role descriptions so that they accurately reflect what volunteers do. We will be sharing these once finalised and hope that they will give volunteers clarification and confidence in their respective roles.

We also hope that having these role descriptions in place will encourage new volunteers to get involved. We want to have a range of volunteering roles available so that people can help out in ways that suit them, whilst making a positive impact on our work as a charity.

Communities across the UK have different needs, and so we want to be flexible in our volunteering offer to best meet that need. In some areas it may be necessary to develop bespoke role descriptions to make the most of local opportunities. It may also be appropriate to build a role description that is tailored to an individual where a person has particular skills to offer.

Our call to action for groups is to think creatively about what roles might be required for your committees now and into the future. If you are considering developing a new volunteering role, please get in touch so that we can discuss the requirements. I'm also keen to hear from groups that have existing bespoke committee roles as part of this work.

In other news, we are putting plans in place to relaunch some of our dormant groups. We hope to hold meetings over the summer to connect with members in Scotland, London and the South West. If you are based in any of those areas and would like more details, do get in touch. We are particularly keen to hear from anybody who can offer some help to make these meetings happen.

## Calling All Volunteers



We would love to share more of our volunteers stories to feature in this Update, the Journal, and on our social media platforms. IA is built on the power of volunteering, and we want to acknowledge and give thanks to you all.

Email [marketing@iasupport.org](mailto:marketing@iasupport.org) with the following information to get featured:

- Name and association with IA
- Photo
- What does volunteering mean to you?
- What advice would you give someone who is thinking about volunteering?

# IA INFORMATION DAY 2024

**Saturday 20 April 2024 from 9am**

**EMINENT SPEAKERS - WORKSHOPS - EXHIBITION - GALA DINNER**

**For more information, to see our programme for the day and to book, visit: <https://iasupport.org/infoday24>**

## **Programme includes:**

**IA The Gut Barrier in Health and Illness**  
Professor Gordon Carlson

**IA Cell Therapy: Looking Beyond Drugs to Treat IBD**  
Professor Peter Irving

**IA To Pouch or Not to Pouch**  
Mr Richard Lovegrove and Miss Abi Patel

**IA Patient Experience of Pre-Operative Stoma Education**  
Rosanna Miller and Flora Stevens

**plus more speakers on our programme... we couldn't fit anything else in!**

**plus our workshops including internal pouch discussion, 'Healthy Living Without a Colon' and 'Creating Calm'**

**IA**

**Hilton London Heathrow Airport,  
Terminal 5, Colnbrook, SL3 0FF**