This leaflet has been written to tell you about the Oxfordshire Ostomy Fellowship and how it may be able to help and support you.

People like you

Let us introduce ourselves. We are a voluntary self-help group of people like you, who have all had stoma surgery – colostomy, ileostomy or urostomy. We meet together regularly in fellowship and mutual support, because we find it helps us and enables us to help others too.

For example, some of us are able and willing to visit you while you are in hospital or when you are back at home, not just to talk about any problems a new ostomist is likely to face, but also to reassure you of the better life that lies ahead. Few, if any of us, would want to live again as we did in the months or years before surgery.

We are not specialists or experts. We are ordinary people who know and understand what you have been through, because we have been through it too. This was the basic reason why, on the suggestion of the Stomatherapy Department at the John Radcliffe Hospital, the Fellowship was formed.
What else do we do?

We meet socially. One popular regular event is our Christmas dinner and more recently we started holding a Christmas lunch, which for many of us marks the start of the festive season. We also organise short trips and visits. Perhaps our most popular fixtures are the skittles evenings, held two or three times a year. If you think because of your surgery you’ll never be able to bowl a skittles ball – then think again!

On a more serious note, we have raised money to buy items of equipment for the Stomatherapy Departments at the John Radcliffe and Churchill Hospitals. We also work with the stomatherapy nurses to help run Open Days, when manufacturers and other organisations display their equipment and services.

There is a modest subscription to join the Fellowship, which is currently £5 a year per ostomist. This is used to cover minimal administrative expenses.

If you would like one of us to visit, or if you are interested in joining us, please speak to your Advanced Nurse Practitioner or Specialist Nurse Practitioner. They will be able to put you in touch with us, or you can contact our secretary using the details below.

We look forward to meeting you.

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Other interesting websites:
www.ostomates.org
www.iasupport.org
www.colostomyassociation.org.uk
If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call 01865 221 473 or email PALSJR@ouh.nhs.uk