#### **Our North London Committee**

Chairman	Martin Slater	07799 117731
		martin.s.behar@btinternet.com
Hon Treasurer	Sean Belton	(020) 8372 5363
		seanbelton@blueyonder.co.uk
Hon Secretary	Julia Spanswick	07900 912949
		nlondon@iasupport.org
Vice Chair	Julia Spanswick	07900 912949
		nlondon@iasupport.org
Stoma Care		
Internal Pouch Co-ordinator	Julia Spanswick	07900 912949
Visiting Co-ordinator	Martin Slater	07799 117731
		martin.s.behar@btinternet.com
Minute Secretary	<b>Richard Kramer</b>	mail@richardkramer.co.uk
Web Page	Richard Kramer	mail@richardkramer.co.uk
Trustee		
Trustee	Brian Dunn	

#### Happy New Year to you all.

#### Social Event

Saturday 8<sup>th</sup> of March between midday and 2pm at Tody Restaurant, at Whitewebbs House, Whitewebbs Lane, Enfield, EN2 9HH. Please let Julia know if you can attend, so we can book a space at the restaurant. This is an opportunity to meet for a chat and it is up to you if you would like to buy a drink or a meal. I can recommend the carvery!!

# **Reminder - New Standing Orders to be completed**

As mentioned in previous Newsletters, if you pay your membership by standing order, you **will need to complete** a new standing order form, so membership payments can be received by IA centrally. New forms can be obtained from our National Office or can be downloaded from our membership page online – <u>www.iasupport.org/membership/</u>. Once completed, please take into your bank to change your IA standing order. Membership is an annual subscription of £15 or for over 60s it is £10. National Office are chasing up subscriptions.

# Membership

As some of you know, a good few years ago, it was decided that our members aged over 70, did not have to pay their membership and North London IA would use any funds to pay their membership. As



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we have now merged with National Office please note that this over 70s non-payment **<u>no longer applies</u>**. So please send your new standing order form to National Office

# Help needed for North London IA

We need your help. Could anyone compile our quarterly Newsletter and organise any social events? As you are all aware, Julia is working full time and with her family, she now no longer has time to fulfill the secretary duties. We have been asking for a replacement for her for a long time now, but unfortunately nobody is available. **PLEASE** can anyone help? *Thank you*.

### Important Notice

Please note, if you receive any accessories or samples in the IA Journal or from elsewhere, which you would like to try, please contact your local stoma Care Nurse first to check that the product is suitable for you.

Barnet Hospital	020 8216 5452	
Enfield Clinic (Appointment only)	07557 153764	
Finchley Memorial	020 8349 7529	
Lister Hospital	01438 284133	
UCLH & Middlesex	020 7830 9182	
North Middlesex Hospital	020 8887 2978 or 020 887 2000 and ask for	
	bleep 175/267	
Royal Free	020 7830 2693	
St Mark's Hospital	020 8235 4110	
Watford General Hospital	01923 217489	
Whittington	020 7288 5134 or 020 7272 3070 bleep 2604	
Borough of Camden	07901 118827	

#### Stoma Care Contacts

# Hope you are all keeping well



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