



<b>IA NORTH LONDON NEWSLETTER</b>	
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Vice President: Mr. Daren Francis FRCS	
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<b>Charity Number 1172338</b>	
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## Our North London Committee

<b>Chairman</b>	Martin Slater	07799 117731 martin.s.behar@btinternet.com
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<b>Stoma Care</b>		
<b>Internal Pouch Co-ordinator</b>	Julia Spanswick	07900 912949
<b>Visiting Co-ordinator</b>	Martin Slater	07799 117731 martin.s.behar@btinternet.com
<b>Minute Secretary</b>	Richard Kramer	mail@richardkramer.co.uk
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<b>Trustee</b>	Brian Dunn	

### *Here we go again.....*

As I type, we are about to go into our second lockdown. Who would have thought we would all be going through this!? We will get through it and by the time you are reading this, we should be out of the lockdown (fingers crossed). Sadly, Diwali would have passed during this time, but hopefully family celebrations can go ahead for Hanukkah and Christmas.

### *Welcome to our new members*

I'd like to welcome our new members who have recently joined us. As our usual socials can't go ahead, we have to wait until the time comes when we are allowed meet again over a tea or coffee or wine! I did think about setting up a zoom call, but with so many of us, it would prove to be impossible for everyone to have a chat at the same time.

### *Get well wishes*

A number of our members have been struggling with their health and have been in hospital to have surgery. I would like to wish those, who have had or are about to have surgery, the very best with your recovery and sending you strength for any ongoing treatment.

## ***IA Coronavirus Advice***

On our National IA website, there is an Information and Frequently Asked Questions section about this pandemic and having an Ileostomy or Internal Pouch. Thought it might be useful. I have attached the weblink <https://iasupport.org/coronavirus/>

## ***Surplus Ostomy Equipment***

If you have any surplus supplies, that you no longer require, Martin (our Chairman) has offered to collect these from you. He will then take these to Hospices of Hope (a fantastic charity), as they send surplus ostomy supplies to send to ostomists in Moldova. Please do contact Martin, if you would like him to take them off of your hands. **(his contact details are on the front page).**

## ***Membership***

Any queries about your membership, please do contact our National Office, as membership is now dealt with there. **0800 018 4724** or **info@iasupport.org**

## ***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.

## ***Stoma Care Contacts***

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

***Wishing everyone all a very Hanukkah and Christmas***

***Keep well, keep smiling and  
“keeeepppp dancing” (for any Strictly fans!)***

***Julia x***

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