

HAND *in* HAND

Issue 7

Winter 2007

- Landfill Sites...
what a load of
rubbish!
- Find out about our
NEW and IMPROVED
website!
- Launch of new
2 piece
- Tips and advice from
other ostomates!

SecuriCare

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• Editor's Notes

Dear Reader,

It's true what they say, for every thing there is a season. It seems appropriate that now that the leaves are changing, so is SecuriCare.

Since the last issue of Hand in Hand, Diane Kerwood has retired from her role as Managing Director. Diane was the only Managing Director in SecuriCare's history and she will be very much missed, though we will still be able to tap into her wealth of experience as she has taken on a part-time role as a management consultant.

Rather than taking on the impossible task of finding someone to fill Diane's shoes, SecuriCare and one of its sister companies, CliniMed® Ltd, are now being managed by Gemini Healthcare Services Ltd. The new management company aims to allow ever greater co-operation between the two companies.

So what does this mean to you? Well, you might hear some new voices on the Careline and it'll be my face at the end of these notes from now on, but there won't be any real changes to the way you place your orders or contact us. We will continue to provide the same award winning level of care as we did before the changes.

So on that note, I am honoured to present my first Hand in Hand. We've decided on a green theme for the winter edition, since it's harder to remember to play our part to avoid global warming while the weather gets colder and colder.

Happy reading,



Philip Allmark
Managing Director
Gemini Healthcare Services Ltd.

• Customer Charter

Christmas Ordering Hours

Last cutting day to secure an order before Christmas will be the 17th December 2007.

We will be closed on 25th and 26th December and the 1st January.

We will be open on 27th 28th and the 31st December
Our working hours will be 8am – 3pm.

Our Promise to you

- We will always treat you with respect and dignity
- We will always be polite and helpful
- We will ensure we are effective and pro-active in our communication
- We will always deal sensitively with your order or enquiry
- We act with honesty and integrity
- We welcome your views and suggestions
- We ensure our staff are trained and competent to deliver our services
- We will always keep our promises to you
- We will build long term partnerships in order to understand and satisfy the current and future needs of you – our customer

Being Accessible

Our main working hours are from 8am to 5.30pm Monday to Friday.

Outside those hours we have an answer phone service - leave a message and we will respond to it at the start of the next working day.

How to complain if you are unhappy with any of our services or products.

If you are unhappy with any of our services please inform the person who looks after your orders that you wish to make a complaint. They will endeavour to resolve your complaint straight away. If they are unable to do so, it will be referred to the Customer Relations Manager. If you wish to write to us then please send to:

Customer Relations Manager, SecuriCare Medical Ltd,
Compass House , Knaves Beech Way, Loudwater,
High Wycombe. HP10 9QY

Note: a copy of our complaints procedure can be obtained on request.



Landfill Sites

Over used landfills can cause many environmental problems, ranging from wind-blown litter and attraction of vermin to the pollution of water. Another by-product of landfills is landfill gas, produced by anaerobic decomposition of organic waste. This gas can create odour problems, kill surface vegetation, and is a contributor to greenhouse emissions.

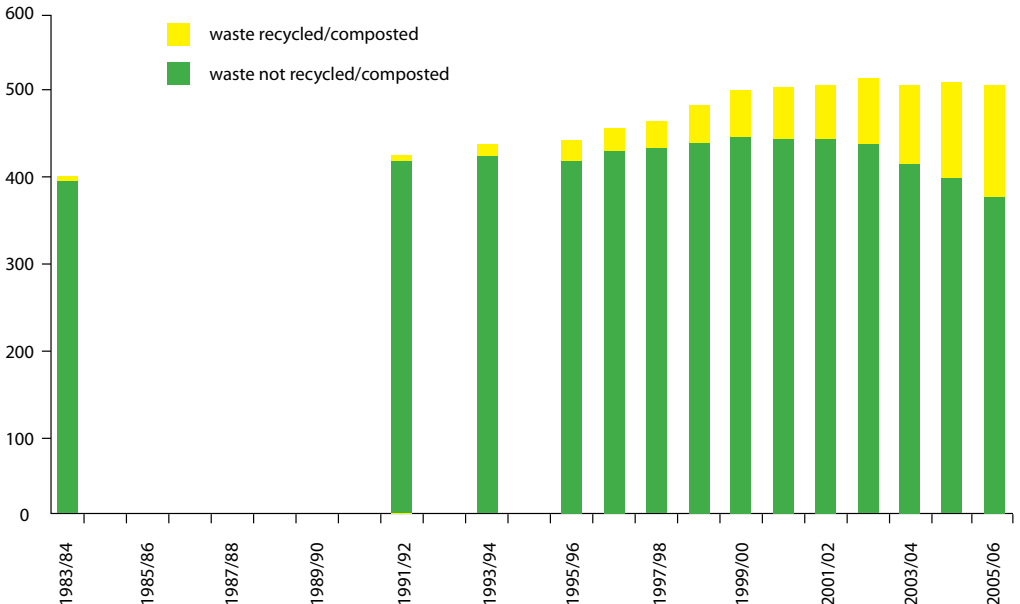
According to the Department for Environment, Food and Rural Affairs, the UK produced about 335 million tonnes of waste in 2004. Household waste, which includes household bin waste, waste from civic amenity sites, other household collections and recycling sites, represented about 9 per cent of the total.



Between 1995/96 and 2005/06 household waste per person increased by 14 per cent, with each person generating just over half a tonne on average per year. The good news is that in that same period, the percentage of household waste that was recycled or composted has risen from 6% to 26%, as people become more aware of the problems being faced. This means that in actual fact, the amount of waste going to landfill is decreasing as people start to realise how important it is for everyone to play their part to reduce the amount of waste ending up in landfills every year.

Household waste and recycling: 1983/4 - 2005/06 United Kingdom

kilograms per person per year



Source: Defra

FreeStyle Flushable

In response to the desire of concerned ostomates to reduce their household waste, Welland designed FreeStyle Flushable. It is the only biodegradable pouch on the market and also gives users the freedom to live more normally. The outer protective pouch is removed and the inner liner, including flange, can then be flushed down any toilet leaving a clean outer pouch for disposal at the user's convenience.

As well as being better for the environment, FreeStyle Flushable is a discreet and compact design with simple, fast fitting and removal.



¹ 'In tests, 100% of liners flushed away first time'

Welland have not sacrificed usability to make the FreeStyle Flushable green, and the pouch is also specifically designed to prevent leakage. Its HyperFlex flange ensures secure adhesion without skin discomfort on removal. The HyperFlex flange is specifically designed to allow bending, stretching and sideways movement thus prevent leakage and also maximises moisture permeability to reduce the likelihood of skin irritation. The soft outer cover stays cool, dry and comfortable and dries quickly after bathing, showering or swimming. The dual carb filter removes sulphurous and other complex organic odours. It is available in two sizes midi and maxi, to meet differing needs.

In these days when it is so important to protect the Earth from its gradual destruction, it is fantastic to see that there is one more way that you can do your bit for the environment. If you would like to try this product and see whether it could help you, please contact the Careline on 0800 585 125.

¹ Flushability test based on the UK and the European standard for domestic waste, Wurzburg, Germany

Testimonials from Patient comment

One of my major concerns during the early post-operational months was the disposal of contaminated blue bags... my main problem was away from home, especially when staying in a hotel or with friends. Placing blue bags in their toilet waste bin was embarrassing.

I started to explore the colostomy products on the market and received samples from various suppliers. However, all appliances were very much the same.

Then I attended a CliniMed® workshop and was introduced to the toilet-flushable appliances. I now use nothing else and enjoy a lifestyle I thought was never again going to be possible.

David Hutton
FreeStyle Flushable User

Welland Products are distributed in the UK by:
CliniMed® Ltd, Cavell House, Knaves Beech way, Loudwater, High Wycombe, Bucks HP10 9QY
CliniMed®, FreeStyle®, Curvex®, Hperflex® and dual-carb® are trademarks of CliniMed® (Holdings) Ltd

Update on Breakaway weekend 17th - 19th August 2007

In 2004, at the age of 28, I was diagnosed with Crohns disease. After two years of flare-ups, living in the bathroom, cramps and general ill health, I got my colostomy.

Having spent sometime checking out support groups on the Internet, I came across a message forum and chat room called Ostomyland. It is there that the story of breakaway really begins.

Through talking on Ostomyland's chat room, I met and became friends with Julie. One night after a nice meal and a few drinks, we were

talking about the lack of support for families with children with bowel or bladder dysfunctions. As I worked in an activity centre at the time, it was suggested we organise a weekend for families to meet, share experiences and most of all have fun.

After many sleepless nights, we got there. We managed to raise enough money to pay for most places in part, buy t-shirts, and pay for the flyers and other little things.

The 17th August came round really quickly. We had arranged team games so that everyone could get to know one another, and it really



worked. The children were like best mates and the parents were finally able to talk about their experiences with people who truly understood.

The weekend went on with canoeing, walking and other activities and despite the typical Welsh weather, everybody had great fun. A party night was organised for the last night with a bar and disco, and for me this was the highlight of the weekend. All I could do was smile as I looked around at all the happy faces, people of all ages and backgrounds dancing together and having fun.

Sunday came along and after the morning activity; we had a mini exhibition by the stoma care companies and the Colostomy Association. Many people don't realise that there are so many products available to choose, so we thought it was important to show.

When it was time for people to start heading home, I said a quick thank you on behalf of breakaway. It took me all my strength not to cry, but I managed!

I was, and still am overwhelmed by the way the families all bonded in such a short space of time. Many of them told me that breakaway was just what they had been looking for and it was so valuable.

So, where are we now? Breakaway 2008 is being planned for possibly the Easter or May school holidays. A Christmas get together is being discussed as well.



We need all the support we can get to reach new families, raise sponsorship money and the profile of breakaway. Without all of these things, it will be a struggle to make breakaway 2008 happen.

All that time ago, I was determined to give back and breakaway has allowed me to do this. Watching so many families come together and make new friends makes all the work worth while. Breakaway will continue for years to come.

Rachel Clarkson
In behalf of breakaway
www.breakaway-weekend.org.uk
tel: 0775 1560013



Launch of new FreeStyle 2 piece



- **Double your confidence**

The new coupling system combines the benefits of a traditional coupling mechanism with the double security of an adhesive pouch ring.

- **Stay Comfortable**

The new system is low profile and flexible, making it comfortable to wear.

- **Keep it simple**

The new system simply presses together.

FreeStyle 2 Piece has a new low profile double security coupling system

- The pouch ring fits snugly around the raised ring of the base plate
- The coupling is made doubly secure with an adhesive on the pouch ring which greatly reinforces the seal.

This gives ostomates reassuringly high levels of security together with the comfort normally associated with a one piece pouch.

FreeStyle 2 Piece is available in two ring sizes and three pouch sizes: midi, maxi and maxi plus. The pouches are available in both closed and drainable versions and have a new more modern beige coloured outer pouch fabric.



Picture of two piece drainable pouch

If you would like to try a free sample of FreeStyle 2 Piece Drainable or any other products in the FreeStyle range call **SecuriCare 0800 318965 to order your samples.**

Welland Products are distributed in the UK by:

CliniMed® Ltd, Cavell House, Knaves Beech way, Loudwater, High Wycombe, Bucks HP10 9QY

CliniMed®, FreeStyle®, Curvex®, Hperflex® and dual-carb® are trademarks of CliniMed® (Holdings) Ltd

Madeleine's wallets

Guardian Pouches are a convenient way to carry stoma pouches and accessories. Madeleine May, who used to stitch the upholstery for Jaguar cars, hand makes each one. They come in a variety of colours and are made especially to fit Welland Pouches. You can also carry disposal bags in them.

For more details please contact:

Tel: 01373 473217

Email: madeleinemay@blueyonder.co.uk

Recommend a friend

As an existing customer of SecuriCare Medical, you will know that we strive to give you an excellent service with our Home Delivery Service, Freephone Careline, Golden Patient service as well as samples from all manufacturers.

As you will also know, we were awarded the prestigious National Customer Service Award last year and recently we have been named Company of the Year at the Buckinghamshire Ambassadors' Business Awards 2007.

Rather than 'blowing our own trumpet' we would love you to do it for us.

Recommend a friend to the SecuriCare Home Delivery Service and we will send you a £5 Marks & Spencer voucher. Thank you for using SecuriCare's services. We look forward to providing your friend with the same excellent service you are receiving.





• Internet Update

Did you know that you can do the following online at www.securicaremedical.co.uk?

- **See our DVD on pouch change.** It's brand new and we hope it will help new ostomates learn to change a pouch.

SecuriCare
BIG ENOUGH TO COPE - SMALL ENOUGH TO CARE
careline 0800 585125

11 October 2007 contact us site map

HOME
PATIENTS
NURSES
CARELINE
FREE HOME DELIVERY
ORDER SAMPLES
HAND IN HAND
THE COMPANY
USEFUL LINKS
CONTACT US

Pouch Changing
Freephone - 0800 585 125
Please click on the dvd covers to access the films.

click below

What is a Stoma?
A stoma is an artificial opening on the abdominal wall of the large intestine (which is the end of the large intestine). The end of the intestine is pulled through an opening created by a surgeon on the surface of the abdomen. A stoma allows the passage of waste matter either faeces or urine. In most cases a pouch is worn over the stoma to collect waste matter. **please click the image on the left to access the film**

CLICK HERE

click below

Preparing To Change, Measure and Cut A Pouch
It is very important that you are fully prepared before you start changing your pouch. Ensure you have everything you need. **click on the image on the left to find out.** If you require further details on preparation including pouch cutting and errors please call the careline 0800 585125

CLICK HERE

BLOG

- High Wycombe Hospital Patient Day
- Sickup Open Day
- HAND IN HAND

- **Keep abreast with current events and exhibitions.** Our home page also has a blog (an online diary) which details current events and exhibitions. Keep an eye on this section for the most recent SecuriCare news.
- **Talk to a Careline advisor.** If you'd like some advice and would rather do it online than over the phone, clicking on the 'Need Help' icon during office hours will put you in contact with a Careline advisor.



- **Order your supplies.** If you click on Debbie's smiling face on the right hand side of the home page you can place your orders online. To make it even simpler, if you have ordered online before you can repeat your last order at the click of a button.



Loudwater Football Team

SecuriCare have sponsored the local under 14's training tops. They are a lovely bunch of lads that are doing very well.

Brad has now left the team after being signed by the Wycombe Wanderers, so keep your eye out for him on the up and up to play for England.

Travis is currently being trialed by Wycombe, and we've all got our fingers crossed for him!



So far this season they have played two league matches and two friendly matches, the scores were:
Beaconsfield FC (friendly) Loudwater won 4-0
Prestwood Colts (friendly) Loudwater won 4-1
Little Chalfont Cobras (league) Loudwater lost 4-0
Aston Clinton (league) Loudwater won 3-1

Top from left to right -
Aaron Taylor, Warren Sharif, Aaron Berry,
Cory Baptiste, Trae Gould, Richard Jaques.
Bottom left to right - Karl Parker, Tom
Claessens, Ryan O'Linn (Captain), Nicky
Bantick, Tom Smith and Josh Edwards.

Those missing from the photo - Josh
Mardell, Adam Scofield, Brad Miguel, Sam
Embury, Travis Henry and Joe Williams.

Gertrude's latest adventure

Most 92-year-olds are happy to spend their leisure time watching television but not Gertie-who has used the SecuriCare delivery service since 2004.

Gertie has recently abseiled 80ft down Peace Haven Heights. You may remember Gertie from our previous edition of Hand in Hand when she did an abseil of 40ft at Blackland Farm. Gertie said *'When you start off, getting over the barrier is really more frightening than the abseil. But once you get started it is quite thrilling really. The only bit I don't enjoy is walking back up all those steps afterwards, it is enough to give you heart failure.'*

Judy Maiden, Manager of Age Concern described Gertie as 'exceptional' and said she inspired many other older people.

Gertie has managed to raise over £1200 for CLIC Sergeant a charity for children with cancer. Gertie

said *'If I do not pop my clogs before I am 93, I will have another go next year.'* SecuriCare and Heath Press raised £150 on Gertrude's behalf.



Patient Groups/Open Days By Maureen Kelly-Smith

SecuriCare are very privileged to be invited to attend patient open days. These vary from small patient-run groups in a local centre or a church hall, to larger patient meetings of 200 plus, usually the annual general meetings of the various associations.

We get to meet the people we normally only deal with on the telephone. We often end up like one big family, getting to know the names of each others' spouses, children and pets. We share the good times and not so good, often with a hug.

I attended a patient meeting in a pub one evening because the hall was locked and we couldn't get in. Everyone had a wonderful evening in convivial surroundings.

SecuriCare have learnt a lot from this extra contact with the people we look after. We are able to get feedback on their experiences of our services, what we are doing well and what we can do better. We have just launched an incentive for our patients called "Recommend a Friend", and this is proving very successful with many Marks & Spencers vouchers sent out. What better way to learn about our service, than from your friend?

SecuriCare are pleased to be able to help raise funds for charities that are important to the people attending these open days by holding raffles in which we donate the prize to the charity of the winner's choice.



If you are a member of a group and you would like us to attend your open day, please give us a call on **0800 585125**.

Do you attend a patient group?

Name:

Address:

Telephone: E-Mail:

Patient Group name:

We will attend your patient group meeting and sponsor a raffle draw

I am happy to be contacted by Securicare Medical in connection with my stoma supplies (Please sign)

Open Day 10th November

It was a freezing November day outside, but Wycombe Hospital was bustling with 300 people who had gathered for the local branch of the Ileostomy Association's stoma care open day. There were seminars by ostomates and stoma specialists (including SecuriCare's own stoma care nurse, Andrea Thomas), raffle prizes and festive mulled wine. The highlight of the day, though, was unquestionably the "Ordinary Clothes for Extraordinary People" fashion parade.

Seven models, from all walks of life – and all with stomas, strutted their stuff in clothes kindly donated by Marks and Spencer. Maureen Kelly-Smith, a SecuriCare manager, worked with the Ileostomy Association to organise the fashion parade and was delighted by the overwhelmingly positive response. She says "The fashion show was designed to show new ostomates that they can resume life and wear normal clothing, without anyone knowing that they are wearing a pouch".



From left to right: Mr Dean Worrell, Lady Anne Reynolds, Mr. Frank Farrow, Ms. Anita Basile, Mr. Scott Clifford, Mrs Glenda Simmons, and Ms Eleanor Bull

SecuriCare

BIG ENOUGH TO COPE – SMALL ENOUGH TO CARE



Providers of stoma nurses for High Wycombe

Do you have a stoma and would like to see your stoma nurse?

Our local stoma clinics are held:

- Amersham Health Centre
Amersham
Third Tuesday of the month 14.00 – 15.00 pm
- Cross Keys Surgery,
High Street, Princes Risborough
First Thursday of the month 14.00 – 16.00 pm
- Knaves Beech Clinic
SecuriCare (Medical), Compass House,
Knaves Beech Way
Loudwater, High Wycombe
Every Wednesday 13.00 – 16.00 pm

FOR APPOINTMENTS AND ENQUIRIES
PLEASE CALL THE CARELINE ON

0800 585125

SecuriCare (Medical) Ltd, Compass House, Knaves Beech Way, Loudwater, High Wycombe, Bucks HP10 9QY
Tel: 01628 533383 Fax: 01628 523579
Email: info@securicaremedical.co.uk Web: www.securecaremedical.co.uk

Booklets



• Hints and Tips

Rose Farmer has had her stoma for 8 years and she called to tell us:

• Sore skin

"I had an excellent stoma nurse who told me to apply camomile lotion on the sore area (but not the stoma just on the skin), wait for it to dry and apply your pouch. This may be an old fashioned remedy but it has worked wonders for me."

- Debbie Bull, our Stoma Care Nurse in Bromley Hospital said her tip of the season was for new ostomates: "Use LBF to remove any residual glue left on the peristomal skin that will not come off with water."

• Cutting Pouches

Another tip that came in anonymously: "For those who prefer to cut out their own aperture, use curved scissors to make it easier." Scissors are available on request from your Stoma Nurse or by calling our Careline 0800 585125.

• Loose Stools

One final tip from our Careline team: "When the output is a bit runny eat some marshmallows or jelly babies about 5-10 minutes before you change your appliance. This will thicken the output."

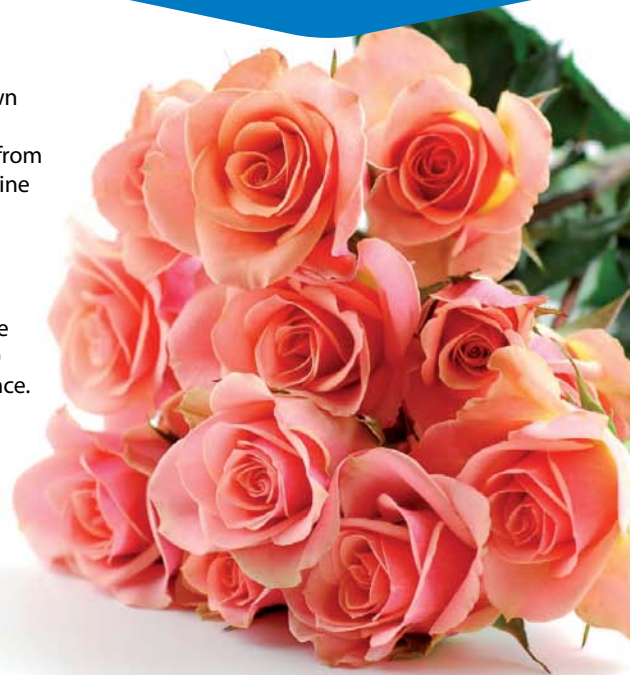
If YOU have any hints for other Ostomates please send them into Hand in Hand!

Thanks a bunch!!

We would like you to nominate anybody you feel needs to be recognized in our NEW Thanks a Bunch Award.

This award is for anybody you feels has gone that extra mile, been supportive, understanding and always there.

Please send in your nominations and we will draw out of a hat and send the winner a bunch of flowers in February 2008



We are always on the look-out for ostomates to help us try out new stoma products and accessories. If you are interested in taking part, please contact the Careline on 0800 585 125.

Stoma in other countries

Jacobs Well

By Kim Gorter



Just like taking your clothes to a charity shop, you can also save any redundant pouches from the rubbish tip. Jacobs Well is a charity dedicated to repackaging and redistributing unused medicines and medical appliances to third world countries.

At the same time as reducing waste, this service is also immeasurably important to patients facing scary and life changing surgery in terrible conditions.

One UK doctor currently working in Africa wrote in his blog (online diary) about performing an emergency ileostomy then finding that the hospital he was working at had no stoma supplies. The patient went home with a rubber glove taped to his stoma. Other reports tell of patients using coffee jars with a hole cut in the lid.

Jacobs Well is a Christian charity which doesn't only redistribute stoma supplies. Their aims include relieving need, hardship, sickness or distress of persons in third world areas, assisting persons in need of emergency disaster relief.

If you have any spare supplies lurking about your home, you can help this fantastic charity by contacting them through one of the below:

Website: www.thejacobswell.org
Email: TheJacobsWell@aol.com
Phone: 01482 881 162
Address: Jacob's Well, 2 Ladygate,
Beverley, East Yorkshire,
England, HU17 8BH

To help this fantastic charity
go to their website
www.thejacobswell.org

Readers Page

We often receive such lovely letters from our readers and below are some examples of some of the ones we have received. We welcome any letters and would love to hear any stories/poems for inclusions in future issues. If you would like to write to us please send letters to:

The Editor, Hand in Hand Magazine, SecuriCare Medical Ltd, Compass House, Knaves Beech Way, Loudwater, High Wycombe, Bucks. HP10 9BR

Jean made this lovely quilt and sent it in thanking us for our friendly help and concern.

The budgie in the background is not real!

Jean Merret



'The SecuriCare delivery service is efficient and customer focused. They look after their patients 100%. I have used many delivery companies in the past and SecuriCare is the best I have ever used'

David Remnant

Have your say!

Have you got an interesting story to share? Send in your articles, poems or ideas and you could feature in our next issue.

The Editor, Hand in Hand Magazine, SecuriCare Medical Ltd, Compass House, Knaves Beech Way, Loudwater, High Wycombe, Bucks. HP10 9BR

We recommend that you have an annual review with your stoma nurse. If you would like your annual review then please call the careline on

0800 585125

Recommend a Friend to receive a free copy of Hand in Hand.

Name:

Address:

Telephone:

E-Mail:

Stoma Type:

Recommended by:

A £5.00 M and S voucher will be sent to you on receipt of your friends first order

I am happy to be contacted by Securicare Medical in connection with my stoma supplies (Please sign)

• Celebrations

- Winnie was 80 years old on the 5th January 07. She is pictured here with her daughter.

Winnie had two lovely cakes



- Congratulations to Scott & Sarah Clifford on the birth of Luisa



- Geoff's carers arranged a surprise birthday for him. He is looking forward to his 90th!



- Congratulations to Mr & Mrs Docwar who got married on 7th July 07.

Marian is 67 and Syd 81 and they married at The Manor Barn, Bexhill on sea.



• Competition Winners

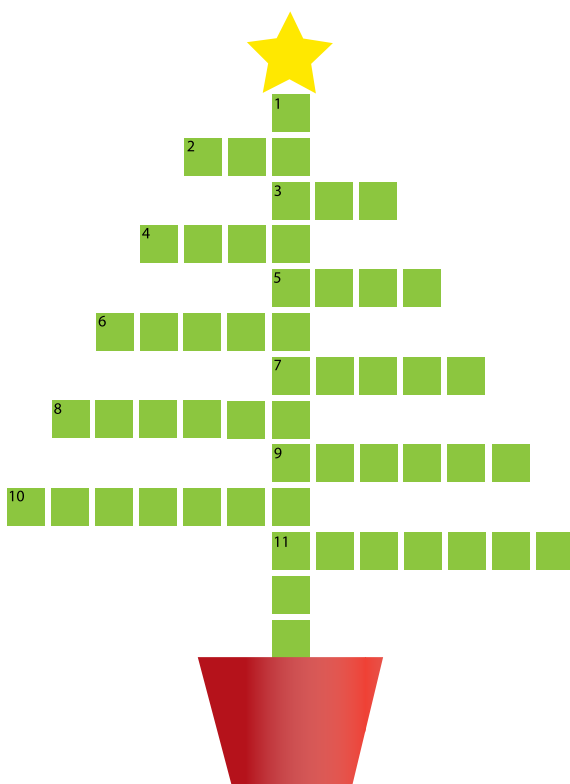
Here is our winner from the Summer competition 'Guess the Flags'. Mr G. F. Quested won £50 worth of Marks and Spencers vouchers! Well done!



• Under 12's Competition

Use the clues to fill in the words. When you have finished, write down what you think the mystery word down the middle is and send it to us before 14th February 2008. We will draw all the entries out of a hat and you may win a £20 Toys 'R' Us gift voucher!

2. The grey dust that is left when you use the fireplace.
3. The colour of Santa's suit.
4. A black cab that you can ride in London.
5. You can build a man with a carrot nose out of this!
6. A Christmas Carol "Silent _____".
7. Another Christmas Carol "We wish you a _____ Christmas".
8. You can take photos with this.
9. When snow gets wet, it gets like this!
10. If you're good, you may get one of these from Santa Claus.
11. To help save the Earth you should do this with your paper and bottles.



You can send it to:

Hand in Hand
SecuriCare Ltd
Compass House
Knaves Beech Way,
Loudwater, High Wycombe
Bucks, HP10 9QY

Or email it to:

enquiries@securicaremedical.co.uk

• Competition

Complete the crossword and send it in before Valentine's Day 2008 with your details. Entries will be drawn out of a hat. 1st prize will receive £20 M&S gift vouchers and we will offset your carbon footprint for a year via the Plant a Tree Today, 2nd prize will be £10 M&S gift Voucher and we will plant a tree on your behalf.

Across

1. The topping on an Irish coffee.
4. A fuzzy green Scrooge
7. The Wisemen followed the star from this direction.
9. Winter is Autumn and Spring.
10. A constellation that is especially visible in the Winter months.
11. A unique and cold individual.
13. Kind to our Earth
17. A parasite for kissing?
18. An ingredient in nog.

Down

2. The colour of holly berries.
3. These keep your hands warm – unless you lose them like the kittens!
4. A good place to grow tomatoes, but bad globally.
5. Not man-made.
6. Common name for euphorbia pulcherrima.
8. Santa's full name (2,8).
9. One of Santa's reindeer.
12. The best thing about Christmas!
14. A lively Scottish dance.
15. A fiery Roman Emperor.
16. A Pagan mid-winter festival.

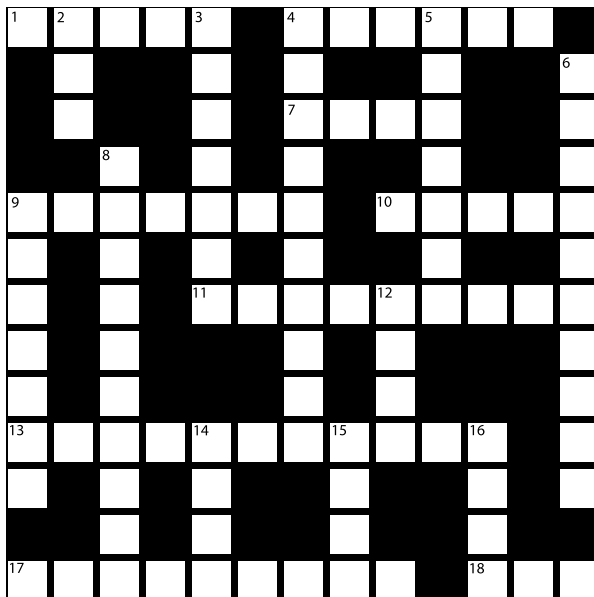
Complete the crossword and send it in before Valentine's Day 2008 with your details. Entries will be drawn out of a hat and you may win £20 in M&S Vouchers and a donation of £20 to a charity of your choice!

Name:

Address:

Postcode:

Chosen Charity:



• Who's Who at SecuriCare

Kim

G'day! I'm the marketing administrator for SecuriCare, so I chase up all the bits and pieces for the exhibitions and open days we attend. One of my unofficial duties is doing the crosswords for *Hand in Hand* so I hope you enjoy them. I moved to Gerrards Cross from Australia in April and so far I'm loving all the misty mornings, mossy woods and bounding squirrels. It's a big change from drought-struck Canberra with its kangaroos and screeching parrots, but the great people I work with are helping me feel more at home!



Vanessa

I joined Securicare in August 2003, as Administration Assistant for Distribution, and worked in Distribution for 14 months. Then, after meeting patients at an open day, I decided that I would enjoy a role where I would have patient contact, so I moved to a Customer Development Role. I live in High Wycombe with my husband of 24 years and my two sons of 22 and 20. I enjoy visiting the South of France, socialising and watching football!



Jan

I've worked as part of the Southern Securicare Nursing Team on and off since 1998, currently at the Princess Royal University Hospital, Farnborough, Kent. My family travelled to my birthplace, Canada, to experience life for a couple of years which was a wonderful experience. This summer, I completed my final year of my BSc. (Hons.) in Professional Practice in Health and Social Care. I spend my spare time enjoying family life with my two young children.



SecuriCare

HH6-0407

Useful Telephone Numbers

SecuriCare Careline
0800 585 125

SecuriCare Orderline
0800 318 965

Age Concern
020 8765 7200

Colostomy Association
0800 328 4257

Ileostomy & Internal Pouch Support Group
0800 018 4724

Urostomy Association
0870 770 7931

National Advisory Services for Parents of Children with a Stoma
01560 322 024

Samaritans
08457 90 90 90

SecuriCare (Medical) Ltd,
Compass House, Knaves Beech Way,
Loudwater, High Wycombe,
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Fax: 01628 533394

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www.Securicaremedical.co.uk