

HAND *in* HAND

SecuriCare®
Putting you first

INSIDE
THIS ISSUE

Issue 25

THE 25TH ANNIVERSARY EDITION OF HAND IN HAND Reflecting on past editions

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SPRINGTIME RESOLUTIONS Revisiting our goals



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UltraFrame

WHY NOT
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MEDIA? FIND US
ON FACEBOOK,
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AND TWITTER



FOREWORD

Dear Reader,

A very warm welcome to the 25th edition of Hand in Hand.

The 25th edition is something of a milestone in the history of our magazine, and while not quite 25 years, it did get me thinking about what historical UK events will be celebrating their 25th anniversaries in 2019, and how we now take them for granted.

For instance, did you know that the following happened in 1994?

- The Channel Tunnel opened
- The first National Lottery draw took place
- The Sunday trading laws were changed to allow longer opening hours for shops
- The internet was only available to 0.5% of the population - 300,000 people
- The Daily Telegraph launched the first online newspaper

Looking at some of these makes you realise how quickly things become expected as part of our daily lives. It also makes you wonder what's to come.

In 25 years from now what will we not be able to live without?

Driverless cars perhaps? Who knows! It's all about the planning and goal setting of us personally and for the world in general. Setting goals is a major theme of this edition and I hope you enjoy reading the contributions from all as you plan what to do during 2019, particularly now that the warmer weather is here and everything seems that much brighter.

As ever I would like to thank all involved in creating this edition and particularly those that have taken the time to contribute.

Happy reading!

Neil Freeman

Managing Director,
CliniMed Ltd & SecuriCare (Medical) Ltd



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THE 25TH ANNIVERSARY
EDITION OF HAND IN HAND



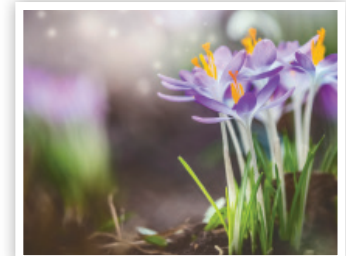
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AND THE CLINIMED LEAGUE



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SPRINGTIME RESOLUTIONS



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THE 25TH ANNIVERSARY EDITION OF HAND IN HAND

Does the number 25 mean anything to you? Perhaps it's a lucky number, the date of your birthday or a particular happy memory, the number of years you've been married, the age you met your best friend or the title of your favourite Adele album.

25 means something to the SecuriCare team because it's the total number of Hand in Hand editions we've put together over the years. 15 years ago the ball started rolling for the first issue and we are still proud to be delivering a magazine full of real life experiences and information about new products.

WHAT HAVE WE DONE IN THE PAST 25 EDITIONS?

We've travelled round the world with our SecuriCare patients (sadly, not literally!), sunbathing in Cuba, sightseeing in Dubai, even dancing at festivals in London. As well as their experiences, holidaymakers and security specialists have all shared their travel tips. We've featured ostomates who have taken part in rugby leagues, basketball tournaments, some have even been absailing and skydiving! And we've had many inspirational people share their stoma and continence journeys.

FACTS ABOUT THE NUMBER 25:

- 25 years of marriage denotes a silver wedding anniversary
- 25 years ago, Beckindale was the setting for Emmerdale, the village was renamed after the soap opera in 1994 following the plane crash story line of 1993
- The M25 is the motorway that circulates London, at 117 miles it is the second longest ringroad in the world
- The sitcom 'Friends' turns 25 years old in 2019
- William McKinley was the 25th president of the United States
- The Lion King, Pulp Fiction and Forrest Gump were released in 1994, 25 years ago
- 25 million people in the UK saw Prince William marry Kate Middleton in 2011



It's not just the front cover that's changed over the past 25 editions. Hand in Hand is now filled with a variety-pack of features, 'Ask-A-Pharmacist', 'CSR update', 'Day in the life of...' just to name a few of the regulars. The magazine is a really easy way to meet members of the SecuriCare team and hear about our charity fundraising throughout the year. Plus we love to hear from a guest writer or 3!

Lots of people have come together in the making of Hand in Hand over the past 25 editions. We would like to say a big thank you to all our readers and writers. We hope to bring you many more interesting stories – here's to the next 25 editions.

All the best,

The Hand in Hand
editorial team x

**Hand in Hand provides
an opportunity to share
your story. If you'd like
to contribute to a future
edition, please email
editor@securicaremedical.co.uk**



MY BAG AND I

If you've spent some time on social media recently you may have heard of a new documentary that explores the lives of social ostomates throughout the UK, 'My Bag and I'. In the film, Cornwall-based director, Michael Durban, reflects on his own experiences as an ostomate in an effort to change public perception of what it means to live with a stoma.



Hari Ryder is an Occupational Therapist from North Wales who stars in 'My Bag and I'. In the documentary, Hari shares the story of her battle with ulcerative colitis, and how she learnt to live her best life following her ileostomy surgery. Hari spoke to the 'My Bag and I' team about her involvement in the project and her recent filming trip to Cornwall.

"I applied to be a part of the 'My Bag and I' project because there's still a stigma around having a stoma and I wanted to show that

these perceptions can be very wrong. My main goal is to prove that quality of life can be better with a stoma and it shouldn't always be seen as a threat or a dreaded last resort.

After travelling down from North Wales to Cornwall, I had a fantastic few days with Michael and the rest of the crew. Spending time with people who understand what life is like with a stoma, and with people who were curious and eager to learn, really helped make the experience memorable. The interview, the chats between filming and the laughter we shared felt like a different kind of therapy. I lived with ulcerative colitis for years, so when I got my ileostomy in 2017 it was a huge change for the better.

I hope that 'My Bag and I' helps young people, with or without a stoma, to open their minds and understand that having a stoma does have negative sides - but for many people, the good outweighs the bad! I also hope that it helps people with a stoma feel empowered and confident in their bodies as they go about their daily lives. You may have to adapt things, change routines, but with a bag you can be unstoppable. Being part of 'My Bag and I' helped me with this aspect of my life, now it's time to let it help a lot more people.

This project taught me that you might have a bag, but you're still a human with feelings, hopes and dreams – embrace it."

If you would like to keep up to date with 'My Bag and I', you can follow the team's progress on social media.



@mybagandI2019



My Bag and I

KEN MOORE: MY JOURNEY

In 2016, I was referred to University Hospital of North Durham, I was told that there was cancer at both ends of my colon and that it needed to be removed. Just 5 months later, the surgery took place. Had it not been for my alert GP, Dr Stanley, I may not have been able to write this article - my good fortune emphasised by the fact he retired 3 weeks later!

Several weeks of sickness and fatigue followed. I had accepted my stoma and this life changing condition almost from the outset, even though, or maybe because it could not be reversed. At times I was angry because the pouches given to me frequently leaked, sometimes after exertion but worse during the night. I am usually a very positive, optimistic person but I found the ups and downs very trying. After about 6 months I was introduced to the convex style pouch which made a huge difference as there have been no leaks ever since.



Ken with his daughter, Catherine, and his wife, Joan.

After my surgery I was advised to have chemotherapy due to one suspicious lymph. The oncology team were excellent and created a great atmosphere – respecting differences in patient reactions from relaxed to seriously worried or suffering chemo side-effects. My treatment course was cut short to 8 treatments (rather than 12) due to some of these painful side-effects.

Due to a breakdown in communication between the hospital and my GP, my treatment was delayed and I had to work much harder than I should to get some medication. I was truly grateful to one of the nurses who personally delivered the medication to my home after completing her full day shift- she was one of many exceptional people whom I met during my treatment.

A group of 4 of us in a small recovery ward in the hospital, despite our problems, were

able to have some respite from the situation through our sense of fun and mischief. We often talked about our experiences of the NHS. I urge anyone to do as I did should you face any problems - write to the hospital, report those shortcomings you experience; it just might make a difference and ease some of the pressures on both staff and patients.

Now I am enjoying the services of SecuriCare and local stoma support teams who do important jobs efficiently and with a smile on their faces. I always look forward to speaking to them when it is time to put my order in and I know they won't let me down.

In October 2017 I finally got back onto the golf course, I had resumed many of my activities long before that. I organise 10-pin bowling and indoor games for the young adult members of Down's Syndrome North East, my own daughter Catherine being a member. Our son, Martin is recovering from 2 strokes, he is as determined as me to return

to work and everyday activities. Our eldest son, Andrew, has a beautiful son who brings a lot of light to our lives.

As for the future, I shall take every day as it comes and enjoy my family and friends. I did not realise how many of those people would step in to give my wife and I such tremendous support when we needed it most. When I retired I said I intended to live to be 100 and that ambition remains as strong as ever – still 23 years to go which will take us past our diamond wedding anniversary!



Ken with his grandson - what a smile!

basketballscotland AND THE CLINIMED LEAGUE

We spoke to a number of key people involved in the CliniMed League, including **Tina Gordon**, Talent and Pathways Manager for **basketballscotland**, to hear more about the partnership...



"Wheelchair basketball is a lot of fun and it's been brilliant to see the sport grow over the past 2 years with the partnership support of CliniMed, SecuriCare's sister company. The league started with only a handful of clubs, now there's a cup competition, play-off finals and an All Star exhibition game.

The All Star exhibition game made its debut at **basketballscotland's** wider cup finals weekend at ORIAM Performance Centre in Edinburgh. The game was thrilling from the start, providing basket-for-basket entertainment throughout, ending in a nail-biting 2 point win to the East. The fanbase is growing too, over 6,000 people tuned in to watch on social media!

Any person of any age, ability and gender can have a go at wheelchair basketball, there are always spare sports wheelchairs for new players to have a go – all you need to bring is a love for the sport. There's a great camaraderie between our clubs, which are based all over Scotland in Aberdeen, Inverness, Dundee, Edinburgh, Glasgow and everyone's keen to pass on their wealth of basketball knowledge on the court and life skills and experience off the court."

Some fellow wheelchair basketball enthusiasts also wanted to share their thoughts on the CliniMed League...

"Taking part in the CliniMed League is vital for our club as it enables us to develop and increase our performance. Most importantly it helps us build relationships and bond with others in the wheelchair basketball community." **Karen Carruth, Scottish Women Warriors**

"The CliniMed League is an excellent development platform for new and young players, I think it's integral to the wheelchair basketball

pathway. It's also nice to have the All Star game to showcase the standard of talent across Scotland, this is key to bringing our community together." **Grant Wilson, coach of the Grampian Flyers in Aberdeen and Head Coach of the West All Star squad**

*"I'm really happy to be going into another season in partnership with **basketballscotland**. The partnership has given CliniMed a brilliant chance to*

support events and meet lots of new people." **Mike Ferrier, CliniMed Product Specialist**

Mike has developed a strong rapport with the clubs and players, he's a regular at events and it's safe to say that his knowledge of the sport and cheerleading skills are coming on leaps and bounds... the next step will be to get him playing, go on Mike!





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New Curan® Man, for intermittent self-catheterisation, is designed with you in mind. Lubricated with a mess-free gel to ensure smooth insertion and removal, Curan Man is easy to use. Clean and hygienic, the single-use catheter has a soft guide to aid no-touch application and can be fully resealed after use for convenient disposal. Foldable for discreet, compact carrying away from home, Curan Man fits in to your life perfectly.

For more information or a free sample, call the CliniMed Careline on 0800 036 0100

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we build the security

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- Skin-friendly Hyperflex® hydrocolloid flange with medical grade **Manuka honey** for extra kindness
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with Manuka honey

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Manufactured by Welland®, a CliniMed® Group company

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WE LOVE HEARING FROM YOU!

PRODUCT REVIEW

We recently caught up with Aura Convex user, Chris Delamar, and Aura Profile user, David Tuffield, to find out their thoughts on these pouches.

AURA CONVEX

Aura Convex is designed to provide support for ostomates with poorly-sited, recessed or retracted stomas. The flange containing medical grade Manuka honey applies gentle pressure to help bring the stoma out into the bag, reducing the risk of leaks.

Chris Delamar, ileostomate

"I was recommended Aura Convex by my Stoma Care Nurse back in June 2017 and I'm so glad I was. I've tried other convex pouches but I never seemed to get on with them. Aura Convex applies an extra gentle pressure that comfortably pushes out my stoma and has resulted in no leakage for me, which is brilliant. The pouch with the Manuka honey seems to suit my skin perfectly, I've recommended this product to several friends and they too have switched to Aura Convex."



Aura[®]
with Manuka honey

AURA PROFILE

Aura Profile has a flexible and adaptable flange containing medical grade Manuka honey, which moulds and shapes around the contours of a parastomal hernia providing a secure, leak-free fit.

David Tuffield, colostomate

"To give you some information about myself, my background is in engineering but aged 40 I migrated over to Sales and Marketing for a French organisation and then for a US manufacturer.

I've had my stoma since 2011 after I underwent surgery for bowel cancer, 6 months later I developed a parastomal hernia, I have to use a hernia belt 24/7. I'd been using my old pouch for 6 years, however, after using Aura Profile for around 6 months, I can conclude for several reasons that Aura Profile is far superior.



The pouch moulds around my hernia for a snugly fit, my tummy is enlarged around the waistline so a good fit is essential. The flange has been extremely friendly to the skin around my stoma and the Manuka honey is the key, without doubt this is one of the major improvements over my old pouch. I've also found Aura Profile to be more secure and reliable at night time which is very important to me, the belt tabs are a good feature too."

Thank you to David and Chris for sharing their comments. If you'd like to sample one of these pouches call 0800 318 965 or visit clinimed.co.uk

We'd love to hear from you!

A FEW EXERCISES TO HELP IMPROVE CORE STRENGTH

Developing a parastomal hernia can be a common complication after stoma surgery. Parastomal hernias can occur because the surgeon has had to cut through core muscles to reach the bowel, this weakens the muscles and can lead to a higher risk of the bowel breaking through the abdominal wall.

Preparing your body before and after surgery by strengthening your abdominal muscles may help to reduce the chances of developing a parastomal hernia. Jay Hyrons, qualified Clinical Personal Fitness Trainer, has used her knowledge and experience of having a colostomy to develop a fitness plan designed to improve core strength and help to prevent the development of a parastomal hernia. Below are a few of the exercises in her plan:

"For the first 3 months following surgery, avoid all heavy lifting and support your stoma and stomach when crouching or doing anything that might strain the stomach muscles. Always check with your Stoma Care Nurse before starting any exercise programme.

BREATHING

This gentle breathing exercise is great for all ages and is one of the first exercises you'll be given in hospital. It can be performed lying down, sitting down or standing up.

1. Breathe in
2. Suck in your tummy muscles
3. Hold

Aim for 10-15 seconds and then relax.

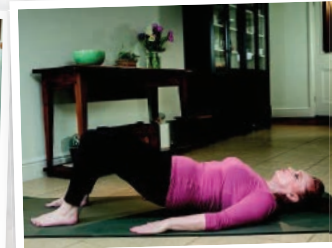
Over time, you can build up the time to 2-3 minutes. The longer, the better!



Please note: If you feel any pain or are unwell during the exercises stop immediately and seek medical advice.



Start by lying on the floor, feet flat, knees bent, back flat (you should be able to just fit your hand underneath), hand and arms should be out to the side



Lift up slowly



Hold at the top (if you can), then gently lower back down

THE BRIDGE

This exercise is a little bit harder. If performing post-surgery, check you are ready by consulting with your doctor or Stoma Care Nurse.

Aim for 3 sets of 10 repetitions and gradually build this up as you get stronger. You can make the exercise more challenging by putting your feet up on a box/chair or adding a light weight across your hips."

To check out Jay's fitness plan in full, visit clinimed.co.uk/hernia-prevention



Do you have a parastomal hernia?

If you have a hernia you might like to try Aura Profile, it has a specially designed flexible and adaptable flange containing medical grade Manuka honey, which moulds and shapes around the contours of a parastomal hernia providing a secure, leak-free fit.


For a sample call 0800 318 965 or visit clinimed.co.uk

MOULDS AROUND YOUR PROFILE



Aura® Profile

moulds and shapes around the contours of a parastomal hernia providing a secure, leak-free fit

- **Unique flange** can be fully inverted to adapt to any body profile
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Aura®
Profile
with Manuka honey

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Manufactured by Welland®, a CliniMed® Group company

HAVE YOU SEEN ULTRAFRAME® YET?

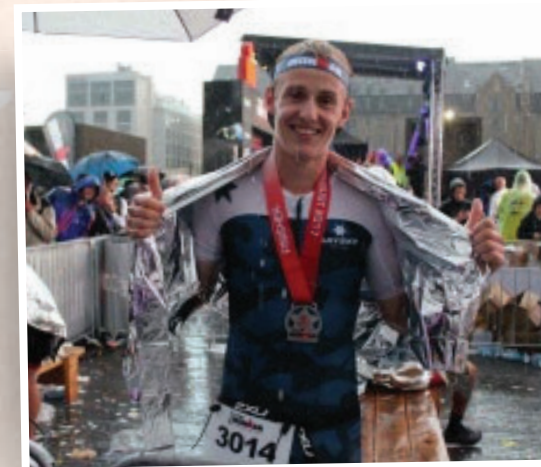
We can't blame you if you haven't, after all it's the thinnest flange extender in the world! If you enjoy walking, playing sport, gardening, swimming or any form of exercise, then UltraFrame could be worth trying.

UltraFrame is a revolutionary alternative to hydrocolloid flange extenders and is made from an ultra-thin, transparent and waterproof film. The material feels like a second skin that moves with your body allowing freedom and movement – it's a great choice when active and in water.

Ileostomate, Jack Holst, used UltraFrame during his recent Ironman race.

"I couldn't even feel I had a flange extender on! It felt just like my skin."

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call 0800 318 965
or visit clinimed.co.uk



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KEEPING UP WITH NEW YEAR'S RESOLUTIONS

The break between years always seems like the right time to have a go at something new. So, at the start of the year most of us decide to sign ourselves up to some New Year's Resolutions. They always start with good intentions and a belly full of mince pies, however, a study found that 80% of people give up on their New Year's Resolutions after just 6 weeks¹.

Come spring, the healthy recipe books are back on the shelf, the trainers tucked neatly in the back of the wardrobe and the 'Learn French in 5 weeks' tapes lost down the back of the sofa.

The festivities and follies of New Year might not be the best time to stick to 'healthy' goals after all. But the spring air is slightly warmer and the light evenings will certainly make it easier to get out and about. It might have taken a few months, but we've realised the trick is to choose a goal that is achievable, a small change that's not too difficult – so we don't abandon it in week 6. New Year's Resolutions are out of the window and it's time to have a little spring clean of our goals.

Dust off those recipe books, the trainers, the language tapes, here comes the Springtime Resolution Revolution!

1. Luciani, Joseph "Why 80 Percent of New Year's Resolutions Fail" U.S. News & World Report. Dec 2015 [Accessed 13.02.2019]



We caught up with a few members of the SecuriCare team to find out about their New Year's Resolutions and whether they managed to stick with them...



"Hi, my name's Jola, my New Year's Resolution was to attempt Dry January, it only lasted 2 days so that went out of the window! I gave it a go and at least I had fun during the month."



"My name's Alex, I work in Patient Services and my resolution for 2019 was to see more of my family (they live just over an hour away). So far I've seen my mother and brothers at least once a month, and I'm taking both my parents to the theatre very soon."



"Hello, I'm Kathy, my New Year's Resolution was to try not to buy anything that I don't 100%, definitely need for a whole year – only the necessities. I am managing to stick to it... so far!"

SPRINGTIME RESOLUTIONS ...REVISITING OUR GOALS

I always try to write down my goals as they pop into my head, because you can bet that as soon as another thought pops along, I've already forgotten about the good intentions I had 5 minutes ago. So, I urge you to take some time and jot some ideas of your own goals in the lines below.

Kind regards,

Maddy Mills, Hand in Hand Editor

GETTING OUT AND ABOUT

No matter the distance, getting out of the house can positively influence our wellbeing. The evenings are lighter, the days longer, and sunny days feel much more inviting to go out and enjoy.

TAKE A BREAK

Taking a break can mean whatever you want it to. You could plan a quiet night in, spare 10 minutes for a cup of tea or catch up with some friends, taking time for ourselves can be good for our state of mind.

SEE SOMETHING NEW

Experience something new whether that's a café that has opened down the road, the latest must-see TV show or an exhibition at a gallery.

OPEN UP TO NEW EXPERIENCES

Is there something you always meant to do, but just haven't got around to yet? By setting small challenges you may discover a passion for a new hobby or skill.

SPREAD KINDNESS TO OTHERS

Kindness is contagious. A study in 2017 found that practising intentional kindness can help to reduce stress. One small act of kindness a day could improve your own happiness and spread a bit of sunshine as well.

KEEP ACTIVE

Staying active is a healthy habit. No matter what stage you're at post-surgery, remember to check with your Stoma Care Nurse before starting any new exercise plans.

Qualified Clinical Personal Fitness Trainer and colostomate, Jay Hyrons, suggests starting with some simple breathing exercises. Watch Jay's 'Exercises to improve core strength' video at www.clinimed.co.uk/stoma-care/stoma-problems/hernia or see pages 16 & 17 for 'A few exercises to help improve core strength'.

ALWAYS LEARNING

On my first day at SecuriCare our Clinical Governance Manager, Pamela White, told me that "every day is a school day". I got to thinking of school and fond memories of my English teacher scribbling her 'Word of the Week' on the whiteboard, so I'd like to share the best word she ever taught me:

Serendipity (noun) The faculty of making fortunate discoveries by accident.

1. Winkler, J. L., Walsh, M. E., de Blois, M., Maré, & Carvajal, S. C. "Kind discipline: Developing a conceptual model of a promising school discipline approach" Evaluation and Program Planning, 2017.

ERIC, THE CHILDREN'S BOWEL & BLADDER CHARITY

Helping the families of children with a continence problem.



A few smiley members of the ERIC helpline team



Alina Lynden, Communications Manager and Helpline Advisor, tells us more about the charity...

Childhood continence problems are much more common than many people realise. It's estimated that at least 900,000 children in the UK are living with a bowel or bladder problem, that's 1 in 12 young people between 5 and 19 years old. This number includes those struggling with bedwetting, constipation, soiling, daytime bladder problems and more complex bladder/bowel issues.

ERIC, the Children's Bowel and Bladder Charity, provides young people and their families with support, understanding and information to help manage their conditions. Based in

Bristol and celebrating their 30th year this spring, ERIC supported over 300,000 children, families and healthcare professionals in 2018. Dedicated to breaking down the stigma that often prevents people openly talking about wee and poo problems, ERIC is reliant on income from donations, charitable trusts and shop/training sales.

The ERIC website (www.eric.org.uk) is full of information, blogs, videos and articles for young people with continence problems and those supporting them including parents, carers, education and healthcare professionals.

ERIC OFFERS:

- A **helpline** with trained advisors offering a listening ear, practical tips and support. Open Monday – Thursday, 10am – 2pm, **Freephone 0808 169 9949**
- The Children's Continence Pathway: an online tool for parents, carers and healthcare professionals
- Downloadable **ERIC guides** and factsheets
- An **online shop** that stocks over 200 products to help children manage their continence problem
- ERIC's Health Unlocked Community a **supportive online community** with over 2,600 members <https://healthunlocked.com/eric>
- Training courses for professionals, early years workers and parents/carers

Get details of all available courses and book your place: www.eric.org.uk/workshops



DAY IN THE LIFE OF... MOIRA EVANS, PRODUCT DEVELOPMENT CLINICAL LEAD

In this edition of our 'Day in the life of ...' we hear from **Moira Evans, Product Development Clinical Lead** for our sister company, **CliniMed**.



"Hello, my name is Moira Evans and I am a Product Development Clinical Lead. I started my career as a nurse, later moving into sales management for wound care companies. However, in September 2012 I thought it was time to have a more clinical focus and that's when I joined CliniMed.

There's no such thing as a regular day in my job. I may be liaising with patients as part of a new product development evaluation, facilitating meetings with nurses to design care plans, or writing presentations for stoma conferences - it depends on the day!

Most of my time is spent supporting patient outcomes one way or another.

I've had a few stand-out moments during my time with CliniMed. I had the great privilege of presenting the benefits of Aura pouch flanges containing medical grade Manuka honey found from a large study of over 1,000 patients that I helped facilitate in the UK. I felt proud to share their feedback with fellow nurses around the world.

The opportunity also took me to somewhere new - Asia! Where I attended the World Congress of Enterostomal Therapists (WCET) conference in Kuala Lumpur, Malaysia.

Outside of CliniMed one of the funniest, most rewarding experiences (apart from family time) I have had was when I participated in a 2-hour non-stop Zumba marathon that raised funds for the Christie Hospital, Manchester. Although, they didn't tell us about the warm-up, so when the clock hit 2 hours we thought we were done - the singing and cheering was premature as there was still another half an hour to go!

In 2019 I'm looking forward to carrying on with the patient support we offer with the development of new products, and hopefully being able to make a difference to another patient's life. (I'm also going to see the Strictly Come Dancing Live tour!)"

Fun Fact about Moira: *If you catch her on a special occasion you might witness a short burst of Irish Dancing!*

freedom to be...

...transported to another world

Norman, 67



For many colostomates, using Aura Flushable can be life changing. Proven not to block domestic pumping stations* the inner liner and flange can be flushed in domestic toilets. As well as discreet and convenient disposal, the inclusion of medical grade Manuka honey to the flange may help to promote healthy skin around the stoma

Where will Aura Flushable take you?

For a free sample:

Call: **0808 301 2006**

Email: enquiries@clinimed.co.uk quoting **19 AuraFlush AD**

Find out more at www.clinimed.co.uk

CliniMed®

Flushable
Aura®
with Manuka honey

*WRC independent testing 2017. Data on file.

Manufactured by Welland®, a CliniMed® Group company. Welland products are distributed in the UK by CliniMed Ltd. Tel: 01628 850100 Fax: 01628 523579 Email: enquiries@clinimed.co.uk or visit www.clinimed.co.uk. CliniMed Ltd., a company registered in England number 01646927. Registered office: Cavell House, Knaves Beech Way, Loudwater, High Wycombe, Bucks HP10 9QY. CliniMed® 2019. PID 6783

AURA FLUSHABLE POUCHES GIVE YOU THE FREEDOM TO BE YOU AGAIN



We recently worked with Vicki from our 'Freedom To Be' campaign to create an animated film that shares her story. Vicki is a cancer survivor and colostomate who really struggled to adjust to life with a colostomy, but since discovering Aura Flushable she hasn't looked back.



"Aura Flushable is brilliant. It enables me to do all that I want to do, all the things I could do, before I had a colostomy. Life with a colostomy doesn't have to be sitting at home, not going anywhere, not visiting people. The flushable pouches give you the freedom to be you again."

Vicki hopes that by sharing her story, she can help other colostomates regain their freedom. Aura Flushable has been a life changing product for her and it could be for someone else too.



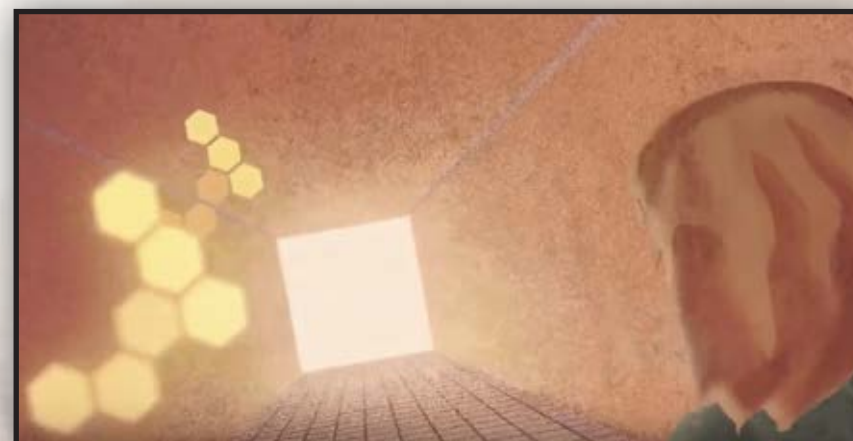
To watch the animation, visit www.clinimed.co.uk/AuraFlushableAnimation

You can hear from other Aura Flushable users at FlushableFreedom.co.uk

Aura Flushable is a unique flushable colostomy pouch that has been designed to improve quality of life by giving colostomates more options when it comes to disposing of their used pouch. The inner liner and flange can be flushed in domestic toilets, septic tanks and single flush siphonic systems.

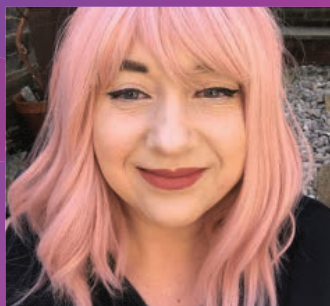
The unique skin-friendly Hyperflex® hydrocolloid flange contains medical grade Manuka honey which may help to promote healthy skin around the stoma.

If you'd like a sample of one of these pouches call 0800 318 965 or visit clinimed.co.uk



SECURICARE'S BLOGGERS OF 2019

The SecuriCare website features a large blog section full of top tips and personal advice from our team of resident bloggers. We're pleased to have so many advocates raising awareness for both the continence and ostomy community and we recently welcomed some new faces.



ANITA BROWN: Public Health Advocate, Continence and Urostomy Blogger

We are delighted to welcome Anita Brown to our team of resident bloggers. You may recognise Anita from her advocacy work and personal blog entitled, My Big Fat British Bladder Tumour.

Anita will be blogging with us to help raise awareness of continence issues, having experienced bladder problems her entire life; from incontinence, kidney and bladder stones, to her experience living with terminal small cell bladder cancer.



NATHAN WHEELER: YouTuber and Ileostomate

Nathan is a popular YouTuber who regularly vlogs about men's lifestyle and pop culture. He's had an ileostomy since 2007 when he was just 17, so has a pretty good idea about how to deal with the struggles of a stoma.

He wants to share his experiences and bring a "light-hearted approach to all the questions that no one wants to ask". He'll also be vlogging for us so keep an eye out for his SecuriCare videos on our social media.



LAYLA BLACKWELL: Wheelchair Basketball Player and Patient Advocate

Born with cerebral palsy, Layla is a wheelchair user who tries to live life to the full. She advocates for other disabled women and children and is a member of the Scottish Women Warriors wheelchair basketball team.

Layla is also a student, a writer and owner of a lovely black cat! She'll be blogging with us about her continence related issues.



GARY DAVIDSON: Active Sportsman and Continence Blogger

Recently new to our team of SecuriCare bloggers, Gary is an impressive athlete who holds many achievements to his name – Paralympian being one of many.

A brand ambassador for Curan Man, Gary plays for the Glasgow Rocks, a wheelchair basketball team sponsored by our sister company, CliniMed.



RACHAEL KIN: Mum and Ileostomy Blogger

"I have an ileostomy called Sheila and we are inseparable, literally."

The real-life *Cinderella with a stoma*, Rachael continues to write her blog series with us. She's a self-proclaimed "novice blogger but an expert in origami" who shares her experience of living with ulcerative colitis in humorous monthly instalments.

Visit securicaremedical.co.uk/blog to read the latest posts or search the site for topics you're interested in.

SECURICARE ON TOUR: COMING TO A TOWN NEAR YOU!

The 2019 SecuriCare Tour has officially started. This year we're delighted to be visiting 11 different locations around the UK and we hope to see some of your friendly faces there.

The SecuriCare Tour is a great opportunity to meet other ostomates and listen to our special guest speakers. At our patient meetings this year, we'll be joined by a number of ostomates who will be sharing their experiences, including qualified Clinical Personal Fitness Trainer and colostomate, Jay Hyrons and James Sharman from Talk Ostomy. Louise Martin, Mindfulness Teacher, will give some insight into practising mindfulness that may help with wellbeing. Plus the CliniMed team will be there to talk about the latest Welland ranges.

If you'd like to join us please contact the Patient Services team on 0800 585 125.



THE SECURICARE TOUR DATES

ABERDEEN	Thursday 7th March
SWANSEA	Thursday 14th March
AYLESBURY	Saturday 13th April
CROYDON	Saturday 25th May
BIRMINGHAM	Thursday 13th June
RUGELEY	Saturday 13th July
NEWCASTLE	Thursday 18th July
HIGH WYCOMBE	Saturday 17th August
GLASGOW	Friday 27th September
CHESTER	Saturday 5th October
MAIDENHEAD	Saturday 26th October

*We look forward to seeing
you soon!*



ASK-A-PHARMACIST

PharmaCare, our in-house pharmacy, can deliver all your prescription medicines along with your stoma/continence supplies.

In Ask-A-Pharmacist our friendly Pharmacist, Ravdeep, answers some of the questions sent in by Hand in Hand readers.



Ravdeep, Responsible Pharmacist

Q: I'M LACTOSE INTOLERANT AND HAVE GREAT DIFFICULTY OBTAINING LACTOSE-FREE TABLETS. I TAKE CODEINE, PARACETAMOL, FEXOFENADINE, OMEPRAZOLE AND ATORVASTATIN. CAN YOU SUPPLY LACTOSE-FREE VERSIONS OF THESE PRODUCTS?

A Ravdeep: If you're on the SecuriCare home delivery service we can provide lactose-free formulations of:

- fexofenadine - by Dr Reddy's Laboratories and Fannin (UK) Ltd
- omeprazole - by Sandoz
- atorvastatin - lactose-free formulation only exists as chewable tablets (Lipitor chewable)

Unfortunately, we're unable to find a lactose-free formulation for codeine and paracetamol.

Q: I SUFFER FROM HAYFEVER, HOW CAN I MANAGE MY SYMPTOMS?

A Ravdeep: The best way would be to try and reduce contact with pollen:

- Keep windows and doors closed
- Use Vaseline around your nostrils to trap pollen
- Some antihistamine formulations may cause drowsiness (chlorphenamine/Benadryl), however, formulations which may not cause drowsiness are also available (loratadine/cetirizine)
- Sodium cromoglycate eyes drops may soothe itchy eyes.

Q: I'M GOING AWAY ON HOLIDAY, WHAT WOULD YOU RECOMMEND I PACK IN MY TRAVEL KIT?

A Ravdeep: Plan your travel kit around your holiday activities. If you'll be walking more than usual, it's a good idea to pack blister plasters, bandages/gauze pads, medical tape and an antiseptic cream. I'd also recommend:

- Antihistamine tablets for allergies and bites
- Anti-diarrhoea tablets and electrolyte salts for most mild cases of Traveller's Diarrhoea (less than 6 diarrhoea stools passed in 24 hours with few additional symptoms). In more severe cases, you must seek medical attention
- Hand sanitiser.

Ravdeep's Top Tips for Travelling

- Keep prescription medication with you on the flight - most airlines restrict carrying fluids over 100ml in your hand luggage, always check before you fly
- Keep your first aid kit in your checked-in luggage
- Keep a copy of your prescription handy. Check with your Pharmacist if you need to apply for prescription authorisation before you travel
- Before travelling, check with your travel clinic or Pharmacist if you require any antimalarial tablets or vaccinations

You can find further information in SecuriCare's 'Travel Advice' Booklet - ask for a copy with your next order.

To join the PharmaCare service, please call one of our knowledgeable Pharmacists on 0800 652 154

Q: WHEN IT'S WARM I SUFFER FROM SORE SKIN AROUND MY STOMA, CAN I TAKE PAIN RELIEF TO HELP?

A Ravdeep: You may take paracetamol if this occurs. Calamine lotion may be dabbed onto the affected skin and your pouch can be applied once it's dry. Always check the suitability of any products used with your Stoma Care Nurse.

Q: I AM GOING ON HOLIDAY, WHAT CAN I DO TO AVOID BUG BITES?

A Ravdeep: Bug bites can be itchy and sore. Use an insect repellent consisting of at least 50% DEET (diethyltoluamide), these are the most effective for reducing the risk of being bitten/stung. Try to cover exposed skin by wearing long sleeves and trousers and avoid using strong perfumes - these can attract insects.

If you'd like to 'Ask-A-Pharmacist' then email editor@securicaremedical.co.uk. Your question could feature in a future edition of Hand in Hand.

THE FIRST 3 RESPONDENTS WILL RECEIVE A BOUQUET OF FLOWERS!

CSR UPDATE

The CSR* team is off to a flying start for 2019.



Some of the team who took part in our World Ostomy Day 2018 awareness day

Grand fundraising total of £3,810 in 2018! Of this, we donated £2,616 to our corporate charity partner, Macmillan Cancer Support, and the rest to other charities. We're really pleased to be able to support such great causes and raise much needed funds.

For World Ostomy Day, last October, we invited staff to take part in an awareness raising event that involved wearing a stoma pouch for the day. Although it could only help to gain a little insight into one aspect of living with a stoma, we wanted the experience to be as authentic as possible; so we asked SecuriCare Stoma Care Nurse, Vicky Burrows, to properly site our pouches. Vicky also filled them with water and Morform gelling agent, just as she might for a pre-surgery ostomate to help them adjust to wearing a pouch.

Everyone who took part found that wearing the pouches made them feel closer to our customers and appreciate lots of the topics we frequently talk about here in the office - such as the importance of products that are discreet under clothes, comfortable to wear and that don't irritate the skin. As well as this, the activity also helped to raise awareness of stomas and IBD amongst our friends and family.

This year we'll continue to hold company raffles, bake-off competitions, quiz nights and run monthly dress down days that help with our fundraising efforts.



Left to right: Kris Kemp (IT Applications Administrator), Emily Webb (Patient Administrator), Karen Sherlock (PA to Sales Director & Sales Office Manager), Erien Memmi (Pharmacy Dispensing Technician), Lisa Moroney (Receptionist), Nicky McKay (Business Development Specialist), Loretta Bramley-Brant (Head of Patient Services), Derek Deadman (Distribution Operator)

Missing from the photo: Rachel Bowerman (Digital Content Executive) and Laura Brown (HR Administrator) – we'll get you next time!

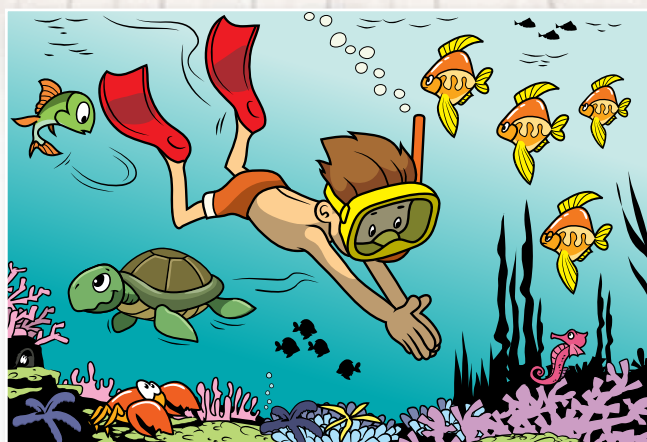
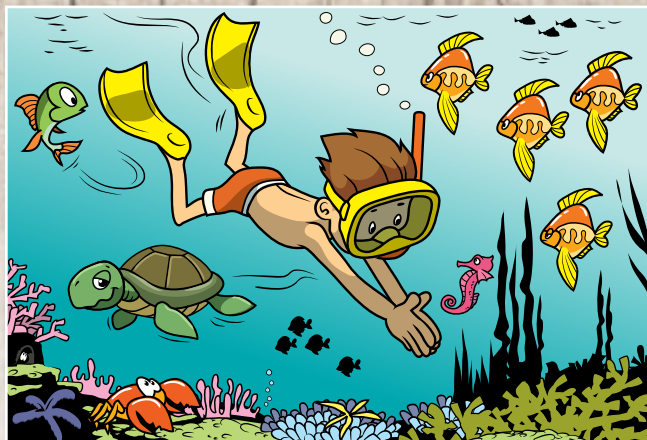
It's great to have people from across the company working together. We've recently welcomed a few new faces to the CSR team, bringing with them new ideas and a can-do attitude. We'll be doing some exciting work this year with a big fundraising target of £5,000 for 2019. Wish us luck!

(*CSR = corporate social responsibility)

HAND IN HAND PUZZLE PAGE

SPOT THE DIFFERENCE

10 to find!



JUST FOR FUN PUZZLE PAGES

SUDOKO

WHICH ONE WILL YOU TRY?

EASY

2	5		9		4
				3	7
7		8	5	6	1
4	5	7			
	9			1	
			2	8	5
	2	4	1	8	6
6		8			
1		2		7	8

MEDIUM

		6	9	2	
		7	2		
	9	5	8		7
9			3		6
7	5				1
1			4		5
	1	3	9	8	
		2	1		
	9	8	1		

HARD

			8		
7	8	9		1	
				6	1
		7			5
5	8	7		9	3
	4				2
		3	2		
8			7		4
				1	

SUMMER WORD SEARCH

AUGUST HOT
BEE JULY
BUTTERFLY ~~JUNE~~
FOLIAGE MIDSUMMER
FRESHFRUIT SUN
GREEN GRASS VACATION
HOLIDAYS WILDFLOWERS
HONEY

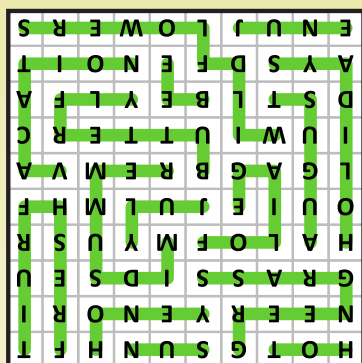
This is zigzag word search puzzle. Words go left, right, up, down, not diagonally and can bend at a right angle.

There are no unused letters in the grid, every letter is used only once.

H	O	T	G	S	U	N	H	F	T
N	E	E	R	Y	E	N	O	R	I
G	R	A	S	S	I	D	S	E	U
H	A	L	O	F	M	Y	U	S	R
O	U	I	E	J	U	L	M	H	F
L	G	A	G	B	R	E	M	V	A
I	U	W	I	U	T	T	E	R	C
D	S	T	L	B	E	Y	L	F	A
A	Y	S	D	F	E	N	O	I	T
E	N	U	J	L	O	W	E	R	S

Answers can be found on page 40

PUZZLE SOLUTIONS



2	8	7	1	3	9	4	5	9	6
6	5	4	9	3	1	7	8	2	
9	8	2	1	6	7	5	4	3	
5	9	7	3	2	8	4	6	1	
7	3	4	6	1	5	8	2	9	
4	5	1	8	7	2	9	3	6	
1	2	9	7	4	6	3	8	5	
8	4	3	2	5	9	6	1	7	
6	7	8	9	3	1	2	5	4	
3	1	6	5	8	4	7	9	2	

7	3	1	4	8	6	9	5	2	
4	1	7	3	5	9	6	8	2	
2	5	1	6	3	9	4	7	8	
9	8	2	1	3	5	7	4	6	
3	1	9	7	4	6	3	8	5	
6	5	1	8	7	2	9	3	4	
8	4	3	2	5	9	6	1	7	
1	2	9	7	4	6	3	8	5	
5	2	9	6	8	4	1	3	7	
3	1	6	5	8	4	7	9	2	

8	7	6	4	9	3	2	5	1	
3	4	5	7	1	2	9	6	8	
2	9	1	5	6	8	4	7	3	
9	8	2	1	3	5	7	4	6	
7	5	4	8	2	6	3	1	9	
1	6	3	9	4	7	8	2	5	
4	1	7	3	5	9	6	8	2	
6	3	8	2	7	1	5	9	4	
5	2	9	6	8	4	1	3	7	
3	4	5	7	1	2	9	6	8	

POETRY AND PRIZE

Towards the end of 2018 we, along with our sister company CliniMed, held a poetry competition. Thank you to all those who got involved, you can read some of the entries on our blog or download a copy of 'An Anthology From the Ostomy Community: Poetry for a Change'. It features all 20 entries along with an introduction from guest judge and UK poet, Rachel Piercey.

To download, head to <https://lead.clinimed.co.uk/anthology>

FANCY WINNING A £25 LOVE2SHOP VOUCHER?

Each month our sister company, CliniMed, hold a prize draw to win a £25 Love2shop voucher. If you use a CliniMed product, head to the website and leave a review, this will automatically enter you into the draw. You can spend your Love2shop voucher in many high street shops and restaurants.

For details or to enter visit <https://lead.clinimed.co.uk/reviews>

You've got to be in it to win it!

SUPPORT GROUPS

AYRSHIRE & ARRAN STOMA SUPPORT GROUP

First Saturday of every other month (October, December, February...) 2pm–4pm.

For further information contact Jim on 01292 220945 or 07729 771350 or email jimkraz@virginmedia.com

Ferguson Day Unit, Biggart Hospital, Biggart Road, Prestwick KA9 2HQ

We request a small donation to the tea/coffee/biscuits fund, a newsletter is sent out prior to each meeting for the price of five stamps or free if by email.

BISHOP AUCKLAND STOMA CARE GROUP

Every other Thursday at 1pm.

St Mary's Church, Vart Road, Woodhouse Close Estate, Bishop Auckland DL14 6PQ

For further information contact Betty 01388 814535 or Maureen 01388 818267

DARLINGTON STOMA SUPPORT GROUP

3rd Wednesday of the month between 6pm–7.30pm.

Harrowgate Club and Institute, Salters Lane North, Darlington DL1 3DT

For further information contact Sister Jacqui Atkinson on 01325 743005

DURHAM STOMA SUPPORT GROUP

First Monday of every month between 4pm–6pm.

Old Trust Headquarters, University Hospital of North Durham, North Road, Durham DH1 5TW

For further information contact Sister Katie Sewell on 0191 3332184

HORDEN STOMA SUPPORT GROUP

First Monday of every month between 10am–12pm.

Horden Youth & Community Centre, Eden Street, Horden Peterlee, Co. Durham SR8 4LH

For further information contact Claire on 0191 5863520

NUNEATON STOMA SUPPORT GROUP

3rd Wednesday, every other month, (September, November, January...) 7–9pm.

Manor Court Baptist Church, Manor Court Road, Nuneaton, Warwickshire CV11 5HU

For further information contact Bob Burrell on 07564 680803 or email nuneatonstoma@aol.co.uk

HIGH WYCOMBE STOMA SUPPORT GROUP

12th July, 13th September, 8th November 2019
10.30am - 12.30pm

Wrights Meadow Centre

Wrights Meadow Road, High Wycombe, Bucks, HP11 1SQ

For further information call 0800 318965

CARLISLE

Every 2 months (October, December, February...) 11am–12.30pm.

Harraby Community Centre, Edgehill Road, Carlisle CA1 3SN

WORKINGTON

Every 2 months (October, December, February...) 2–4pm.

Workington Infirmary, Park Lane, Workington CA14 2RW

PENRITH

Every 3 months (April, July, October...) 11am–12pm.

Temple Sowerby Medical Practice, Linden Park, Temple Sowerby, Penrith, Cumbria CA10 1RW

For further information, contact one of the Stoma Care Nurses: Jill Coulthard, Gillian Harker, Emma Ludi, Nikki Armstrong, Ruth Hetherington on 01228 814179.

DURHAM & WEARSIDE CROHNS & COLITIS SUPPORT GROUP

Chester le Street Cricket Club, Ropery Lane, DH3 3PF.

Every 3 months (June, October...) 2pm–4pm.

For further information please email dw@groups.crohnsandcolitis.org.uk

S.O.S SOLENT OSTOMATES SUPPORT

Last Wednesday of the month (excluding December) 2–4pm.

Kings Community Church, Upper Northam Road, Hedge End, Southampton SO3 4BB

For further information call 07527 707069 or email solentostomates@hotmail.co.uk

KIRBY OSTOMY SUPPORT GROUP

3rd Saturday of the month, 10:30am–12:30pm
The Clinical Education Centre, Glenfield Hospital, Groby Road, Leicester, LE3 9QP

For further details please contact Janet on kosg2013@btinternet.com or 07464 957982

YOU ARE NOT ALONE, CHESHAM SUPPORT GROUP

Last Monday of the month, 10:30am–12:30pm
The Kings Church Chesham Offices, Unit 11 Chess Business Park, Moor Road, Chesham, HP5 1SD

For further details please contact Carla Wright 07846 354918 carla_wright@sky.com

DARTFORD OSTOMY SUPPORT GROUP (DOGS)

3rd Wednesday of the month
St Anselms Parish Centre, West Hill, Dartford DA1 2HJ.

For further information please contact Susan Norris on 0794 8974 350

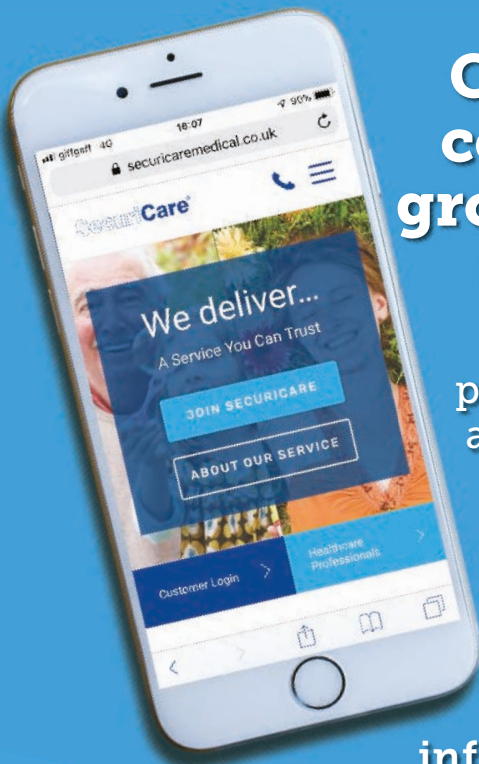
JOIN AN ONLINE SUPPORT NETWORK THAT'S JUST FOR YOU!



www.facebook.com/SecuriCare



[@OneStopStoma](https://twitter.com/OneStopStoma) or [@1StopContinence](https://twitter.com/1StopContinence)



Calling all stoma or continence support groups... we'd love to share your details!

Ostomates and continence patients often call our Careline asking for advice and support.

If you'd like to share the details of a group so we can include in our Careline directory please call

0800 585 125

info@securicaremedical.co.uk

USEFUL TELEPHONE NUMBERS

SecuriCare Careline

0800 585 125

SecuriCare Orderline

0800 318 965

Age UK

0800 169 2081

Colostomy UK

0800 328 4257

Urostomy Association

01889 563 191

Ileostomy Association

0800 018 4724

Junior Ostomy Support Helpline

0800 328 4257

Samaritans

116 123

Bladder & Bowel Foundation

01926 357 220

Multiple Sclerosis Society

0808 800 8000

Bladder and Bowel UK (PromoCon)

0161 607 8219

Spinal Injuries Association

0800 980 0501

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Loudwater, High Wycombe,
Bucks HP10 9QY

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Fax: 01628 810839
Email: info@securicaremedical.co.uk
www.securecaremedical.co.uk