

Four ways to join us:

- 1 fill in the **form below**
- 2 call **0118 939 1537**
- 3 email **cass@colostomyassociation.org.uk**
- 4 visit **www.colostomyassociation.org.uk**

To join the Colostomy Association – **please fill in your details** below in **BLOCK capitals** and delete where appropriate. Then post this form back to: **Colostomy Association, Enterprise House, 95 London Street, Reading RG1 4QA.**

Title: (Mr/Mrs/Miss/Ms) _____

First Name: _____

Surname: _____

Address: (please include house name/number and street name)

Postcode: _____

Telephone: _____

Email: _____

Date of Birth: _____

How did you find out about the Colostomy Association?

GP: Hospital: Open Day: Other:

If 'other' please specify:

What type of stoma do you have?

Colostomy Ileostomy Urostomy

Reason for surgery: _____

Date of operation: _____

Would you like to learn about colostomy irrigation?

Yes: No:

Data Protection: The Colostomy Association is registered under the Data Protection Act 1998, registration no. Z9295190. The data we hold is managed in strict accordance with the Act. We do not disclose any information supplied by you to any third party organisations. (However, we may send you their promotional information, which we think may be beneficial).

From time to time we may contact you with information about special promotions or offers. If you do not wish to receive any such information, please tick this box

The **Colostomy Association** values your support.

DONATIONS HELP US MAKE A DIFFERENCE

Expert at Living with a Colostomy



Support
Reassurance
& Practical Advice

for people
living with a stoma and
colostomy in the UK

The **Colostomy Association** is an **independent charity** **financed solely by donations.** Your **help and support today** is **more important** than ever in this **changing world.**

Here's how you can help:

- Call us on: **0118 939 1537** to donate
- Donate online at: **www.colostomyassociation.org.uk**
- Donate at: **www.justgiving.co.uk**

How to contact us

Write to:

Enterprise House, 2nd Floor, 95 London Street, Reading RG1 4QA

General Enquiries:

0118 939 1537

24 Hour Helpline:

0800 328 4257

Email: cass@colostomyassociation.org.uk

Website: www.colostomyassociation.org.uk



Find us on FACEBOOK
connect with fellow ostomates today!

CA007 v06.0

Date of publication: November 2014

Review by: November 2016

Copyright ©2014 Colostomy Association

Registered Charity Number: 1113471



colostomy  association

one to one
support and
reassurance
for **YOU**
your family
and for carers

- About the Colostomy Association
- What we do
- Join us
- Contact information

www.colostomyassociation.org.uk

About the Colostomy Association

We are the only dedicated charity that specifically represents the interests of people living with a colostomy, their families and carers.

We exist to help colostomates and the wider world learn and understand what it's like to have a colostomy and to care for and live with a stoma on a daily basis.

We represent and give continued support to this special community.

What We Do

Listen & Reassure
Empathise & Support
Understand & Help
Discuss & Refer
Encourage & Motivate

What We Provide

A 24 hour, 365 days per year telephone stoma helpline:
0800 328 4257

Contact volunteers

All our volunteers are fully trained and adhere to guidelines set out by the **Colostomy Association** with the support of stoma care nurse professionals.

- Home or hospital visits to chat about what it's like to live with a colostomy
- Discuss emotional or practical problems you may have
- Can be matched to a patient by age, gender, location or by problem

Practical knowledge

- Hints and tips for living with a colostomy
- Impartial advice to those who have or are about to have a colostomy

Advisory literature

- Leaflets and booklets written by healthcare professionals and colostomates

Tidings magazine

- A quarterly magazine written especially for colostomates, their families and carers

Website

- Containing a wealth of information and support for colostomates, their families and carers – www.colostomyassociation.org.uk

What is a Colostomy?

A colostomy is formed by a surgical procedure which involves, in most cases, the removal of a damaged part of the large intestine. The healthy part of the intestine is then brought out onto the surface of the abdomen. This opening on the abdomen is known as a stoma.

Bodily waste is collected from the stoma by a close fitting appliance called a colostomy bag, positioned over the stoma. An alternative method of managing stoma output is known as colostomy irrigation (please contact your stoma care nurse for advice or our helpline **0800 328 4257** for more information).

Living with a Colostomy

Having a colostomy is a life changing experience which may be difficult and challenging. The **Colostomy Association** is here to help – we are expert at living with a colostomy.

Our expertise is available to you through trained volunteers who are themselves colostomates. A volunteer will, in addition to the expert medical advice from your stoma support team, provide reassurance and practical information to help you adjust to your new circumstances.

For an immediate response to any concerns regarding your stoma, please call our 24 hour telephone helpline where you can speak to a fellow colostomate.

The **Colostomy Association** provides free support literature covering a wide range of topics. Simply write to us or call head office to arrange delivery of the leaflets and booklets you require (please see list opposite) or alternatively download as PDFs from our website. If you would like to receive our quarterly publication – *Tidings Magazine* – please fill in the attached reply slip or register online at: www.colostomyassociation.org.uk

**24 Hour Helpline for
stoma care queries**

0800 328 4257

[colostomy association](http://www.colostomyassociation.org.uk)

Our Literature

Our current literature is listed below and is available from head office or online at:

www.colostomyassociation.org.uk

Quarterly Publication: *Tidings Magazine*

To receive *Tidings* magazine – please fill in the form on the reverse of this leaflet or register online at:

www.colostomyassociation.org.uk

Ord No:	Publication Title:	Please tick:
CA006	CA Awareness Leaflet	<input type="checkbox"/>
CA007	One to One Leaflet (Support and reassurance for YOU)	<input type="checkbox"/>
CA009	Laminated Poster – Awareness	<input type="checkbox"/>
CA011	Living with a Colostomy	<input type="checkbox"/>
CA012	How will a Colostomy affect me?	<input type="checkbox"/>
CA013	About Stoma Reversal	<input type="checkbox"/>
CA014	Travel Advice	<input type="checkbox"/>
CA015	An Introduction to Irrigation	<input type="checkbox"/>
CA016	Healthy Eating	<input type="checkbox"/>
CA017	Parastomal Hernia	<input type="checkbox"/>
CA018	Colonoscopy through the stoma	<input type="checkbox"/>
CA019	Pain and Discomfort in the Rectum and Perineum	<input type="checkbox"/>
CA020	Caring for Colostomates	<input type="checkbox"/>
CA021	About Rectal Discharge	<input type="checkbox"/>
CA022	Travel Certificate	<input type="checkbox"/>
CA023	Sam has a stoma (Story/Colouring Book)	<input type="checkbox"/>

Factsheets: (Please tick the appropriate box):

• Adhesive Removers	<input type="checkbox"/>	• Spare Supplies Disposal	<input type="checkbox"/>
• Bed Protection	<input type="checkbox"/>	• Suppliers of Stoma Products	<input type="checkbox"/>
• Deodorants	<input type="checkbox"/>	• Support garments	<input type="checkbox"/>
• Disability Information	<input type="checkbox"/>	• Swimwear	<input type="checkbox"/>
• Holiday Checklist	<input type="checkbox"/>	• Travel Insurance	<input type="checkbox"/>
• Leakage	<input type="checkbox"/>	• Trousers	<input type="checkbox"/>
• Manuf. of Stoma Products	<input type="checkbox"/>	• Seatbelts	<input type="checkbox"/>
• Obtaining prescriptions	<input type="checkbox"/>	• Underwear	<input type="checkbox"/>
• Pancaking	<input type="checkbox"/>	• Websites for Young Colostomates	<input type="checkbox"/>
• Pouch/Bag Covers	<input type="checkbox"/>	• Wind/Ballooning/Odour	<input type="checkbox"/>
• Solidifying Agents	<input type="checkbox"/>		