



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

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Our Literature

Please see below a list of our current literature which is available from Head Office or by registering online at www.colostomyassociation.org.uk

Tidings Magazine

- Quarterly magazine

Leaflets and Booklets

- About Rectal Discharge
- About Stoma Reversal
- An Introduction to Irrigation
- Caring for Colostomates
- Colonoscopy through the stoma
- Healthy Eating
- Living with a Colostomy
- One to One Support and Reassurance
- Pain & Discomfort in the Rectum and Perineum
- Parastomal Hernias
- Travel Advice
- Travel Certificate
- Sam has an Ostomy

Factsheets

- Deodorants
- Insurance for Ostomates
- Manufacturers of Stoma Products
- Pouch/Bag Covers
- Spare Supplies Disposal
- Suppliers of Stoma Products
- Support garments for Ostomates
- Swimwear
- Trousers
- Underwear
- Websites for Young Colostomates

Ways to contact the Colostomy Association

If you would like to get in touch please write to:

**Colostomy Association, Enterprise House,
95 London Street, Reading RG1 4QA**

or **Telephone:** 0118 939 1537

or **e-mail:** cass@colostomyassociation.org.uk

or **visit our website:**

www.colostomyassociation.org.uk

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Colostomy Association,
Enterprise House,
95 London Street,
Reading
Berkshire
RG1 4QA

please
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About the Colostomy Association

We are the only dedicated charity that specifically represents the interests of people living with a colostomy.

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

24 Hour Telephone Helpline
0800 328 4257

Contact volunteers*

- Home or hospital visits to chat about what it is like to live with a colostomy
- Discuss emotional or practical problems you may have
- A volunteer can be matched to a patient by age, sex, location or by problem

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

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 health care 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, go to:
www.colostomyassociation.org.uk

What is a Colostomy?

A colostomy is 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 experts in 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 also provides free support literature covering a wide range of topics. Simply write to or call our head office to arrange delivery of the leaflets and booklets you require (please see list overleaf). Support literature is also available to download from our website. Simply go to www.colostomyassociation.org.uk and complete the registration procedure and the literature will then be available for download to your computer.

Helpline for stoma care queries

0800 328 4257

 colostomy association

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 simply affix a stamp to reverse and post your form back to us or, if you prefer, send this form in a stamped envelope to: Colostomy Association, Enterprise House, 95 London Street, Reading, Berkshire, 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: _____

What type of stoma do you have? (please tick)

Colostomy Ileostomy Urostomy

Reason for surgery: _____

Date of operation: _____

Do you irrigate? (please tick)

Yes: No:

Would you like to know more about irrigation?

Yes: No:

Data protection: The information you supply will be used by the Colostomy Association for administrative purposes within the terms of the Data Protection Act 1998. We shall not supply it to third parties and your information will be held securely.
The Colostomy Association is a registered UK Charity No. 1113471