



**MILTON KEYNES
STOMA SUPPORT GROUP
(MKSSG)**

**Newsletter number 26
June 2022**

Dear Member

Hello again. I hope that you and your loved ones had a great time during the recent Platinum Jubilee celebrations. Now our attention is turned to the next quarterly meeting of 2022 which takes place this coming Saturday, 11 June. As usual the start time is 2.00pm and the venue is again Lovat Fields Village in Willen (Japanica Lane, MK15 9LE). There's plenty of parking and someone will be at the main entrance to let you in (any problems just call us on 07843 768386).

There is a modest attendance fee of £2 per attendee, and we also run a raffle. The attendance fees and raffle receipts help us to cover the costs of room hire, stationery, postage, etc.

Our special guests this time are Paula and Kylie Cusack who have kindly agreed to come along to give a presentation on the benefits of yoga for us, including people living with or recovering from cancer and/or major surgery (which I guess includes many of us). Yoga has many potential benefits including body strengthening and aiding relaxation and sleep. I recently had a go at it myself(!) and found it a useful form of exercise.

We are also very pleased to welcome representatives from three suppliers: Jules Plumb from Dansac, Oliver Eagle from Salts, and Colette Robinson from SupportX. They will have the usual display of products and we always set aside time for you to browse and talk with them.

Members are invited to contribute to the raffle. The theme this time is 'Celebrations' following on from the Platinum Jubilee weekend. For this we have in mind anything relating to royalty and special occasions. Of course, chocolates and bottles of plonk are always welcome regardless of the theme!

If you have any unwanted ostomy supplies that you really can't use please bring them along for Lynne who will pass them on to those in need.

Finally we have our coffee mornings at Dobbies garden centre, from 10.30 until 12 noon, for which the next dates are: 20 June, 18 July and 15 August, before our next quarterly meeting which will be on 3 September.

At our recent committee meeting, it was evident that we desperately need more volunteers to help out with simple tasks. It's unfair to rely on the same people, some year after year, to carry on indefinitely. If no new committee members are forthcoming, then we can't guarantee that the group will continue to function as well as it does at the moment. The tasks are not difficult but essential. For example, the meetings at Lovat Fields don't just happen, they take a lot of organising. So please please think about how you might be able to help in some way. Thank you.

I hope to see as many of you as possible at Lovat Fields on Saturday. Our suppliers (coming from different parts of the country) all give up their Saturday to attend so please come along as the day is really all about you!

Best wishes
Tim Patrick
Chair MKSSG

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