



NORTH OF SCOTLAND IA
SPRING 2020 NEWSLETTER

17 Watt Crescent
Inverurie
AB51 4RR
Tel: 01467 626002 M: 07891124439
henrysarah1402@gmail.com

Hello everyone and a belated Happy New Year to you all! I hope you all had a great time over the festive period. I can't believe it's the beginning of February already and the nights are getting lighter again. OMG!! - Erin turns 18 years old on the 13th February so we will be celebrating with a cocktail or two!

NEW YEAR MEAL Friday 31st January 2020 saw twelve members and one partner enjoy a social get together over a lovely meal at Ferryhill House in Aberdeen. It was great to see a mixture of new and familiar faces chatting, sharing stories and getting to know each other.

AGM 2020/CHAIR BASED YOGA SESSION Our AGM will be held on **Saturday 21st March 2020 11am-1pm at Ferryhill Community Centre, Albury Road, Aberdeen, AB11 6TN**. This is your opportunity to hear what your group have been doing over the last year, share your ideas and ask any questions you may have. Following the AGM there will be an introduction session to chair based yoga delivered by Maria Jones, a qualified yoga instructor. Chair based yoga is suitable for all ages and abilities so come along and give it a try. Refreshments will be served. We look forward to seeing you there.

ANNUAL GENERAL MEETING AND INFORMATION DAY 2020 The National Information Day will be held on **Saturday 28th March 2020, 9am-5pm at the Hilton Hotel, Gateshead, Newcastle**. Attendees have the option to attend a dinner on the Saturday evening in the hotel at 7pm. Further details of the event are on the IA website. There may still be some rooms available to book at the hotel through IA for a reduced rate. The AGM will take place on Friday 27th March 2020 at 3pm and this is open to our committee trustees to attend. If you are interested in attending please get in touch as we may be able to assist with travel and/or accommodation costs.

STOMA INFORMATION DAY **Saturday 8th August 2020, 10am-1pm. Please put this date in your diary.**

Following an excellent turnout last year we have booked Curl Aberdeen again as this venue has been given very positive feedback from members and reps. Curl Aberdeen is just off the Lang Stracht at Eday Drive, Aberdeen, AB15 6LN. It has a large car park and good transport links from the town centre. There is a lift up to the exhibition floor and the refreshments are served just off the exhibition hall with a view of the curling rink below. As well as the ostomy reps there will be underwear companies, the stoma care nurses, dietician and representatives from the IA. We will have a raffle and donations on the day would be much appreciated.

MONTHLY COFFEE AND A CATCH UP Anne Leiper, one of the committee members, organises a monthly catch up for members to meet up and have a chat over a tea/coffee. They take place on the first Wednesday of each month at Starbucks in Union Square, Aberdeen at 6.45pm. If you would be interested in attending please give Anne a call on 07947208035 to find out when the next one is.

I wish you all a happy and healthy 2020 and I look forward to seeing you at the AGM.

Kindest regards

Sarah Henry