



NORTH OF SCOTLAND IA
SUMMER 2020 NEWSLETTER

17 Watt Crescent
Inverurie
AB51 4RR
Mobile: 07891124439
henrysarah1402@gmail.com

Hi everyone

I hope this finds you all well and coping in the current lockdown. We are experiencing very challenging times just now with changes to our home lives, school and work routines and our social lives. If anyone is feeling isolated and would like to have a chat please do not hesitate to get in touch. The roads are so quiet going to and from work and the hospital is a much quieter place although there is very good team spirit. Erin is disappointed that her final few months of 6th year were cut short and she wasn't able to enjoy her leaver's ceremony and prom, let's hope the examining board award fair grades in the absence of the exams.

AGM 2020/CHAIR BASED YOGA SESSION Our AGM was due to be held on **Saturday 21st March 2020 11am-1pm at Ferryhill Community Centre** but as this landed at the very beginning of the lockdown we had to cancel this meeting at short notice. This will be rescheduled when it is safe for us all to meet up again.

ANNUAL GENERAL MEETING AND INFORMATION DAY 2020 The National Information Day which was due to be held on **Saturday 28th March 2020, 9am-5pm at the Hilton Hotel, Gateshead, Newcastle** was cancelled due to the lockdown.

STOMA INFORMATION DAY Saturday 8th August 2020, 10am-1pm. Unfortunately, due to the ongoing lockdown restrictions we have taken the decision to cancel this meeting. We understand that many of you will be very disappointed as this is a very popular day for many people as it is the opportunity to speak to the ostomy product reps, underwear companies, the stoma care nurses, dietician and representatives from the IA all under one roof. We will review whether this can be safely rescheduled for later this year or postponed until next year as plans to lift the lockdown are rolled out.

MONTHLY COFFEE AND A CATCH UP This has been temporarily put on hold until the lockdown restrictions are lifted and it is considered safe to meet up again. In the meantime please feel free to keep in touch with Anne Leiper, who organises the get together, her mobile is 07947208035. If this is something you would fancy going along to when they start up again please get in touch with Anne so she can keep you updated.

As we move towards plans for easing the lockdown restrictions please stay safe, healthy and positive.

Kindest regards

Sarah