



**NORTH OF SCOTLAND IA**  
**AUTUMN 2020 NEWSLETTER**

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Hello everyone,

I hope this finds you all well and managing to adapt to the everyday changes we have to adhere to as we slowly move out of lockdown restrictions. Wearing a mask all day at work has taken a bit of getting used to - conversations on the telephone can be challenging when you are both wearing a mask! At the beginning of lockdown I started walking with my daughter most evenings as a form of exercise and this developed into something I really enjoyed. Appreciating the countryside and nature on my doorstep I started to walk for longer, developing my routes and I have just completed my first Munro, climbing Tolmount with my dad.

Many of you will have met and been treated by Christine Finlay, who has been one of the stoma care nurses at ARI for many years. Christine retired from her post in July and while she will be missed we wish her all the very best for her future plans.

Unfortunately, as you know we had to cancel this year's Stoma Information Day which was due to take place on the 8<sup>th</sup> August 2020. This is a very popular and well attended event and while you cannot meet with the ostomy representatives face to face please remember you can still contact companies by phone or online for advice or to request samples, many of the companies have advertisements in the journal which includes their contact details. We look forward to organising this event in 2021 and details will follow in a future newsletter.

In the absence of face to face meetings Mark Witt, one of our committee, has very kindly agreed to organise and host Zoom video meetings where members can see and chat with each other online. The first meeting is taking place on Monday 3<sup>rd</sup> August 2020 at 7.30pm. If you would like to join these meetings please email Mark at [markwitt86@gmail.com](mailto:markwitt86@gmail.com) to find out when the next one is taking place.

The monthly coffee and catch ups organised by Anne Leiper have been temporarily put on hold until it is considered safe to meet up again. In the meantime Anne is keeping in touch by text with those who attend regularly. If this is something you would fancy going along to when they start up again please get in touch with Anne on 07947208035 so she can keep you updated.

Take care and stay safe.

Kindest regards

**Sarah**