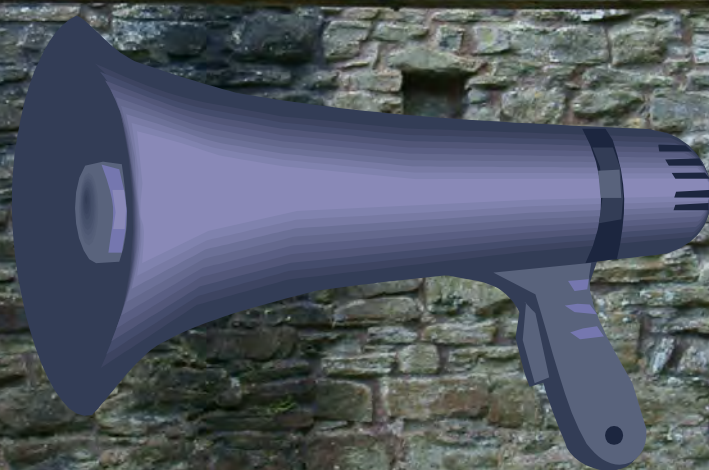


ROAR!



ISSUE 48 • SPRING 2014

Newsletter of the Red Lion Group
St. Mark's Hospital • Watford Road • Harrow • HA1 3UJ

Our website has a new online discussion forum
Join in the pouch conversation! See page 3 for details

Regional Reps

HERE IS our current list of regional reps with home telephone numbers — please feel free to contact your local rep and get acquainted.

If you would like to be a regional rep, please contact David Skinner on 01708 455194 or by e-mail at liaison@redliongroup.org.

BEDFORDSHIRE

Carol George
Sandy
01767 263092

BRISTOL/AVON

David Mair
Bristol
0117 922 1906
07719 524 324

CLEVELAND & NORTH YORKSHIRE

Christine Jackson
Saltburn by the Sea
01947 840742
chrisjacks1960@btinternet.com

ESSEX

Peter Zammit
Benfleet
01702 551501

HERTFORDSHIRE

Susan Burrows
St Albans
01727 869709

NORFOLK

Sandy Hyams
King's Lynn
01485 542380

NORTHERN IRELAND

Sharon Hendron
Lisburn
02892 661559

WILTSHIRE & DORSET

Bernadette Thorn
Salisbury
01722 327388

Contents

Notes from the editor	3
Sarah's spring-time surprise	4-5
A dirty weekend with a difference!	5
How Helen fared on the Z Factor.....	6
Letter to the editor.....	7
Two recipes for success from Andrew Millis.....	8
When Andrew said he was going to Iceland his wife thought he meant the store!.....	9-11



Page 4



Page 6



Page 8



Page 10

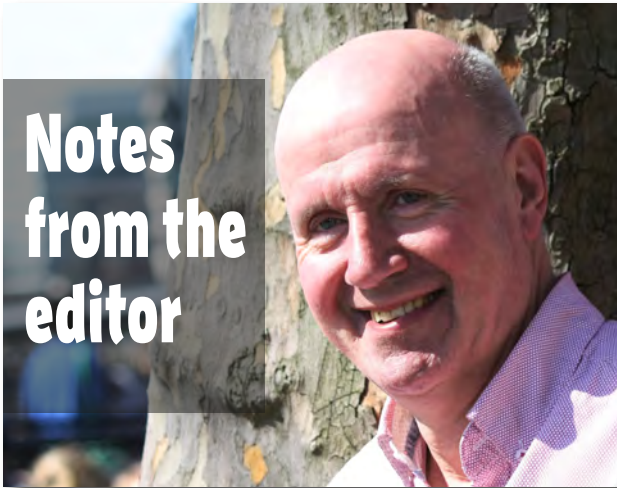
Please support the Red Lion Group

Registered Charity number 1068124



All donations, however small, towards expanding the work of the group will be gratefully received. If you would like to send a donation please make your cheque payable to The Red Lion Group and send it to: **The Red Lion Group Treasurer, Mr Preash Lad, 62 Peartree Avenue, London, SW17 OJG**

Notes from the editor



Is Andrew Millis the world's fastest marathon runner-with-a-pouch? Our intrepid vice chair finished the Berlin marathon in September last in two hours 50 minutes and 17 seconds which beat his previous best by more than four minutes.

Just over a month before Andrew ran the Iceland marathon in two hours 54 minutes and 26 seconds (see report on pages 9 to 11). As Andrew points out: "I will remember Iceland as the first time I finished a marathon in under three hours. It was the first time I could say "two hours....." when someone asked me my best marathon time. And I managed to confirm it all by completing my tenth marathon in Berlin in 2:50:17."

And just in case we're not impressed enough, our marathon run-

ner extraordinaire adds: "I have heard that the world record marathon time for an over 50 year old is two hours 29 minutes. So I am only 21 minutes behind - and if the possible handicap of removal of the large intestine and rectum is considered, perhaps I am up there in a short-list of the world's

fastest marathon runners over 50 and with a pouch!"

Well, I'm convinced - and I am sure you are too!

Andrew says a low fat diet was one of the keys to his success as it made his pouch behave far better than it had before. You're just too modest Mr Millis. There's such a thing as talent too you know!

A hefty donation

Another memorable event in the past few months was the gift of £6,470.94 that was left to the Red Lion Group in the will of Maria Carter.

What makes Maria's act of generosity even more surprising is that she never had a pouch and even refused pouch surgery apparently. Neither did she have any relatives with a pouch.

Part of the donation will help fund a St Mark's Hospital research project run by Yih Harn Siaw, St Mark's specialist registrar. The first part of the research is in the relatively new field of metabonomics. This, in the words of Yih Harn, "studies the end products of metabolic reactions in the body" and concerns the behaviour of the gut and pouch lining and its bacteria. The second part of the project will feature a trials on a series of two-week faecal transplants carried out by Yih Harn's predecessor Jon Landy which was also part-funded by the Red Lion Group. (You can read the details of this research in Jon's article "Probing the mysteries of pouchitis" in the Summer 2013 Roar!).

We wish Yih Harn all the very best with the latest project.

Winning entry

Meanwhile congratulations to our former chair, liaison officer and Roar! editor, Morag Gaherty, who won a £25 book token for gaining the highest number of correct answers in the Quirky Quiz which was also included in the Summer 2013 Roar.

Watch this space for more competitions in the future and please don't hesitate to get in touch about any fundraising events you are considering so we can feature them in Roar! and on the website - and also help you raise money for pouch research.

Join in the pouch conversation at redliongroup.org/talk

The Red Lion Group website has a new online discussion forum, which you can find at redliongroup.org/talk. **Tim Rogers** explains

One of the regular topics discussed at Red Lion Group committee meetings is how to jazz up our website. As the person who set it up in its current form nearly five years ago I often find it difficult not to feel defensive when we discuss how to make the website more engaging. The existing site has a vast wealth of material and articles about having a pouch - including nearly every issue of Roar! published since 1994 (you can find them at redliongroup.org/roar if you're interested).

But the fact is that news can be slow in the pouch world, and the website is rather static and not at

all interactive. So that's why we've launched an online discussion forum for people who have a pouch, are thinking of having a pouch, or are simply interested in pouches. We hope it will be a way that people can ask questions, share tips and give support to other members. We'd love to hear about other ideas to improve the website - and the forum will allow you to do just that.

There are three main discussion areas - *Life with a Pouch*, *Deciding whether to have a pouch* and *Red Lion Group* (for discussing information days, the website and Roar!) and each of these has a number of forums -

for example the *Life with a Pouch* area has forums for discussing diet,

Medina catheters, frequency, soreness, sports and hobbies and travelling with a pouch. We can easily change things around and add new forums depending on how things evolve.

So if you would like to share your views about any aspect of life with a pouch, or are seeking support or advice, visit redliongroup.org/talk and have your say!



Sarah's spring-time surprise

How Red Lion secretary, **Sarah Bowes-Phipps**, overcame fistulas, pouch complications, IVF treatments and bureaucracy before the birth of her baby son Albert

It was a sight we thought we'd never see...two pink lines on a pregnancy test.

My husband Steve and I were due to watch the athletics at the Olympic Stadium during the 2012 London Olympics the day we got the exciting news but were in such complete shock that we didn't really take much in!

I had ileo-anal pouch surgery at my local hospital back in 2004



Baby Albert

and since then my pouch has been anything but 'smooth sailing'. Unsurprisingly, I always had concerns at the back of my mind about whether I would be able to have children.

In 2007, I was diagnosed with multiple fistulas and, four years later in 2011, I learnt I had blocked fallopian tubes and hydrosalpinges (trapped fluid in the tubes). After numerous fertility tests, Steve and I were referred to a renowned NHS clinic in London for a course of IVF treatment.

Fast forward nine months of visits back and forth to London, we were shocked when the clinic made a sudden U-turn and denied us the treatment we had pinned all our hopes on. Our doctor had escalated our case to the clinical director who made the decision to veto our treatment due to the risks associated with egg col-

lection. Being told that we were one of only four couples ever rejected for this reason, and then being sent away with a leaflet on egg donation was, quite frankly, a kick in the teeth.

We went home that day distraught, with no idea about what to do next and that's when we got the phone call.

Competition

The Lister IVF Clinic in Chelsea, in partnership with a charity called the Infertility Network, ran an annual competition offering couples free IVF treatment. I had entered on a whim just a few weeks earlier and, to our delight, Steve and I were told that we had been selected from hundreds. It had to be fate!

To begin with we faced similar challenges to our previous clinic but, with a fantastic doctor and numerous discussions among senior medical professionals including St Mark's Hospital's Professor Sue Clark, we were finally given the green light.

Happily, the egg collection was simple and problem-free. Seven eggs were collected, all fertilised, and one embryo was returned. But sadly, after a very anxious two-week wait, the pregnancy test confirmed the IVF had been unsuccessful. Not to be deterred, we decided to cycle again just a few months later with one of the embryos that had been frozen in the previous cycle and this time it worked – amazing!

My experience of being pregnant with a pouch was challenging but not as terrible as I had envisaged. Pregnancy is an anxious experience at the best of times without having had IVF, fistulas and a pouch to contend with, so I hope I was forgiven for acting a little stressed out at times. I decided the best way to handle my concerns was to take each week at a time.

For the first 12 weeks I suffered quite badly with nausea and found the only way to combat the sick feeling was to constantly snack. My main craving seemed to be for cheese, so a plate of Cheddar and biscuits accompanied me to bed each evening!

The middle stage of my pregnancy was arguably the easiest and least stressful. At 20 weeks I had the scan to check all was well with the baby and also found out we were expecting a little boy. My pouch was relatively well-behaved and I recall just a few extra bathroom visits a day

We went home that day distraught with no idea about what to do next. And that's when we had the phone call

at this stage. I had a couple of extra ultrasound scans to check the baby was growing at the correct rate, as there was a small concern about the abdominal adhesions from my previ-



Sarah with baby Albert

ous surgeries, but the scans revealed nothing untoward.

Then 30 weeks hit! My pouch really began to play up due to the pressure caused by the ever-increasing

weight of the baby. My usual dose of Loperamide was no longer an option as it is an untested drug in pregnancy and so was not advised. I went from eight tablets a day pre-pregnancy to nothing, so this was tough.

I was booked in for an elective C-section at 39 weeks but by 37 weeks it felt quite unbearable. I was no longer able to sleep at night as I would spend most of my time on the toilet.

A dose of paperbacks

On the positive side, I managed to get through many a paperback. A combination of the baby's kicks and the pouch being squeezed meant that I experienced constant cramps. We had an emergency appointment with the obstetrician to deliberate over whether to bring the operation forward. I was then given the statistics on child mortality for babies born by elective C-section at 38 weeks compared to 39 weeks and after a few tears and emotional discussions with Steve, we agreed to wait it out. My ankles had kindly decided to swell by this stage and the weather had really begun to heat up so the next couple of weeks were spent pretty much with my feet elevated watching daytime TV in the coolness of the house.

My C-section was booked in for the Tuesday and on the Saturday night I remember getting into bed and thinking about how this was the very last weekend for just the two of us!

The night was as usual mostly spent in the bathroom but at about 2am I hurried back to bed and woke Steve. My waters had broken!

This caused a mixture of excitement and worry. Everything was planned down to the finest detail for the Tuesday, the private room



The Lister Hospital

with toilet, bowel surgeon on hand and so on, but, instead, it looked like I was having my baby on the Sunday.

The Lister Clinic was very professional and looked after us fantastically. Fortunately, my obstetrician was on call that weekend so we were able to stick with the original plan, albeit a few days earlier.

Albert James Bowes-Phipps was born on Sunday, 5 May 2013 at 2.34pm, weighing a whopping 10lbs 1.5ozs (no wonder I was suffering!). The pouch caused no issue whatsoever during the operation and the doctors seemed almost a little disappointed that there was no drama!

Albert is now ten months old and the time has just flown by. Being a mum is the greatest gift in the world.

I have glossed over the IVF as that is a story all of its own but, for all the challenges I faced in becoming pregnant and the pregnancy itself, I would do it all again in a heartbeat.

We are so grateful to the many doctors who helped us on this very emotional journey and also so glad we were able to get a second opinion.

Sarah is happy to correspond with anyone who has concerns or questions about IVF or pregnancy with a pouch and can be contacted at sarah.bowes@live.co.uk.

A dirty weekend with a difference!

Brave? Foolhardy? Determined? Whichever way you look at it, there's no doubting the tenacity of Red Lion member **Emma McNally** who is celebrating her 10th anniversary as a pouchee with a 20-mile assault course in the grounds of one of Britain's oldest and grandest country homes

Emma and a team of four colleagues from the law firm where she works are taking part in an event called the "Rat Race Dirty Weekend at Burghley" on 10 May – which just happens to be the same day as Information Day.

The event which is described as the world's biggest assault course has a total of 200 obstacles, some of which are fiendishly difficult, and ends up with a huge party that features a series of live stage acts and a "monster" beer tent.

"This is the 10th anniversary of my pouch and I wanted to celebrate

with a challenge that would push me out of my comfort zone and also raise awareness and money for colon surgery at the same time," says Emma whose team also completed the famous Yorkshire Three Peaks Challenge in 2013.

"I have just started training and I am terrified," says Emma. "In the past 10 years I have been extremely well and, apart from a recent bad spell, lead a relatively normal life. I am extremely grateful that I have the support I do from my family, colleagues and friends and I realize not everyone is as lucky as I am.



How Helen fared on the Z Factor

When Red Lion member **Sally Thelen** joined a course in Marbella she found far more than just sunny beaches and a catchy name

Whatan experience...in October last year I spent four wonderful days on a Joseph McClendon Z Factor Course based in the beautiful Hotel Kempinski in Marbella.

I had already been privileged to attend a Joseph McClendon motivational course in London and knew that this course, dedicated to living a healthy and vibrant life, would be exciting and energising. Furthermore I knew it would encourage me to make even more changes in my daily life and to stay fit and healthy for the next however many years I have on this planet.

Joseph McClendon is nearly 60 yet he has the energy levels of a 30 year old. He truly is dynamic and his mission, through his worldwide seminars, is to pass on all the knowledge he has collected over the years to anyone who wants to get more from the one life we have been given. He has his own story to tell and it's an inspirational one, best told by the man himself.

The seminar involved four days of eating, drinking and exercising in the way that Joseph does on a daily basis. This meant no coffee or tea, no dairy products, no alcohol,

no desserts, no fried food and so on. Lots of delicious fruit and vegetables, steamed or raw came with every meal.

We had an early start at 7am for our first glass of ionised water (more

who has a pouch I was concerned about all the fruit and vegetables I would be eating – every two or three hours we were having fruit, carrot juice and quinoa [a type of grain that is meant to be particularly nutritious] – and how it would affect my output.

But, if anything, I had fewer challenges than normal! Of course I was careful to avoid eating unpeeled fruit and any nuts which weren't grated. I definitely didn't want to end up in hospital with an obstruction!

Joseph was supported by a small team who, just like Joseph, really talked the talk. All were lovely people who were knowledgeable and enthusiastic. Without exception they were so full of energy that you couldn't help thinking "I want some of that!"

We were taught yoga moves, energising as well as relaxing ones, meditation, about the mechanics of our bodies and much more. All the talks and demonstrations were interspersed with music and dancing to make sure our energy

levels didn't flag during the very long days – and they didn't!

Normally Joseph is talking to a few thousand people but the Z Factor is a more intimate affair. We were 38 in total, which I found made the whole event much more special as we were able to bond with him, the trainers and the other participants.

Though the emphasis is on food and exercise they are definitely not the only topics we discussed during the four days. We also learnt about special energising breathing techniques, the kind of water we drink, the thoughts we have, the words we



This meant
no coffee or
tea, no dairy
products, no
alcohol, no
meat

no meat (though we did have some steamed and baked fish), no pasta,

about that later) and then our pre-breakfast yoga with the lovely, serene Kundalini Yoga [to improve the soul] teacher Goedele from Belgium.

This took place in the hotel's beautiful garden facing the beach. As we finished our session the sun was just coming up so we then went for a 20-minute walk on the beach and could really appreciate the sun rising above the sea – beautiful – and that was all before breakfast!

We learnt so much about the kind of foods that can provide nutrition; it was stressed that 80% of our diet should be plant based. As someone

speak, our values and goals in life and our sleep.

Joseph only sleeps five hours a night and he maintains that with the right food, water, exercise and thoughts five hours are completely adequate. I haven't quite got to that although I do get up an hour earlier each day to do exercises before breakfast – I feel so much better for it.

Water is important and Joseph recommends drinking at least two litres a day and for that water to be ionised. That's all we drank for the four days and not only does it taste nice but, having listened to the water expert Ronnie, and knowing how well I felt during those four days, I am convinced it really does keep you healthy – so much so that I have now bought myself a water ioniser. OK, there are lots of negative reports about ionisers on the web but I believe you have to

go with your own gut feelings as the web is full of pros and cons on every subject!

The whole seminar was fabulous and if any Roar! reader feels they need to get a better handle on their health

Joseph only sleeps five hours a night

I can totally recommend the Joseph McClendon Z Factor seminar. After all most of us who read this magazine have been through major and very debilitating surgery and want to avoid suffering anything like that again.

The course is not cheap but it brings dividends and dividends that you can't put a price on. Since the

course I have made changes in my life in all the areas that were discussed and I feel so much better physically and so much more alert.

Even more important I don't feel the need to make excuses to anyone for the choices I make, whether choosing to eat healthy foods, drink lots of ionised water or my preference to be active rather than vegetating in front of the TV.

The seminar has given me confidence – through the dynamic people I met there, especially Joseph McClendon – to follow a path in life that is all about health and vitality... and fun too!

For further info on the Z Factor course you can check out the website www.z-factor.net. You are also welcome to email me with any questions you might have at Salhelen@yahoo.co.uk.

Letter to the editor

Dear Chris

My pouch operation was performed by Professor John Nichols in February 1990 at the old St. Mark's Hospital in London's City Road EC1.

After recovering from the various operations I had, my pouch worked very well (apart from the occasional pouchitis). Then following the start of the recession in the early 1990s I made a complete career change from accountancy to instrumental music teacher at my county music service. Although I needed some seven or eight toilet visits a day, I worked round this by having sufficient comfort breaks. Travelling was not a problem and I was able to play in a variety of bands and orchestras.

This continued very well until April 2011 when I started having severe pains in the abdomen and discovered I had cancer in both the prostate and bladder. I was referred to St George's Hospital, Tooting, where on September 2011 surgeons did amazing work in not only removing the affected organs, but also plumbing ureters into the pouch, thus

turning it into a replacement bladder as well as a bowel.

Regular scans now show that the cancer is clear. My only real issue is that of becoming bloated and it feels as if there is some kind of restriction even though I go to the loo some 10 times a day (including once or twice at night).

I am currently waiting to see medical advisors on this matter. In

the meantime I would like to know if there are other members who are using their pouch for the dual function of bladder and bowel. If so, it would be very useful to share experiences.

Regards

Stephen Worsley

Horley, Surrey

Stephen can be contacted on: 07758 628977 or sandsworsley@virginmedia.com



Two recipes for success from our new resident chef Andrew Millis

Dated Weetabix Loaf

I have found a huge difference in the way my pouch operates since removing foods that are high in saturated fat from my diet. Which means I no longer eat pasties, pork pies, cheese, chocolate (that's the hard one to live without) and cream among others.

I am glad to say that my near-chronic pouchitis hasn't troubled me for months and I regard the following recipe for dated Weetabix loaf as one of the most pouch-friendly I have ever tried. It's moist, nutritious and healthy and I have made it several times recently.

OK, so the one in the picture collapsed a bit but anyone who's a better cook than I am (I'm not exactly a candidate for BBCTV's *MasterChef*) will know how to avoid that problem. Here is my recipe:

Ingredients

2 x Weetabix
113g/4oz Dates, cut into thirds
142ml/¼ pint Skimmed Milk
142ml/¼ pint Water
113g/4oz Self Raising Flour
15g Brown Sugar
1 Egg, beaten

Method

Put the Weetabix and dates into a bowl. Add milk and water and leave to soak. Next, stir in the flour, sugar and egg. Then pour into a tin greased with a little butter. Cook in the oven for 1 hour 15 minutes at 180°C (or 170°C for fan ovens).

Variations include using more milk and less water, and adding a few halved glacé cherries.

Recommended sources

I eat a lot of dates and find the ones from Holland & Barrett, as well as Whitworths, from Tesco and Asda, taste like cardboard. Morrisons' own branded dates are better, but the ones from Sainsbury's and Waitrose are the best and well worth the extra outlay.

Honey Flapjack

One of my start-of-the-year favourites is yummy flapjack which is made with honey instead of golden syrup. Oats are healthy too and this recipe has been fully pouch tested!

Ingredients

200g Butter (use Lurpak Lighter Spreadable for much lower fat content)
200g Honey
200g Brown Sugar
350g Oats
100g Raisins (with some halved glacé cherries thrown in!)

Method

Put the butter, honey and brown sugar in a saucepan over a low heat and stir until the sugar is dissolved. Blend in the oats and raisins and stir until you have an even consistency. Turn into a baking tin greased with a little butter (9-inch square tin, 2 inches deep, is perfect). Level off the mixture and bake at 180°C (170°C in a fan oven) for 15 to 20 minutes, or until the edges start to go brown. Leave to cool and divide up into nice big pieces.

Nutrition information

Although Lurpak Lighter Spreadable butter has considerably lower saturated fat – being under 5g saturated fat per 100g flapjack, than other types of butter – it achieves great results. However, it also comes in at around 410 calories per 100g so you might need some extra exercise to work it off! You'll be tempted to eat a large slice though!



Yummy flapjacks



Dated Weetabix loaf

When Andrew said he was going to Iceland his wife thought he meant the store!

Marathon man **Millis**'s decision to sign up for a race in Reykjavik proves a popular choice

You may well have seen the supermarket slogan: "Mum's Gone to Iceland." If "Mum" refers to my wife Pippa then there was no persuading her to come to Iceland with me, a country I have always wanted to visit. Fortunately, they have a marathon in August, and that was all I needed as an excuse to go. I have a friend who also fancied running that marathon, so we booked up and looked forward to going.

We left warm bright sunshine at Heathrow, with a temperature of at least 25°C. When the plane landed at Reykjavik, Iceland's capital, it was raining and, er, about 8°C. This actually never changed throughout the five days we were there.

The drive to the city centre from the airport took a straight road, a ribbon of grey asphalt through a wilder-

At this point I thought that any stoma bag I might have had would come off pretty quickly!

(about £36) by credit card, we went into a changing room and prepared to go into the water. There are strict instructions to shower with soap while fully naked.

We then went outside the building, into a biting wind blowing the rain in horizontal shards across the landscape, and walked into the fluorescent blue lagoon.

The colour is caused by deposits in the water, which come from underground at very high temperatures. This creates a white base to the pool and channels the water flow through it. From the shivering cold we felt after leaving the warmth of the building, we stepped into water as hot as your bath – and hotter.

Some areas you felt you had to wade through quickly because the

When the plane landed at Reykjavik, Iceland's capital, it was raining and, er, about 8°C

ness of black lava rock. But the city centre is really inviting, with colourful houses and a small town atmosphere. We had rented an apartment which was five minutes walk from the start of the shops, and 10 minutes walk to the sea and harbour.

The next day we took a drive back towards the airport, to go to the famous blue lagoon. From the windswept terrain of black rocks, a stream appeared, and it was a bright fluorescent blue. And steaming.

Further on, there were signs to a car park, so we parked up and went into the building carrying our towels and swim shorts. After paying an astonishing amount of money



Aerial view of Reykjavik



Feeling the heat: the water in Reykjavik's Blue Lagoon can be hotter than the average bath

water was too hot. At this point I thought that any stoma bag I might have had would come off pretty quickly! And you certainly wouldn't want to leave early after paying so much. So—there's another advantage of a pouch.

There's so much more to see. There's a church, which affords spectacular views from the tower. There are plenty of boat trips from

One explodes
in a spectacular
fashion but
trying to take
a picture of it
erupting was
nigh impossible

the harbour. I considered a whale-watching trip, but on the grounds the locals catch whales for food, I can't see the whales wanting to risk a boat

being there to watch them rather than kill them. And it was raining so any time spent out on deck would be miserable.

Then there's the geyser. One explodes in a spectacular fashion but trying to take a picture of it erupting was nigh impossible. I kept my camera under my coat to keep dry, and immediately the eruption happened I whipped it out, only to find that it had turned itself off!

Then there are the waterfalls, cascades of up to 2,000 tons of water per second. Everywhere the scenery is rugged and breathtaking.

And so to the day of the marathon. Raining of course! While Britain was basking in sun, I had

to wear my winter running top. Much of the run was along the coast, and there the wind off the north Atlantic was certainly enough to keep cool.



The clocktower of Hallgrímskirkja church is 75 metres tall and Iceland's tallest building

However, I had a good run, finishing in 2:54:26.

Because there are relatively few runners doing this obscure marathon, I finished 12th overall, first over 50-year-old, and second fastest in that age group in the 30 years they have been holding the marathon. But then there were only 876 runners!

The largest contingent was from Iceland with 160 runners, followed by

The hot water
in the hotels
all comes from
underground

the USA with 125. There was even a runner who made the trip specially from South Africa. It was won by a Brit!

Would I go back? I certainly would, and hopefully for better weather. The food is good and not too expensive and every meal was delicious. Typical dishes are fish soup and lamb. Don't know where the lambs graze as I didn't see much grass!

Everyone speaks really excellent English. The hot water in the hotels all comes from underground, and is therefore free, but has a slight smell of sulphur. The cold water in the hotel room taps is absolutely pure spring water and lovely to drink.

Beautiful scenery, fresh air, plenty to see. You should go. After all you don't have to do the marathon.



Information Day 2014

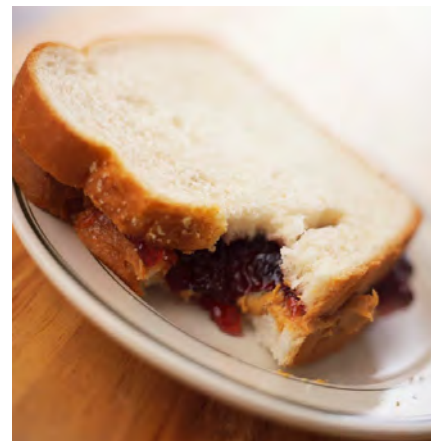
This year's Information Day and AGM will take place on Saturday 10 May 2014

After a hugely successful information day on 11 May 2013, when around 80 people enjoyed a range of fascinating talks covering the history of the pouch, pouch complications, pouchitis and pouch medication, the planning for Information Day for 2014 is already underway.

The event will take place on 10 May 2014 at St Mark's Hospital. Presentations are still being finalised, but we have provisionally scheduled talks on Living with a pouch, The history of the ileoanal pouch, Laparoscopic pouch surgery and pouch-emptying techniques. There will also be a series of workshops as usual.

More details will be published when the format of the day and speakers have been confirmed. In the meantime, please keep the date free in your diary.

Letters will be sent to all members with details and a booking form. The problem with the supply of sandwiches from last time has been addressed and a rather better lunch will be provided this year!



Contact the Red Lion Group

CHAIR

Lisa Allison
Clinical Nurse Specialist
St Mark's Hospital
Watford Road
Harrow HA1 3UJ
Tel: 020 8235 4126
lisa.allison1@nhs.net



MEMBERSHIP SECRETARY

Susan Burrows
7 Hopground Close
St Albans
Herts AL1 5TA
Tel: 01727 869709
susanmb46@gmail.com



PRESIDENT



Sue Clark

VICE-CHAIR

Andrew Millis
142 Tavistock Road,
Fleet GU51 4HG
Tel: 01252 623674
Andrew.millis@btinternet.com



NEWSLETTER EDITORS CONTENT

Christopher Browne
89 Fulwell Park Avenue
Twickenham
TW2 5HG
Tel: 020 8894 1598
cbrowne@brownemedia.co.uk



PATRONS



Professor John Nicholls

SECRETARY

Sarah Bowes-Phipps
84 Centaurus Square
Curo Park
Frogmore
St Albans AL2 2FH
Tel: 01727 875156
sarah.bowes@live.co.uk



LAYOUT

Tim Rogers
30 Amberley Gardens
Epsom KT19 0NH
Tel: 020 8393 6968
roar@redliongroup.org



Lynn Faulds Wood

NOTES SECRETARY

Christine Lawton
19 Nathans Road
North Wembley
HA0 3RY
Tel: 020 8904 7851
ChristineLawton@aol.com

LIAISON OFFICER

David Skinner
23 Halcyon Way
Hornchurch
Essex RM11 3ND
Tel: 01708 455194
davidjohnskinner@hotmail.com



TREASURER

Preash Lad
62 Peartree Avenue,
London
SW17 0JG
Tel: 020 3581 6379
lad_11@hotmail.com



CLINICAL NURSE SPECIALIST

Zarah Perry-Woodford
St Mark's Hospital
Northwick Park
Watford Road
Harrow HA1 3UJ
Tel (work): 020 8235 4126
zarah.perry-woodford@nhs.net



Visit Our Website

redliongroup.org

Browse nearly every copy of *Roar!* that has ever been published (including issue 1 from 1994) at redliongroup.org/roar

For on-line support and advice from other members or to share your views about any aspect of life with a pouch, please visit our on-line discussion forum at: redliongroup.org/talk

Join the Red Lion Group

- Newsletter twice a year with all the latest news, views and events
- Membership is £10 (£5 for hardship cases, and free for under 16s) per annum
- Write to the Membership Secretary (see above) for a membership form

Write for Roar!

Ideas, Ideas, Ideas and More Ideas

Yes, Tim Rogers and I thrive on them for it's ideas that make *Roar!* the readable package that we all like it to be.

Whether it's something that happened to you on the way to work, an interesting holiday or personal experience, an insight into your life

with a pouch or a lively letter, please don't hesitate to send it in.

But then if writing articles isn't exactly your favourite pastime, we are always looking for cartoons, jokes, crosswords and competition ideas too.

That way we can keep your newsletter bursting with life and

information and make reading about pouch issues fun and stimulating. Please send your articles, letters and ideas to:

Christopher Browne
Roar!

89 Fulwell Park Avenue
Twickenham TW2 5HG
cbrowne@brownemedia.co.uk

