

ROAR!



RED LION
Pouch Support

SUMMER 2022

#63



Brave Lions walk tall in the London heat

See page 10

PLUS...

**Down the tubes
- no more!**

Good news for
catheter users

**A woman of
many parts**

A tribute to
Morag Gaherty





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 email at **info@pouchsupport.org**

BEDFORDSHIRE

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Sandy
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BRISTOL/AVON

David Mair
Bristol
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07719 524 324

CLEVELAND & NORTH YORKSHIRE

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07815 322137
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ESSEX

Peter Zammit
Benfleet
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HERTFORDSHIRE

Susan Burrows
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NORFOLK

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The Red Lion Group is a charity run by volunteers with advice from St. Mark's Hospital (pouch department). The content of *Roar!* aims to help people with an internal ileo-anal pouch and anyone considering this type of surgery. It is not a substitute for professional medical advice or a medical examination. If in doubt consult a specialist. We do not promote or recommend any particular treatment or course of action.



RED LION

Pouch Support

All donations, however small, towards expanding the work of the group will be gratefully received. You can donate online via the donate button on the RLG home page **pouchsupport.org**

Please support the Red Lion Group

Registered Charity number 1068124



NOTES FROM THE EDITOR



A plucky little trio of Red Lions boldly trod where few have gone before crossing 10 of London's most famous bridges in June this year to raise funds for pouchcare research (see article page 10).

It was a bold feat that reflected the rest of 2022 when, blithely ignoring a succession of local and global challenges and crises, RLG continued to attract new members and give help and support to a growing network of pouchees, potential pouchees and their relatives and friends.

Our USP (unique selling point) has been our monthly Zoom forums. Here members can talk openly and frankly with other members about personal issues and problems. If you haven't already registered for one I highly recommend you do so under the 'Events' column on the website www.pouchsupport.org. They're just what the doctor ordered!

In fact such has been our forums'

impact that several other pouch support groups have adopted the idea and launched their own online forums.

Down the tubes

One recent forum issue was catheters and the agonies and emptying problems some of us have suffered when we heard that Wellspect, the supplier/manufacturer, had decided to stop making them.

Several of us sought alternatives from other healthcare suppliers, but none of their products came near enough to a match for the unique Medena catheter.

Then in July the committee had a very pleasant shock! Two - not just one but two - supplier/manufacturers came forward and offered us their services (and you can read the full story on page 9).

Money talks

Few of us get excited about paying subscriptions - and if you do you're a

better man than I am! We often do it via a Standing Order (SO) a) to make sure it's paid and b) happens once a year.

However our financial experts, Jim Symington and Gary Bronziet, have come up with an altogether better scheme.

It's called CAF (Charities Aid Foundation) Donate. This allows charities to claim donations (and subscriptions) of varying sums from its member-donors.

CAF's other benefit for a charity like the Red Lion

Group is speed. By controlling the set-up of payments on behalf of donors via Direct Debits (DDs), a charity can receive payments more quickly. It also makes it easier to claim Gift Aid.

Find out more about CAF on pages 12 and 13. Remember, money talks.

Meanwhile I wish you all a very happy summer and the chance to pass a few leisurely moments with the latest edition of *Roar!*

Christopher Browne

Editor

cbrowne@brownemedia.co.uk

'The impact of our Zoom forums has made other support groups follow suit'

On the cover...



A spectacular bird's eye view of the River Thames featuring Tower Bridge and several more iconic bridges on the route of the London Bridges Walk on 26 June

Spotted at a National Trust site in York...





The Davies report

Our very own 'Mr Positivity' RLG chairman **David Davies** reviews an active, lively and eventful six months

Sudden bouts of Covid-19, changes of UK prime minister, rampaging inflation. Despite a flurry of national setbacks, the Red Lion Group has continued on its calm, unruffled way with many varied activities, notably our monthly pouch forums, some enlightening webcasts by pouchcare experts and several pioneering research projects.

However, on a sadder note, we were sorry to hear of the passing of a tremendous RLG stalwart, Morag Gaherty, recently. Morag didn't have a pouch, but supported her husband Brian (who did) and became a key figure in driving the activities of the charity from the very early days when the charity started up. Christopher Browne knew them well and has penned a glowing tribute in this issue (see page 11). We also learned from the executors that Morag had bequeathed £3,000 to RLG in her will and were mightily chuffed to be remembered among her other charitable interests. The gift will go a very long way towards settling our costs for the year.

Fundraising efforts

Further fundraising efforts have borne fruit with the London Bridges sponsored walk organised on our behalf by the Griffin Institute (St Mark's Hospital). I am delighted to say that we have raised almost £1,000 and a report on the event is included here

(page 10). With thanks to the amazing Adriana Davy and her hubby, Dominic, who travelled from Nottingham and smashed the London-based course on a very hot day and during the train strike.

Such fundraising is important as we seek to expand the services we can offer to you, the membership. On this note, we have some brand-new RLG pouch support T-shirts in sizes to suit all of us. They cost £10 plus p&p and are sure to be snapped up soon so don't delay. Ideal for the warm summer days... See the separate article on page 6 in this *Roar!*

Holistic support

Mental health is an increasing focus for many and has been a topic of great interest in previous Information Day events (who can forget the magnificent presentation by St Mark's Hospital's consultant psychiatrist Professor Yoram Inspector?). This edition includes the results of a psychology survey of pouchees and ileostomy patients by psychologist and trainee counsellor Zeina Bushnaq, which examined the extent of holistic support for patients as they progress through the various stages of surgery. Zeina is a PhD student at Roehampton University and was very grateful to this community for the volunteers

'Fundraising is key as we seek to expand our services'



who completed her survey. We are very pleased now to share the findings of Zeina's research with you in this edition (pages 6 and 7), with conclusions which will be of interest to you all, I'm sure.

A look at Probiotics

This edition features an introduction to probiotics by Christopher Browne (page 8). The probiotics VSL#3 /Vivomixx* are a natural blend of healthy bacteria which can be valuable for many pouchees, particularly after recovering from a course of antibiotics.

**The original formula known as VSL#3 is now marketed in the UK under the trade name Vivomixx.*

Many members will have been disappointed by the decision to postpone the annual Information Day earlier in the year. We hope to organise this important event later in the year. In the meantime, we will be looking to arrange some more webinars via the magic of zoom and which have proved so popular since we started them in 2018.

We are also continuing our relaxed,



ABOVE: Hot off the presses: David proudly displays his brand-new RLG T-shirt in front of York cathedral

informal chat forums, achieved using the zoom facility, so people can dial in from the comfort of their own home. The events typically take place on the first Monday of the month starting at 7.30pm. All the details are on the website under “Events” and it would be great to have you join us for some friendly pouch bants. The J-pouch support (UK specific) Facebook page continues to grow, with over 1,200 members now and very high activity rates. The feed from this group is published on the RLG website for your information, with daily posts on various topics that are highly pertinent to pouchees.

Finally a mention for our IT guru Gary Bronziet (“Gazzer”), who spent far too much time in hospital having some corrective surgery performed on his pouch and returned to hospital recently for a second operation. He is now back at home and taking things very easy, so on behalf of all of us I would like to extend best wishes to Gazzer for a speedy recovery.

And best wishes to you all

David Davies
RLG Chairman

Calling all Red Lions! It's time to wear your T-shirt with pride

We've a summer surprise for you! We've designed our very own Red Lion Group T-shirts. They come in all sizes from Small (S) 34'/36' to Large (XXL) 50/52 so I'm sure you'll find your own match.



To order your Red Lion Group T-shirt
go to pouchsupport.org/RLG-t-shirts/



THE PSYCHOLOGY ISSUE

Welcome to the Psychology issue of *Roar!*, the fourth in our series of specials on health and fitness. It features a survey by the psychologist-counsellor Zeina Bushnaq. Read on – you won't be disappointed!



ABOVE: Report author, Zeina Bushnaq

Sometimes it takes just a few warm words like these from a partner or friend to change our mood for the better, reports **Zeina Bushnaq**



A recent survey of pouches and ileostomists by psychologist and trainee counsellor Zeina Bushnaq, has found that most of those who took part showed higher anxiety levels, lower mood swings and greater body dissatisfaction than the average man-or woman-in-the-street. Despite this most participants reported a generally good quality of life.

The reasons are probably obvious. All the patients in the survey had been through bowel surgery which, as we all know, can be a significant period in our lives. Half of the 152 respondees, or 74, had pouches and an average age of 49 while the other 78 were ileostomists (average age 42).

All came from the RLG and Crohn's & Colitis UK support groups, the GetYourBellyOut and Purple Wings charities and some Facebook and Twitter users.

The survey – which Zeina ran as part of her PhD in Counselling Psychology at Surrey-based Roehampton University – was particularly timely as the latest statistics show the number

of people in the UK with inflammatory bowel disease (IBD) is continuing to rise.

“While the number of people with IBD, ileostomies and ileo pouches has increased over the past few years, research has mainly focused on the physical and medical aspects of these conditions instead of the emotional and psychological aspects. However as IBD diagnoses increase, so do the number of individuals experiencing psychological difficulties, specifically anxiety and depression (low mood),” said Zeina.

Tailored treatment

The survey's aim, she said, was to “help researchers and clinicians better understand people's emotional and psychological experiences after surgery. This is important because it provides critical information that clinicians need to inform their clinic practices.

“It also means clinicians can make sure people receive the appropriate psychological interventions and that their treatment is tailored to meet

people's emotional needs,” she said.

So what then were the survey's key findings and what were the main differences between patients with pouches and ileostomists?

“When it came to coping strategies, the only difference that was found was that the pouch group appeared to use problem-focused coping strategies more than the ileostomists,” said Zeina.

“These strategies are used when people try to change the source of their stress and usually take the form of planning or else seeking professional help from doctors or nurses.” She said older participants tended to use these problem-focused strategies more often than younger ones.

Another key factor was the length of time that has passed since the patient has had their surgery. “The further in time from surgery, the more likely participants have time to adjust and

St Mark's Hospital has its own Psychological Medicine Unit (PMU) which provides consultation and training to its staff and some specialist input that is mainly for in-patients. Dr Sonya Frearson, Consultant Clinical Psychologist & Head of St Mark's PMU, is currently conducting a needs assessment for St Mark's Hospital with a view to seeking funding to expand services.

If you or anyone else is interested in joining a patient panel to help with this then please

contact Sonya (using “patient panel” in the subject line) on Inwh-tr.psychology.pmu@nhs.net

If the findings of Zeina's research have prompted you to seek support with ways to improve living with your condition a good first step is to use this link to refer yourself to your local NHS talking therapies service: <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/>

cope – and therefore to use problem-focused strategies,” said Zeina.

And what were the recommended types of treatment? “Psychological interventions between the two groups may be different because each group experiences different difficulties, ie individuals with ileostomies may experience short-term complications with their stomas and individuals with ileal pouches may experience long-term complications of the pouch such as pouchitis,” she said.

“Tailoring psychological interventions may help address people’s specific emotional needs, thus improving their mental wellbeing, whilst also improving access to mental health services,” said Zeina.

The survey is a ‘first’

The survey is believed to be the first of its kind to examine the differences between a wide range of psychological factors including low mood, anxiety, body image, attention, people’s beliefs, coping, help-seeking and attitudes towards therapy in individuals with ileostomies and ileo-anal pouches, said Zeina.

“The results highlighted the importance of understanding people’s attitudes towards mental health services and the need to improve psychological training, healthcare pathways and access to mental health services,” added Zeina.

Zeina Bushnaq: Biography

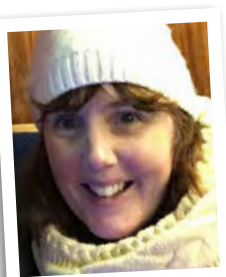
Zeina Bushnaq is training to be a Counselling Psychologist and is in the final year of a doctorate at the Surrey-based University of Roehampton.

Born and raised in the Middle East, Zeina aims to continue her recent work and research in the IBD community and to help those who face problems or who may be struggling.

She has an MSc degree in social and applied psychology from the University of Kent and a BA in psychology from Canada’s Dalhousie University.

Michelle’s magic formula

RLG communications officer **Michelle Martin** has her own unique way of dealing with anxiety and stress. Let’s call it PMA - the positive mental approach



When I started this article I had just tested positive for Covid (the first time – so very late to the party!)

and it got me thinking about the impact the pandemic had on my mental health.

I work for a hospice, so when we went into lockdown I was one of the first members of staff to be sent home due to concerns over my health. We entered the lockdown just as I was celebrating one year of living with a pouch and by this point I was really enjoying life without my temporary stoma bag.

Then I found that after a year of lockdowns I had to regain my confidence in my pouch. I had become so used to being at home near a toilet, I had become nervous of big trips out.

This situation made me realise two key points:

- 1) There was nothing wrong with my pouch, it was my own anxiety that was holding me back. It was very easy for me to blame my condition but sometimes I needed to look beyond that;
- 2) How important it was to keep active and not retreat to the safety of my own home. It is very easy to stay at home and feel safe but that is not living.

I concluded very quickly that if I stayed at home I would lose touch with my friends, family and the world around me. After being so ill I wasn’t prepared just to sit back. I wanted to live life.

Living with an autoimmune disease is always challenging but combining that with the worst pandemic in over 100 years just makes things that much more difficult. It is OK to find it stressful but the most important thing is to seek help and support if it is preventing you from living the life you want. You have been through so much you deserve to be happy and to live well.





Probiotics? What exactly are they...

A growing number of hospitals, medical centres and health clinics are recommending them for good gut health. Christopher Browne investigates

Those pretty little pots of amber fluid commonly referred to as probiotics have been a breakfast must-have for some of us for many years. And they certainly look and taste healthy – even medicinal – when taken as supplements with yoghurts or cereals.

However they are sometimes dismissed by nutritionists and gastro specialists as gimmicky or trendy. Not the aids to good health we assumed they might be!

So what exactly are probiotics? They are the micro-organisms or good bacteria and yeasts that live in the

body that when added to our daily diets are meant to improve or restore the flora in the gut.

Probiotics is a field that continues to grow in popularity and commercial interest and its health benefits have become a much-discussed topic in hospitals, medical centres and health clinics.

UK health regulators have now approved the use of certain probiotics after a course of antibiotics to help restore a natural flora in the gut, though the cost is not generally reimbursed by the state. I know of a St Mark's Hospital patient who was

'Probiotics is a field that's growing in popularity'



prescribed a regular dose of a certain brand of probiotics in their discharge notes after recent pouch surgery.

I have certainly tried them and regularly bought one of the leading brands VSL#3 for a short spell about 20 years ago. Though, like many others, I was put off by the price.

There is a similar product called prebiotics. Though this is sometimes confused with probiotics, it is not the same. Prebiotics are nutrients or dietary compounds that stimulate the growth and activity of certain microorganisms and only found in a few types of food.

However synthetic prebiotics are added to some foods to improve their nutritional content and health value. They are also made into supplements and used to treat certain health conditions and to improve gut health.



Catheters ready for a comeback

After months of RLG hand-wringing and uncertainty two manufacturer/suppliers say they are keen to work with the Red Lion Group

You simply couldn't make it up! One moment we are a catheter-less pouch support group; the next two catheter manufacturers appear - seemingly from nowhere - to offer their services.

And so ends a year of worry and distress after Wellspect, the UK-based manufacturer and supplier of the Medena catheter, announced it was halting manufacture of the product due to falling demand (see article in the Summer 2021 *Roar!*).

Curiously, RLG and our fellow support groups have been seeing a steadily rising demand for a product that for many pouchees, Kock pouch owners and ostomists has proved a vital aid to daily emptying problems.

Over the past 12 months, several RLG committee members, led by membership secretary Gary Bronziet, have been striving to find new sources of catheters - without too much success until two manufacturer/suppliers emerged in July.

One of them, US-based Marlen Healthcare, has been working with St Mark's Hospital's pouchcare nursing team. The team is currently

trailing the company's Marlen catheter with feedback from at least 10 volunteer pouchees from RLG.

The team's Plan A is to introduce the new catheter to the UK and Plan B is to find a way of adding it to the UK's Drug Tariff so it can be ordered on prescription.

Meanwhile Tobias Hellstrand, director of the second manufacturer, the Sweden-based YourRad, which is taking over the manufacturing of the Medena catheter, said: "We will make this happen..... We have taken over the responsibility as manufacturer which includes the product responsibility.

"I am in discussion with Wellspect UK to get their help to get the product registered in the UK..... it would be natural and important for us to collaborate with organisations like the Red Lion Group to make sure that we 'have a channel of communication and feedback' to users in different countries."

So it seems that after months of uncertainty and, for some users, considerable stress, a solution beckons!



Brave Lions keep cool in the London heat

A small but doughty band of RLG members joined the capital's Thames Bridges Walk

Eighty-five hardy souls braved the heat of a cauldron-like London on Sunday 26 June to walk up to 13 miles across 10 River Thames bridges and raise money to support ground-breaking medical research, vital surgical training and essential patient support at five London and St Mark's Hospital-based charities.

RLG was proud to be chosen as one of the five charities and contributed seven of the 85 volunteers. However, on the day, we had only three participants due to illness and/or injury.

So special thanks to Adriana and Dominic Davey who travelled from Nottingham to attend in person, plus chairman David Davies who delivered his seven miles in his home town of York due to the train strike. Thanks also to Stella Davey, Christopher Browne and Gary and Jackie Bronziet

who were unable to take part, but contributed to the fundraising efforts.

Support network

More than £600 was raised for RLG, which is a fantastic amount to help us to continue to provide support for pouchees, their friends and family throughout the UK and beyond. The Just Giving page is still open for anyone wishing to make a donation at: <https://www.justgiving.com/campaign/londonbridgeswalk2022>

Special thanks must go to Ian Tate of the St Mark's-based Griffin Institute for single-handedly coordinating, preparing and organising the event.

The RLG hopes to mount another fundraising event in 2023, so please look out for announcements and thanks again to all who participated and donated to this year's enterprise.

'Raising money to support ground-breaking medical research'

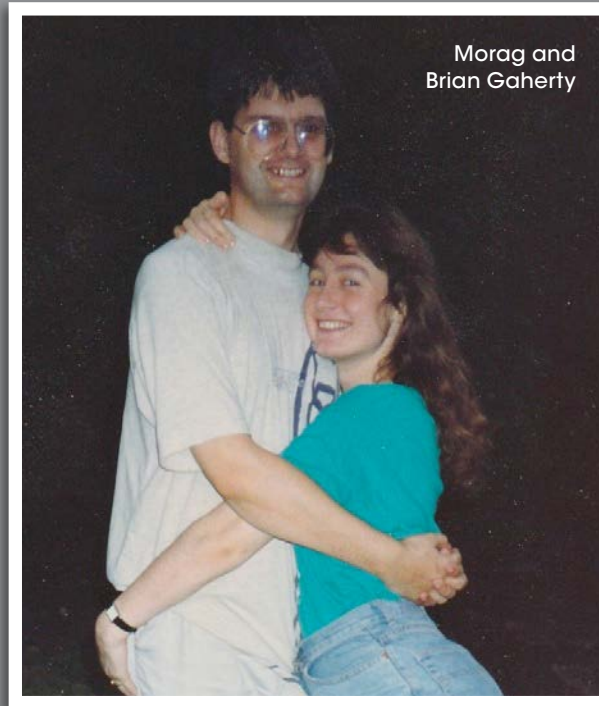


ABOVE: RLG members Adriana and Dominic Davey with their medals at the finish

A TRIBUTE

MORAG GAHERTY

An inspired friend, founder and benefactor



If you wanted to get something done quickly and efficiently (and who doesn't!?) in the early days of the Red Lion Group such as arranging a meeting or launching a fundraising project, you'd usually approach a Gaherty, particularly Morag who, although her title was membership secretary, seemed to hold down five or six jobs at the same time.

She and husband Brian were two of the group's founder-members in 1994. And working closely with St Mark's Hospital's senior pouch nurse specialist Julia Williams, it was Morag's drive and determination that helped transform RLG from a small patient support group into a national, and now international, charity.

Brian who had a pouch op after suffering from FAP (familial adenomatous polyposis) also spent a productive three years as RLG chair (with Morag as a highly effective right-hand woman).

When Brian passed away in 2005 Morag continued to be an active member of the committee. This was partly due to her concern that one of her three children might inherit FAP, which is a genetic condition that

can cause bowel cancer, from their father.

Early Red Lion Group members will always remember Morag's vibrant and good-humoured presence at RLG Information Days and committee meetings. Her lively articles and acute observations about pouchcare methods and treatments were also a delight to read in the various editions of *Roar!* magazine that she edited with such aplomb.

Morag was also a woman of many parts. A trained chartered accountant, she founded and ran a successful online reusable nappy business, aptly named The Nappy Lady, for almost 10 years – and the company is still trading.

As we reported recently on the RLG website (www.pouchsupport.org) Morag sadly died of cancer a few months ago at the age of 52 leaving the group an extraordinarily generous bequest of £3,000 in her will. A remarkable gesture and an unforgettable gift.

Morag leaves a daughter, Lucy, aged 23, and a 21-year-old son, Thomas.



MEMBERSHIP REPORT



Wonders of the web

Gary Bronziet, RLG’s membership secretary and resident guru, has added yet another feature to the website – a streamlined search function. There’s some more good membership news too, as he reports

Good news! I am pleased to say that I have finally managed to introduce a proper “search” function on the website. The amount of content that we have on the site has grown so much over the last few years that a search function is now essential. If you haven’t seen it yet, do have a play and see what you can discover!

Meanwhile our membership continues to grow. We now have over 1,200 members on our Facebook group, but sadly just under 300 paid-up Red Lion Group members. It would be nice to convert some more Facebook members to fully-fledged RLG members.

As funds permit we undertake to donate to the St Mark’s Foundation, and thanks to some recent donations we were able to contribute £5,000 last year. Things are looking rosy this year too!

Friendly reminders

You’ll be pleased to hear that we now have a more efficient way of keeping track of annual renewals. Previously it was quite primitive and assumed that

all membership fees were due on 1 January. This obviously didn’t cater very well for people that join mid-year, so the system now tracks when the fee was last paid and flags those that are overdue. So some of you may have received friendly reminders!

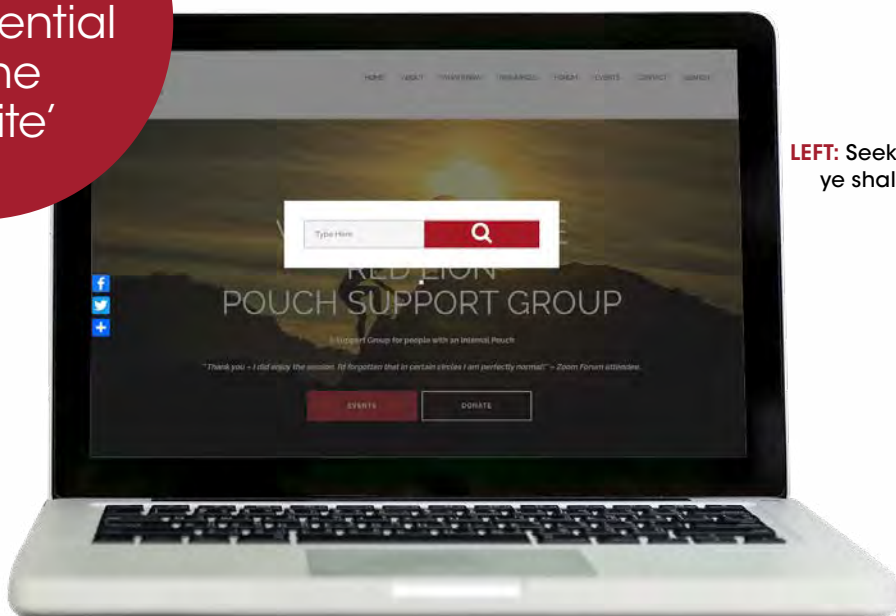
Many of our members already pay by standing order and this is recommended to avoid overlooking your payment and is very easy to set up. However a better way to pay your subs is to use CAF

(Charities Aid Foundation – see Treasurer’s Report on opposite page) to make online payments. You can do this via the ‘PAY ANNUAL SUBS’ button on the website and set up a recurring payment (or add a reminder to your calendar!).

That’s all from me for now, and I hope you are all enjoying this fantastic summer!

Gary Bronziet
Membership Secretary and IT
membership@pouchsupport.org

‘A search function is now essential on the website’



LEFT: Seek and ye shall find

New CEO heads hospital trust

Pippa Nightingale is the name of the recently appointed chief executive of The London North West University Healthcare Trust (LNWH), the trust that runs St Mark's Hospital.

Pippa, who was formerly chief nurse at Chelsea and Westminster Hospital NHS Trust, took over from Chris Brown who held the CEO post for 19 months.

For the past seven years Pippa has played a pivotal role at the LNWH as director of midwifery and lead for the North West London Integrated Care System where she led the vaccination roll-out.

She joined the NHS in 1993 as a healthcare assistant before qualifying and practising as a midwife for the next 10 years. In 2018 Pippa was named one of the 70 most influential nurses and midwives in the NHS and was awarded an MBE the following year.



'Influential': Pippa Nightingale



Money matters

RLG treasurer **Jim Symington** highlights a new, cost-efficient way to pay your annual subs



RLG treasurer Jim Symington reports that the Red Lion Group's finances are "generally satisfactory" - aided by a

generous bequest of £3,000 earlier this year from the will of founder-member Morag Gaherty (see page 11).

"RLG is a very low-cost charity with a modest number of members and is run entirely by volunteers. Minimising our expenses and increasing donations and fundraising help us to maximise our donations for pouch research and improve our services to members," says Jim.

RLG has also set up an account with the Charities Aid Foundation (CAF). This enables members to pay subscriptions and make donations to the group via the CAF website.

"This process has considerable advantages to RLG both administratively and in that any

Gift Aid tax refunds due from Her Majesty's Revenue and Customs (HMRC) are automatically claimed and passed to us, thus increasing the value of donations to RLG.

"We would encourage all members still paying by bank standing order to set up a direct debit with CAF instead of the standing order - a process that takes only a few minutes. And if you are a UK taxpayer, please ensure you complete the Gift Aid part of your CAF account set-up. Your cooperation in this would be much appreciated," says Jim.

You can access the CAF website under the "Pay Annual Subs" and "Donate" headings on the home page of the RLG website www.pouchsupport.org

'We encourage all members to set up a direct debit with CAF'



RECIPE

An ideal winter warmer

Our very own resident vegan, RLG committee member, **Andrew Millis**, has created a delicious lentil soup

Andrew says: This can be a meal on its own. It is cheap to make, filling and can be reheated safely and you may want to add extra stock if you do.

The quantities in the recipe cater for about four bowls of soup, so ideal family fare. The recipe is vegan and has been tested on a pouchee - me!

Ingredients:

- 1 mug of brown whole lentils (about 240g) of brown lentils. (These are better than the more common red split lentils and very high in protein)
- 1 onion, chopped

- 4 sticks of celery
- 4 large carrots, finely sliced
- Generous sprinkling of dried rosemary or 2 to 3 sprigs
- 8 new/baby potatoes, cut into bite-sized pieces
- 2 mugs of cut kale
- 1 pint of vegetable stock (I used a Knorr Stockpot and a green vegetable OXO cube with a pint of boiling water. You will need more if you reheat the soup).
- 3 garlic cloves, crushed or thinly sliced.
- Salt and crushed pepper

Method:

- 1** Soak the lentils in water overnight. Drain the excess water and rinse well;
- 2** Add four tablespoons of water to a large saucepan and turn on a medium heat. When hot, add the

'The soup can be a family meal on its own'

garlic, celery, carrots and onion. Add salt and black pepper;

- 3** Sauter for 4 to 5 minutes, loosely stirring;

- 4** Add the potatoes and season again with salt and pepper. Stir and

heat for 2 to 3 minutes on a medium heat;

- 5** Add the vegetable stock and rosemary, and turn up heat to high. When bubbling add the lentils and reduce heat to simmer;

- 6** Simmer for 20 minutes;

- 7** Add kale, stir in and cook for a further 4 minutes. Add more stock if required.

Serve with brown bread. Any soup left over may be left to cool in the saucepan then reheated with added stock in the saucepan or microwave.





Write for *Roar!*

Ideas, Ideas and More Ideas

Yes, *Roar!* thrives on them for it's ideas that make the magazine 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 magazine bursting with life and information and make reading about pouch issues fun and stimulating. Please send your articles, letters and ideas to:

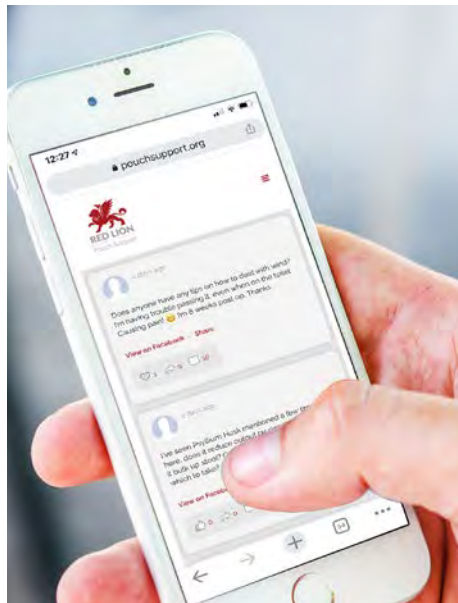
Christopher Browne, Editor
cbrowne@brownemedia.co.uk

VISIT OUR FACEBOOK FORUM

To visit the RLG and J-Pouch Support forum go to pouchsupport.org/forum or scan the QR code below



SCAN ME



- Visit our website pouchsupport.org
- Find us on Facebook www.facebook.com/theredliongroup/
- Browse nearly every copy of *Roar!* that has ever been published (including Issue 1 from 1994) at pouchsupport.org/resources/roar-archive
- For online support, advice and tips on life with a pouch, please visit our Frequently Asked Questions (FAQs) page on the website at pouchsupport.org/faqs/



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