

ROAR



WINTER 2022-23

#64



PLUS...

Medena magic

Catheters get green light

A pride of nurses

St Mark's team win industry recognition

Loneliness of the long-distance pouch-holder

See page 6



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**

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Carol George
Sandy
01767 263092

BRISTOL/AVON

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Bristol
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07719 524 324

CLEVELAND & NORTH YORKSHIRE

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Saltburn by the Sea
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ESSEX

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Susan Burrows
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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



hope you don't mind but I'm going to call 2022 the Year of the Marathon or, more specifically, the Year of the Marathon Runner with a Pouch.

First, RLG's liaison officer David Skinner – no less – has been a frequent flyer to the historic city of Frankfurt where he has run this beautiful city's annual marathon an extraordinary eight times – you can read all about it on page 13.

Then in August 2022 another RLG member, Tom Plater, bravely joined several hundred athletes in the south of England's North Downs Way 100 – a 100-mile-long race that is the equivalent of almost four marathons and popularly known as an ultramarathon (see the article on pages 6 and 7).

In my younger and fitter days when the pouch was being invented I used to run half-marathons for fun and, in one year, the London Marathon. Though obviously unfit and out of shape, I was selected to run in the fast sub 3-hour

group for some reason. It showed when my right Achilles tendon collapsed mid-race and I had to drop out after 11 miles.

However I have never forgotten the rousing cheers of the roadside spectators which helped to spur me on for at least three miles further than I should really have gone.

The long wait

Running marathons is impressive enough. But then longevity comes in many guises. Look how long catheter-using pouches and kock-pouch owners have had to wait for any hint of progress after production of these vital devices was halted just over two years ago.

Well as your faithful carrier of good news, we can report that their patience has been rewarded as you will discover on page 5.

The gossip column

How I love a bit of gossip – and who doesn't? In December a lively meeting

about the future of St Mark's was led by the hospital's clinical director Omar Faiz and the hospital trust's CEO, Pippa Nightingale. Both spoke with great conviction about the transfer of the majority of services from St Mark's Hospital's Northwick Park site to London's Central Middlesex Hospital (CMH) and how the merger will help to transform both St Mark's performance and brand.

Two weeks later Pippa was featured on TV. During a popular TV programme, media star Amanda Holden said a certain young midwife named Pippa Nightingale had saved her life during a dangerous pregnancy 10 years ago. Yes, it was the same Pippa Nightingale.

So what better was to start the New Year than to discover we have a famous personality at our helm.

Happy New Year to everyone!

Christopher Browne

Editor

cbrowne@brownemedia.co.uk

'Both spoke with great conviction about the transfer of the majority of services from St Mark's Hospital's Northwick Park site to London's Central Middlesex Hospital (CMH)'



Clarifications

The summer 2022 edition of *Roar!* included an article on probiotic yoghurts written by *Roar!* editor Christopher Browne and reflected his own views and experiences. Unfortunately, the inclusion of a photograph and mention of RLG member Tricia Levasseur in the standfirst implied these were her views and experiences, which is not the case. We are sorry for any confusion caused and have amended the online version of *Roar!* accordingly.



LETTER FROM THE CHAIR

The Davies report

RLG chair **David Davies** reflects on a buoyant second-half and some cutting-edge changes in 2022

We've had another exciting six months or so in pouchee-land since the last edition of *Roar!*. Not least was a whole raft of nominations for the Nursing Times and ASCN (Association of Stoma Care Nurses) UK annual awards for our outstanding pouch nurse specialist team at St Mark's Hospital.

Zarah, Petya and Rali will be known to many of you already and these nominations are further evidence of the high esteem in which they are held by their own professional body. The team often work long hours and we are proud to have them on the RLG committee. I am sure you will all join me in passing on our congratulations to the team (see article on Page 8)

October 2022 was one of our busiest months with our sister group, the Oxford-based Kangaroo Club, holding

'Switching to a CIO means that all RLG trustees are protected from personal liability if an individual or body tries to sue them'.

its own Information Day. Several members of the RLG committee went along to support the event and joined 50 or so other delegates to hear a varied agenda on the topic of pouch longevity, advice on diet and pelvic floor exercises, the results of a pouch survey and a review of a key research paper. For your diaries, RLG is planning to hold its first Information Day for several years in April or May 2023. Watch the website and RLG email streams for further details.

Another new development is RLG's decision to switch from a charity to a CIO (Charitable Incorporated Organisation) - this is similar to a limited company in the private sector.

Switching to a CIO means that all RLG trustees are protected from personal liability if an individual or organisation tries or threatens to sue us. Although we are extremely unlikely to be sued at RLG, our new status avoids the need for very

expensive insurance to protect us if we are. You will see very little difference in the way RLG is run and how we carry out our day-to-day activities.

However from now on all standing orders and direct debits for membership will need to be switched to a CAF (Charities Aid Foundation). And we will provide full guidance on how to do this.

One of the biggest benefits of the new approach is that your annual membership payment will be processed as a donation, allowing us to automatically claim 25 per cent gift aid on your payment at no extra cost to you.

Low-cost membership

Meanwhile thank you for your continuing support. Our membership is a vital source of funds and helps us continue to provide the services and support we give to pouchees.

And once again, the trustees have agreed to keep the cost of membership at last year's level - £10 per year with concessions. We feel this represents excellent value for money and, let's face it, times are tough at the moment.

Our IT guru (and membership secretary) Gary Bronziet has been busy again, setting up a library of webinars and other content on YouTube which members can access at any time.

The content is already on the RLG website, but the YouTube library will broaden our internet footprint (as they say) and ultimately attract more members.

This library of webinar recordings, articles and interviews provides perhaps the most comprehensive resource for pouchees anywhere in the



LEFT: Pouch proud: RLG's chair David Davies, Kangaroo Club chair and RLG committee member Laura Dunn, RLG membership secretary Gary Bronziet and IA (Ileostomy Association) Trustee Carol Katte



UK and Europe and is accessible to pouches all over the world. It really is a fabulous resource and is continuing to grow with a couple of interviews on the treatment of fistulas and incisional hernias to be added shortly, starring Mr Toby Hammond, consultant surgeon at Broomfield Hospital, Chelmsford, and with thanks to RLG communications officer Michelle Martin who made it all happen.

Keep on Zooming

Our monthly RLG pouch chat forums continue to be a great success with some 20-30 attendees all discussing topics of interest to pouches from the comfort of their homes. New attendees are warmly welcomed and attendance is free. These informal Zoom events start at 7.30pm every first Monday of the month. To join one of them and receive your dial-in instructions, please register your name at www.pouchsupport.org/events

The J-Pouch support (UK specific) Facebook group continues to grow with some 1,250 members and many pouch-related topics being posted every day. Please join up on Facebook if you fancy and ask a question or two if you wish. You will not be alone!

Finally, the committee were very sad to receive news of the death of Susan Burrows who was RLG's membership secretary until three years ago and a very active committee member. Rest in peace Susan (see obituary on page 11).

Happy reading and I wish you all a very happy, healthy and prosperous 2023.

David Davies
RLG Chairman

BREAKING NEWS

You can count on a Medena

Production of these vital medical devices is about to start again

After weeks of uncertainty, the UK-based supplier/manufacturer Wellspect has agreed to restart production of the Medena catheter.

Petya Marinova, St Mark's Hospital's lead nurse (pouch and stomach care), said: "We have been in close discussions with Wellspect and helping with whatever we can and they have agreed to restart production of the Medena catheter in the next two months."

"It will be produced by a different company but the design remains the same and Wellspect will distribute it - and all existing Medena product codes should remain the same."

Meanwhile the St Mark's pouchcare team have been analysing the results of trials on a similar product - the Marlen

catheter. "If the Marlen catheter company decides to go ahead with introducing their own product to the UK market it will take about 9 to 12 months for this to start," said Petya.

"Meanwhile if someone is running low on them, our St Mark's pouchcare team has enough Medena catheters to send emergency stock to whoever may need them."

RLG membership secretary Gary Bronziet, who is a catheter user, said: "This

is wonderful news. Ever since it was announced by the manufacturers that they were halting production of Medena catheters nearly two years ago, a growing number of members have been expressing their concern and frustration about where and if they might be able to obtain them. Now they know!"

'Our St Mark's pouchcare team has enough emergency catheters to send to whoever may need them.'



THE BIG EVENT



Everyone with a pouch is a winner! Just ask Tom Plater

Illness and surgery were no obstacle to a former triathlete's ultramarathon success

Good marathon runners are a rare breed – and outstanding ones a very rare species indeed.

RLG member Tom Plater, who's specialist skills are marathons and ultra-marathons, is certainly one of the latter.

A red-blooded Lion to his core, you might well say. But what makes Tom's latest achievements even more

remarkable is that he has a J-pouch.

Four years ago this 37-year-old former triathlete and ironman faced a markedly different test of his resolve and stamina when he discovered he had FAP (familial adenomatous polyposis), a condition that, if left untreated, can lead to bowel cancer.

Soon after the diagnosis, Tom was told by two St Mark's Hospital consultants that he would need

MAIN: Tom at the finish-line

BELOW: Tom mid-descent

Tom started running again “wearing baggy clothes”, as well as local cycling trips and “finding evermore reasons to not go to the office”.

However, as Tom says, his first run post-op was “terrifying and the decisions to be made endless”. So he resigned himself to being a gym bunny, never venturing outdoors.

Then one day he spoke to a friend whom he’d met during his earlier Army career who said he was organising a marathon in the famous Brecon Beacons. Tom duly signed up.

“The event turned out to be a huge confidence boost and a return to my love of being in the hills with friends,” says Tom.

Then the following year, 2020, the intrepid runner “leapfrogged from marathons into the unnatural world of Ultras [ultra-marathons] when he entered a 100km race.

‘I leapfrogged from marathons into the unnatural world of Ultras (ultramarathons)’

Getting into shape

To get into shape for the event, Tom adopted a keto/high-fat/low carb [carbohydrate] diet (HLFC), the theory being that fat-

burning ketones reduce the volume of food needed during a race and so lessen the risk of any malfunctions.

Aided by the relentless encouragement of his family and friends, Tom “stumbled to the finish of the race in 12hrs 29mins”.

Then he heard about an even more challenging event – the North Downs Way 100 – a 100-mile-long ultra-marathon that was being run over the national trails of Hampshire, Surrey and Kent.

“100 miles of non-stop running, utilising a digestive system that is no longer capable of letting me sleep for more than two hours in one stretch was a totally ridiculous idea. But the madness of it relieved most of the worry throughout my training and into the build-up for the race,” says Tom.

And Tom also had a secret weapon – a handy little bag of M&S Percy Pigs.

“I got to the start-line totally convinced that with these gummy children’s sweets and another product

called Tailwind nutrition for athletes, I could complete at least 37 miles of the race in one stretch with no J-pouch malfunctions,” says Tom.

“After finishing that first third of the race, I found the rest of the course was made up of glorious off-road trails and the becalming effects of a hot English summer’s day.

Spotting the loo stops

As ever, Tom kept a nary eye out for any source of relief. “I did my best to let go of my anxiety when facilities weren’t at the marked aid stations, and made the most of the euphoria of seeing an unexpected loo stop when it appeared,” he says

Eventually Tom achieved his pre-race goal of completing the race in under 24 hours – not one of his fellow competitors realising that this former triathlete had recently had two major operations and was the proud owner of a unique piece of man-made anatomy.

Tom’s ultra-marathon efforts also raised £2,350 for the St Mark’s Hospital Foundation and £1,350 for the Help for Heroes military charity.

As this brave Red Lion says now: “I am convinced that a J-pouch can reach whatever goal is on its owner’s finish-line.”

Congratulations Tom!



surgery to create a J-pouch. Recovery would be tough but he would be able run again, they said.

Brave to a fault, the optimistic consultant project manager says: “Even as I was being bombarded by new information, well-informed advice on recovery and cautions about my mental wellbeing, I’d already fixed my sights on getting back to normal,”

During his six months with a stoma,



Jason Bacon, CEO of the St Mark’s Hospital Foundation, commented:

“As someone who enjoys

running and occasionally gets out for a 10k or half marathon race I stand in awe of Tom Plater. Tom’s run was a truly remarkable feat and raised £2,350 for the Foundation for which we are truly thankful.

“Importantly Tom also raised awareness that having a pouch is not an impediment to achieving extraordinary physical feats.”



THE ROAR! REPORT

TOP TEAM: St Mark's Hospital's Zarah Perry-Woodford, consultant nurse (centre), Petya Marinova, lead nurse, pouch and stomacare (r), and Rali Marinova, pouch nurse specialist (l).



St Mark's Hospital's specialist pouch team recently won some very special recognition

Roll out the red (lion) carpet, unfurl the multi-coloured bunting – a team we all know, respect and admire has been nominated for five major nursing awards.

St Mark's Hospital's stoma and pouchcare department's nurse consultant Zarah Perry-Woodford, lead nurse Petya Marinova and pouch/stoma nurse Rali Marinova were all nominated for the prestigious 2022 Nursing Times and Association of Stoma Care Nurses (ASCN) UK awards in October.

Finest achievement

Perhaps their finest achievement – a point highlighted by the judges at the October awards ceremony – was the book they wrote and produced *Stoma Care – A Guide for Patients* – which was also mentioned in three of their nominated categories.

The judges also highlighted the trio's efforts to promote patient self-management, their work in theatre and surgical nursing, and the way they applied workplace technology to the digitalisation of their stoma and pouchcare service as well as sustaining an uninterrupted service during the Covid-19 pandemic.

Petya Marinova, lead nurse for pouch & stomacare, said: "These nominations were based on projects that aim to improve patients' quality of life, their everyday care and our own working experience.

"Our plans are to continue to develop the service we offer and improve patient care and experience through many more innovative and exciting projects.

"By achieving all this we hope to have many more nominations and awards in the future."

Pippa Nightingale, CEO of St Mark's



ABOVE: Pippa Nightingale: CEO of North West London Healthcare NHS Trust

parent body, North West London Healthcare NHS Trust, said: "I could not feel prouder of the team and am delighted they have received this prestigious recognition.

"The Nursing Times and ASCN UK awards represent such well-deserved approbation for a team that provide specialist support and clinical care to patients.

"The team go above and beyond their

The judges praised the way the team applied workplace technology to the digitalisation of their stoma and pouchcare service

individual briefs to provide individualised care for each patient and their families so they do not feel alone or unsupported at what can be quite a difficult time in their recovery.”

The award categories were:

■ **Nursing Times Award** – Nominated for ‘Promoting Patient Self-management’ for the team’s Stoma Care - A Guide for Patients book
Outcome: Finalist

■ **Nursing Times Award** – Nominated for ‘Theatre and Surgical Nursing’ for the team’s Stoma Care - A Guide for Patients book
Outcome: Finalist

■ **Nursing Times Workforce Summit & Awards** – Nominated for ‘Best Use of Workplace Technology for the digitalisation of the team’s Stoma & Pouch Care service’
Outcome: Finalist

■ **Nursing Times Workforce Summit & Awards** – Nominated for ‘Nurse Manager of the Year’ for Zarah Perry-Woodford, the team’s Nurse Consultant (Pouch & Stoma Care)
Outcome - Finalist

■ **The Association of Stoma Care Nurses (ASCN) UK** – Collectively nominated for ‘Stoma Nurse of the Year’ for the team’s Stoma Care - A Guide for Patients book, maintaining uninterrupted services throughout the Covid-19 pandemic and the digitalisation of their services
Outcome: Highly Commended

■ **Petra Marinova was recently promoted to Lead Nurse for Pouch & Stoma Care at St Mark’s Hospital, a role that combines management with clinical and pouch care.**



Pride of place

One of the first sights to greet pouchees and visitors to Central Middlesex Hospital is an eye-catching banner for the Red Lion Group. The picture shows Jason Bacon, CEO of the St Mark’s Hospital Foundation (r), and Christopher Browne, Editor of *Roar!*, astride the banner in the hospital foyer



What a line-up! A team of consultants and specialists from St Mark's Hospital at the Frontiers conference backed by a giant image of Janindra Warusavitarne, consultant colorectal surgeon at St Mark's and patron of the Red Lion Group, which was beamed in from New Zealand

Pouches highlighted at Frontiers conference

The Pouch in 2022 and Beyond' was the futuristic title of a key session at the St Mark's Hospital Foundation's 20th annual Frontiers conference in December.

The main speaker was Iris Dotan, a leading pouch surgeon from Israel, and a panel that included colorectal surgeons Peter Sager from Leeds

Teaching Hospitals NHS Trust and Richard Brady from the Newcastle upon Tyne Hospitals NHS Foundation Trust.

Other topics at the three-day conference – chaired by Professor Ailsa Hart, dean of St Mark's Academic Institute – included medical, endoscopic, surgical, nursing and nutritional expertise.

Key speakers



Iris Dotan
Leading pouch surgeon,
Rabin Medical Center, Israel



Peter Sager
Colorectal surgeon, Leeds
Teaching Hospitals NHS Trust



Richard Brady
Colorectal surgeon, Newcastle
upon Tyne Hospitals NHS
Foundation Trust

A TRIBUTE

A woman of action

Former RLG membership secretary **Susan Burrows** was feisty, warm-hearted and eternally busy

Wine-lover



Traveller, singer, organiser, socialite. Those were just a few of the qualities of Susan Burrows, the Red Lion Group's former membership secretary.

Susan, who sadly passed away in November 2022, was an independent spirit – cheerful, highly efficient and a kind and compassionate RLG committee member.

She always put the pouchee-members on the RLG database first and would always try to help anyone who was facing difficulties.

Susan's organisational skills stemmed from the years she spent as a primary school head in Enfield, Middlesex before she retired. Post-retirement she was a lively and active member of her local community in St Albans with an abiding passion for music as reflected in the many hours she spent singing, rehearsing and performing with St Albans choral society.

She was a keen walker, a local hospice volunteer and cherished by her friends as a witty social animal, who loved celebrating events, especially family ones, with a glass of her favourite Sauvignon Blanc.

Susan's second great passion was travel. I'll never forget her intrepid tales of visits to such places as New Zealand, Kenya, Oman, Iceland

and Vietnam among others which she wrote and illustrated with such aplomb and colour for this magazine.

David Davies, RLG chair, comments: "Susan is remembered with great affection by the Red Lion Group where she was our membership secretary for eight years and was a very active committee member, in particular in organising us all for our annual Information Day.

"Susan's death comes as a shock as she was so fit and feisty, always advocating for the patient and taking a full part in the workings of the charity.

"We are all very sad to hear of her passing and send our sincere condolences to her friends and family."





MEMBERSHIP REPORT



How to win with Google

In his dual role of membership secretary and IT coordinator, **Gary Bronziet** knows a thing or two about getting results – as the last six months have shown

I'm writing this gazing out at the snow-covered landscape and wondering where another year has gone!

It has been another eventful six months for the Red Lion Group. On the membership front, RLG continues to grow, particularly the Facebook Group. The site **J-Pouch Support (UK Specific)** now has more than 1,300 members and growing, which we believe makes it the largest such group outside the USA.

Similarly, our website is thriving. Depending on keywords, our website is frequently appearing in first place on Google for pouch-related searches! Together with videos on our YouTube channel ([Youtube.com/@pouchsupport](https://www.youtube.com/@pouchsupport)) and other resources on our website (pouchsupport.org), we are one of the top global resources for J-pouch patients seeking advice and guidance.

Membership fees alert!

And now a reminder about the annual membership fee.

Thankfully, many of you now pay by Standing Order or Direct Debit. January is the time of year when most payments are due. If you still pay by cheque, please consider paying online using CAF. You can make a single payment or set up a recurring annual

payment on CAF.

To pay by CAF, scan the QR code below or go to our website's home page (pouchsupport.org) and scroll down to the button that says: "Pay Annual Subs". If you prefer to pay by cheque, then please make it payable to **Red Lion Group and send to Membership Secretary, 23 Rosebury Square, Woodford Green, IG8 8GT.**

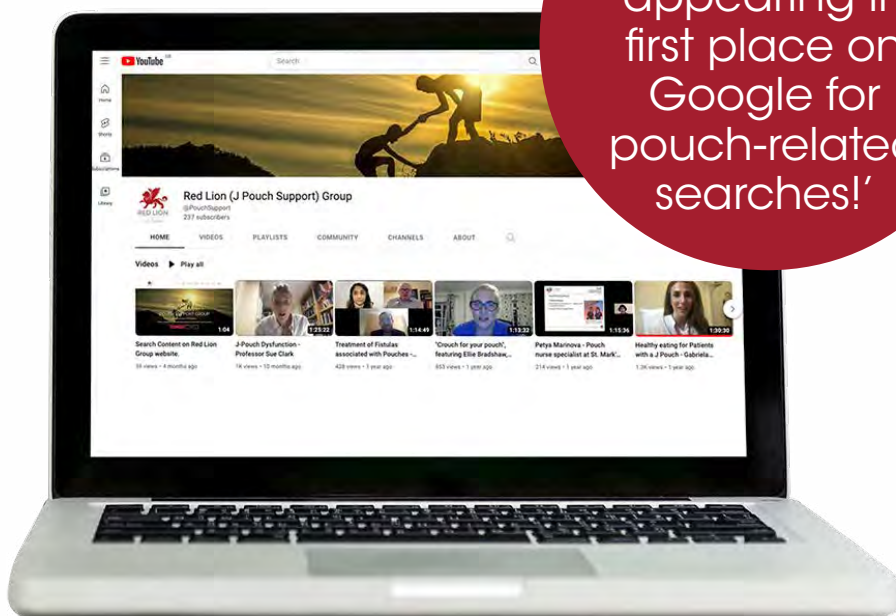
If you are not currently a member and you would like to join, go to pouchsupport.org/join to find out the benefits of membership.

All that remains is to wish you all the best over this festive season and a Healthy and Happy New Year!



Gary Bronziet
Membership Secretary and IT
membership@pouchsupport.org

'Our website is frequently appearing in first place on Google for pouch-related searches!'





RLG gives £3,000 donation to St Mark's Hospital Foundation

RLG recently donated £3,000 to the St Mark's Hospital Foundation.

The money will be used to support pouch-related research projects and to help buy new hospital equipment.

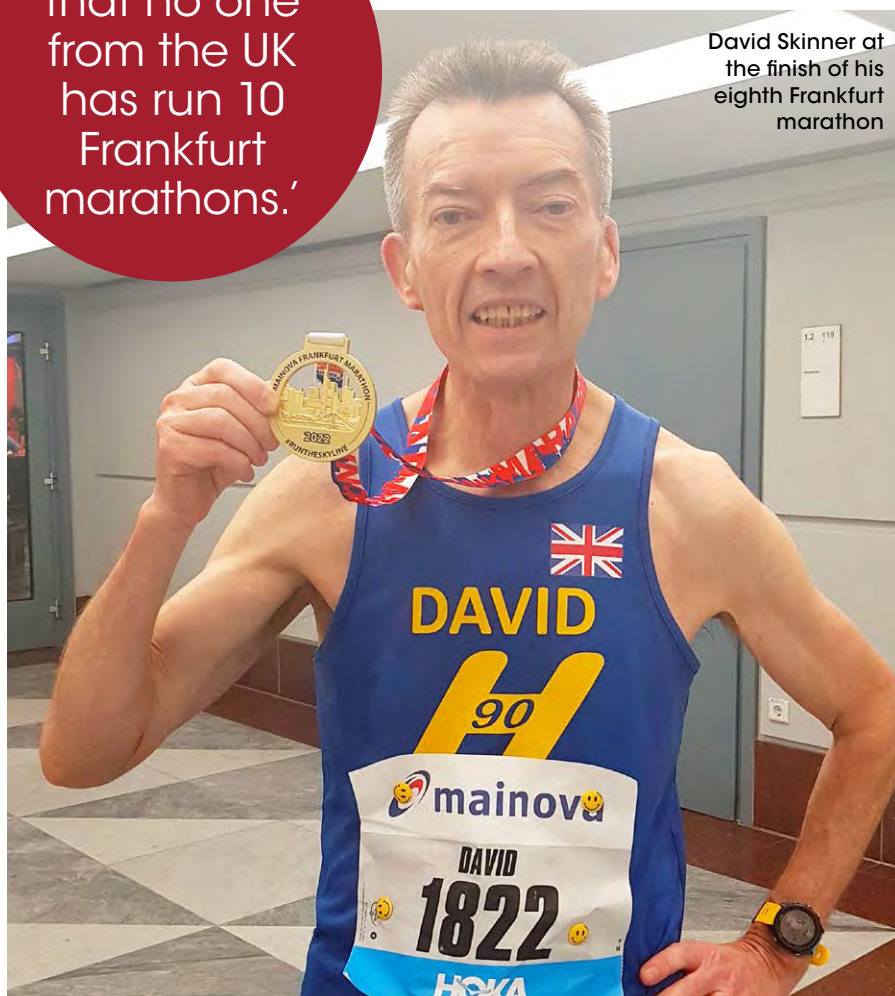
Foundation CEO Jason Bacon said: "I want to thank the Red Lion Group for a very generous donation of £3,000 to support the research of the St Mark's Hospital Foundation and Academic Institute."

Jason Bacon



'I discovered that no one from the UK has run 10 Frankfurt marathons.'

David Skinner at the finish of his eighth Frankfurt marathon



Man on a mission

We should really name 2022 Year of the Marathon – as this lively tale of RLG athletic prowess shows

RLG's liaison officer and crossword mastermind David Skinner has another not-so-hidden talent – marathon running.

David recently ran his eighth Frankfurt marathon – a feat that is impressive enough for any keen amateur or professional athlete let alone the wearer of a pouch.

David says: "I ran my first Frankfurt marathon in 2013 and have done so every year except 2020 and 2021 when it was cancelled due to Covid."

Even more impressive is that the event was part of a personal quest to run 10 Frankfurt marathons and win a cherished black "10-marathon" T-shirt and a lifetime race number.

"I recently discovered that no one from the UK has run 10 Frankfurt marathons so I intend to be the first and so try to get my name in the Guinness Book of Records.

"Each marathon must be run in under six hours which I almost breached when in 2019, I tore the cartilage in my knee and I jogged, walked and hobbled in torrential rain and cold to finish in 5 hours 55 minutes."

If and when David completes his tenth marathon – he has finished eight so far – he will be the 1,500th person to have achieved such a feat, apparently. And 1,500 will be his race number for any future events.

We wish David the very best with his quest – and a possible entry in the Guinness Book of Records.



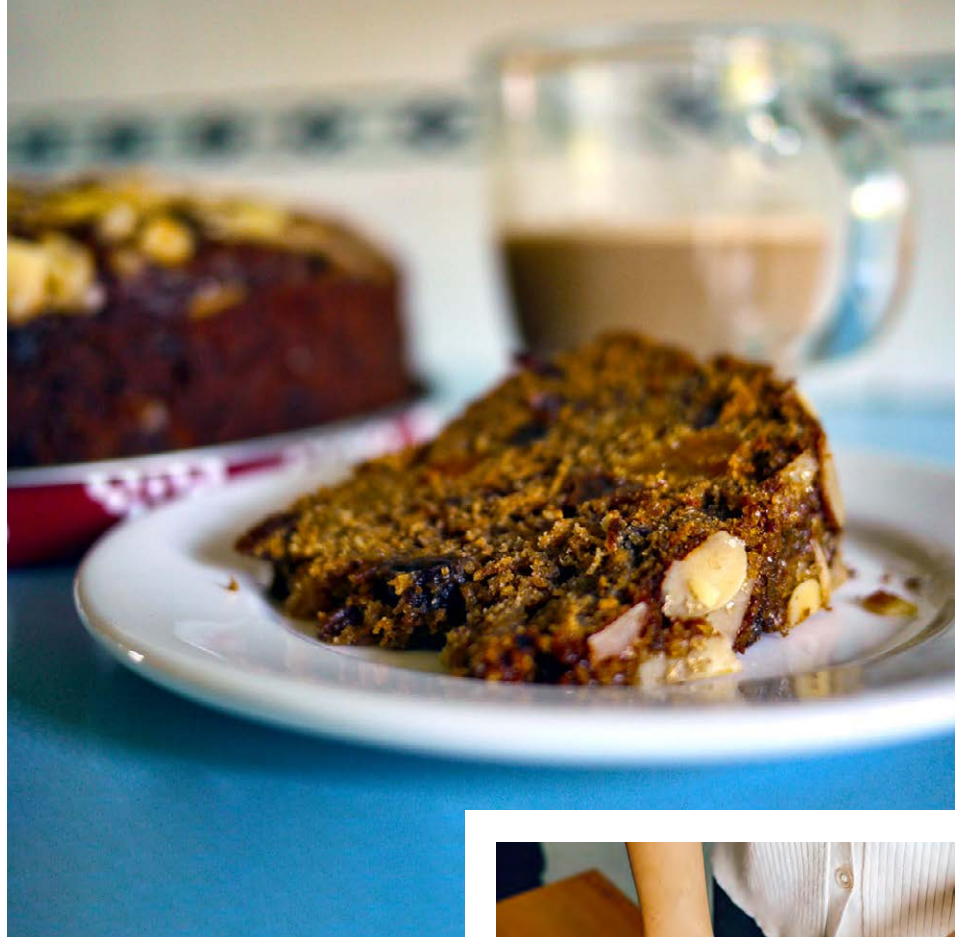
RECIPE

A cake for all seasons!

Here is a delicious chocolate fruit cake recipe from RLG committee member **Theresa Parr**. It may be a traditional Christmas favourite but why not enjoy it as a January pick-me-up

Now this cake will not be for all pouchees as it has a very high dried fruit content. My pouch is now over 20 years old and I seem to be able to eat most food as long as I don't go mad and eat too much of the high fibre stuff. It helps that this is deliciously moist.

I've based this on a recipe by Nigella but I've substituted the currants and raisins for sultanas, soft dried apricots



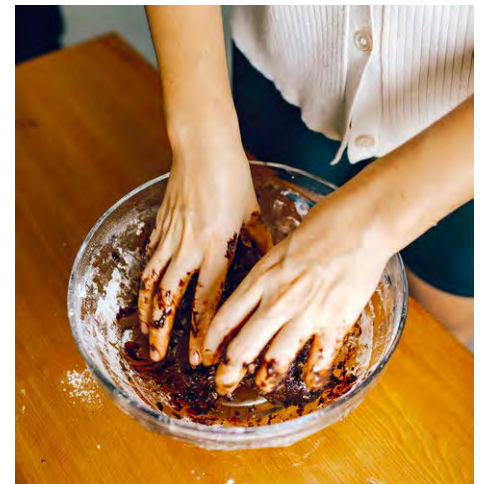
and cherries that I've pre-soaked as I find them easier to digest than currants.

Ingredients:

- 2 packs dried cherries soaked in 2 tablespoons cherry brandy (this can be done a few days ahead of time or just pop them in the microwave for about 30 secs to warm and so absorb the alcohol)
- 350g prunes, chopped (easiest with scissors)
- 250g sultanas
- 175g dried cherries and apricots
- 175g soft butter
- 175g muscovado sugar
- 225g/175ml honey
- 125g Kahlua or similar chocolate liqueur
- juice and grated zest of 2 oranges
- 1 teaspoon mixed spice
- 2 tablespoons cocoa powder
- 3 eggs, beaten
- 150g plain flour
- 75g ground almonds
- ½ teaspoon baking powder
- ½ teaspoon bicarb

Cooking instructions:

- 1** Preheat oven to 140*fan/gas mark 2 and prep 20cm x 9cm deep cake tin with parchment (if you intend doing this every year, life is a lot easier with non-stick silicone baking sheets)
- 2** Put fruits, butter, sugar, honey,



- alcohol, orange juice and zest, spice and cocoa powder into large saucepan and gently bring to the boil stirring as the butter melts;
- 3** Simmer for 10 mins then leave to cool down for 30 mins or longer;
 - 4** Add beaten eggs, flour, ground almonds, baking powder and bicarb to combine;
 - 5** Pour fruit cake into prepared tin and bake for 1¾ - 2 hours. Top of cake should be firm but it will still be gooey in the middle;
 - 6** Put the cake, still in its tin, on a wire rack to cool; It will drop in the middle;

Decorate:

If you want to add marzipan and ice the cake, then just flip it upside down or you can fill the hollow with chocolate or gold/silver sweet decorations.

Happy New Year!



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.

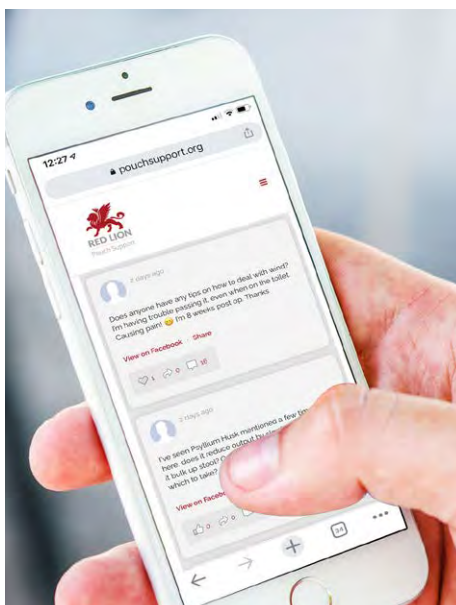
But then if writing articles isn't exactly your favourite pastime, we are always looking for cartoons, jokes, crosswords and competition ideas too.

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@brownmedia.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



- 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/



Contact us



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SECRETARY
Position currently vacant



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