

[IA North Eastern Winter Newsletter 2020](#)

Hi All,

It's so hard to believe this is the last newsletter of the year. I hope you are all keeping safe and well. Now is the time for woolly jumpers, coats, hats and gloves. Don't forget to book an appointment for your flu jab. It's more important this year for your well being. I love the dark nights, closing the blinds and putting my pyjamas on, enjoying a cup of drinking chocolate. The simple things in life are the best.

Those of you who can remember last November meeting we had a presentation from Julie Harrington from the Guts Charity. The recent lockdown gave me time on my hands, so I knitted a set of intestines for them it was a bit of a challenge. Searching on You tube was my best friend when things got tough. If you fancy doing some knitting to help you through the dark nights go to <https://gutscharity.org.uk/support-us/shop/knit-for-guts/> this will give you a knitting pattern to download for free. You will have to provide the wool to make the intestines. They are used as a visual aid in raising awareness of different diseases. She wished us all the best and was looking forward to seeing us all again when things improve.

I received a lovely letter from a member, thanking me for the content of the last newsletter. Did you spot the deliberate mistake in the last newsletter? The dates of our next meetings are Saturday May 1st and November 6th 2021

Saturday 3rd October 2020 was Ostomy Awareness Day. Caroline Bramwell representing IA on Facebook, interviewing members about their achievements with an Ileostomy. I enjoyed the interviews, with time for you to put the kettle on. Our very own member Glen Neilson was one of the interviewees talking about his outdoor adventures such as mountain climbing with an Ileostomy.

Although we have been unable to hold our meetings, please do visit IA website: www.iasupport.org for more information.

Another alternative is Facebook or Twitter. IA is always posting interesting articles on these sites. There is the visitor's service where you can telephone or email. You are never alone.

Times are tough – and it's true that life is very difficult and challenging at the moment in a myriad of different ways in this time of Covid-19 – hearing a few calming wise words may provide a moment of solace.

When the Queen spoke directly about the corona virus crisis, she said, "We should take comfort that while we may have more still to endure, better days will return: we will be with our friends again; we will be with our families again; we will meet again."

I like to think of life as an adventure, it's like being on a roller coaster with the ups and downs.

Keep calm, be safe and carry on.

Here's wishing you all a Merry Christmas and a Happy New Year. Looking forward to seeing you all next year.

Claire



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