



IleOstomy, UrOstomy, ColOstomy Patient Support

We would like to welcome anyone interested to attend our support group at the

### Horden Youth Community Centre.

Eden Street, Horden SR8 4LH

**10:00am to 12:00**

The Group supports people with **Ileostomy, Colostomy, Urostomy** and other **IBS** and **IBD** conditions.

It is confidential, welcoming and friendly.

The group meetings are held every **Monday**(excluding Bank Holidays)



Durham OOOPS

Email [ooopsgroup@outlook.com](mailto:ooopsgroup@outlook.com)

Web <https://ooopsgroup.wixsite.com/stoma>

It is important to learn how to deal with the flare ups with lifestyle changes, and stress management. The goal is to keep the symptoms from interfering with your day-to-day life.

### You are not alone

It will be a informal free Tea and Coffee get together

For more information contact Claire on 0191 5863520



Supported by Wellbeing and  
Funded by Sport  
England

The Class Meets at:

### Horden Youth Community Centre

Eden St, Horden, Peterlee SR8 4LH

On Mondays 10.00 – 12.00

For more information  
contact

Claire on

0191 5863520

No booking required

Join us for Chairobics, Gentle Floor Exercise and Rambling

RUNNING NOW-**FREE**

# Chairobic Classes



For people with a stoma or hernia, not done anywhere else in Durham. Keep active whilst simultaneously reaping the benefits to return to a normal life.

**Injury or mobility stopping you from being as active as you'd like?**

**Are you an Ostomate?**

**Feeling Isolated?**

**A little down or tired?**

**Chairobics is for you.**

### Our Aim

- To show the importance and benefits of exercising with a stoma or hernia.
- Improve the wellbeing and independence of our postoperative members.
- Create a sense of belonging and social aspect integrated with gentle exercise.
- Can be continued in the comfort of your own home.
- Makes exercising fun again.
- Helping to improve muscle strength, balance and co-ordination.

Wear loose, comfortable clothing, keep water handy. If you've not done much physical activity for a while, you may want to get the all-clear from a GP before starting