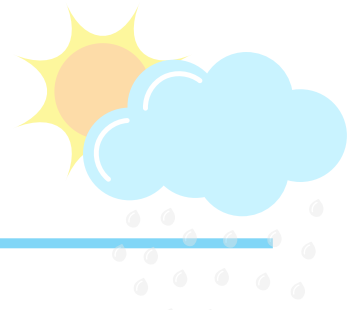




IA UPDATE



June 2026

Welcome

After a busy Volunteers' Week at the start of the month, Roy Bustin, Group Relationship Lead, has much to report, from page 4. You'll also find survey information, diary dates and a reminder to stay hydrated.

June's round-up covers events from around the network, volunteering news and more. Don't forget, we love hearing from you too so please get in touch, whether it's to share your story, give us feedback or let us know about your events: marketing@iasupport.org

Researchers seek participants for colorectal cancer study

Can you help University of Strathclyde researchers with their study into quality of life for people who have colorectal cancer?

Although colorectal cancer is the fourth most common cancer in the UK, current research does not sufficiently explore quality of life after diagnosis. By sharing your insight and experiences with the research team at the university's Department of Psychological Sciences and Health, you will be contributing to the advancement of supportive care in cancer.

Find out more about how to take part [in the colorectal cancer study](#).



University of
Strathclyde
Humanities &
Social Sciences



PARTICIPANTS NEEDED

STUDY: INVESTIGATING QUALITY OF LIFE IN PEOPLE WITH COLORECTAL CANCER

PARTICIPANTS MUST BE:

- ✓ AGED 18 OR OVER
- ✓ PROFICIENT IN ENGLISH
- ✓ DIAGNOSED WITH COLORECTAL CANCER

THE STUDY INVOLVES:

- ✓ A 15-20 MINUTE ONLINE SURVEY
- ✓ AN OPTIONAL FOLLOW-UP INTERVIEW

Pouch Information Day, 3 October 2026

Leonardo Royal Hotel, 245 Broad Street, Birmingham B1 2HQ

10am-4pm (registration from 9am). **Advanced booking required: tickets £10** (non-refundable)

If you have an internal pouch or are considering one, come and meet the experts! The event will comprise presentations, discussion with experts, and the opportunity to learn more about pouches, both from a medical and lifestyle perspective. This is the place to address any concerns you may have and hear from those who have undergone surgery. Our hope is to provide the facts, advice and support to help you make an informed decision on whether a pouch is right for you.

Lunch and refreshments included. Booking in advance is required to allow us to manage numbers, and we will be closing booking around 10 days before the event to finalise numbers with the hotel. Please book early and don't miss out! In the event of being unable to complete your registration online, please contact IA National Office on 0800 0184 724 who will assist with booking.

Book your place today at: pouch.iasupport.org/pouchday26

The future of health with AI: new reports published

The Medicines and Healthcare products Regulatory Agency (MHRA) has launched two reports this month, describing the findings of an extensive engagement and evidence gathering programme undertaken to inform future rules on how AI can be used safely in healthcare. The research draws on wide-ranging input from patients, the public, healthcare professionals, industry and system partners.

Key themes included strong support for a regulatory approach, which included ongoing monitoring of technologies for performance, safety and efficacy once they are put into practice; the importance of striking a balance between tight regulation and being able to move at pace so patients can benefit more quickly; and public expectation that any technology is subject to rigorous safety checks, transparency, accountability and human oversight.



Lawrence Tallon, CEO of MHRA, said: "Our role is to ensure patients can benefit from innovation while remaining appropriately protected. The evidence published today [11 June] provides an essential foundation for getting that balance right, supporting a regulatory approach that is proportionate, adaptive and grounded in real-world use. We will continue to work ... to ensure the UK remains a leader in the safe and effective use of AI in healthcare."

View the [Call for Evidence results and Research & Engagement report](#).

Scottish Information Day, 10 October 2026

Voco Grand Central Hotel, Glasgow G1 3SF

10.30am-5pm (registration from 9.30am)

Advanced booking required: tickets £10 (non-refundable)

The annual Scottish Information Day returns this autumn in Glasgow and will once again host a mix of speakers, workshops and ostomy company representatives. This informal event provides a great opportunity to catch up with old friends and make many new ones! There'll be surgical presentations and [Life Coach Rosie Lawson](#) (pictured) will make a welcome return to provide relaxation tips and advice.

Booking now open via the IA website:

<https://iasupport.org/scotland26/>



IA's UK airports survey now closed

Last summer, IA invited ostomates to take part in our survey to discover their experiences of UK airport security. The survey followed numerous complaints from members about insensitive treatment which [IA is working to change](#). Thank you to everyone who participated. IA will now take these findings to the Civil Aviation Authority in a bid to influence the regulator to improve standards.

Carrying an IA Travel Certificate (free of charge from National Office on 0800 0184 724 or info@iasupport.org) can give added confidence at the airport. You can also [download the CAA Medical Device Awareness Card](#), to support any potential interaction you may have with UK airport security personnel.

Neil Smart Memorial Research Award

In memory of Professor Neil Smart, colorectal surgeon and IA trustee for many years, IA has established a dedicated research award, recognising Neil's commitment to advancing research and improving patient outcomes through knowledge and collaboration. Funds donated will directly improve quality of life for people living with an ileostomy or an internal pouch.

Neil was a brilliant and technically gifted surgeon, an insightful academic, and, most of all, a kind and thoughtful person. He had a genuine desire to improve the lives of people living with the consequences of bowel surgery.

A prominent national and international figure in colorectal surgery, Neil served as a consultant surgeon at the Royal Devon and Exeter Hospital and as editor-in-chief of *Colorectal Disease*, the journal of the Association of Coloproctology of Great Britain and Ireland. IA was immensely fortunate to have his support as trustee and co-chair of our research subcommittee.

Neil was a regular attendee at the annual IA Information Day and was himself awarded the Bryan Brooke Medal for his services to patients with bowel disease in 2017. Neil died in June 2025 at the age of only 50 after facing cancer with immense bravery, positivity, and dignity.

To donate to the Neil Smart Memorial Research Award online, please visit: iasupport.org/neilsmartaward



Donate via Text Giving to Neil Smart Memorial Research Award

Text **NEIL** to **70480** to donate **£10**
OR text NEIL plus donation amount of your choice e.g.,

NEIL1 to **70480** to donate £1*
NEIL20 to **70480** to donate £20*

**Please ensure you have the bill payer's permission. Texts will cost the donation amount plus one standard network rate message. Text Giving allows the maximum of £20 per donation subject to maximum of £240 per month per mobile number.*

IA will receive the cost of your donation less processing fees charged by our third party suppliers. For online payments this is 1.5% (UK cards) of the donation amount plus 20p; for donations via Text Giving this is 5% of the donation amount plus a single monthly payment fee. Fees may be subject to change.

Salts factory visit for Birmingham IA members

On Monday 6 June, 24 Birmingham IA members had a very successful visit to the Salts factory in Birmingham. The company had kindly arranged transport for members from four locations across the region.

Committee member Bogusha Bury, said: "We were warmly greeted by members of staff and had a very informative presentation about the current situation and future development of the company. After the presentation, we were given protective clothing for the factory tours and were guided round in small groups. Fascinating to see the automated process of our stoma bags being made, cut and distributed.

"The cutting room was impressive: some of the staff there can cut 220 bags an hour by hand to our individual templates!

"At the end of the tour, we were transported by taxi back to Head Office and were greeted by Louisa Scanlon, the Salts organiser of our trip."



After a delicious lunch the group visited Salts' Central Skin Sciences Institute, where a Q&A session was held with the laboratory staff, and attendees were invited to have their skin hydration level measured.

Bogusha added: "At the end of a very enjoyable day, we had a much better understanding of how our products are created. A big thank you to Salts for their hospitality and a very educational trip."



IA Group News from Roy Bustin, Group Relationship Lead



Highlights from Volunteers' Week (1-7 June 2026)

We were out and about as part of Volunteers' Week, which takes place every year in the first week of June. It's the ideal time to raise awareness of the value of volunteering in all shapes and forms.

We attended several volunteer fairs in North Essex, South Derbyshire and Worcestershire throughout the week to promote our volunteering opportunities to the public. We gave out many of our 'volunteer with IA' postcards to those looking for things to get involved with. There were lots of conversations to be had and connections to be made!

We work with approximately 150 volunteers across the UK and simply cannot do what we do without them. Central to this is the group network, and we showed our appreciation by distributing 'thank you' cards to each group to mark the week. We received some nice comments in response:

- *"Just to send a thank you to you all for the lovely 'thank you' card I have received for all of us, much appreciated."*
- *"Just to say thank you for the lovely 'thank you' card from IA. Best wishes."*
- *"Many thanks for the 'thank you' card – much appreciated – as is the help I receive from all at National Office."*

Hello and goodbye

This month we are delighted to welcome Katie Nicol to the volunteer network. Katie (pictured top right) has kindly agreed to volunteer as Area Co-ordinator with Fife IA, and together we are currently planning some activity to relaunch the group in the area.

Katie said: *"I live in Fife, Scotland, and have done for my whole life. I enjoy running, cycling and getting out with my dog Baker and spending time with family. I have lived with an ileostomy from 2019-2023 and a J-pouch for three years, so I am really excited to be volunteering with IA and helping provide supportive opportunities for those that need them in the future."*

We also say a fond farewell to Maureen Naylor (pictured right), who has been volunteering as part of West Yorkshire IA for nearly 30 years. Maureen has decided that now is the right time to step away from her role, and we thank her for all the support and dedication given over the years. Look out for more details about Maureen's volunteer journey in the autumn edition of the IA Journal.



Volunteer network meeting – save the date

Our next volunteer network meeting will take place online on Tuesday 1 September, with a 7pm start. These are regular opportunities to get volunteers together to share any updates, insights and ideas.

If you are currently volunteering with us, we would love to see you there. Email us at volunteers@iasupport.org if you would like to attend.





IA Group News from Roy Bustin, Group Relationship Lead

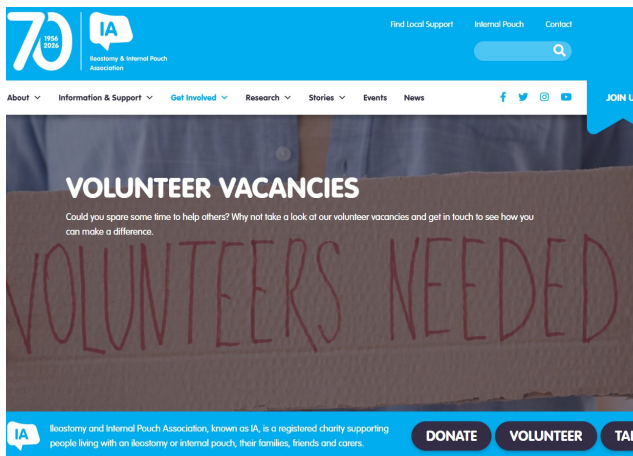
Group events

Groups will no doubt be finalising plans for their summer events to connect with members in their respective areas. Remember, you can find details of all the great activity happening across the network by visiting our website at <https://iasupport.org/events/>

If you are part of a group and would like some support in getting your events up on the website, do reach out to us at volunteering@iasupport.org and we will be happy to help.

Promoting volunteering opportunities

We know that many of our groups could do with extra support from members willing to give some time to help. If you would be interested in volunteering, check out our website for the latest opportunities at <https://iasupport.org/volunteer-vacancies/>. If you are part of a group and would like to advertise your own roles, get in touch with us and we can add these to the website along with other major volunteering platforms.



Hydration tips: keep your kidneys safe in the heat

Watching the weather is a national sport but recent temperatures are no joke. Many people with an ileostomy or internal pouch can find themselves at greater risk of dehydration during hot spells because the body can't absorb water the same way it usually does. With increasingly common heatwaves here in the UK, hydration is important to consider at home as well as abroad.

IA's summer hydration tips

💧 You may need to increase your intake of the types of fluid below if you are sweating heavily or your stoma output is higher than usual.

🥤 If your output is normal for you and you're not feeling thirsty, that's a good sign you're drinking enough. But if your output increases or thirst kicks in, switch to electrolyte drinks. Good options include:

- Oral rehydration solutions such as St Mark's, Dioralyte*, O.R.S* (* please see leaflet for guidance on strength – short-term use only)
- Full sugar sports drinks (not diet or zero versions)
- Coconut water
- Diluted full sugar squash with a pinch of salt
- Milk (if not lactose intolerant)

🟡 Check your urine: pale straw yellow = well hydrated; dark = drink more.

🔥 Your appliance may need changing more often – heat can affect the adhesive seal.

❄️ Store spare appliances somewhere cool – heat degrades the adhesive.

⚠️ If you feel dizzy, have no urine output for 6+ hours, or can't keep fluids down, contact your GP or call 111.

This is not intended to replace specific medical advice.



To better understand how to support your hydration and protect your kidneys, IA offers [kidney health](#) and [hydration](#) leaflets, available to download from our website.