

IA Newsletter

West & Central Scotland IA

Summer 2020

Dates for your Diary

Saturday 6 June 2020
Cancelled due to current
Covid-19 Pandemic

Saturday 21 November 2020
12.00 – 13.30: Reps
13.30 – 16.00: Guest speaker,
Tea/coffee & chat.
Meeting Room 109/110,
Jury's Hotel, Jamaica St,
Glasgow

Contact details:

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A NOTE FROM THE CHAIRMAN

Life as we all know it is rather different at present, very surreal and probably a bit overwhelming at times too. I am all too aware that for those of us able to stay safe at home there will be those who still have to get out there and continue to keep essential services going. We are all very aware of just how contagious Covid-19 is, and that even seemingly healthy people have sadly not recovered. So, it is all the more important that those of us who are considered vulnerable in any way continue to be careful, do not go out unless absolutely necessary and take every precaution. **Stay safe and well!**

I appreciate that it is very difficult adjusting to a life where we cannot spend time with family/friends, we can't hug them, socialise, come and go as we please, have a day out to the coast, go to our clubs etc. So, it is all the more important for us to look after our mental health. I would suggest that if possible try to keep some sort of daily routine: get a wee bit of exercise and fresh air if you can do so safely; try some yoga/mindfulness/relaxation; take up a hobby whether it be knitting, singing, drawing; speak to family/friends regularly by phone/social media; try not to get too caught up and obsessed with the news. However, remember that it is also okay to not be okay at times too. Be kind to yourself and please reach out if you are struggling. If you don't have family/friends you can speak with there are various organisations out there. In terms of practical help such as shopping, please use the contact details provided by Scottish Government and/or your local council.

To those of you working to provide our essential services e.g. health, social care, food, refuse uplift, telecommunications etc **thank you so much.** A big debt of gratitude particularly goes out to all the NHS and Care Sector workers who continue to physically be placing themselves on the front line

OUTING/EVENT 2020

Due to the current situation and uncertainty we are unable to organise an outing or any events at present, and the June meeting has been cancelled. The November meeting is still on at present unless social distancing and any other restrictions prevent us going ahead.

If the current restrictions are fully lifted by late Autumn, I thought it might be nice to arrange an outing to the theatre or Glasgow Concert Hall for around December/January. I will be in touch nearer the time for numbers if this is possible.



The ileostomy & internal pouch
Support Group

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