



The ileostomy & internal pouch
Support Group



Because we know,
we care

Preface

John Smail

The phoenix was a fabulous Arabian bird, worshipped in ancient Egypt, the only individual of its kind, that burned itself every 500 years or so, and rose rejuvenated from its ashes. In modern times, the word has been used in a wider sense to include anything that rises from its own or its predecessor's ashes. So it was entirely appropriate that IA came to adopt the symbol of the phoenix as its emblem.

The majority of people who have had an ileostomy did so following a debilitating illness, often lasting many years, during which time they experienced considerable pain and discomfort. Surgery - panproctocolectomy with end ileostomy, comprising a Brooke eversion stoma - almost invariably enables the patient to rise rejuvenated from the ashes of a life damaged by inflammatory bowel disease.

But life was not always like that. This 60th anniversary commemorative booklet has been produced in acknowledgement of the early pioneers of IA, in particular Doreen Harris, who had her surgery in 1947. In the first section, Doreen tells what life was like for her in those days and how improvements in her quality of life were rare occurrences. But as things did get better, she realised that she could draw on her experiences to help others who would have to have surgery in the future and so, in 1955, she approached Professor Bryan Brooke, a surgeon in Birmingham, and suggested that an Ileostomy Club should be started.

Those who were fortunate enough to know Bryan will recall that he never tackled anything half-heartedly. When Doreen wrote to him, he gave her his full support, as you will read in the reprints of the correspondence; the autumn of 1955 and the spring of 1956.

On 14th April 1956, a meeting was held in the Board Room at Birmingham General Hospital. Forty-seven people were present and they laid the foundations for an association - the Ileostomy Association - which now has around 8,000 members. Thousands more have been helped and have gone on their way.

Section two contains a summary of important events within IA in its development over the past 60 years.

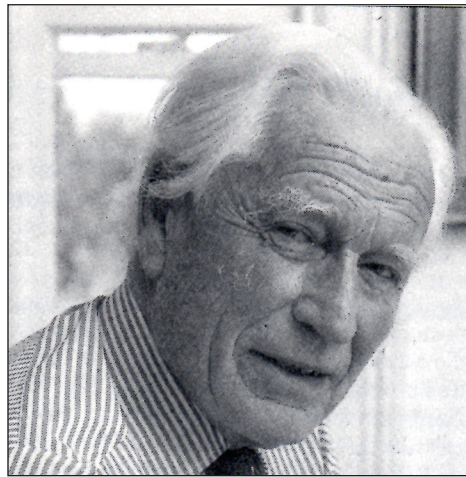
We are all grateful to those who had the foresight and imagination to start this Association. Long may it continue to help people who need it.

John Smail

Note: Preface adapted from the original 'Return of the Phoenix', as written by David Eades.



Doreen Harris MBE



Professor Bryan Brooke MD MChir FRCS

The Rising of the Phoenix

Doreen Harris MBE

Introduction

(as published in the 40th commemorative booklet)

This book is a reminiscence of the early days of the Ileostomy Association taken from letters written to me by Bryan Brooke, Dr Cuthbert Dukes, Professor Lionel Hardy and Mr Robert Peters.

From 1947 to 1963, Bryan Brooke was Reader in Surgery at Birmingham University and he worked at both the General Hospital and the Queen Elizabeth Hospital. It was during his time at Birmingham that, in 1952, he published his paper, entitled A new method for making ileostomies. In it, he described his new procedure for forming an ileostomy whereby he turned the end of the ileum inside out and sutured the mucosa to the skin. This, the Brooke eversion stoma, made him world famous. He was national president of IA from 1956 to 1982 and continued to attend national council and executive committee meetings until 1992.

Dr Cuthbert Dukes was an eminent pathologist at St Mark's Hospital in London. He was interested in helping to form a club mainly for research. He was a lovely, gentle man and we used to have tea, after meetings in his home in Welbeck Street. I can well remember Sir Ian Todd pouring out the tea on these happy occasions.

Professor Lionel Hardy, to whom I was referred when desperately ill, was very interested in helping youngsters such as myself, out of their terrible plight. In those days, surgeons refused to operate because appliances were useless. We were allowed to perforate and I had holes all over my abdomen through which there was a constant flow of faeces.

One beast of a sister used to give me washouts and, as I sat on the bed-pan, everything came through the holes in my abdomen. Incidentally, she would not allow anyone to have a screen for using the bed-pan. One day I was so upset because of this, I could not pass water all day, until everyone was asleep. I existed like that, wrapped in bandages for about twelve months before seeing Professor Hardy. Exhausted as I was (we now know) through dehydration, I took my dog Rusty for walkies every day. I refused to take to my bed and I think, because of that, I am here today. Professor Hardy, in a letter, can best describe how he and Bryan Brooke formed the wonderful partnership which saved our lives and reason.

Mr. Robert Peters, who had an ileostomy, was a London business man who was interested in a club for research into appliances.

The first adhesive ileostomy bag

In 1945, an article was published describing a number of ileostomy cases who wore a revolutionary type of bag (the Koenig Rutzen bag) which was adherent to the abdominal wall. Professor Hardy said he was very grateful to Messrs Salt and Son, who, despite severe opposition from the American firm, went ahead to produce a similar appliance here.

At this point, Professor Hardy sought a surgical colleague for this work on ulcerative colitis. As he was then a senior physician at the Queen Elizabeth Hospital in Birmingham, his work was done by the senior surgeons. However, he was anxious to work with a young man who was not set in his ways. He became associated with Bryan Brooke, who made this subject his own and became one of the foremost surgeons in this field.

By 1949, Bryan Brooke and Professor Hardy were able to publish a very satisfactory report of twenty-one cases and the operation came into greater favour than before.

Life with an ileostomy in the 1940s and 1950s

I will now tell of events which preceded the formation of, in Bryan Brooke's words, "... the very first doctor-patient help group to come into being."

I had my ileostomy in 1947 and was one of only four or five people in the world who had the surgery because of a life threatening condition. Very little was known about the effect of it on the body and certainly

no one knew how to deal with it.

I met Else Hurt in the ward. She had her operation a short time before me and her wonderful spirit and morale did wonders for me. I lay for five months in hospital, in bandages. When I drank my first cup of tea in the morning, everything poured out at the bottom. As you might imagine, the skin on my stomach was unbearable. All we had for protection was a tin of zinc and castor oil which we ladled on liberally with a spatula before putting on the bandages.

It was impossible to get out of bed before one was fitted with a monstrosity of a belt, so eventually a representative from Salt & Son visited me. The stiff corset had an oval hole into which a rubber flange was inserted and a bag suspended from it. For skin protection, once again we had only zinc and castor oil. We could do nothing to control the smell and one prayed it did not leak.

At the point of leaving my bed, I had to learn to walk again with the help of a physiotherapist (one can hardly imagine forgetting how to walk!). None of my clothes would fit and I had to keep taking them in to accommodate my 4½ stone. Much to the enjoyment of Professor Hardy and staff, I left the Queen Elizabeth Hospital with their laughter ringing in my ears, at the spectacle I must have made with my skirts pinned around me above my knees. It was like leaving my second home and family.

It took me about two hours each morning to get out of the mess I was in, but I felt so fit, I got an afternoon job. I was constantly zealous about odour and cleanliness and prayed no one suspected.

One married lady said "Oh you are a funny shape." Even gathered skirts could not disguise my 'bump'. I made myself a thinner belt and went ice skating in a short skirt. I also played tennis in shorts. No one seemed to suspect.

I felt really fit, went out with boys (but thought I would never marry) but my state began to get me down. I thought, "What is the point of living if I cannot live as I want to?" I began to think of painless ways of ending it all. I was quite sane. Should I jump out of a window at Lewis's, drink a bottle of gin and jump in the canal, run in front of a train? (Too painful, please no more pain). Yes, I really was serious.

Then ... I was sent a new bag to try. It was the Koenig Rutzen; it stuck to the body, it did not smell, it was so flat. I could not believe it! It revolutionised my life. No more heavy surgical belts, no bumps to be made fun of. Life became very good again, just as it should be.

Professor Lionel Hardy had started the visiting system. Who better to show a fellow sufferer how good life can be than someone who has already had surgery? It is still so today, though unfortunately some stomatherapists feel they can also be visitor.

A pathetically unnecessary cry once came from a new ileostomist when speaking to a member, "If only I had met someone like you before." I think everyone should be given the opportunity to do so, even if some refuse.

I once heard a stoma nurse say to a patient "You don't want to meet someone who has had this operation, do you?" Of course, the patient said "No".

One day, whilst visiting, Sister Greaves (the wonderful

person who nursed me) said "One is a young man, do you mind?" Of course, I said "No". That day, I fell in love with my Albert. He was very ill and did not want to talk, so I only stayed for a few minutes. As I could hardly talk to 'Bert', I wrote to him care of Dr Hawkins, who said the letter was a gem; could he copy it for others? Of course I agreed.

Months passed since I met him in October and the following April when a letter arrived. He had been in the Fleet Air Arm and waited until his discharge was complete before writing. "Would I like to stay with his sister in Portsmouth for a week?" I was overjoyed and said "Yes."

We married in 1952 and had our first baby, Jackie, in 1955. All through my pregnancy, I was monitored by the famous surgeon, Mrs Wilmott Dobbie, who was prepared for an abortion if things went wrong. One ileostomist, Ann Sheasby, had already given birth to a normal baby and I was the second in the world.

Having no car in those days, I had to take Jackie on the bus to Birmingham to collect my appliances from Salts. One day, the young lady assistant - Vicky I think was her name - said "Is there an association for your operation? There ought to be one."

I pondered over this as, over the years, I had found ways to make life more tolerable and I thought it might be a good idea to share my hard found experience. I wrote to Professor Lionel Hardy, who was then the professor of gastroenterology at the Medical School in Birmingham University and my physician. He did not know of any group and told me to see Bryan Brooke. I wrote to him and the following are a selection of the letters from that time.

Dear Mrs Harris

27th September 1955

Your letter regarding the Ileostomy Club has been passed on to me and I am grateful to you for taking this interest. No such club has been organised for the Midlands area but I think there is a need for one. If you would care to organise it, I would be happy to give you names and addresses of my patients, so that you may approach them.

Yours sincerely

Bryan Brooke

8

Dear Mrs Harris

30th September 1955

Thank you for your letter. The great majority of Professor Hardy's patients who have been subjected to an ileostomy are in my list for I did almost all the surgery on his patients.

I will get out the list in due course. It will take time.

Yours sincerely

Bryan Brooke

Dear Mrs Harris

28th October 1955

I now have made out a list of names and addresses of rather over 100 patients with ileostomies. It occurs to me that the initial letter to these patients ought, perhaps, to come from me, since it is possible that some patients may not like to think that their disability was divulged to anyone other than their medical advisers. Would you, therefore, like me to draft a suitable letter and let you see it? Alternatively, perhaps, you would care to come to see me sometime so that we could thrash out a letter together and discuss what plans you have in mind for your Ileostomy Club.

In the interval, I have heard from another patient who was operated on in London and has taken considerable interest in bags. I have informed him that I have been approached about the formation of an Ileostomy Club and he would be interested in this. It seems to me that he might like to run a London branch.

Yours sincerely

Bryan Brooke

Dear Mrs Harris

1st November 1955

Thank you for your letter. Can you possibly call at the Queen Elizabeth Hospital at 2pm on this Thursday afternoon? Could you come to the secretary's office on West 4 - do not get held up by people in Casualty or Registration, just march up to West 4 Ward!

Yours sincerely

Bryan Brooke

During my visit with Bryan Brooke (whom I then met for the first time) we discussed why I felt that there was a need for a club. He told me there was already a group in Boston U.S.A. called Q.T. Also, there were people in London who felt the need for a group for research purposes only.

He gave me newsletters from Q.T. Boston. Karaya gum powder was frequently mentioned and I asked Bryan what it was. He did not know, but one of our London businessmen procured some. We found it the foremost skin protection we had.

We used to powder it around the excoriated area around the stoma and it stuck to it. We were informed it came from a Tragacanth gum tree and when dampened formed a crust.

Dr. Turnbull first tried it on his ileostomy patients in

the United States. He had been clearing a desk of a colleague and, it being a hot day, it stuck to his fingers. He thought, "I wonder if it would be any good for ileostomies?"

Prior to karaya gum, the latex solution we used to stick on the bag rolled off the ever wet skin and we were constantly sore. We could never forget we had an ileostomy.

We decided to make a paste from it with a liquid. I tried Dr Heron's lotion (later Saltair lotion) and Nancy Alexander tried aluminium hydroxide with very good effect because it neutralised the acids.

I used to take it to meetings in a bit of screwed up paper, then I managed to get a chemist at Hucclecote to stock it and send it to members.

Dear Mrs Harris

14th November 1955

I have now heard from Mr Peters whom I told you about. Perhaps you would like to read his letter and return it to me. I do not agree with him that there is no need for an Ileostomy "Club".

It has occurred to me since we met that there are other ways in which it would help; for example, I find that patients and their doctors do not know how to obtain the necessary dressings, etc. under the National Health Service; we would be able to give advice on those sort of matters through the Ileostomy "Club" and, indeed, make recommendations to the Ministry of Health on such matters.

Yours sincerely

Bryan Brook

Dear Mrs Harris

29th November 1955

I have written off to Mr Peters for the papers known as "Q.T. Boston", and will let you have them in due course.

It has occurred to me that you might like to get in touch with another patient to discuss your ideas, so that both of you together can get down to the foundation of the Club. The person concerned is Mrs Alexander; her services will be most valuable in this respect for, not only is she a trained almoner, but she is also married to a doctor.

I have spoken to her about your ideas and she thinks they are very sound and is interested in the formation of the Club. I told her I would write to you so that the two of you could meet when you wish. I suggest, therefore, that you contact her.

I find that sending out the initial letters is going to take longer than I had anticipated, so don't expect a spate of replies in the immediate future.

Yours sincerely

Bryan Brooke

Upon Bryan Brooke's suggestion, I contacted Nancy Alexander and Bert and I visited Frank and Nancy. They were wonderful assets, always so helpful and willing to give a hand.

Peggy Griffiths, who had an ileostomy and her husband also came and the four members-to-be put 5/- (25p) each into a kitty, making £1 to pay the postage for our first letters.

Bryan Brooke later introduced me to John Chalk MBE MIMechE. He also proved to be a wonderful asset

and composed our rules which to this day have only been altered to bring us up to date.

The following letters tell their own story. You will observe from the dates what a small time span there had been from the start of our endeavours, mainly through the keen efforts of Bryan Brooke.

Dear Mrs Harris

9th January 1956

I am very interested to learn that you propose to try and form a Club. My reasons for not attempting to do this in London are, first, that ileo cases with whom I am in contact are widely scattered and, secondly, that I feel that after an initial enthusiasm, there would be little practical success.

In my view there is a great need for an organisation to which all ileo cases could become associated and which could do a number of things. For example, it should provide a focal point for collecting experiences of equipment, treatment and troubles and disseminating information and guidance. In particular, however, I think it should be able to co-ordinate research activities of all kinds connected with the post-operational problems of ileo cases. The most urgent of those problems is, of course, suitable equipment and adhesive.

Boston is relatively a small town compared with Birmingham and London and a Club would be practical. Also one must keep in mind that Americans are very much more 'club minded' than British people.

It is to be noted that the American organisation does not seem to have made much real progress in finding the answers to our technical problems of apparatus and adhesives. They seem to be relying on the casual efforts of suppliers.

It would be most helpful to have an organisation in more regular contact with ileo cases collecting data and getting people to experiment on themselves with new ideas and reporting. But the individual cases, while having inventive minds amongst them, usually lack technical knowledge.

To my mind, the services of skilled research people on rubber, plastics, adhesives and so on is essential if real progress is to be made, but the difficulty lies in finding people with not only imagination and leadership, but time to direct and co-ordinate the efforts of such research people. Money also is required.

It is for such reasons that I would like to have obtained a grant and set up a small organization, possibly at St Mark's Hospital, London, in order to get a start along such lines.

I enclose a spare copy of this letter because you may like to pass it on to Mr Brooke so that he will have an idea of what runs in my mind. His personal views and interest are invaluable.

Do please let me know what you decide to do and keep me in touch.

Yours sincerely

Robert D Peters

P.S. My personal efforts have slowed down lately because I did not feel well. I felt excessively tired. Another ileo case reported the same thing, but after taking 'Laxtrose ferrons' (a vitamin B complex and iron) his energies returned - probably blood count not right. Am now trying this under doctors orders. If this is a typical trouble for ileo cases, dissemination of information could be helpful. RDP

Dear Mrs Harris

18th January 1956

Thank you for your letter and enclosures from Mr Peters. I can tell you that at present we have sixty-four acceptances as regards the ileostomy club and thirteen refusals. At the present time we are endeavouring to find out the occupation and age of each of the patients to assist you in obtaining some idea about the people concerned. When we have done this, I will send the forms off to you

Yours sincerely

Bryan Brooke

14

Dear Mrs Harris

30th January 1956

It is kind of you to invite me to take the chair at your inaugural meeting. I shall be honoured to do so if it is at a time when I can attend.

Do you think it would be worth while approaching Salts and asking if they would like to join? It might be helpful both ways if the appliance maker can come to hear of difficulties and they might make a donation to funds!

Some late acceptances are still coming in. I will send them off, when a few more have been collected.

Yours sincerely

Bryan Brooke

Dear Madam

1st February 1956

Further to your call at the above premises today, we are pleased to learn that you are commencing a club for ileostomy patients and shall be only too pleased to be able to help you in any way possible. With reference to the patients we have on our books, if you should care to have any more addresses, we should be please to furnish you with as many as we are able and would suggest that you yourself might like to call upon us to the department concerned and collect any information you require.

Wishing you every success with your venture.

Yours faithfully

Salt & Son

Dear Mrs Harris

10th February 1956

Thank you for your letter. I enclose some more acceptances. I am glad to hear of the encouraging response.

Would you like me to get a notice in the 'Lancet' so that others elsewhere may join if they wish?

Yours sincerely

Bryan Brooke

PS. Give me good notice in advance about the date of the meeting. The gaps in my diary get filled up some time ahead.

Dear Mrs Harris

21st February 1956

It is interesting to learn that you yourself have also suffered from fatigue and that others complain likewise. I have been making enquires and find that this seems to be fairly common to ileo cases. A London pathologist suggested that it may be due to chemical imbalance in the blood consequent on the effects of removing the large intestine and its functions. Here is a subject on which there is clearly scope for research! Discussions are going forward here with a view to getting a small grant to start research work on improving post-operational conditions but it is too early still to say what will be the outcome.

Are you receiving the Q.T. Alumni bulletin from New York? If not I will send you my copy. I have written to the Editor suggesting close co-operation and exchange of information and will let you know what sort of response I get.

16

Do I correctly understand from your letter that both you and your husband are ileo cases?

You refer to Salts' appliances. I am well aware of them and also of most of the other apparatus available in England and America.

Would you like to try the enclosed sample bag which I have just had made up? The detachable hooks require to be fitted to a piece of elastic to go round the body and the flange must be stuck with adhesive. The main problem is in my experience to find the best adhesive and although I have some research going forward, I feel that we are still a long way from getting the proper answer.

Enclosed is one sample of two-sided adhesive plaster which you might like to try. The adhesive holds better if slightly warm. If you have a tube of Salts' adhesive I suggest you put some on the flange, particularly on the inner edge and let it get tacky. The first step in attachment is to remove the cover from the 'wafer' on the side

for the skin and attach the wafer to the body, making sure that it is firmly fixed. Then remove the cover from the outside of the wafer and bring the bag (with the tacky adhesive on the flange) over the stoma and press it firmly into position on the wafer. Have the belt tight until the adhesive is set. The wafer is an experimental one supplied a few days ago by Research Laboratory and I shall be grateful if you will report what happens. I do not know if any firm makes rubber perfumed with lavender. Are such water-bottles on sale?

Yours sincerely

R D Peters

Dear Mrs Harris

24th February 1956

Desitin ointment is in fact a cod liver oil compound and we have quite often used this for excoriation; like so many other preparations it works with some individuals and not with others.

Karaya is, I believe, a powder from a gum and can, I think, be obtained in this country, though doubtless it will be a little difficult to get at most chemists. It seems to me that one thing the new Club might achieve when it starts is a list of ointments etc. which may be tried for excoriation.

I shall send a little note about the Club to the Lancet and possibly the British Medical Journal in due course. I will bide my time since these journals are considerably attenuated at the present time, due to the strike in the Printing Trade. It would be best to wait until they have room enough to accept such a notice.

Yours sincerely

Bryan Brooke

Dear Mrs Harris

1st March 1956

I have read with interest your letter of 28th February and am so sorry to hear that you are not at present very well. Since I had my operation at the end of 1950, I have been studying ileostomy problems as closely as possible for a layman to do and I am familiar with the case of those who have not had the whole of the colon removed. I am quite certain that, with present knowledge, it is important that you should have the colon completely removed and from such data as are available I feel sure that Mr Brooke would agree that you would be wise to have it done as soon as possible. It could be troublesome and indeed dangerous to delay too long.

I do hope you will be able to see Mr Lloyd Lucas soon, and, if it involves visiting you in bed, I feel sure he will not mind! Any information and help you need, I shall be only too happy to give if I can.

Talks with St Mark's Hospital, in the City of London, are proceeding and ideas are afoot to form an ileostomy group in London which could collaborate with your efforts in Birmingham. Please keep me informed of your plans and when and where your meeting is to be held.

I trust you will soon be feeling much better.

Yours sincerely

R D Peters

(Mr Peters' predictions came true. Some of us did suffer tiredness from what we now know was dehydration.)

Dear Mrs Harris

16th March 1956

We have permission to use the Board Room in the General Hospital for the first meeting of the Ileostomy Club on the 14th April in the afternoon. Members should enter the General Hospital and then ask the porter at the gate to direct them to the Board Room.

If you will let me know the numbers I think the hospital would lay on a cup of tea for us, provided we served ourselves.

Yours sincerely

Bryan Brooke

Dear Madam

29th March 1956

The writer thanks you for the invitation to attend the Inaugural Meeting of the 'Ileostomy Club' to be held at 2.30pm on Saturday, 14th April, in the Board Room at the General Hospital which he is tentatively pleased to accept.

Yours faithfully

R. C. Griffiths

Salt & Son Ltd

Bryan Brooke's letter regarding permission to use the Board Room at the General Hospital, Birmingham was very welcome and we began to make arrangements.

Brief account of the first meeting of the Ileostomy Association Birmingham

The inaugural meeting of the Ileostomy Association was held in the Board Room at the General Hospital Birmingham on Saturday 14th April, 1956.

Mr. B. N. Brooke, the eminent surgeon, took the chair and introduced those persons who had been instrumental in arranging the meeting.

The agreed aims of the Association were as follows:-

1. Mutual aid amongst people with ileostomies.
2. Circularisation of ex-patients periodically with information concerning different apparatus available and new skin healing agents etc.
3. The compilation of an index of apparatus available.
4. To contact appliance manufacturers with a view to obtaining their co-operation.
5. To compile a list of names and addresses of people willing to visit new patients in hospital before and after the operation.
6. To consider difficulties experienced by patients in connection with medical examinations for jobs and life assurance (in connection with life assurance, Mr. Brooke mentioned that one man had found a company who were prepared to accept him).

Mr. Brooke kindly agreed to become President of the Association and it was AGREED that those persons so far responsible for the organization should form an executive committee with powers to co-opt other members if necessary.

It was RESOLVED that a minimum annual subscription of 5/- be payable.

Mr. Lloyd Lucas from London was present at the meeting and he gave information regarding their proposed formation of a similar group. It was suggested that permission be sought of the 'London Group' to send two representatives from Birmingham with a view to arranging amalgamation and thus form a national association.

Mr. Brooke suggested that the executive committee should endeavour to send a Bulletin or Memorandum periodically to all members.

A general discussion followed during which many, many old friendships were renewed and useful ideas exchanged.

The meeting terminated with thanks to Mr Brooke for presiding over the proceedings.

The meeting was very satisfactory to all and no-one disguised their joy at seeing and meeting others in the same predicament.

We formed a wonderful committee. Bryan Brooke introduced clever and useful ileostomists (as they came along).

Mr. T. B. Robinson became our chairman. I became secretary with Peggy Griffiths as my assistant and John Chalk was treasurer. Nancy Alexander was appliance officer while my husband, Albert, was Newsletter Editor for the Midlands. Bernard Robinson and Mrs. G. Myring were visiting officers. Many of

these people are still active within IA.

Dr. Cuthbert Dukes invited us to London's first meeting at St. Mark's Hospital on 25th May, 1956. It was agreed that certain activities be on a national basis and that a national committee composed of representatives from Birmingham and London and any other new divisions which may be formed. Liaison between London and Birmingham would be effected by Mr. Lloyd Lucas and Doreen Harris.

The second meeting of our members was held at St. John's Restaurant in the insalubrious Digbeth area of Birmingham. We had little money to spend on venues.

Dr. Cuthbert Dukes and Mr. (later Sir) Ian Todd joined us and Bryan Brooke sent the following letter.

Dear Mrs Harris

9th October 1956

I thought I would write and tell you that both Dr Cuthbert Dukes and I enjoyed Saturday afternoon greatly. I do congratulate you on the lively and efficient organization which you have founded.

It has occurred to me that certain medical men other than myself might like to maintain contact with Q.T. These are Dr T. L. Hardy, Dr Clifford Hawkins and Dr William Trevor Cooke. There is no need for me to tell you about Dr Hardy's interest in the matter. The other two are at the present time concerned with this condition and many patients come into my hands through them.

I am wondering, therefore, whether your committee would consider their joining the ranks of Honorary Membership, or perhaps this has already been done.

Yours sincerely

Bryan Brooke

Some time later, I received a letter from Dr. Cuthbert Dukes.

Dear Mrs Harris

1st May 1961

I expect you have already heard that you have been elected as Honorary Member of the Ileostomy Association of Great Britain and I must apologise for not having written before to explain to you how this came about. As you know, honorary membership of the Association may be conferred by the National Council on anyone who has rendered outstanding service to the Association.

Of course, honorary associate membership may be conferred by each Division at the discretion of its committee, but honorary membership of the Association as a whole can only be conferred by the National Council. It is the highest honour we can pay, and I am very glad indeed that your pioneer work in founding the first Division in this country has been recognised in this way.

Yours sincerely

Cuthbert Dukes

For many years up until today, Topsy has progressed and grown, but we must not forget the wonderful camaraderie we had, such as when I hired a school hall for a party of members' children and we produced food for a hundred or so. We also had our 'Young People's Group'. One day they met at Nancy Alexander's, took up the carpet for a dance and Bryan Brooke buttered the sandwiches.

Also, members often came to stay with Bert and me because they were a long way off a group. May we

long stay a happy family helping each other in any way possible.

Footnote:

Doreen Harris was elected an honorary member of the Ileostomy Association of Great Britain in 1961 for her pioneering work.

She received the honour of the award of an MBE in 1983 in recognition of her tireless work over a quarter of a century to improve life for all ostomists.

The History of IA: A Summary

1956 to date

1956

14th April - Meeting at Birmingham General Hospital. Chairman - Mr. Bryan Brooke.

Forty-seven people present, including Dr. Cuthbert Dukes, Mr. R. D. Peters and Mr. E. Lloyd-Lucas from London, who were also considering forming a division. Group formed with Doreen Harris as secretary.

25th May - Meeting at St. Mark's - London Division formed, followed by Northern Division at Leeds.

August - first Q T G B Newsletter (forerunner of IA Journal) published.

1957

16th February - joint meeting of representatives from Birmingham, London and Leeds held at Friends House, Euston Road, London NW1 - 9 people attended. Mr. R. D. Peters (London) appointed chairman of the meeting. Association called Q. T. (Great Britain). National committee formed and immediately held first meeting. Secretary - Mr. E. Lloyd-Lucas (London).

19th October - 2nd meeting of National Committee held at Birmingham. Mr. Bryan Brooke elected as chairman. New divisions in Scotland (Edinburgh) and Ireland (Belfast).

7th December - 3rd meeting of National Committee held in London. Subscriptions set at 10/- (50p) per ordinary member; 1/- (5p) to be remitted to National Committee. Name changed to Ileostomy Association of Great Britain.

1958

March - Q T G B Newsletter renamed IA Newsletter.

1959

10th October - membership now 1,200 ordinary members and 150 honorary and associate members. Agreed to appoint executive committee and to draw up Constitution. President: Mr. Bryan Brooke; Chairman of Executive Committee: Dr. Cuthbert Dukes; Secretary: Mr. G. K. Thompson; Treasurer: Mr. M. St. A. Moore. Divisions now in South-West and Wessex.

31st October - first meeting of executive committee.

1960

25th June - Meeting of executive committee approves new constitution for circulation to divisions.

31st December - accounts show balance of £382. 8s. 3d (£382.41).

1961

22nd July - Meeting of executive committee considered draft trust deed submitted by Leslie Kingston for 'Old People's Fund'.

1963

Bryan Brooke moves from Birmingham to St George's Hospital London and becomes professor of surgery at London University.

1963...

16th March - National Council meeting. President - Professor Bryan Brooke FRCS; Chairman of executive committee - Dr. T. D. Kellock FRCP; Secretary - Mr. A. Cape.

4th May - Meeting of executive committee; Research Fund established.

5th October - Meeting of executive committee; agreed that permanent address be 149 Harley Street, London (courtesy Mr. Ian Todd FRCS, who also became surgical adviser to IA).

1964

14th March - National Council meeting agreed to change of name to Ileostomy Association of Great Britain & Ireland. Ileostomy manual produced entitled 'A New Life' - 3/6d (17p) to members; 10/- (50p) to others.

1965

6th March - National Council meeting held at Leeds, the first time the meeting had been held outside London. Overseas Postal Branch formed with Mrs. Mary Sawdon as secretary (retired April 1992).

August - name of IA Newsletter changed to IA Journal.

1966

1st January - total membership = 3,175: 2,831 ordinary, 169 associate and 175 honorary.

23rd April - Special meeting of the executive committee to consider 'The future of the Association'. Consideration given to (a) status of divisions and branches; (b) classes of membership; (c) administration and finance - because of rapid growth of Association, it was considered that some 'paid' clerical help was required.

October - National Secretary, Albert Cape, died.

26th November - Extraordinary meeting of National Council resolved that paid National Secretary be appointed. Leslie Kingston appointed with effect from 1st January 1967, at annual salary of £700. Because of legal implications, it was agreed to draw up a Trust Deed incorporating existing Constitution and Rules of Procedure. Central Office moved to Basingstoke, at the home of Leslie Kingston.

1967

23rd January - Leslie Kingston in touch with pilot group, and assisting with formation of, Colostomy Welfare Group.

4th March - National Council meeting at Birmingham accepted new Trust Deed.

8th May - Executive committee meeting; following referendum of divisions, subscriptions raised to £1, with 50% to be remitted to National Council.

1968

9th March - First meeting of Trustees - Professor Bryan Brooke, Dr. Cuthbert Dukes, Miss A. M. Mitchell, Mr. T. V. Robinson, Professor J. G. Goligher and Dr. T. L. Hardy.

20th July - Leslie Kingston reported inauguration of Colostomy Welfare Group.

1969

8th January - Mr. David Wallace, FRCS, requested the calling of a meeting of ileal bladder members of IA as he thought there was a need for a separate group.

8th March - At National Council meeting, Tom Sturgeon elected Chairman of executive committee.

1970

14th March - National Council meeting held at Edinburgh. Agreed that an employee of a stoma equipment manufacturer or supplier shall not hold any office within the Association.

1972

16th September - Executive committee informed that Urinary Ileostomy Association had been formed, with Mr. R. Carroll as President. Joint meeting of executive committees suggested.

1973

7th April - At National Council meeting at Glasgow, Ron Thorp elected National Treasurer in succession to Mr. Moore.

1974

June - Leslie Kingston appointed MBE in Queen's Birthday Honours.

14th December - Executive committee discussed draft constitution for IOA.

1976

October 7th - 9th - first general meeting of IOA held in London.

1977

21st Anniversary of IA. Birthday appeal raised £41,076.

15th April - National Council meeting at Reading - Tom Keily succeeded Tom Sturgeon as Chairman of executive committee.

16th October - Thanksgiving Service held at All Souls, Langham Place, London to celebrate 21st Anniversary of IA.

31st December - total membership now 7,103: 6,231 ordinary, 803 associate and 69 honorary.

1979

1st January - Chris Penney succeeded Leslie Kingston as National Secretary. Central Office moved to office in Basingstoke and, subsequently, to Chris's home at Chobham, Surrey.

31st October - Professor Lennard-Jones informed EC

1979...

of meeting to be held on 7th November to set up an association for sufferers of colitis and Crohn's disease (National Association for Colitis and Crohn's Disease).

1st December - EC informed re meeting of NACC. Professor Bryan Brooke, Professor Miles Irving, Tom Keily and Chris Penney attended from IA. Chris elected as liaison member of NACC steering committee.

20th April - National Council agrees that IA should join IOA.

1980

28th March - National Council at Liverpool agrees to increase executive committee by election of five elected (regional) representatives - Pat Broughton, David Eades, Rodney Garratt, Bow Heath and Paul Morton.

1981

IA's Silver Jubilee Year.

1982

16th April - National Council meeting at Manchester: Professor Miles Irving FRCS (professor of surgery at the University of Manchester) succeeded Professor Bryan Brooke as National President.

1983

May, 100th edition of Q T G B Newsletter/IA Newsletter/IA Journal published.

1984

1st January - Doreen Harris appointed MBE in New Year's Honours. Rodney Garratt succeeded Ron Thorp as National Treasurer. Colour advertising first appeared in IA Journal No. 103.

1985

5th October - Executive committee agreed to form special interest group for people with continent ileostomies, thereby recognizing new surgical techniques.

1986

1st January - subscriptions increased to £6 (from £5) for members under 60 and £3 (from £2.50) for members aged 60 and over. Two thirds payable to National Council. First computer (an IBM compatible PC) installed at Central Office.

July - Ian Todd FRCS, surgical advisor to IA, became President of Royal College of Surgeons.

1987

30th September - total membership = 8,214: 7,171 ordinary members; 854 associate members; 189 honorary members.

5th October - David Eades succeeded Chris Penney as National Secretary. Central Office moved to Mansfield, Notts.

1988

Desktop publishing (Apple Mac computer and laser printer) installed at Central Office. 'The Ileostomy Book' (edited by Sue Bosanko and Chris Penney) published - a collection of articles from previous editions of the IA Journal plus some new features.

1989

31st March - National Council held at University of Ulster, Belfast. The President, Professor Miles Irving, announced that the Bryan Brooke Lecture will be given at future NC meetings, with the BNB medal being presented to the speaker.

1990

7th April - National Council meeting at Sheffield - inaugural Bryan Brooke Lecture delivered by Professor Sir Geoffrey Slaney.

June - Brenda Flanagan elected to co-ordinating committee of European Ostomy Association.

1991

4th April - National Council meeting at Newcastle upon Tyne. Sudden death of national treasurer, Rodney Garratt. Professor Norman Williams FRCS elected national vice-president.

30th September - total membership = 9,084: 8,206 ordinary members; 722 associate members; 156 honorary members.

1st October - Nick Moon appointed national treasurer.

1992

1st January - subscriptions increased to £8 (from £6) for members under 60 and £5 (from £3) for members aged 60 and over. £5 and £2 respectively payable to National Council.

11th April - National Council meeting at Norwich: Professor Norman Williams (professor of surgery at the Royal London Medical School) succeeded Professor Miles Irving as National President. Presidential chain of office presented to IA by Professor Irving (purchased by donations to mark his retirement). This was the last IA meeting attended by Professor Bryan Brooke; ill-health prevented his attending future meetings.

June - Brenda Flanagan elected president of European Ostomy Association and, ex-officio, member of co-ordinating committee of International Ostomy Association.

7th October - meeting held at Northampton with British Colostomy Association and Urostomy Association to set up co-ordination committee to organize World Ostomy Day on 2nd October 1993.

1993

16th April - National Council meeting held at Canterbury. Consideration given to changing Constitution to allow people with internal pouches (restorative proctocolectomy) to become members of IA.

August - Tom Keily, executive committee chairman, met Charity Commissioner to discuss proposed changes to Constitution and requirements of recently enacted Charities Act, 1992. Advice was that (a) the Constitution could be changed, (b) new objects

1993...

adopted, (c) local groups should register as separate charities to preserve their autonomy. Legal team at NCVO also consulted.

2nd October - major exhibition and conferences held at Café Royal, London, in connection with World Ostomy Day.

4th December - special meeting of National Council held at Royal College of Surgeons to consider amendments to Constitution. Agreed that, following discussions with Charity Commission, (a) name be changed from the 'Ileostomy Association of Great Britain and Ireland' to IA; (b) revised objects be adopted; (c) new Constitution (based on model issued by Charity Commission) be approved; (d) model Constitution (based on model issued by Charity Commission) be approved for local groups.

1994

11th April - 8th IOA Congress in Adelaide - Brenda Flanagan elected vice president of the International Ostomy Association.

23rd September - discussions held with officers of Royal College of Nursing Stoma Care Nursing Forum regarding production of 'Going Home' booklets.

1995

1st January - Professor Miles Irving, IA National President 1982-92, awarded knighthood in New Year's Honours List.

7th April - National Council meeting held at Aberdeen.
To commemorate IA's 40th anniversary (14th April,

1996), £40,000 to be raised to support formation of an ostomy association in Romania.

1st June - IA Journal 148 published - first issue with full colour throughout.

10th June - meeting held at Royal College of Surgeons with pouch groups and interested people.

5th November - second meeting of internal pouch groups. Agreed to set up a national register of people who have internal pouch.

1st December - 150th edition of IA Journal published. Two booklets - 'Going Home - Living with an Ileostomy' and 'Going Home - Living with a Pouch', published in conjunction with Royal College of Nursing Stoma Care Nursing Forum and distributed to all stoma care nurses in UK. The research projects commenced in conjunction with Royal College of Surgeons, Royal College of Physicians and British Digestive Foundation.

1996

5th February - party of ten surgeons and nurses from Romania visit UK as IA's guests. Held two meetings with national project team, visit Hope Hospital, Salford, St Mark's, London, and Royal College of Nursing. Agreement reached on proposals for developing stoma care and patient support group in Romania.

1st March - 40th anniversary commemorative booklet 'The Rising of the Phoenix - The Origins of IA' published and distributed to all members and other readers of the Journal.

12th to 14th April - National Council meeting held in Birmingham (Solihull) - 40th anniversary. Bryan Brooke Lecture delivered by Professor Sir Miles Irving 'Give me

the evidence, doctor'

October - members of project team visit Romania to assess needs of ostomists. Application (unsuccessful) submitted to National Lottery Charities Board for grant of £200,000 for Romania project.

1997

February - four nurses from Romania visit UK for three weeks as IA's guests to undergo training in stoma care.

4th to 6th April - National Council meeting held at Exeter. Membership now 9,885, including 262 with internal pouches.

16th to 19th June - 9th Congress of International Ostomy Association held at Calgary, Canada. Brenda Flanagan, IA's international relations secretary, elected IOA president.

1998

New Year's Honours List - Fred Buckland, national fund raising co-ordinator 1985 -1993, awarded MBE.

3rd to 5th April - National Council meeting held in Pontypridd. Bryan Brooke Lecture delivered by Professor Sir Leslie Turnberg, immediate past president of the Royal College of Physicians.

18th September - death of Professor Bryan Nicholas Brooke MD MChir FRCS FRACS, aged 83, IA's president from 1956 to 1982.

1st October - Bruce McKenzie succeeded David Eades as national secretary. National Office moved to Burton upon Stather, North Lincolnshire.

1999

January - MCI Worldcom provides freephone telephone number free of charge - 0800 018 4724.

26th to 28th March - National Council meeting held at Brighton. Bryan Brooke Lecture delivered by Professor John Hermon-Taylor. Tom Keily retired as chairman of the executive committee, having held the office since 1977. Donald Currie takes the chair.

June - Jill Hughes, secretary of North Wales IA, awarded MBE in Birthday Honours.

2001

10th June - death of chairman of the executive committee, Donald Currie, aged 47. Anne Demick assumed role of acting chairman.

2002

February - Bruce McKenzie, National Secretary, advised the executive committee that he wished to vacate the post when a successor could be appointed. Anne Demick accepted the executive committee's invitation to take on the post.

22nd March - National Council meeting held in Newcastle-upon-Tyne. Bob Bailey elected chairman of the executive committee David Eades retired after fourteen years as Journal editor and was succeeded by John Smail.

August - death of Irene Betts, founder secretary of North Eastern IA and sometime member of executive committee.

December - website relaunched - www.the-ia.org.uk. Webmaster John Smail.

2003

March - Donald Currie Research Fellowship closed at £35,000.

2004

3rd April - National Council meeting held in Glasgow. David Eades elected chairman of the executive committee in succession to Bob Bailey who did not seek re-election. Bryan Brooke Lecture delivered by Professor Neil Mortensen.

25th May - death of Tony Stammers, aged 47, chairman of IA's finance sub-committee.

14th November - death of Edward Salt, honorary IA member, who assisted with formation of IA in 1956.

Cyril Heaton legacy received.

2005

Launch of on-line membership applications.

24th May - death of Dr. Frank Alexander, honorary member of IA since 1981.

3rd October - death of IA founder member Doreen Harris MBE.

2006

IA's Golden Anniversary Year.

IA Journal Omnibus 50th Anniversary edition published.

50th Anniversary National Council meeting held in

Birmingham. Letter from Buckingham Palace read out to delegates. Bryan Brooke Medals presented to Nancy Alexander, founder member, and to Sir Ian Todd MD MS FRCS in recognition of their outstanding contributions to IA. Bryan Brooke Lecture given by IA President Norman Williams, and a new series of lectures, the Salts Healthcare Lecture, launched with the first one presented by Professor Sir Miles Irvine.

2007

13th January - death of Tom Keily, Chairman of the Executive Committee from 1977 to 1999.

IA Journal, website and stationery rebranded to give the association an updated and improved corporate identity. New IA logo also adopted.

2008

200th edition of the IA Journal published.

National Council held in Newcastle upon Tyne where IA National President, Professor Norman Williams MS, FRCS, FMedSci stood down from office, and was awarded honorary membership of IA. He was succeeded by Professor Neil Mortensen MBChB MD MA FRCS Eng FRCS Glas FRCS Edin. David Eades also stood down as chairman of the executive committee; Carolyn Stammers was elected in his place. Bryan Brooke Lecture, 'Stoma Problems: How common are they, and what can we do to avoid them?' given by Mr. P.J. Lunnis, MS, FRCS.

2009

3rd - 4th April - National Council held in Glasgow.

Bryan Brooke Lecture 'Koch Pouch Revisited' presented by Mr. Ian Finlay FRCS. Salts Healthcare Lecture 'Back and to the Future' presented by Alison Crawshaw, stoma care nurse specialist and chairperson of World Council of Enterostomal Therapists UK. Bryan Brooke Medal awarded to Pat Eades, who had been a member of the IA executive committee, fulfilling numerous roles, including welfare office and Trustee of the IA GB Trust, since 1980.

New editor of the IA Journal appointed, Scott Clifford, on the retirement of John Smail, after 7 years.

2010

'Full Body Scanners' introduced at airports.

10th - 11th April - National Council held at Hinckley Island Hotel, Leicestershire. Presentation entitled 'Back to the Future' given by IA President Neil Mortensen, MBChB MD MA FRCS Eng FRCS Glas FRCS Edin

Retirement from the Executive Committee of David Eades, who had served IA for 30 years in numerous categories, including Chairman of the Finance sub-committee, National Secretary, Journal Editor, Trustee of IA GB Trust, and both Chairman and Vice-Chairman of the Executive Committee.

2011

1st January - Paul Cartwright appointed IA webmaster on retirement of John Smail, who had held the post since 2002.

9th - 10th April - National Council held at Windsor. Salts Healthcare Lecture 'Research Collaboration between Stoma Care Nurses, Ostomists and

Commercial Companies - the way forward to improve care?' given by Dr. Terri Porrett, Nurse Consultant, Director, North East London Bowel Cancer Screening Centre. Retirement of Dr. Elizabeth Rang as chairman of IA GB Trust. Former IA President, Professor Sir Miles Irving also stood down as a Trustee of IA GB Trust, as did Tracy Walker of West & Central Scotland IA. Mr. Michael Thompson MD FRCS was elected as the new chairman of IA GB Trust, and was also appointed chairman of the IA Research sub-committee. Alan West and Sally Ashdown invited to become Trustees of IA GB Trust. Bryan Brooke medal presented to Brenda Flanagan and Dr Elizabeth Rang.

01 October - Matthew Batt appointed IA Webmaster.

2012

21st - 22nd April - National Council held in Blackpool. Bryan Brooke Lecture 'Roadblocks and Assumptions' given by Mr. Nigel Scott BSc MD FRCS. Gordon Briars elected as chairman of IA finance sub-committee.

Brenda Flanagan awarded the BEM for her unstinting services in the voluntary sector for almost 40 years.

30th September - Carolyn Stammers stood down as chairman of the executive committee, and as liaison officer with stoma care nursing. The latter role was taken over by two stoma care nurse specialists; Alison Crawshaw and Carol Katté.

30th September - Nick Moon stood down as IA national treasurer after 21 years in this role. Michael Bell appointed as his replacement.

2013

13th - 14th April - National Council held in Bristol. Presentation 'Imaging the Gut in the 21st century - a Fantastic Voyage' given by Dr. Chloe Mortensen MBChB. Steven Phillips elected Chairman of the Executive Committee. Honorary membership of IA awarded to Carolyn Stammers. To mark her retirement from the Executive Committee, Carolyn established the 'Inspire' award, initially presented to Birmingham IA. John Smail invited to become a Trustee of IA GB Trust.

2014

12th - 13th April - National Council held in Newcastle upon Tyne. Salts Healthcare Lecture 'Challenges for the Stoma care Nurse in 2014' given by Rebecca Davenport and Simon Turley. Research updates presented by two research fellows being funded by the Professor Norman Williams IA Research fellowship on 'Metabolic disturbances after bowel surgery' and 'Diagnostic biomarkers of disease pathology and progression in ulcerative colitis'. 'Inspire' award presented to Norfolk & Suffolk IA.

29th August - death of Fred Buckland MBE, IA Fund Raising Officer from 1985 to 1993.

2015

1st January - Professor Sir Norman Williams received knighthood in New Year's Honours List.

18th - 19th April - National Council held in Chester. Bryan Brooke Lecture 'The failing gut; prevention, treatment and future challenges' given by Professor Gordon Carlson BSc MB ChB MD FRCS. 'Inspire' award presented to IA Ireland. Nick Moon and Stuart Hay

invited to become Trustees of IA GB Trust.

7th July - death of Nancy Alexander, one of the founding members of IA.

2016

IA's Diamond Anniversary Year.

Steven Ashdown-Phillips resigns as chairman of the executive committee due to work commitments. Anne Demick retires as IA national secretary and assumes role as acting chairman of the executive committee. Jackie King becomes IA national secretary.

National Office relocated from Ballyclare to Rochford, Essex.

16th - 17th April - National Council held at Hinckley Island Hotel, Leicestershire.

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