

**"How Can YOU Help You?"  
(Young Ostomates United Inc. Meeting)  
10th October 2013**

On Thursday 10<sup>th</sup> October, YOU hosted an evening meeting with Victorian Stomal Therapy Nurses and Allied Health Staff for an exchange of ideas on how to assist young ostomates cope both pre and post operatively. A panel of young ostomates explored the psychological impact of needing a stoma, sometimes resulting in anger, depression and anxiety. Following this Ms Jane Fletcher, Psychologist, gave an insightful presentation on "Coping with Change".

The meeting was well received by attendees with a great exchange of ideas and suggestions. Special thanks to the panel members who shared their stories.

Trade Displays and supper were enjoyed by all.

We hope this forum will be a forerunner to other meetings between young ostomates and health professionals.



Panel members Helen, Leigh, Nyree and Anne fielding a question.



Keynote speaker Jane Fletcher (second from left) with her partner (far left), Leigh and Steve.