



**Wishing you a
Very Merry Christmas
and a happy and healthy 2026**

**SEE YOU NEXT YEAR!
WEDNESDAY 28TH JANUARY 2026
5pm-7pm**

Beverley Kite Room, First Floor
North Leeds Medical Practice
355 Harrogate Road
Leeds LS17 6PZ

**If you've got a stoma (ileostomy, colostomy, urostomy)
or are a relative, parent or carer of someone with a stoma
Please come along to share your experiences or worries
or simply to chat with others who know exactly how you
feel.**

Refreshments available

We look forward to seeing you!

For further information or any enquiry, please telephone : 07776 296319

If you are experiencing difficulties then don't hesitate to contact the
Stoma Nurses on 0113 8433715.

Alternatively, contact the Ileostomy & Internal Pouch Association on
0800 0184 724 and they can put you in touch with a suitable support
volunteer.