

## WOD 2015 - Czech ILCO

On 3rd of October this year we'll celebrate World Ostomy Day (WOD) 2015. Members of the Czech ILCO decided to remind it during the whole year in all Czech ostomy associations. To fulfill this year's motto "Many stories, one voice" we use the book Long live ostomates, which contains 22 stories of ostomy patients from the Czech Republic and Slovakia. We are also proud of the first ostomy calendar with photos of ostomates at the age of 5 to 50, issued by LIPOELASTIC company. The idea for the calendar was created on Facebook in a closed ostomy group, led by ostomist Věrka from Brno and with a help of enterotherapist Zuzana Kurková.

Already at the end of the year 2014 we had prepared a promotional leaflet for the World Ostomy Day with all the mottos and we explained why it is important to announce it.

This leaflet was given to representatives of all Czech ostomy associations, and we spread it at the events we participate in. All our member association also received this leaflet in a form of A3 poster.

Head of ILCO Novojičínska devised a social game called Ostomates, be brave! The rules include many interesting observations that will be appreciated only by those who live with a stoma.

World Day we commemorate at many professional conferences, which our representatives attend - Onco Prague in January, in February the League Against Cancer conference, Brno Oncology Days in April or European Days of colorectal cancer in May. We have informed the students of Nurses Academy who came to our Information Centre for ostomates to learn more about living with an ostomy. I also informed 27 nurses in Cheb about WOD in a seminary accredited by Czech Nurses Association and organized by the Czech ILCO.

On 23. 4. 2015 Czech ILCO had a stand at the biggest fair of NGOs in Europe (NGO Market 2015) organized by the Forum 2000, an organization founded by President Vaclav Havel. More than 150 organizations participated at this fair. At the Czech ILCO stand we spoke to more than 170 visitors, we gave them a leaflet on WOD and informed them about screening programs - especially the prevention of colorectal cancer. Almost everyone with whom we spoke, was grateful for the information and wished us health and happiness.

January 14, 2015, a Czech actor and a member of the Czech ILCO, Boris Hybner together with Marie Ředinová organized the event for the residents of Zvole village called Troubles of cheerful clown's life. They informed about life with an ostomy and presented the book Long live ostomates.

8. 6. day we organised a lecture called Meaning of WOD for our members.

Our association ILCO Tábor organized on 16. 6. 2015 a trip to Třeboň and to lake Svět (Svět means World in English). The trip was called A Trip around the World.

Another our association Prerov Ostomy Club reminded the WOD in the mountains near the town of Jeseník on the same day. They celebrated profusely, after the lectures have played the game Ostomates, be brave!, they danced, sang, rejoiced.

Another our association CHEB ILCO informed about WOD in Cheb on 26.6. at an event organized by Public Health College and called Path to the Health.

Other unions are planning a celebration later.

Czech ILCO declared a contest regarding WOD, the conditions are published on the website [www.ILCO.cz](http://www.ILCO.cz).

We informed of WOD 2015:

Proceedings of the International Conference Letovice Care 2015

Proceedings of Brno oncology days in 2015

Newsletter 1/2015 League Against Cancer

ILCO Newsletter 1/2015

Helios May 2015, No. 12 - a magazine for ostomates published by Coloplast

Radim 1 / 2015- magazine for ostomates published by ConvaTec

Novinky.cz - Actor Boris Hybner and prof. Pavel Pafko christened the book for patients with stoma on January 30, 2015

President of the Czech ILCO Marie Ředinová talked about life with an ostomy and WOD on March 17, 2015 on Radio Pilsen. The same program was also on Radio Hradec Králové April 13, 2015. Both reports attracted listeners who called into studio.

Vicepresident of Czech ILCO Pavel Kreml mentioned WOD in his lecture for Social Academy in Ostrava 12.2. 2015.

Pavel Kreml also mentioned WOD and its history in his lecture at Aeskulap Akademie and Surgical branches department ČAS on 19. - 20.6. 2015.

23.5.2015 Three ostomy clubs from northern Moravia have organized a trip to Valašsko with local traditions.

24. - 26.6.2015 three days trip to Southern Moravia and to Vienna . We mentioned WOD and we enjoy being together.

Marie Ředinová

President of Czech ILCO