

# Getting Help With Your Colostomy

For a colostomy problem, help is never far away. The following are the most straightforward sources of assistance. You may wish to fill in the telephone numbers which relate specifically to you.

**Your Stoma Nurse:**

**Your G P:**

**Your Consultant:**

**The Colostomy Association**

Office Telephone: 0118 939 1537

Freephone: 0800 328 4257 (24 hour help line)

email: [cass@colostomyassociation.org.uk](mailto:cass@colostomyassociation.org.uk)

Website: [www.colostomyassociation.org.uk](http://www.colostomyassociation.org.uk)

**Adrian March - Colostomy Association Consultant**

*For help particularly with colostomy management, fitness and sport*

Telephone: 020 3287 7494 (If no reply call the number below)

Direct line: +33 494 501 136 (France - and ask Adrian to call you back)

email: [adrian.march@orange.fr](mailto:adrian.march@orange.fr) or [adrian@stomadata.com](mailto:adrian@stomadata.com)

Websites: [www.stomadata.com](http://www.stomadata.com) and [www.stoma.fr](http://www.stoma.fr)

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