

BAM NEWSLETTER

BAM / BSM Survey

We have been working with Lawrence Kelman from the BSM Facebook page to develop a survey.

The purpose of this survey is to provide sufferers of Bile Salt / Acid Malabsorption with information and statistics on how this condition affects the suffers and to help them in their dealings with medical practitioners regardless of where they live. The finding will be shared on Bile Salt Malabsorption Facebook page and BAM Support UK will also utilise the findings to raise awareness of the condition in their charity campaigns and use them to inform research priorities.

The survey, written using Google Forms, is completely anonymous. Although it is accessed via an email link, no records are kept to say who has replied or what information they provided.

If you would like to take part in the survey please follow the instructions below:

1. Send an email to survey@bile.org.uk
2. You will receive an email with a link to follow
3. Complete the six sections of the survey
4. At the end of Section six click the submit button

You should then get a Thank You message which is your confirmation that a completed form has been returned to us.

The survey should take 10-15 minutes to complete and will help with research.

ISSUE 1, FEBRUARY 2016

Contents



Stop the stink with Poo-Pourri toilet spray & Sweet Cheeks toilet spray

2



Bam Support UK, who we are

3



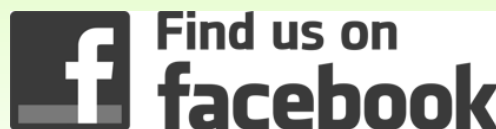
Bam Support UK Raffle, we need your old gifts or presents

3



Radar Key, make sure you all have one as these can be a vital bit of kit

4



BAM Support UK

Writing for the Newsletter

As the BAM Newsletter is new we are looking for people to write articles, stories or recipes to help with the content, we would like people to share their experience with BAM and hope a proper diagnosis has helped and if medication has helped, I know from attending the meeting and hearing other peoples

stories and reading about them really helped me when I was diagnosed with BAM, it all seemed a blur and nothing really sunk in when I was told at the hospital.

Please send your article, story or recipe to info@bamsupportuk.org



Its time to **STOP** causing a stink

Some say the secret to a happy relationship is separate bathrooms, but those people have never tried Poo~Pourri, the classy, sassy, ultra effective way to leave the bathroom smelling better than you found it. Our award winning before-you-go toilet sprays come in several different sizes and scents. Go ahead...join thousands of happy customers who've tried Poo~Pourri for fun and keep using it because it really works!

How it Works

When you spray Poo~Pourri into the bowl before-you-go, our proprietary formula creates a protective barrier on the water's surface. This barrier is designed to trap unpleasant bathroom odours beneath the surface and keep them out of the air. All you'll smell is a refreshing bouquet of essential oils!

Poo~Pourri Before-You-Go Toilet Spray Really Works!

With a bottle of Poo~Pourri in your handbag, what you do in the bathroom is nobody's business but yours! Poo~Pourri's aromatherapy magic replaces embarrassment with confidence in any bathroom situation. There'll be no aerosol cover-up for you! You (and everyone around you) can breathe easy with Poo~Pourri.

Poo~Pourri does more than just improve air quality – it's environmentally friendly. Our secret blends rely on essential oils to eliminate bathroom odours, making it safe for the planet and your septic systems.



HOW POO~POURRI WORKS

Proven Barrier

Poo~Pourri is not a chemical cover up! Based on aromatherapy principles, a few squirts into the bowl 'before-you-go' forms a protective layer of essential oils that prevent stinky bathroom odours from showing up in the first place.

It's just 'stink fighting' good stuff.

- | | |
|----------------------|----------------------------|
| ✗ NO Harsh Chemicals | ✗ NO Parabens |
| ✗ NO Phthalates | ✗ NO Aerosol |
| ✗ NO Formaldehyde | ✗ NO Ethanol |
| ✗ NO Benzene | ✗ NO Petroleum Distillates |

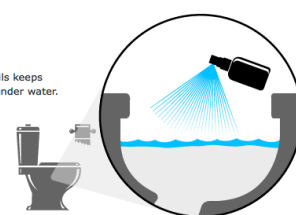
Proven Odour Barrier

Poo~Pourri is not a chemical cover up! Based on aromatherapy principles, a few squirts into the bowl before-you-go forms a protective layer of essential oils that prevent stinky bathroom odours from showing up in the first place.

It's made of essential oils and other natural compounds.

#1 Spritz

Protective layer of essential oils keeps embarrassing odours buried under water.



#2 Poo

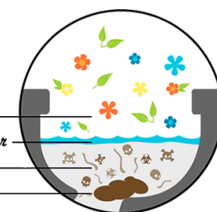
Also called a bowel movement :)

Pleasant Aromas

Essential Oils Barrier

Nasty Odor

Poo



Sweet Cheeks Toilet Spray

Whether it's for nights out, staying over at that special persons house or simply just to have on hand when guests stay over. This new 'before you go' toilet spray is a must have. Simply spray down the toilet before you 'go' and a barrier of pleasant smelling oils trap any nasty odours escaping the toilet allowing you to do your business without anybody else knowing.



BAM Support UK

Ramesh
President



Jonathan
Chairman



Nicola
Vice-Chairperson



Michelle
Secretary



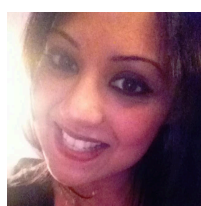
Penny
Treasurer



Alex
Social Secretary



Nidhi



Subie



As Bam Support UK is new and we have a lot of hard work ahead of us to get the word out about our Illness and the charity we need more help to do this, if anyone has a small amount of time to help us out it would be gratefully received.

Nidhi will be away for 9 months on maternity leave and we know see will be greatly missed by us all and all wish her well

Please come up and say hi at the next meeting as we are all after the same goal, if you have any ideas of that you would like at future meeting or things on the website or on this newsletter so please don't be shy as we all have the same problems.



Raffle Prizes

At each of the meeting we will be holding a raffle which has been very good, we have done this twice raised some valuable money in the process.

So to keep this all going we are asking for all your unwanted gifts, presents or even if you want to buy a small thing for the raffle to build the Bam Support UK balance.

We all need to work together to get BAM brought forward and get it well known with all the GP's





Radar Key

As a Bam sufferer you are entitled to use a Radar Key

It is a large, conspicuous, silver or red coloured key that opens more than 9,000+ accessible toilets in the UK like magic.

The loos we're referring to are those with wide entrances and disability symbols on the door, found in public areas, office blocks, pubs or restaurants. Unlike regular public toilets, there is often a need to lock the doors and so they are regularly only available for use on request.

Chances are that when someone needs to use it, the only compatible key is nowhere to be found and the person who might know where it is has gone awol.

So how about if one key existed that could unlock all the disabled toilets in the country, and only those considered eligible were allowed to have one? Voila - the Radar national key scheme. People who need to use a locked disabled loo can now "go" in peace, and quickly, without the indignity of asking someone if they can have a wee, please.

Why do accessible toilets need to be locked? You might want to avoid reading this section if you're squeamish or easily shocked.

Disabled people's toilets are big, private and less likely to be occupied than regular-sized ones. As a result they are open to misuse by the general public. Most notoriously, they are sometimes occupied by drug

users or people having sex.

Some non-disabled people simply use them to avoid the queues for the "normal" loos. As lots of disabled people have bladder or bowel problems, this can have dire consequences

Part of their purpose is that they don't get used too often and so remain cleaner for longer. Like any public convenience, accessible loos can end up in bad condition if used too many times between cleans.

This causes problems for disabled people like Lisa Egan. "If a toilet is too filthy to sit on," she wrote on the Ouch message boards, "a non-disabled woman can squat over it. I can't. I have to sit down or I'll fall down." Lisa also struggles to keep her balance if a toilet floor is covered in urine. "If I do slip over on a wet toilet floor, I'm at a much higher risk of seriously injuring myself than a non-disabled person."

Official Radar keys cost about £5, including postage and packing. These can be bought from participating local authorities or a **BAM Support UK** meeting as we will have a small shop for keys and Bam Toilet Cards



Next Meeting



Friday 4th March 2016

5.30 - 7.30pm

CSB, University Hospital,
Coventry

**YOU CAN JUST TURN UP
BUT IT WOULD BE HELPFUL
TO CALL OR EMAIL NICOLA
OR SUBIE TO BOOK YOUR
PLACE TO HAVE AN IDEA OF
NUMBERS**

**PLEASE BRING YOUR OWN
DRINKS AS REFRESHMENTS
ARE NOT SUPPLIED**

Telephone: 024 7696 7724 or
024 7696 4000 and ask for
bleep 4104

nicola.o'connell@uhcw.nhs.uk

or

subiatu.wurie@uhcw.nhs.uk

Please note there is a charge
for the car park

If people would like to come
early (5.30) and talk to each
other about the condition and
things that help them there are
tables and chairs outside the
meeting room, its good to talk,

**Main Meeting starts at
6.00pm**