

To whom it may concern

I am writing to request that the accessible toilets in your organisation are made 'stoma-friendly'. This is quick and inexpensive to do and will make a positive difference to lives of many people like myself, who have undergone life-changing surgery.

In case you didn't know, a stoma is a surgical opening in a person's abdomen through which bodily waste is collected in a bag. Stoma surgery is used in the treatment of many things, including bowel cancer, Crohn's disease, diverticulitis, and child-birth trauma. People of all ages have stoma surgery, even babies and children. There are approximately c200,000 people with stomas in the UK, that's 1 in 335 of us.

After you have had stoma surgery, your needs change. In particular it is very important that you have easy access to appropriately equipped toilet facilities. Without these, many people with stomas are fearful about the everyday things in life that most people take for granted, like going shopping, or visiting the cinema, or going to work. In some cases, it can lead to them becoming lonely and isolated.

All a toilet needs to be 'stoma-friendly' is a hook to hang personal possessions, a clean shelf on which to lay out stoma/medical supplies, inclusive signage and a mirror to help with changing a stoma bag. To find out more details I suggest visiting Colostomy UK's website: <https://www.colostomyuk.org/campaigns/toilets/>.

You will see that Colostomy UK produce toilet stickers to show that a toilet is stoma friendly. You can obtain these by emailing [getinvolved@colostomyuk.org](mailto:getinvolved@colostomyuk.org). As well as despatching the stickers to you, the team would be delighted to work on a joint communications piece to promote that your toilets are Stoma Friendly.

This charity also provide other services that might be of interest, such as providing 'Stoma Aware' training to employers and employees (including those in customer-facing roles) and HR departments. So that your employees and customers feel supported and understood.

Yours sincerely