

STOMA SUPPORT GROUP

You're Not Alone




Join us for a friendly, welcoming group where people living with a stoma can meet, share experiences, and support one another

**Monthly on Tuesdays 1-2pm at
Olive Tree Horsham -
Starting TUESDAY 21ST July 2026**

What to Expect

- Informal group discussions
- Guest speakers and healthcare professionals
- Tea, coffee, and refreshments
- A chance to make new friends

CONTACT US

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Living life with confidence
after stoma surgery.

GROUP

BENEFITS:

- Meet others who understand life with a stoma
- Share tips and practical advice
- Build confidence and independence
- Discuss everyday challenges in a supportive environment
- Learn about products, lifestyle adjustments, travel, diet, and wellbeing
- Gain emotional support from people with lived experience
- Ask questions in a safe, judgement-free space