



STOMAS UNLOCKED

— from Colostomy UK —

Because every stoma journey matters

UNDERSTANDING. SUPPORT. CHOICE.

Colostomy
UK
Because every stoma
journey matters

Owen L, 24
Living with
an ileostomy

STOMA AWARE DAY 3rd OCTOBER 2026

A **stoma** is a surgically created opening on the abdomen that diverts the flow of faeces or urine. It can be temporary or permanent and enables many people to live full and active lives.

More than **200,000 people in the UK live with a stoma**. **Stomas Unlocked** is helping to challenge misconceptions and unlock greater understanding, support and choice.



1 in every 335

people in the UK lives with a stoma.

You may know someone with a stoma without even realising it.

- **UNDERSTANDING** - Challenge misconceptions.
- **SUPPORT** - Help people find the support they need.
- **CHOICE** - Help people feel informed and involved.

IF YOU LIVE WITH A STOMA

Founded in 1967, Colostomy UK is here for everyone with a colostomy, ileostomy or urostomy. Offering practical support, sharing real experiences and challenging stigma so people can live life fully.

IF YOU DON'T

Learn what a stoma is, challenge misconceptions and help create a more understanding society.



Colostomy UK exists to make a positive difference for anyone impacted by any kind of stoma or stoma surgery.

SCAN TO LEARN MORE

Explore Stomas Unlocked



Want to support our work?
You can also donate online.

Admin Line: 0118 939 1537
Stoma Helpline: 0800 328 4257

Email: Getinvolved@ColostomyUK.org

Colostomy UK
charity number 1113471

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