

Be part of Stomas Unlocked



There are lots of ways you can help turn awareness into action.



UNLOCK YOUR STORY

Share your experience to challenge assumptions and show what everyday life with a stoma can really look like.

Your story could challenge misconceptions, inspire someone else and help improve understanding. **Email: Getinvolved@ColostomyUK.org**



UNLOCK YOUR VENUE

We're encouraging establishments to make practical changes that improve everyday experiences for people living with a stoma. Through better toilet access, cleaner facilities or improved staff awareness, small changes can make a significant difference. **Help us start the conversation.**



GET YOUR STOMAS UNLOCKED PACK

Raise awareness in your workplace, school, sports club or local community. **Anyone can take part!**

Stoma Helpline:

0800 328 4257

Open every day, 9am-10pm



#StomasUnlocked

Every conversation matters.

Every story matters.

Every voice matters.

SUPPORT OUR WORK

Every donation to Colostomy UK helps us unlock understanding, support and choice for everyone living with a stoma.



DONATE ONLINE



STOMAS UNLOCKED

— from Colostomy UK —

Because every stoma journey matters

UNDERSTANDING. SUPPORT. CHOICE.



Because every stoma journey matters

STOMA AWARE DAY

3rd October 2026



Explore Stomas Unlocked

Learn more. Get involved.



ColostomyUK.org

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Why this matters

What is a stoma?

A **stoma** is an opening on the surface of the abdomen which has been surgically created to divert the flow of faeces or urine. People who have had stoma surgery are sometimes known as **ostomates**.

There are three types of stoma: colostomy, ileostomy and urostomy.

Who are Colostomy UK?

Colostomy UK is here to support and empower you with trusted information, compassion, inclusivity and a sense of togetherness. Founded in 1967, we support people with any type of stoma, helping you feel informed, confident and empowered to live life to the fullest.

Why Stomas Unlocked?

Living with a stoma shouldn't be limited by misunderstanding, lack of support or not knowing your choices.

People living with a **stoma** can face challenges that others may never see, from misconceptions and stigma to unsuitable toilet facilities and not always knowing where to find support.

Stomas Unlocked is about changing that.

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

1 in every 335

people in the UK lives with a stoma.

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

What are we Unlocking?



UNLOCKING SUPPORT.

Nobody should face life with a stoma alone.

Colostomy UK provides:

SUPPORT

Our Stoma Helpline and support groups offer information, reassurance and someone to talk to

INFORMATION

Practical resources to help you navigate life with a stoma

COMMUNITY

Online community, webinars, activities and events to connect with others who understand



UNLOCKING CHOICE.

Feel informed. Feel involved. Know your options.

People living with a stoma should feel confident taking an active role in decisions about their care.

Find out about:

- ✓ Your rights as an NHS patient
- ✓ Shared decision making
- ✓ Choosing products that work for you
- ✓ Talking to your Stoma Care Nurse
- ✓ Choosing who delivers your stoma products



UNLOCKING UNDERSTANDING.

The more people understand life with a stoma, the easier it becomes to challenge misconceptions and break down barriers.

Discover:

- ✓ Everyday life with a stoma
- ✓ Real experiences from people living with a stoma
- ✓ Common myths and misconceptions
- ✓ Why suitable toilet facilities matter
- ✓ How venues can become more stoma friendly

Explore our MythBusters and discover the facts



ColostomyUK.org

Admin Line:

0118 939 1537

