

## Colostomy UK

Colostomy UK is a national charity that offers support, information, advice to as well as campaigns on behalf of people who have had stoma surgery (ostomates) their friends, families and carers.

They support ostomates to return to sports, hobbies and other activities after their surgery.

They have a [directory of colostomy support groups in your area](#).

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**Telephone:** 0118 939 1537

**Website:** <https://www.colostomyuk.org/>

**Helpline:** 0800 328 4257

**Email:** [hello@colostomyuk.org](mailto:hello@colostomyuk.org)

**Twitter:** <https://x.com/ColostomyUK>

**Facebook:** <https://www.facebook.com/colostomyuk/>

**Youtube:** <https://www.youtube.com/@colostomyuk2913/featured>

**Address:**

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