

# Incontinence support services available to patients

Version 11.0 June 2021  
Review Date: June 2023

SUPPORT	SUPPORT TYPE	TARGET GROUP	ACCESS	SUPPORT
<b>CCG Community Continence and Stoma service Provider</b>  Barnet: CLCH District Nurses Camden: Whittington Community Bladder & Bowel Service Enfield: BEH-MHT Haringey: Whittington Community Bladder & Bowel Service Islington: Whittington Community Bladder & Bowel Service	Community Healthcare	All	Referral	It offers a comprehensive range of support to help people self-manage and remain independent, or to adapt and modify their lifestyles to adjust to increasing dependence. Housebound patients are seen by district nurses in the first instance. Help with catheter changes and continence pads, etc. Barnet: CLCH District Nurses - 0845 389 0940 / 0203 209 7920 Camden: Whittington Community Bladder & Bowel Service - 020 3316 8401* Enfield: 020 8702 5820** Haringey: Whittington Community Bladder & Bowel Service - 020 3316 8398* Islington: Whittington Community Bladder & Bowel Service - 020 3316 8401*  * <a href="https://www.whittington.nhs.uk/default.asp?c=10154">https://www.whittington.nhs.uk/default.asp?c=10154</a> ** <a href="http://www.beh-mht.nhs.uk/enfield-community-services/ecs-services/continence-service.htm">http://www.beh-mht.nhs.uk/enfield-community-services/ecs-services/continence-service.htm</a>
Age UK	Web-based information	Older people	Any	Age UK have pages dedicated to information about incontinence <a href="https://www.ageuk.org.uk/Documents/EN-GB/Information-guides/AgeUKIG15_Managing_incontinence.in.f.pdf?dtrk=true">https://www.ageuk.org.uk/Documents/EN-GB/Information-guides/AgeUKIG15_Managing_incontinence.in.f.pdf?dtrk=true</a> They also have produced a guide on common bladder and bowel problems and how to manage them. <a href="https://www.ageuk.org.uk/Documents/EN-GB/Information-guides/AgeUKIG15_Managing_incontinence.in.f.pdf?dtrk=true">https://www.ageuk.org.uk/Documents/EN-GB/Information-guides/AgeUKIG15_Managing_incontinence.in.f.pdf?dtrk=true</a>
NHS Choices	Web-based information	All	Any	With more than 48 million visits per month, it is the UK's biggest health website, accounting for a quarter of all health-related web traffic. Has pages explaining incontinence conditions, and how to access services.
The Chartered Society of Physiotherapy	Professional Body	Pregnant women	Any	The Chartered Society of Physiotherapy (CSP) has lots of useful information about pregnancy-related incontinence. You can also use the CSP's Physio2U service to find a local practitioner or contact the Pelvic Obstetric and Gynaecological Physiotherapy group.
Squeezy	App	Women	Any	Squeezy helps women with their pelvic floor muscle exercises as part of a physiotherapy programme.
Squeezy for men	App	Men	Any	For men to manage their pelvic floor muscle exercises
Tät	App	Women	Any	Tät is a training program for your pelvic floor. It guides you through progressively challenging exercises to build up strength; when you master one, you move on to the next. And for each exercise, graphics illustrate how long, and how intensely, you should contract your muscles. The app also offers lifestyle advice, and lets you set reminders so you stick to your regular "workouts."
Bladder & Bowel UK	Web-based information	All	Any	Bladder and Bowel UK offer specialist clinical and product advice, support and practical help. We have a team of Specialist Nurses and Continence Product Information staff, who can be contacted on the National Confidential Bladder and Bowel UK help line (0161 607 8219) or via email at <a href="mailto:bladderandboweluk@disabledliving.co.uk">bladderandboweluk@disabledliving.co.uk</a>
ERIC (Childrens bladder and bowel charity)	Helpline Web-based information	Children	Children	Charity dedicated to the bowel and bladder health of all children and teenagers in the UK. Our vision is that every child and teenager with a bowel or bladder condition can access support and live free from embarrassment, shame, isolation and fear.
Bladder & Bowel Community	Support website Online Forum Carers information and advice	All	Any	The Bladder and Bowel Community (B&BC) is the UK wide service for people with bladder and bowel control problems. B&BC provides information and support services, including a confidential helpline, for anyone affected by these conditions as well as their families, carers and healthcare professionals.
Prostate Cancer UK	Web-based information Helpline Online chat with specialist nurse	Men with prostate cancer	Any	Website has a section on Urinary problems after prostate cancer treatment. <a href="https://prostatecan.ceruk.org/prostate-information/living-with-prostate-cancer/urinary-problems">https://prostatecan.ceruk.org/prostate-information/living-with-prostate-cancer/urinary-problems</a>
General Practice	Clinical	All	Any	Can provide treatment options including prescribed medicines
Midwives and Health Visitors	Community	Pregnant and Post-natal women	Pregnant and Post-natal women	What UI support is given by midwives during pregnancy? What UI support is given by health visitors?
Carers UK	Web-based information and advice helpline	Carers	Any	Our expert telephone advice and support service is here if you want to talk about caring. If you're looking for answers, our online information and support is the best place to start.
Barnet Carers Centre	Carers centre	Carers	Any	The Centre offers advice, information, emotional and practical support for all informal carers who live or work in the London Borough of Barnet.
Association for continence advice	Professional body	Health professionals	Health professionals	Multidisciplinary group of health care professionals providing information about all aspects of incontinence. Continence adviser provides telephone advice and answers letters.