

Talk About...

Bladder and bowel issues for adults and children

2nd edition

SELF-CARE WITH IRRITABLE
BOWEL SYNDROME

KEEPING CHILDREN'S
BLADDERS HEALTHY

CLOSURE OF PUBLIC TOILETS
Options for you to consider

INFORMATION LEAFLETS FOR
CHILDREN



Bladder & Bowel UK

Supporting people with bladder and bowel problems

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Welcome to the 2nd Edition of: Talk About...



Hello and a warm welcome to the 2nd edition of Talk About... Bladder & Bowel UK's (BBUK) public e-newsletter. We do hope you found our first edition informative.

The team have continued to provide our key services throughout the Covid-19 pandemic, including our national confidential telephone helpline and email support services.

We have recently changed our telephone contact details. More information can be found on page 4. All of our online resources are free for you to access and download at: www.bbuk.org.uk

The BBUK team would love to hear from you

We welcome any feedback or ideas you may wish for us to include in future editions of our Talk About... newsletter or additional resources you might like to see online.

Like everyone else, we continue to monitor the pandemic situation daily, following government guidance and supporting the wider community who contact us here at BBUK for support with bladder and bowel issues.

Please feel free to forward this newsletter with anyone you feel may find it useful. They can ask to receive a copy direct to their own mailbox by sending an email to: bbuk@disabledliving.co.uk.

Karen Irwin

Specialist Nurse/Service Manager

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Irritable

Bowel

Syndrome

Up to one in five individuals in the UK are affected by Irritable Bowel Syndrome (IBS), a long-term condition that affects the functioning of the digestive system. Often with debilitating symptoms including painful bloating, abdominal discomfort and extreme bowel changes, the condition may be persistent or flare up at times of heightened stress, emotional trauma or anxiety.

If you have IBS, it's sadly likely that you'll feel embarrassed and frustrated by the symptoms that impact daily life. Debra Thomas BSc Registered Dietitian, says, "IBS can be debilitating and can have a significant impact on the lives of sufferers and even their families. People report avoidance behaviour such as refusing invitations for nights out, shopping and even holidays. It can also affect work negatively, with sufferers needing time off to manage their symptoms or visit their GP, but it can even affect the way people work in avoiding meetings."

Last year, a study by PrecisionBiotics found a staggering 48% of people thought to be suffering with IBS, put off going to see their doctor because of embarrassing bowel symptoms and miss out on the essential help they need.

As a result of the impact IBS symptoms can have on daily life, the condition can also have a psychological impact on a person, resulting in mental illnesses such as depression. Maintaining a healthy mindset along with managing IBS symptoms with self-care is important, as our mind and body are in tune with one another, and vice versa.

Try these four steps to manage your self-care with IBS.

Exercise

If constipation is a symptom you struggle with from IBS, exercise can be effective in calming these symptoms. Regular activity helps to keep the digestive system moving and regular exercise is not only essential for maintaining a healthy body, but also a healthy mind.

Irritable Bowel Syndrome



Yoga is a great practice if you don't enjoy high intensity workouts. Focusing on structured breathing exercises and complete mind-body synchronisation will not only help you relax, but ensure your body is moving and flowing to encourage healthy digestion.

Sushma Manish PGDip, Ayurvedic yoga therapist details the benefits of yoga and digestion: "Yoga is all about attuning to the core of who we really are. We are complete, and to realise it we need to look within ourselves and be more vigilant about energy within, and our breathing. When we practise breathing techniques like pranayama (breath control), our mind calms down and everything becomes aligned.

"The tridoshas (biological energies with the body that govern both physical and mental processes in the body) which keep fluctuating, come to a balance. This helps in proper secretion of digestive juices and leads to the correction of digestion.

There is a close relation between the gut and mind as the practice of Ayurveda (a historical medicinal practice with Indian roots) has been highlighting for ages.

Simple postures like the vajrasana (thunderbolt pose), padmasana (lotus pose), tadadana (mountain pose) and pranayama (breath control) will help a great deal." If, however, you haven't exercised regularly or the thought of exercise makes you uneasy, try a non-conventional form of exercise: dancing to your favourite playlist in your bedroom, jiggling to the radio when doing the washing or simply going for a walk with a friend.

Relaxation

As we lead busy lives, it's easy to forgo self-care when the washing needs doing, a report needs submitting or daily life in general gets in your way. But taking care of yourself with simple adjustments can be an essential part of your daily routine, ensuring you make the most of your leisure time, not only for your mind, but the body too.

Instead of sitting on the sofa in the evening, try lying flat, with your arms outstretched. Lying flat helps to release tension in muscles and joints and encourages easy blood flow around the body. This leads on to ensure you get enough sleep. If you're struggling to sleep due to pain and discomfort, soothe those physical pains with a hot water bottle or non-caffeinated drink. Heat can help relax cramping muscles which may be stopping you drift off to sleep. Good quality sleep is essential for the body to recover from exertion, both physical and mental.

Mental Health

Our mind is incredibly receptive to our physical body, and vice versa. If one is out of whack, the other is sensitive to this unbalance.

Our bodies are in tune with our minds, and if you suffer with anxiety, it's possible your IBS symptoms may flare up at times of heightened anxiety.

Maintaining a healthy mind can be highly effective in your treatment for IBS, with a variety of treatments available including talk therapies, CBT and other forms of medication that your GP can advise. This is particularly important in managing everyday stressors and your IBS.



Stress

The research published by PrecisionBiotics found stress to be the biggest trigger for IBS, so it's helpful to learn effective coping mechanisms for everyday stressors.

Relaxation therapies including mindfulness and daily meditation practice can help to focus the

mind in the present, and give yourself a little headspace.

Complementary therapies such as Hypnotherapy, recognised by the National Institute for Health and Care Excellence as a treatment option for IBS, can be highly effective in relieving stress and anxiety, using the power of suggestion and the deep unconscious.

Irritable Bowel Syndrome can often be a lonely condition, with complicated or misunderstood symptoms making leaving you isolated and embarrassed.

If symptoms become so debilitating that they affect your everyday life, and essentially the quality of your life, it may be time to speak with a professional, whether that's your doctor, counsellor or nutritional therapist. You might also discover that you aren't alone with those closest to you when it comes to IBS.

It's important to consult your GP or qualified nutritional therapist before trying new dietary approaches or supplements.

www.nutritionist-resource.org.uk

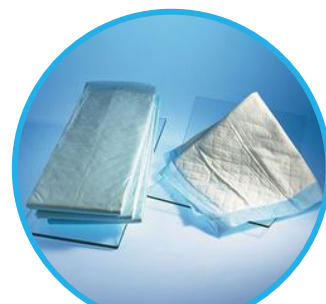
Written by Katie Hoare
Nutritionist Resource

Shop Online with Bladder & Bowel UK Equipment and Products to Make Life Easier



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ITEMS IN STOCK!**

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for free impartial help
and advice on:
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Offering you choice from a wide range of manufacturers
including mobility aids, daily living products, and continence
suppliers together with telecare and telehealth equipment.

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Disabled Living
Practical solutions supporting disabled adults, children & older people

in partnership with



Contact the Bladder & Bowel UK Confidential Helpline



**Managed by a team of Specialist Nurses and Continence
Product Information Staff**

The BBUK team provide information, advice, and support services. Our helpline is open on 0161 214 4591 or you can email us at: bbuk@disabledliving.co.uk

[Learn more about our helpline here](#)

Let's Start to Get to Know the BBUK Team

A Little Better



In this and future editions we will introduce our team. Let's start with, June Rogers MBE, Children's Specialist Nurse at BBUK.

June has worked as nurse for over 50 years. During this time, she has seen a raft of changes – some not so good although most were for the better. Working as a nurse has given her lots of opportunities she may not otherwise have had.

“

I have become an author and public speaker presenting papers as far apart as Boston, Singapore and Dubai. I was very fortunate in my early career to have managers who were forward thinking which allowed me to develop my role from a Special School Nurse to working primarily with children and young people with bladder and bowel problems.

In the early 1990s, I set up one of the country's first nurse led paediatric continence services which led to me being awarded an MBE in 1997. Since then I have gone on to win a number of nursing awards.

”



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X-TREME INNOVATION: ALREADY ACTIVATED AND READY-TO-USE

Care at home



LIQUICK X-TREME

For your independence - quick, easy and safe to use

The new exceptionally clever catheter system is ready to use straight out of the packaging. Equipped with our SafetyCat catheter featuring its inside and outside softly rounded catheter Soft Cat Eyes, the flexible ErgoTip as well as the new preactivated coating, Liquick X-treme allows a simple, fast and gentle catheterisation.

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or free samples, please contact us.

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JMJ 2019-0266-EN-0120

What Should Children be Drinking to Maintain a Healthy Bladder



The bladder relies on regular emptying to help prevent urinary tract infections (UTI). If children are not drinking enough, they will wee less than the usual 5-7 times a day, and this may increase their risk of getting urinary tract infections.

Children (and adults) should be drinking enough water-based fluids so that they do not feel thirsty. Children should be having a drink about every 1 ½ to 2 hours, until about an hour before bedtime. This is equivalent to six to eight drinks a day. The healthiest drink is water. The body uses milk as a food, so this is often not counted as part of the daily fluid intake. Fizzy drinks and drinks containing caffeine (tea, coffee, chocolate, cola and some energy drinks) can irritate the lining of the bladder and so make problems worse. They should be avoided.

Younger children need proportionally more water than older children, and older boys need more than older girls. Children who are

overweight, who are in hot environments or who are very active need more as well.

The recommended intakes of water-based drinks per day are:

- 1 – 3 year olds should have 900 – 1000mls
- 4 – 8 year olds should have 1000 – 1400mls
- 9 – 13 year old girls should have 1200 – 2100mls
- 9- 13 year old boys should have 1400 – 2300mls
- 14 – 18 year old girls should have 1400 – 2500mls
- 14 – 18 year old boys should have 2100 – 3200mls

How are Bladder Problems in Children Treated?

Usually the first treatments tried in children with bladder problems are establishing good drinking and toileting routines. This is more difficult to do when children are at school, which is one reason why the summer holidays are a good time to work on bladder health.

What Toileting Routines Help Children's Bladder Health?

Children with bladder problems should be encouraged to go straight to the toilet as soon as they feel the need to wee. They should also be asked to go to the toilet if their parents or carers notice them 'dancing', holding themselves or crouching. A good toileting routine would include them going for a wee about fifteen minutes after a drink, or about every two hours.

When children go for a wee they should be encouraged to relax and stay on the toilet until they are sure they have finished. Girls should sit with their bottom and feet well supported. Boys should stand and relax. They may find it helpful to sit to wee at least once a day, if they have any bladder problems. To poo both boys and girls should sit with their bottoms well supported, their feet flat on a firm surface and their knees higher than their hips. Most children will need a step under their feet to achieve this and many will need an insert seat.

In the summer holidays there is more time for children to get into a good routine of using the toilet, including having a regular time to poo. Children should also have open access to the toilet more often when they spend more time at home. They are not always able to have this at school.

What About Treatments for Bladder Problems?

One of the most common bladder problems is bedwetting. In addition to good drinking and toileting routines during the day, going for a wee just before sleep and avoiding all drinks and food for an hour before going to bed are important. This can be easier to achieve in the summer holidays when there are fewer organised evening clubs and activities.

There are two main treatment options for bedwetting, either medication (usually desmopressin) or an alarm. Following an assessment your healthcare professional will decide with you and your child which would be the most suitable. The alarm is a device that makes a noise when the child starts to wee during sleep. The aim is to wake the child as they start to wet. Over time the child either learns to wake to the bladder signals and is therefore able to get up and go to the toilet, or they learn to sleep through the night, without needing to wee.

As the alarm is designed to wake the child, it will inevitably disturb their sleep. Getting up for school after disturbed nights is difficult. It is also harder to get up when the bedroom is cold, as happens in the winter. Therefore, summer holidays can be a good time to start using an enuresis alarm for children who have issues with bedwetting. It may take up to three months, or sometimes a bit longer, for an alarm to work fully. Therefore, by the time school restarts most children, where the alarm is likely to be successful, are already sleeping for longer before they wet and some may be having more dry nights by the time they have to go back to school.



INTRODUCING BLADDER & BOWEL UK'S

'Talk about...' information leaflets

Bladder & Bowel UK has produced a range of booklets and leaflets covering bladder and bowel problems in children

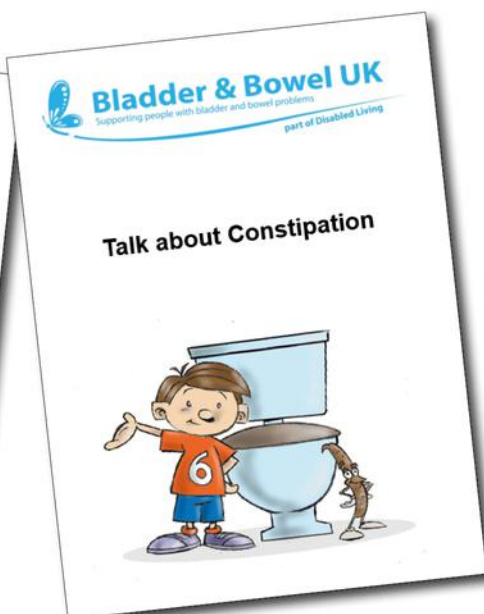
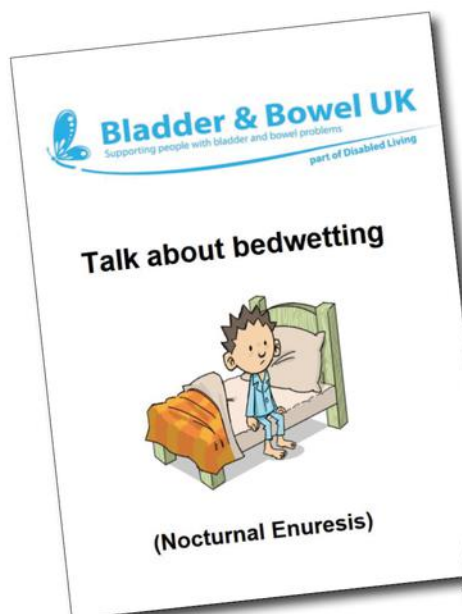
The 'Talk about...' range of booklets are aimed at children to help them

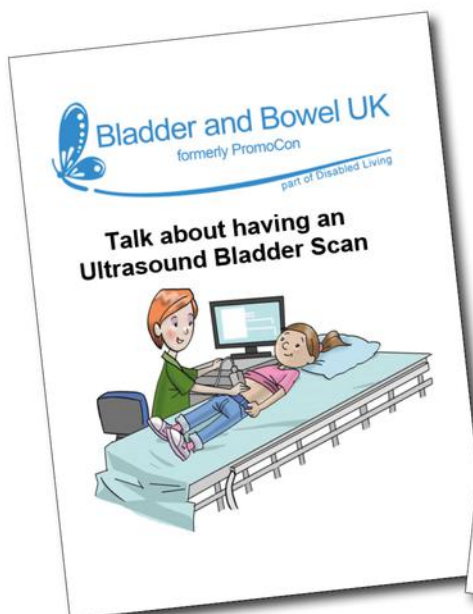
understand the problems they are having and what needs to be done to help things get better.

BBUK has recently launched a quarterly e-newsletter for children and adults with bladder and bowel

issues. The Spring edition is available to view online. Sign up for the Summer newsletter by visiting

www.bbuk.org.uk/newsletter





In addition to the Talk about... series, BBUK have produced many other helpful information leaflets:

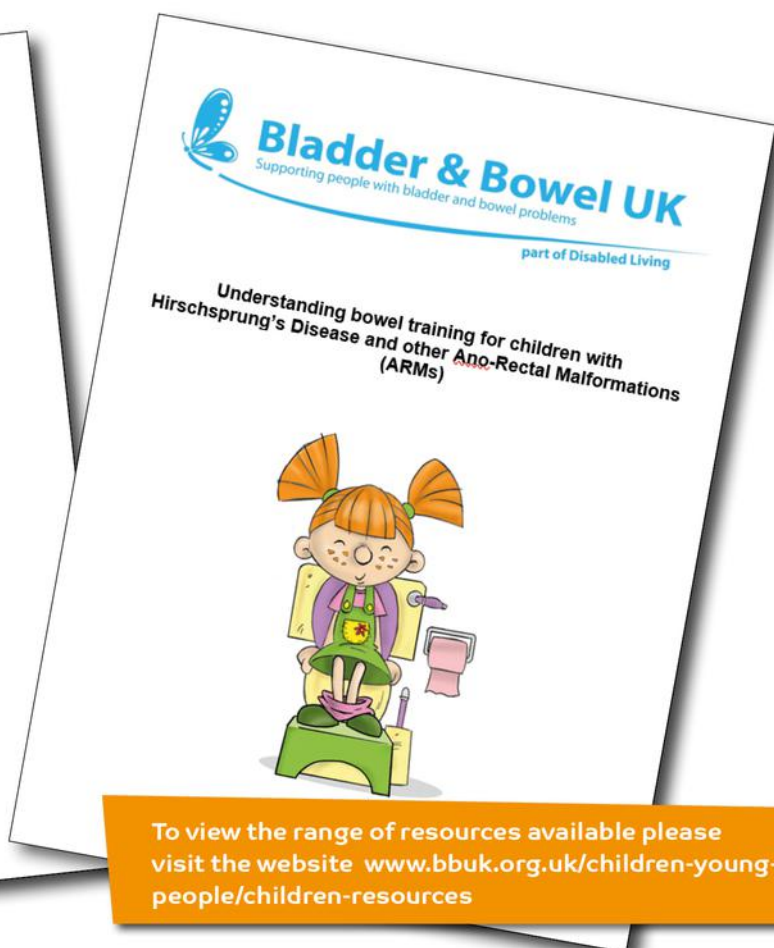
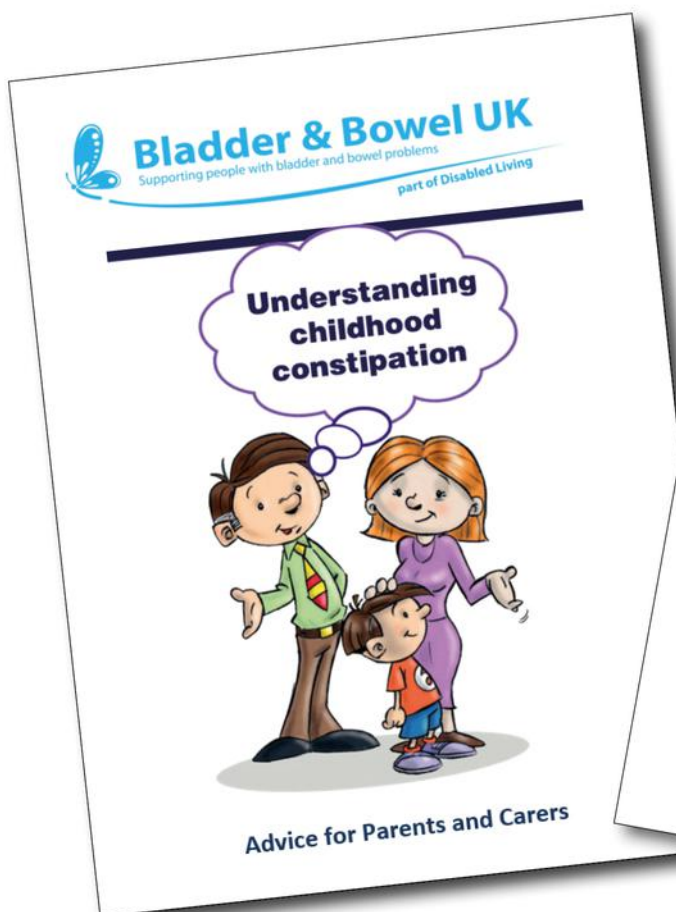
- **The 'Understanding...'** range is aimed at carers and professionals to help them understand specific issues and how best to address them. We are currently developing

a similar range of resources for adults with bladder and/or bowel problems and would also welcome any suggestions regarding specific topics you would like to see developed.

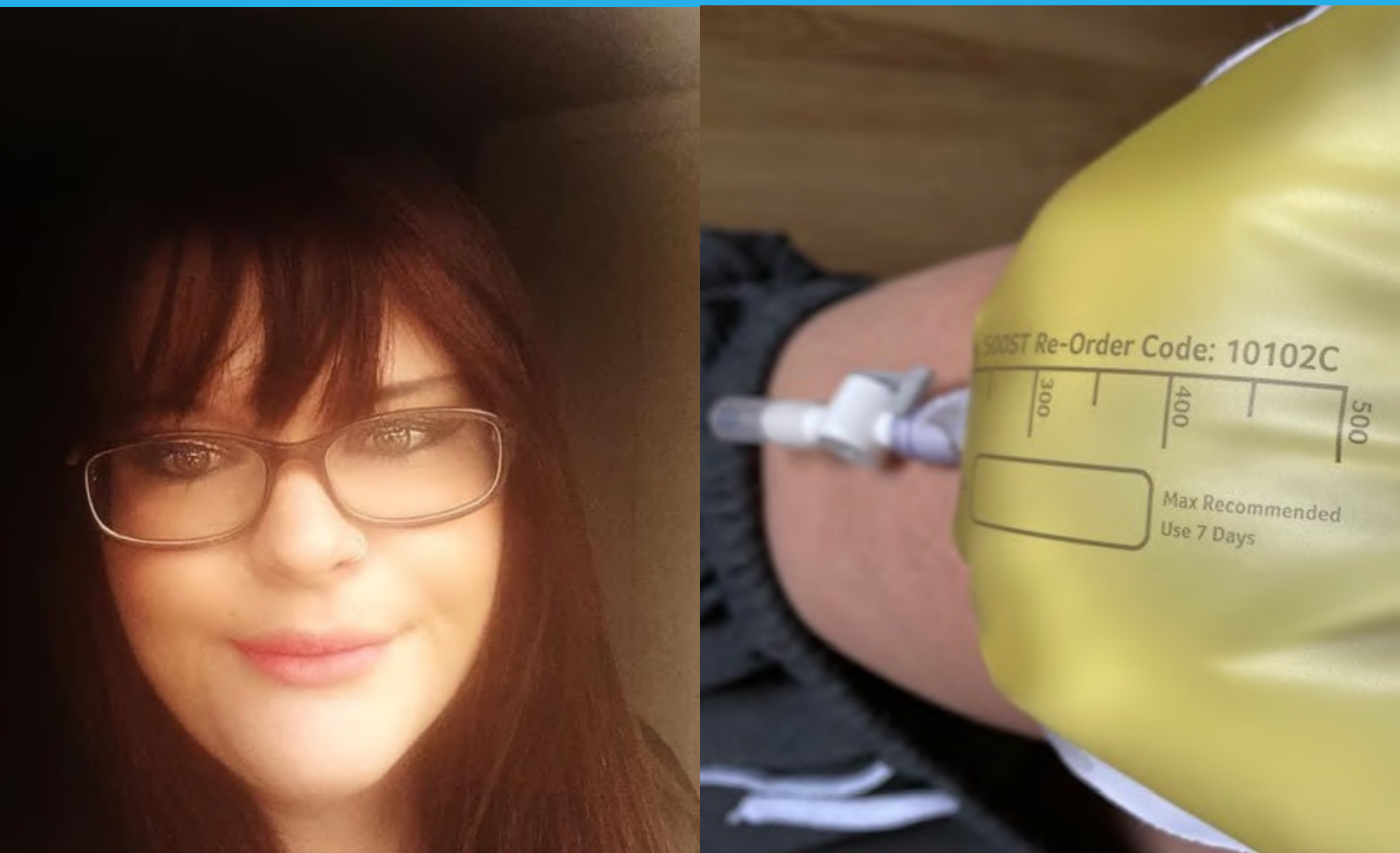
- **The 'Discussing...'** range will be aimed at adults and reflect the 'Talk about...' range of

booklets giving an overview of specific problems and the treatment options available.

- **The 'Facts about...'** range will be aimed more at professionals and carers to give a deeper understanding and explanation of the specific conditions and treatments.



Jade's Story of Living with a Bladder Problem in Silence



This is a guest blog written by 30-year-old Jade Partington, who recently engaged with us on our BBUK Twitter account. Jade talks about self-catheterisation and the importance of reaching out to someone if you're living with a bladder problem.

I was born at 36 weeks, weighing 3lb 15oz, unable to walk until I was 2 years old. This was due to how small I was at birth. At a young age (around 3 years old) people used to comment that I smelt of urine. I was a bedwetter, which is something that still happens.

All through juniors' school I became conscious that I smelt of urine, and this became worse when I went to secondary school. I never told anyone, but I would steal sanitary towels from my mum when my own stock ran out.

I used to make sure I sat on a chair whenever I could during school assemblies, I had knee problems but I played on this so I didn't have to sit cross legged, and also I couldn't bear the thought of getting changed for PE (Physical Education) or doing sport which made leaking worse.

I waited until I was 18 years old to finally tell someone about my incontinence. It was my auntie. She was and still is unbelievably supportive. She advised me to seek medical attention as soon as I could.

Soon afterwards, I was sent to hospital to see a consultant and have tests done. The tests they did at the time didn't show anything. I had recently started smoking and would often have the odd cup of tea a day, which the consultant put down as the reasons I had been incontinent. I was distraught! It took so much for me to see someone about this.

A few years later, I went to see a different hospital and had other tests done. They couldn't find any reason why I was like this. So, I gave up.

In 2015 (age 25) I moved to a different area of the country, to live with my husband. We joined an amazing doctor's surgery. My GP is remarkable and truly wants the best treatment for his patients.

In 2018, my GP referred me to a brilliant bladder specialist, who said she would do whatever it takes to find out the reason I have been incontinent for all these years. I cried and we hugged.

I went for urodynamics tests, had urine flow tests. I was then sent for a CT scan. During the CT scan they said they couldn't find my right ureter. After more tests they found that my bladder could hold 2000ml of urine and retain 1500ml of that. The reason they couldn't find my right ureter was because my bladder is so large (3x the normal adult size). It was hiding underneath. After 10 years, I finally had an answer.

I was sent to a specialist hospital that deals with catheters; I was told I needed to self-catheterise 3 times a day. Unfortunately, I have Facet Joint Disease in my lower spine which makes self-catheterising very difficult.

On Thursday 14th May, after experiencing bouts of completely wetting myself and bad kidney pain, I was fitted with an indwelling catheter. It's been a strange few days, experiencing pain, and I've had to call the district nurses out to check on a few things, but I'm getting there. I may have some lasting damage to my kidneys because of time it took for diagnosis, so I'm waiting to have bloods done.



I've been extremely unwell since having my catheter fitted and it seems as though it may well have saved my life having it put in. I've been in and out of hospital with a rare condition called diabetes insipidus which they believe I have only by seeing my catheter and how much urine output I have. I may need to have a suprapubic one fitted.



I beg anyone who is going through a bladder problem to speak to someone: a friend, family member, medical experts. You really don't have to be alone, and it is more common than you realise.

Share Your Story with us

Do you have a story about a bladder and/or bowel condition that you would like to share in our newsletter? Please get in touch with the team by emailing: bbuk@disabledliving.co.uk

You might also like to visit our blog:
www.bbuk.org.uk/blog

Closure of Public Toilets

Since the onset of Covid-19, the BBUK have received vast amounts of calls from people who feel they cannot venture far from home due to the lack of public toilets which are not open. Unfortunately, the BBUK team do not have any influence over changing this situation. However, there may be some options you may not have considered:

- The BBUK Just Can't Wait Card - it is not guaranteed to be accepted, especially with Covid but certainly worth a try.
- Changing Places Facilities - continence issues are a hidden disability.



Do you need to access the toilet urgently?

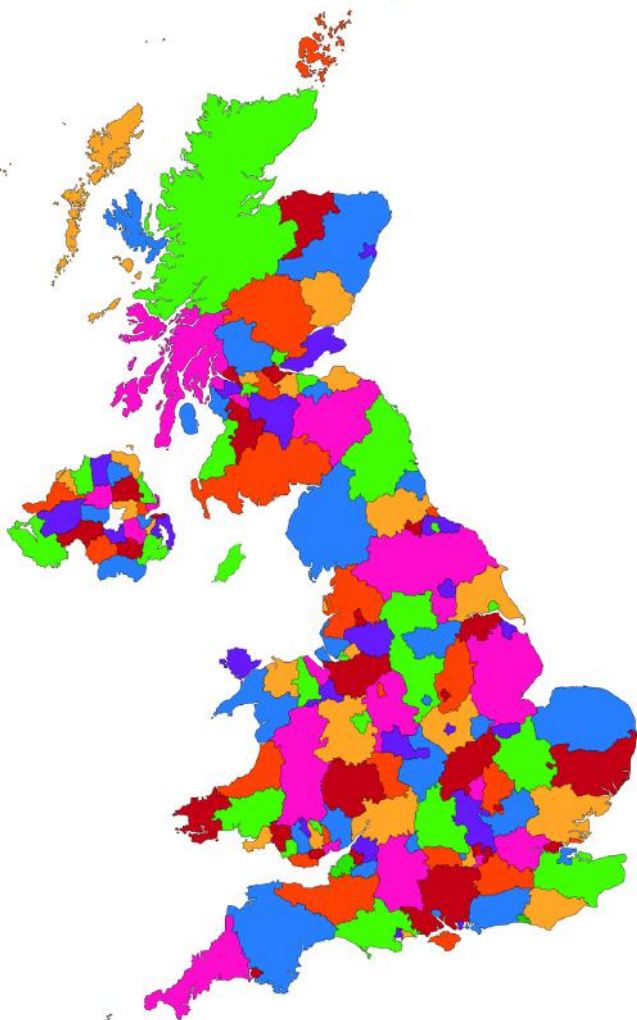
Bladder & Bowel UK have launched a FREE 'Just Can't Wait Card'

- Recognised and supported by many retail and service organisations
- Easy access to our BBUK confidential helpline
- Available from BBUK - a charitable service



**Call BBUK on 0161 214 4591
or email: bbuk@disabledliving.co.uk**

Changing Places Facilities in the UK



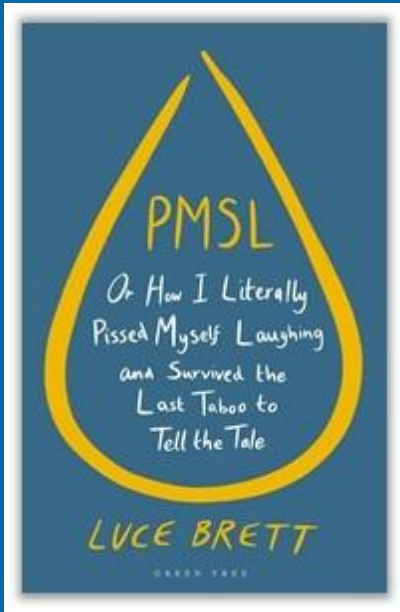
The Changing Places Consortium launched its campaign in 2006 on behalf of over 250,000 people who cannot use standard accessible toilets. This includes people with profound and multiple learning disabilities, motor neurone disease, multiple sclerosis, cerebral palsy, as well as older people.

To use the toilet in safety and comfort, many people need to be able to access a Changing Places, which have more space and the right equipment, including a height adjustable changing bench and a hoist.

Do you have any questions?

Email: changingplaces@musculardystrophyuk.org
or visit **www.changing-places.org** for more information.

PMSL: Or How I Literally Pissed Myself Laughing and Survived the Last Taboo to Tell the Tale



PMSL is the first book to honestly expose the experience and scale of female incontinence in the UK – an issue that effects 1 in 3 women. Luce Brett is a journalist, writer and campaigner, who at the age of only thirty following the birth of her first child, was left incontinent and told that this was 'normal'.

Visit: www.bloomsbury.com/pmsl

Share Your Story with us

Do you have a story about a bladder and/or bowel condition that you would like to share in our newsletter? Please get in touch with the team by emailing: bbuk@disabledliving.co.uk



You might also like to visit our blog:
www.bbuk.org.uk/blog

SPOT, STOP AND PREVENT SCAMS



**SCAMS COST THE UK ECONOMY
£5-10 BILLION¹ A YEAR IN
COMPARISON TO DOMESTIC
BURGLARY COSTING APPROX.
£4.1 BILLION² A YEAR.**

1 in 3 people have been contacted by a scammer since the Coronavirus outbreak began and over 2,500 victims have lost a total of over £8.1m to Coronavirus related scams³. Scams can affect anyone, so it's important to know how to spot one. **Be Scam Aware.**

**We're working with other utility companies
to take a stand against scams.**

Visit **cadentgas.com/coronavirusscams**



1. FAS Website homepage, friendsagainstscams.org.uk, October 2019.
2. The economic and social costs of crime Second edition Research Report 99, Matthew Heeks, Sasha Reed, Mariam Tafsiiri and Stuart Prince. July 2018.
3. Action Fraud 19 June 2020.

Cadent
Your Gas Network

HOW DO YOU SPOT A SCAM?



If you know what to look out for you're less likely to fall victim to a scam.

Scams come in a variety of formats whether it is someone knocking on the door to gain entry, or an email offering a prize in return for money or personal information or they could include unexpected, unsolicited calls with recorded messages asking you to either speak to an operator or press a button on your phone for more information.

If you speak to an operator, you could be at risk of giving them your personal information or your financial details, which could result in identity theft or financial loss. If you press a button on your phone you could be connected to a high-cost premium number, leaving you liable for a significant call cost. Fake texts claiming to come from the Government are another ploy sometimes involving a demand for payment of a fine or the offer of a tax refund of some kind.

TOP TIPS TO AVOID TELEPHONE SCAMS

- 1 **Call back if you are unsure** – using a number on a bill or via a trusted website.
- 2 **Have you heard about call blocker technology** to prevent calls from scammers?
- 3 **Don't be pressured** to make a decision on the spot.
- 4 **If it sounds too good to be true** it probably is.
- 5 **Just because they are friendly** doesn't mean you can trust them.
- 6 **Don't provide** your personal or account details.

BEWARE OF BOGUS CALLERS



As a gas distribution network, Cadent, sometimes need to access people's properties to carry out essential work. If this is planned gas pipe replacement work you should receive a letter in advance, or we maybe there to deal with a suspected gas escape.

In both instances there are simple steps you can take to protect yourself from any potential scammers.

Don't be lulled into a false sense of security by the fact that a caller is wearing an official looking uniform or driving a branded vehicle, as these could be fake.

Anyone working for Cadent carries an official identification card which should be inspected before giving access to your property. Remember like branded uniforms and vehicles, IDs can be fakes. If you're in any doubt close the door and do not admit the caller. You can verify if someone works for us by calling **0345 835 1111**, select Option 2 and we can confirm whether the visitor works for us or not. Anyone working for us is trained to understand the verification process and will not be offended.

If you arrange an appointment with us through your gas supplier, the engineer can also be given a password to use to keep you safe on the doorstep.

Alternatively, you can also have a password set for energy companies like Cadent to use through the Priority Services Register (PSR). This is a register that supports people who may have reduced mobility, additional communication needs, a serious illness or who is currently living in a vulnerable situation.

It's free of charge to register and can give you extra peace of mind – to find out more speak to your energy supplier or contact **Cadent on 0345 835 111** or email us at **wecare@cadentgas.com**.

Be scam aware

If something doesn't feel right it may well not be, so just follow these simple steps to protect yourself from the confidence tricksters while also ensuring you don't miss out on essential services.

A good three step process in dealing with suspected scams of all types is as follows:

SPOT: If it sounds too good to be true – it probably is.

STOP: Take some time to stop and think before parting with your details, money or letting people into your property – it could keep you safe.

PREVENT: If you spot a scam or think you've fallen for a scam, report it to Action Fraud on 0300 123 2040 and get help (If you feel in immediate danger call 999).

For advice visit:

- actionfraud.police.uk
- friendsagainstscams.org.uk/UAS
- cadentgas.com/coronavirusscams

We have created some helpful tools showing the top tips on detailed above including:

- An internal door sticker – with the top tips for preventing doorstep scams. It also has an external message warning the scammer that they will be asked to prove their identity.
- A notebook for use by the telephone - it gives details of main contacts and includes the tips on preventing telephone scams.

If you would like copies of these please contact ellen.wardle@cadentgas.com

PROTECT YOURSELF WITH OUR 5 TOP TIPS TO STOP DOORSTEP SCAMS

- 1 **Be aware that uniforms and ID can be copied/fake. If in doubt close the door and contact the company using a number off a bill or website.**
- 2 **Do you have a pre-booked appointment? Utilities rarely turn up without one.**
- 3 **If you don't have an appointment call the company before allowing entry – they won't mind waiting if they are legitimate.**
- 4 **Do you have a doorstep password? Make sure they provide this.**
- 5 **Stay safe – if you feel in immediate danger call 999.**

Visit the Continence & Stoma Products Section on the Supplier Directory

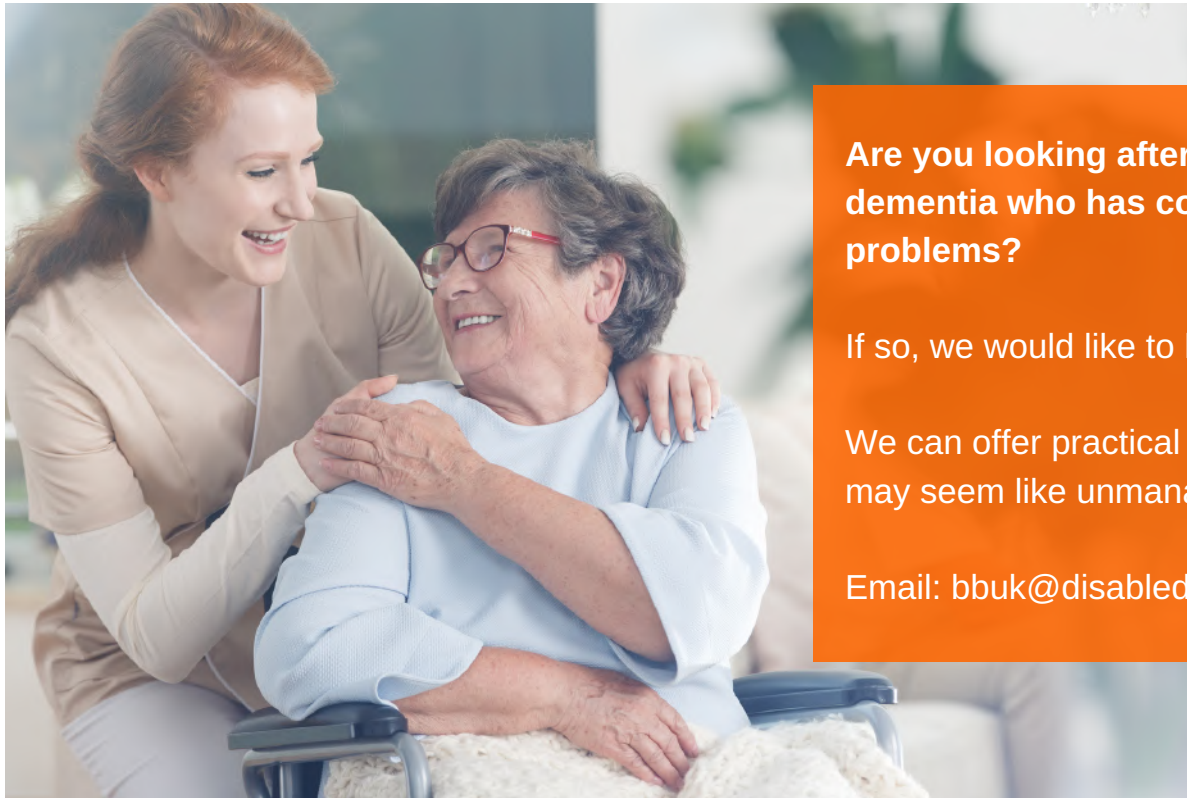


There is a section on the Disabled Living Supplier Directory dedicated to continence and stoma products. In addition there are a wide range of categories providing information about companies and organisations that provide equipment, products and services to support disabled children, adults and older people.

You'll find the Supplier Directory on our website homepage:
www.bbuk.org.uk

Click here to go straight to the Continence & Stoma section of the Supplier Directory

Recruits for Dementia & Continence Project



Are you looking after a relative with dementia who has continence problems?

If so, we would like to hear from you.

We can offer practical solutions to what may seem like unmanageable problems.

Email: bbuk@disabledliving.co.uk

Free Virtual Moving & Handling Awareness Sessions for Carers



The BBUK Team regularly receive calls from people who would like advice about how to help relatives out of the bed to access a commode or toilet.

Could the carer be doing more harm to their back because they are not using the right techniques?

The Training Team at Disabled Living are providing **free** virtual interactive moving and handling awareness sessions for Carers. They have dates available in October and November.

For more information email info@disabledliving.co.uk

Disabled LIVING

THIS IS WHO WE ARE AND WHAT WE DO....

DISABLED LIVING

A charity which provides impartial information and advice about products, equipment (assistive technology) and services for disabled children, adults, older people, carers and the professionals who support them. We have a range of services which you can access via our helpline, through the website or at our Kidz to Adultz exhibitions.

www.disabledliving.co.uk

EQUIPZ

The team comprises occupational therapists, trusted assessors, moving and handling specialists, physiotherapists, nurses and continence specialists. We respond to enquiries via our helpline and website. Some people opt to visit the Disabled Living Centre based in Manchester for a free equipment assessment.

Helpline: 0161 214 4590

BLADDER & BOWEL UK

The team provide information and advice for children, young people and adults with Bladder & Bowel problems. We provide a confidential helpline managed by a team of specialist nurses and knowledgeable information staff. In addition, the website offers a wide range of downloadable free resources.

Helpline: 0161 214 4591

www.bbuk.org.uk

KIDZ TO ADULTZ EXHIBITIONS

We organise the largest FREE UK exhibitions totally dedicated to disabled children, young adults, their families, carers and the professionals who support them, with over 100 exhibitors at each event. We currently deliver 5 events nationally in Coventry, Farnborough, Newport, Edinburgh and Manchester.

www.kidzexhibitions.co.uk

TRAINING

We run a comprehensive training programme for professionals and carers. Most of our courses are accredited by Open Awards and others provide CPD opportunities. Our training courses can be 'tailor made' to suit your organisations requirements and can be delivered throughout the UK.

www.disabledliving.co.uk/training



Kidz to Adultz Magazine Issue 9 - Out Now!



We have introduced you to all of Disabled Living's services.

We also publish the Kidz to Adultz Magazine which is full of interesting articles to support children and young adults with disabilities and additional needs.

We would like to hear from you if you have an article we can publish to support children and young adults with bladder and bowel problems.

Web: www.kidzexhibitions.co.uk

Tel: 0161 607 8200 Email: info@disabledliving.co.uk

[CLICK HERE TO READ ISSUE 9](#)

Safe Use of Emollient Skin Creams to Treat Dry Skin Conditions by GOV.UK

[Click here to learn more](#)

Product Development - Can You Help Us?



People living with bladder and bowel problems have a wealth of personal experience and understanding of the impact that bladder and bowel symptoms may have on their own and families' lives, resulting in being 'experts by experience'.

Get in Touch With BBUK

Contact the Bladder & Bowel UK confidential helpline on 0161 214 4591 or email: bbuk@disabledliving.co.uk

For more information visit:

<https://www.bbuk.org.uk/product-development/>

The Kidz to Adultz Team Have Some Exciting News!



Disabled Living, the charity of which BBUK is a service, has many other elements of support available, including the Kidz to Adultz Exhibitions. These five, large exhibitions are usually (before Covid-19) held in venues throughout the UK and are totally dedicated to children and young adults up to the age of 25 years with disabilities and additional needs, their parents, carers and the professionals who support them.

Due to Covid-19, the Kidz to Adultz Team are unable to organise an 'actual event' this year, but have organised something different, 'From Venue to Virtual'. If you have anybody in your family or know anybody with a disability or additional needs, keep your eye on the Kidz to Adultz website and register below for updates. Don't forget to spread the word!

From Venue Floor to Virtual Tour! 9th – 13th November 2020

To celebrate what would have been our Kidz to Adultz North event, and because sadly for the first time in almost 20 years we are unable to be on the exhibition floor, we are absolutely delighted to launch Venue to Virtual.

The online platform offers visitors free virtual access to the many exhibitors, companies, voluntary and support organisations who will be showcasing their products, equipment and outlining details of their services at various times during the week commencing 9th November.

The online facility will showcase a number of live videos at various timeslots throughout the week. You will also be able to download their pdfs and brochures, with the additional bonus of an online chat facility where you can ask the experts questions and their advice on a wider range of products, issues and concerns (anonymously if you prefer). There is also the opportunity to take part in live polls and interactive quizzes.

[CLICK HERE TO REGISTER FOR FREE](#)

[VISIT KIDZ TO ADULTZ WEBSITE](#)



I will be heard

**I was sexually abused
as a child, but sharing
my experience will
help protect children
in the future.**

In the past, I haven't felt listened to. I was let down by organisations I trusted, who questioned and doubted me.

That's why the Truth Project was set up. It's part of the Independent Inquiry into Child Sexual Abuse, which aims to learn from the past, to help create a safer place for children.

It was a difficult decision for me to get in touch, but when I contacted the Truth Project I felt assured that whatever I shared, I would be heard in confidence and without judgement.

Thousands of people have already been heard. The Truth Project will close in 2021 but for now we are still here to listen, to hear your experience and help create a safer future for children.

You can share by video call, telephone or in writing.

Visit: truthproject.org.uk

Call: 0800 917 1000

Email: contact@iicsa.org.uk



 INDEPENDENT INQUIRY
CHILD SEXUAL ABUSE

Loos Around the World? - Artistic Public Restroom, Kawakawa, North Island, New Zealand



Photo by Phillip Willcocks

Connect with BBUK on Social Media

Bladder & Bowel UK are active on Facebook, Twitter, and LinkedIn. If you have anything that you wish for us to share, please just get in touch, or tag us in your posts.

Please follow us, like and connect with us!

