



Bladder &
Bowel UK

Supporting bladder and bowel
health for everyone



Bladder & Bowel UK National Symposium

North West 2026

Tuesday 3rd March | Etihad Stadium

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Welcome

We're delighted to welcome you to the North West Symposium 2026, and to be hosting the event for the very first time at the Etihad Stadium. It's a fantastic setting for a day focused on learning, collaboration and driving improvements in bladder and bowel health.

Today is about bringing people together to share knowledge, spark discussion and focus on practical ways to improve bladder and bowel health across services and settings. This symposium is designed with you, our delegates, in mind – creating the time and space to learn from one another, build meaningful connections and take away ideas you can apply in your own practice.

We'd like to thank our sponsors, partners and exhibitors for their continued support, and our expert speakers for generously contributing their time, insight and experience to shape today's programme.

Bladder & Bowel UK update

Our mission is to improve life for everyone affected by bladder and bowel conditions. Over the past year, we've continued to develop national resources, support and shape research, expand our educational offerings and advocate for earlier intervention and fair access to care across the UK.

Education & training

This year, we have launched adult Lunchtime Learning sessions, responding directly to the issues most frequently raised by professionals and people living with bladder and bowel conditions. Sessions will cover overactive bladder, constipation, stress urinary incontinence and pelvic floor dysfunction.

Further adult sessions focusing on neurogenic bladder, neurogenic bowel and associated skin care will follow in the autumn.

Our popular paediatric Lunchtime Learning sessions will be announced soon, with full details shared on our website and across our channels in the coming months.

In the meantime, you can register via our website to attend our free Lunchtime Learning session, Beyond the Basics: a child and family-centred approach to enuresis, taking place on Wednesday, 29 April 2026. You'll find the QR code for more information on our Lunchtime Learning sessions on page 6.

Resources and guidance

Our online information library is regularly updated with practical resources for professionals, adults, teenagers and children. Recent developments include updated bladder and bowel guidance for nurseries, schools and colleges, menopause, pregnancy, male health and expanded content to support teenagers in building confidence and independence in managing their bladder and bowel health.

Awareness

This year, we're highlighting a new campaign, "Uncovering pathways in bladder and bowel continence care", an initiative supported by Medtronic that aims to improve understanding and access to support for people living with urinary and faecal incontinence. The project offers clear, practical information and resources designed to help people recognise symptoms, explore treatment options and engage with healthcare professionals. As you know, incontinence is more common than many realise, and by promoting better awareness of care pathways, we hope to support earlier conversations, reduce stigma and empower people to seek the help they need.

Awards

We are delighted to celebrate the 2025 award winners, both of whom will be delivering sessions as part of the adult stream at today's symposium. Applications are now open for our 2026 awards, including a new addition – the Impact Award.

We hope today's symposium provides inspiration, insight and connection. Please do take time to explore our work further via our website, and most importantly, come and speak to our team while you're here – we'd love to hear from you.

Tracy Whitehouse

*Specialist Nurse and Service Manager
Bladder & Bowel UK*



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Submissions now open

Bladder & Bowel UK Awards 2026



The Bladder & Bowel UK Awards are now in their seventh year of recognising excellence and innovation in bladder and/or bowel health.

The Product Innovation Award...

Recognises design-led solutions to the real needs of people with bladder, bowel and/or pelvic health issues. The award celebrates a product whose design takes into account proven patient needs, and which meets this need using patient-centred design, ultimately improving patient quality of life.

Apply today...

- Clinical Excellence Award
- Product Innovation Award
- Impact Award

www.bbuk.org.uk

New for 2026 The Impact Award...

Celebrates an individual or group who has shown exceptional commitment to improving the lives of people with bladder and/or bowel conditions. This could involve volunteering, fundraising, lobbying, researching, counselling, improving wellbeing, educating, or similar efforts. The nominee can be anyone, a member of the public, a healthcare professional, or a patient.

The Clinical Excellence Award...

The award rewards the exceptional contribution of an individual, team or project working in the field of bladder and/or bowel health within the NHS or independent sector, by celebrating the demonstrable positive outcomes they have made to their patients or clients or to the public.

Quality bite-sized training



Bladder & Bowel UK
Lunchtime Learning

The Bladder & Bowel UK Lunchtime Learning topics are condensed into **one hour sessions**, providing you with all the relevant learning objectives at a fraction of the time and cost.

Professionals will benefit from up-to-date online training covering a range of adult and paediatric bladder and bowel health topics.

Adult training

By Tracy Whitehouse - RGN BSc (Hons) Adult Specialist Nurse, Bladder & Bowel UK Service Manager

We're delighted to be launching **adult Lunchtime Learning**. This is the first of many, with more adult-focused learning opportunities coming soon.

Weds 15th April 2026 OAB, management & treatment

Thurs 30th April 2026 Constipation, management & treatment

Mon 20th May 2026 Stress urinary incontinence & pelvic floor dysfunction

**Book
online**

Paediatric training

By Davina Richardson - RGN RSCN BSc (Hons) Children's Specialist Nurse, Bladder & Bowel UK

Weds 29th April 2026 Beyond the basics: a child and family-centred approach to enuresis
Free to attend

We've got more sessions coming soon... check our website and newsletters for updates!

Exhibition List

Alturix/Stirling Anglian Pharmaceutical

Astellas

Attends UK Ltd

Avensys UK Ltd

B Braun

BD

Bullen Healthcare Group Ltd

Cauda Equina Champions Charity

CliniMed

Clinisupplies Ltd

Coloplast

Convatec

de Smit Medical Systems Ltd

Essity

Flexicare Medical Ltd

GBUK Healthcare

Hollister

iMEDicare Ltd

Irwin Mitchell

LINC Medical Ltd

NovaMed Europe Ltd

Nutrinovo

Ontex

Pioneer Medical Europe Ltd

Qufora

Rapidcare

Royal College of Nursing

Teleflex

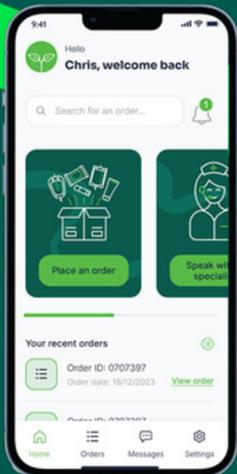
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OMS-V/23000-Dec23

Adult streams

Registration and exhibition viewing

8:30am - 9:45am

Transfer to seminar rooms

9:45am - 9:50am

Introduction and welcome

9:50am - 10:00am

Women, urine incontinence and the disappearance of vesico-vaginal fistulae in nineteenth-century Britain

10:00am - 10:20am

Claire Jones

Senior Lecturer in the History of Medicine, University of Kent

Faecal incontinence with a surgical perspective

10:20am - 10:55am

Nick Heywood BMedSci, BMBS, FRCS MD

Consultant Colorectal Surgeon and Honorary Senior Lecturer (UCLAN), East Lancashire Hospitals NHS Trust

Coffee and exhibition viewing

11:00am - 11:30am

Driving quality improvement through partnership and innovation

11:35am - 12:35pm

BD

Anna Timpson

EMEA Homecare Marketing Lead at BD

Sarah Wills-Lee

Quality Improvement Lead Nurse at BD

Bladder & Bowel UK representative

Katie Leek,

Lead Nurse for Tissue Viability and Continence at UHNM

Cassandra Brereton

Tissue Viability Speciality Nurse at UHNM

Networking lunch and exhibition viewing

12:50pm - 1:55pm

Nocturia and frailty

2:00pm – 2:30pm

Dr Aine McGovern

Consultant in Medicine for the Elderly, NHS Greater Glasgow and Clyde

Comfort Loop Project – a systems approach for sustainable absorbent hygiene products

2:30pm – 3:05pm

Mark Miodownik MBE FREng

Professor of Materials & Society, Dept of Mechanical Engineering, UCL

Filling the gaps – developing the CaudaEquina App

3:05pm – 3:20pm

Claire Thornber

Founder, Cauda Equina Champions Charity (Bladder & Bowel UK Product Innovation Award winner 2025)

Insights from EndoFLIP in anorectal physiology

3:20pm – 3:55pm

Matt Davenport

Pelvic Floor Research Fellow, Manchester University NHS Foundation Trust

Neurogenic bladder & bowel pathway

3:55pm – 4:10pm

Northern Care Alliance

2025 Clinical Excellence Award winners

Sarah Rickard

Greater Manchester Neruo Rehabilitation and Integrated Stroke Network Stroke Delivery Manager

Clare Crossley

Neurogenic Clinical Nurse Specialist (Coloplast)

Round up and close

4:10pm – 4:15pm

Tracy Whitehouse – RGN BSc (Hons)

Specialist Nurse and Service Manager, Bladder & Bowel UK

Paediatric streams

Registration and exhibition viewing

8:30am - 9:45am

Transfer to seminar rooms

9:45am - 9:50am

The psychological impact of lower urinary tract dysfunction (LUTD) in children and young people

9:55am - 10:25am

Dr Izzy Carlin

Clinical Psychologist, Royal Manchester Children's Hospital

Lucy Galvin

Health Psychologist in Training, Royal Manchester Children's Hospital

Ketamine cystitis in children – what we know so far

10:25am - 11:00am

Harriet Corbett

Consultant paediatric urologist, Alder Hey Children's NHS Foundation Trust

Coffee and exhibition viewing

11:00am - 11:30am

School readiness – a collaborative approach in Northumberland

11:30am - 11:55am

Vikki Booth

Public Health Nurse, Northumberland 0 – 19 service

The Big Toilet Project

11:55am - 12:40pm

Mark Miodownik MBE FREng

Professor of Materials & Society, Dept of Mechanical Engineering, UCL

Networking lunch and exhibition viewing

12:50pm - 1:55pm

Management of complex constipation

2:00pm - 2:40pm

Dr Sona Matthai

Consultant Paediatrician with expertise in gastroenterology, lead for continence,
Sheffield Children's Hospital

Genital examination in girls/children with voiding dysfunction

2:40pm - 3:10pm

Claire Ferguson

Urology Clinical Nurse Specialist, Alder Hey Children's NHS Foundation Trust

Anticholinergics in children

3:10pm - 3:45pm

Arianna Mariotto

Paediatric Urologist, Royal Manchester Children's Hospital

A national update

3:45pm - 4:05pm

Davina Richardson

Children's Specialist Nurse RGN/RSCN, Bladder & Bowel UK

Round up and close

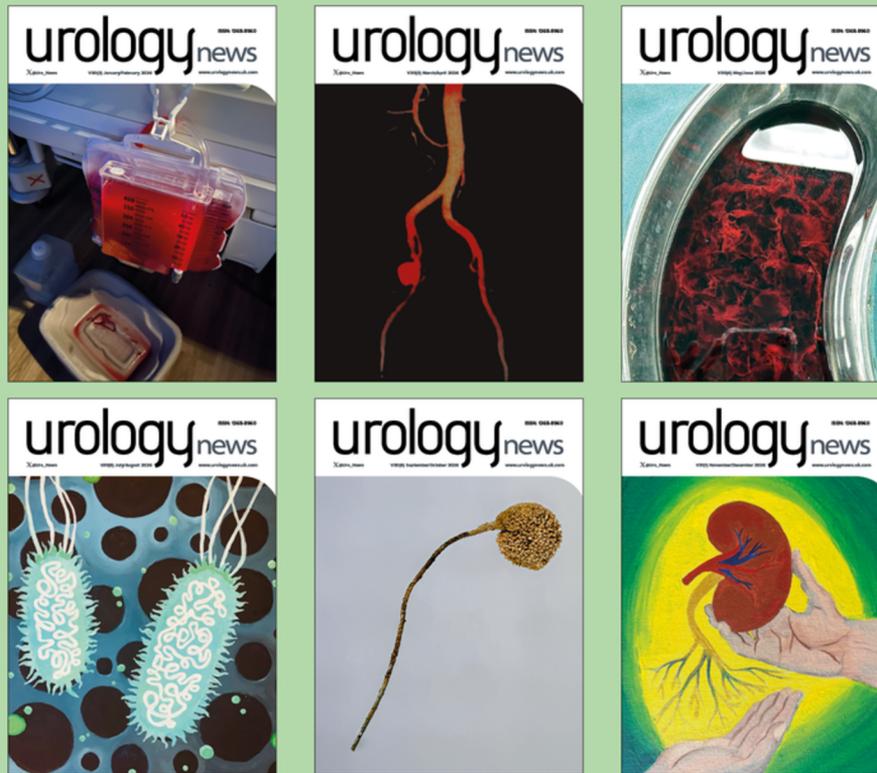
4:05pm - 4:15pm

Davina Richardson - RGN RSCN BSc (Hons)

Children's Specialist Nurse, Bladder & Bowel UK

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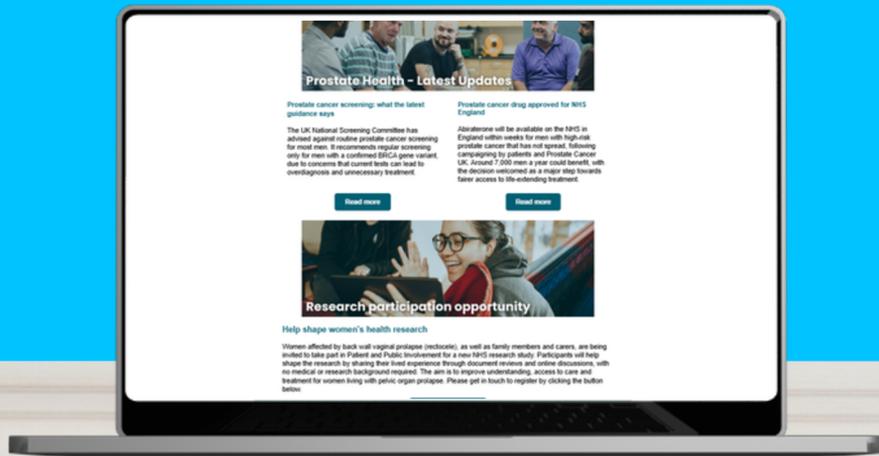
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Talk About

The bimonthly newsletter from Bladder & Bowel UK packed with advice, personal stories and the latest guidance for your patients.



 Bladder & Bowel UK



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UROLOGY & CONTINENCE CARE TODAY

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Interested in writing for us?

CONTACT the editor, Rebecca Linssen, on rebecca@woundcarepeople.com



If Manchester's on your list, Coventry should be too.



Bladder & Bowel UK

Midlands National Symposium

Wednesday 23rd September 2026

Adult stream highlights

- **Ketamine bladder** - Jasmine King, Urology Nurse Specialist, North Bristol NHS Trust
- **Constipation and mental health** - Katie Evans, Lead Pharmacist for Mental Health, Cardiff and Vale UHB - Pharmacy
- **Service provision and treatment for bowel care** - Jodie Butler, Specialist Bowel Nurse, FINCH Team Sandwell
- **Peer-to-peer supervision in continence care** - Kerry Lloyd, Lead Peer, Wellspect

Paediatric stream highlights

- **Paediatric pelvic floor health** - Samantha Vincent, Physio, Hillingdon Hospitals
- **Supporting autistic children with toileting difficulties** - Lorraine MacAlister, Senior Trainer Consultant, National Autistic Society
- **Refractory constipation** - Hema Kannappan, Paediatric Gastroenterologist, Coventry and Warwickshire Partnership Trust



Book Midlands
National Symposium

We're back next year...

North West 2027

4th March 2027

Etihad Stadium