



National Symposium Midlands 2026

Wednesday 23rd September 2026



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Welcome

We're delighted to welcome you to Bladder & Bowel UK's National Symposium – Midlands 2026 at Coventry Building Society Arena, as we celebrate our 30th anniversary.

Today is an opportunity to learn, share knowledge and connect with colleagues from across adult and paediatric bladder and bowel care. We hope the programme gives you plenty to take away and apply in your own practice, while creating space for discussion and making new connections.

Thank you to our sponsors, partners and exhibitors for their continued support, and to our speakers for sharing their expertise and helping shape today's programme.

Bladder & Bowel UK update

Our mission is to improve life for everyone affected by bladder and bowel conditions. As we celebrate 30 years of bladder and bowel care, we continue to develop resources, education and support, while working to raise awareness and improve access to the right care.

Education and training

Our Lunchtime Learning programme continues to offer accessible education on topics relevant to professionals working across bladder and bowel care. Adult and paediatric sessions cover a range of clinical topics, with further sessions planned throughout the year.

Resources and guidance

Our online information library provides practical resources for professionals, adults, teenagers, children and families. Recent updates include guidance covering bladder and bowel health in education settings, menopause, pregnancy, male health and supporting teenagers to manage their bladder and bowel health with greater confidence and independence.

Awareness

We continue to develop campaigns and resources to raise awareness, reduce stigma and help people recognise symptoms and access appropriate support. By encouraging earlier conversations and improving understanding of care pathways, we can help more people get the support they need.

Awards

Our Bladder & Bowel UK Awards celebrate the people and organisations making a difference across bladder and bowel care.

We're delighted to celebrate our 2026 award winners:

Product Innovation Award: **MOWOOT**

Clinical Excellence Award: **Spinal Injuries Association's SCI Specialist Clinical Team**

Impact Award: **Bethany Harris**

Congratulations to all our winners and everyone who was nominated for this year's awards. You can find out more about the awards and this year's winners at bbuk.org.uk/awards.

Thank you

We hope today provides inspiration, insight and opportunities to connect with colleagues. Please take time to explore the exhibition, speak to our team and find out more about the work of Bladder & Bowel UK. We'd love to hear from you.

Sonya Carassik Ratty

Chief Executive

Bladder & Bowel UK (part of Disabled Living)



Bladder & Bowel UK Awards 2026

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



Winner of the 2026 Product Innovation Award... **MOWOOT**

Congratulations to MOWOOT Intermittent Colonic Exoperistalsis (ICE) System, which has won the Bladder & Bowel UK Product Innovation Award 2026.

Our judging panel of clinicians, academics and people living with bladder and bowel issues particularly valued the extent to which patients and clinicians shaped MOWOOT's design, and its impact on independence and quality of life for people with chronic constipation.



Winner of the 2026 Clinical Excellence Award... **Spinal Injuries Association's SCI Specialist Clinical Team**

Congratulations to the Spinal Injuries Association's SCI Specialist Clinical Team, who have won the Bladder & Bowel UK Clinical Excellence Award 2026.

The team was recognised by a judging panel of clinicians and experts in bladder and bowel care for its combination of hands-on specialist support, education for health and care staff, and national campaigning to improve neurogenic bowel care.



The first-ever winner of the Impact Award goes to... **Bethany Harris**

We're delighted to announce that Bethany Harris is the winner of the first Bladder & Bowel UK Impact Award.

For more than ten years, Beth lived with severe slow transit constipation. She tried one treatment after another, but nothing worked, and in the end she became so poorly that her kidneys were affected. Having an ileostomy changed her life, and after coming through such a frightening time, Beth didn't want anyone else to feel as scared and alone as she had.

So she started talking about it. On Instagram and TikTok (@palomathestoma), Beth shares what life with a stoma is really like, the good days and the harder ones, along with practical tips for people who are new to it all. More than 15,000 people now follow her, and her openness is helping so many feel able to talk about something that's often kept quiet.

When Beth realised there was no stoma support group near her, she started one herself, and she runs it regularly. She's also spoken up about the mental health of children living with stomas and bowel conditions, and raised money for charity, including taking on the 2026 London Marathon.

Beth's honesty, kindness and determination have made a real difference to so many people. We couldn't have asked for a more deserving first winner.



Heartfelt congratulations to all our winners!

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 an Adult Specialist Nurse

Thurs 12th Nov 2026 Constipation, management & treatment

Thurs 26th Nov 2026 Stress urinary incontinence & pelvic floor dysfunction

Paediatric training

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

FREE to attend thanks to our sponsor Qufora

Tues 6th Oct 2026 Constipation and Soiling (Level one)

Thurs 15th Oct 2026 Constipation and Soiling (Level two)

Thurs 22nd Oct 2026 Daytime Urinary Incontinence in children (Level two)

Weds 4th Nov 2026 Enuresis (Level two)



**Scan to view
our Lunchtime
Learning sessions!**

**Book
online**

Exhibition List

Association Contenance
Professionals (ACP)
Alturix
Aspire Pharma
Astellas
Attends (Premium Sponsor)
Avensys
Bladder & Bowel UK
B Braun
CliniMed
CliniSupplies
Coloplast
DeSmit Medical Ltd
Essity
Fletchers Solicitors
Flexicare
GBUK
Healthy 2 B
Hollister
iMEDicare Ltd
Irwin Mitchell
Kebomed

Kes-Vir Swimwear
LINC Medical
Luii Limited
Max Trust
Mediplus UK
MOWOOT
NovaMed Europe
Nutrinovo
Ontex
Optimum Medical (Headline Sponsor)
Owen Mumford
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Rapidcare
RCN Bladder & Bowel Forum
Source Medical
Teleflex
Trion Pharma
VACTERL Visionaries
Viveca BioMed
Wellspect Healthcare Ltd
Win Health

A NOVEL APPROACH TO CHRONIC CONSTIPATION



oO MOWOOT

INTERMITTENT COLONIC
EXOPERISTALSIS (ICE)

*Improves bowel function,
constipation-related symptoms
& quality of life.*

- CLINICALLY PROVEN
- NON-INVASIVE
- DRUG-FREE
- EASY TO USE & TRAIN

*Gentle, sequential external
stimulation of the large intestine to
support natural bowel movement.*

VISIT MOWOOT IN THE EXHIBITION AREA

See ICE in action and explore its place in bowel management.

mowoot.com



Adult stream

Registration and exhibition viewing

8:30am – 9:45am

Transfer to seminar rooms

9:45am – 9:50am

Introduction and welcome

9:50am – 10:00am

Ketamine uropathy: prevalence and management

10:00am – 10:40am

Jasmine King
Urology Nurse Practitioner, North Bristol NHS Trust

Clozapine and gastrointestinal hypomotility

10:40am – 11:10am

Katie Evans
Lead Pharmacist for Adult Mental Health / Vice President of Cardiff and Vale University Health Board

Coffee and exhibition viewing

11:10am – 11:35am

The gift of time: supporting the NHS Ten Year Plan from analogue to digital

11:35am – 12:35pm

Andrew Bird
Head of Nursing, Vyne

Josh Hearne-Wilkins
Lead Urology Nurse, University Hospital Coventry and Warwickshire NHS Trust

Matt Rushforth
Commercial Partnerships Lead, Vyne

Networking lunch and exhibition viewing

12:35pm – 1:35pm

A new non-invasive home-based treatment for chronic constipation: real-world experience from NHS community care

1:35pm – 2:00pm

Chinny Ejiogu

Continence Lead Nurse Specialist, East London NHS Foundation Trust – Continence Service

Overlapping symptoms: when everything looks the same

2:00pm – 2:30pm

Kelly Kusinski

Urology Advanced Nurse Practitioner, The Royal Wolverhampton NHS Trust

A whistlestop tour of the FINCH service

2:30pm – 2:55pm

Jodie Butler

FINCH CNS, Sandwell and West Birmingham Hospitals NHS Trust (SWBH)

Pelvic health in pregnancy and beyond

2:55pm – 3:30pm

Tonya Potter

Specialist Pelvic Health Midwife, North Central London Perinatal Pelvic Health Service

Holly Davies

Pelvic Health Physiotherapist, North Central London Perinatal Pelvic Health Service

Listening, supporting, connecting: the Bladder & Bowel UK Helpline

3:30pm – 4:00pm

Veronica Haggart

Specialist Nurse, Bladder & Bowel UK

Closing remarks, evaluations and certificates

4:00pm – 4:15pm

Paediatric stream

Registration and exhibition viewing

8:30am – 9:45am

Transfer to seminar rooms

9:45am – 9:50am

Introduction and welcome

9:50am – 9:55am

When the gut won't move: an approach to intractable constipation

09.55am – 10:30am

Hema Kannappan

Consultant Paediatrician with a special interest in gastroenterology, University Hospital of Coventry and Warwickshire NHS Trust

The value of investigations in children with constipation and associated bladder and bowel incontinence

10:30am – 11:00am

Eleni Athanasakos

Lead Paediatric Clinical Scientist, The Royal London Hospital, Paediatric Surgery, Barts Health NHS Trust

Coffee and exhibition viewing

11:00am – 11:30am

Overview of the young onset urology service at Guy's Hospital

11:30am – 12:00pm

Winnie Nugent

Young Onset Urology Clinical Nurse, Guy's and St Thomas' NHS Foundation Trust

Caring for the system as a whole: the impact of incontinence care on families and support networks

12:00pm – 12:30pm

Sonya Carassik Ratty

Chief Executive, Bladder & Bowel UK (part of Disabled Living)

Networking lunch and exhibition viewing

12:30pm – 1:45pm

Building rapport with paediatric pelvic health patients

1:45pm – 2:15pm

Samantha Vincent

Lead Pelvic Health Physiotherapist, Senior Lecturer and MASIC Trustee, The Hillingdon Hospital

Structural and neurogenic causes of urinary incontinence in children

2:15pm – 2:50pm

Arash Taghizadeh

Consultant Paediatric Urologist, Evelina London Children's Hospital

Supporting autistic children with toileting difficulties

2:50pm – 3:30pm

Lorraine MacAlister

Senior Trainer Consultant – Conference & Events Lead, National Autistic Society

A national update

3:30pm – 4:00pm

Davina Richardson

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

Closing remarks, evaluations and certificates

4.00pm – 4.15pm

The gift of time:

Supporting the NHS Ten Year Plan from Analogue to Digital
Using a digital platform to support patients with catheter ordering.

Josh Hearne-Wilkins, Lead Urology Nurse, University Hospital Coventry and Warwickshire, E: Josh.Hearne-Wilkins@uhcw.nhs.uk
Andrew Bird, Head of Nursing, Vyne, E: Andrew.Bird@vyne.co.uk

Introduction

University Hospital Coventry and Warwickshire (UHCW) conducted a pilot to assess whether Vyne Online, a digital platform, could address the key priorities identified in a survey of clinicians who register patients with, and order products from, a dispensing appliance contractor (DAC). Clinicians from the Urology Nurse Specialist team (UNS; N=8) and the Day Surgery Unit (DSU; N=3) took part in the 21-week pilot using the digital platform 129 times over this period.

Open all hours

DACs are typically open during standard business hours, which does not meet the needs of our 24/7 NHS. Clinicians took advantage of the 'open all hours' functionality of Vyne Online placing 31/129 orders before 9am or after 5pm (see Chart 1) and 37% of orders over the weekend (see Chart 2).

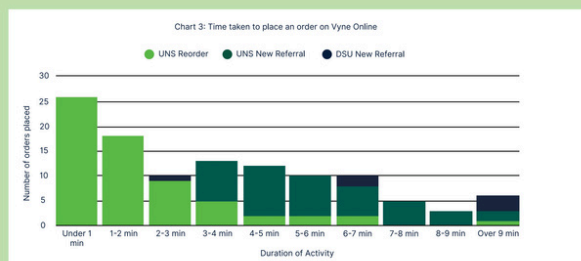
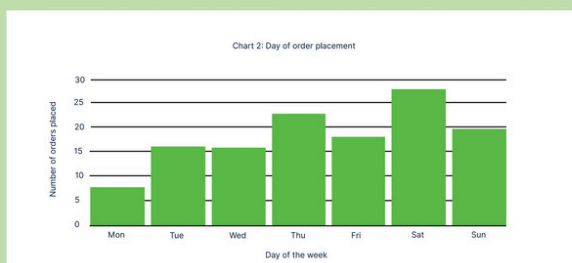
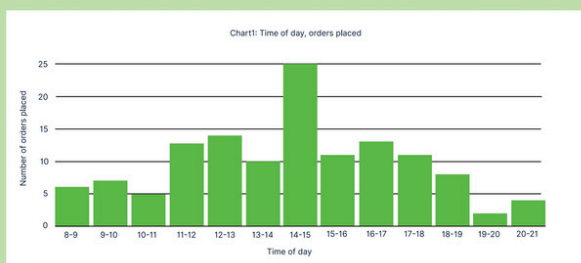


Table 1. Vyne Online Pilot			Telephone
First Order	Re-order	Overall	Estimate
6 min 25 sec	2 min 7 sec	4 min 25 sec	7 min 19 sec

Freeing up time to care

The time taken from the start of an interaction with Vyne Online to its completion was recorded and compared with an estimated time to interact via telephone of 7 minutes and 19 seconds, based upon average industry queue times and observed internal call durations. The estimate closely matches with the observations of the pre-pilot survey of 7 minutes and 40 seconds.

The data was split between first order and registration, and subsequent re-ordering. The three longest and shortest interactions of each type were discounted as outliers and the mean of the remaining ordering times was calculated; these can be seen in Table 1. A breakdown of the durations can be seen in Chart 3. It is of note that 82% (n=106) of all interactions captured took less than 7 minutes and 19 seconds. Over the course of the pilot almost 6.5 hours (23385 seconds) were saved in the process of registering and placing orders for patients.

Easy does it

In a post pilot survey, all the respondents felt that the training they received to use Vyne Online was sufficient to enable them to use the platform confidently, with no additional support or information needs identified with one respondent mentioning that the ease of use and user-friendliness were two key aspects of what worked well with the platform.

Peace of mind

All post-pilot respondents stated they were 'Much more reassured' with the traceability provided by Vyne Online when compared to their previous method of registration with two identifying that they were 'Very Confident' that their registrations were taken care of.

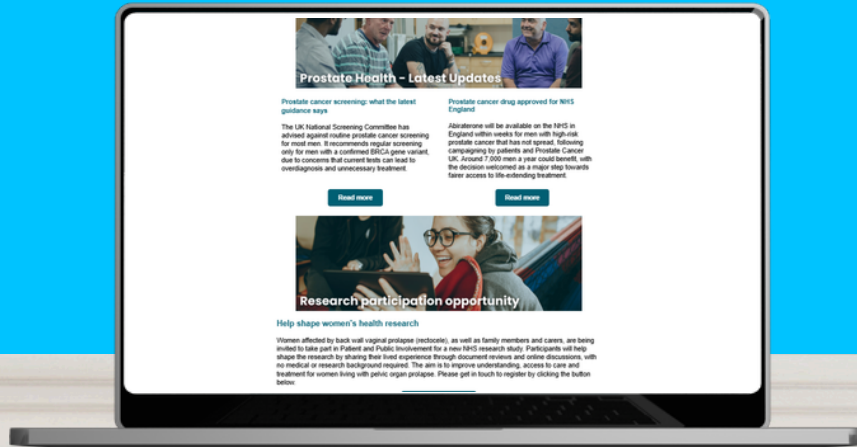


Summary

The pilot of Vyne Online has demonstrated that it meets all priorities identified by clinicians who register and place orders for patients in UHCW. The platform offers a viable, easy to use, alternative to the telephone which operates effectively outside of traditional working hours and reduces the administrative burden when undertaking these essential activities. Furthermore it provides reassurance to the clinician that orders have been completed and it's anticipated to be a great tool for patients to use once discharged.

Talk About

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



B Bladder & Bowel UK



Scan to sign up

An advertisement for Attends incontinence products. It features a photograph of a young male caregiver in a blue shirt smiling and talking to an elderly male patient. In the bottom left corner, there are three boxes of Attends Soft pads (1, 3, and 4 count) and a single pad. The Attends logo and tagline 'Incontinence protection for you' are in the top right.

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bbuk.org.uk/just-cant-wait-cards



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Qufora IrriSedo MiniGo

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Qufora IrriSedo Flow

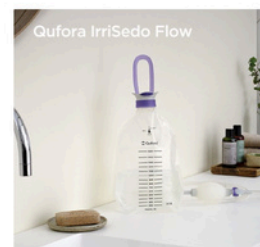
An innovative way of managing water flow, that is simply intuitive to use and designed to be individual to suit different situations.

Qufora IrriSedo Klick

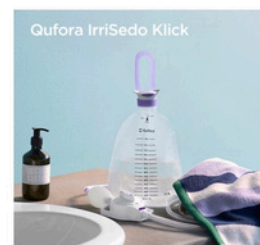
Suitable for people who have difficulty keeping a cone in place.



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Qufora IrriSedo Flow



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(Pelvic Health Specialist and Clinic Director)

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Poster presentation

Sharing research and innovation

Today, we're proud to showcase research, innovation and new ideas from clinicians and researchers across the UK.

For the first time, our symposium is bringing abstract presentations to the programme, giving professionals the opportunity to share their work with a national audience and contribute to improving bladder and bowel care across all ages.

Find the abstract presentations in the exhibition hall.

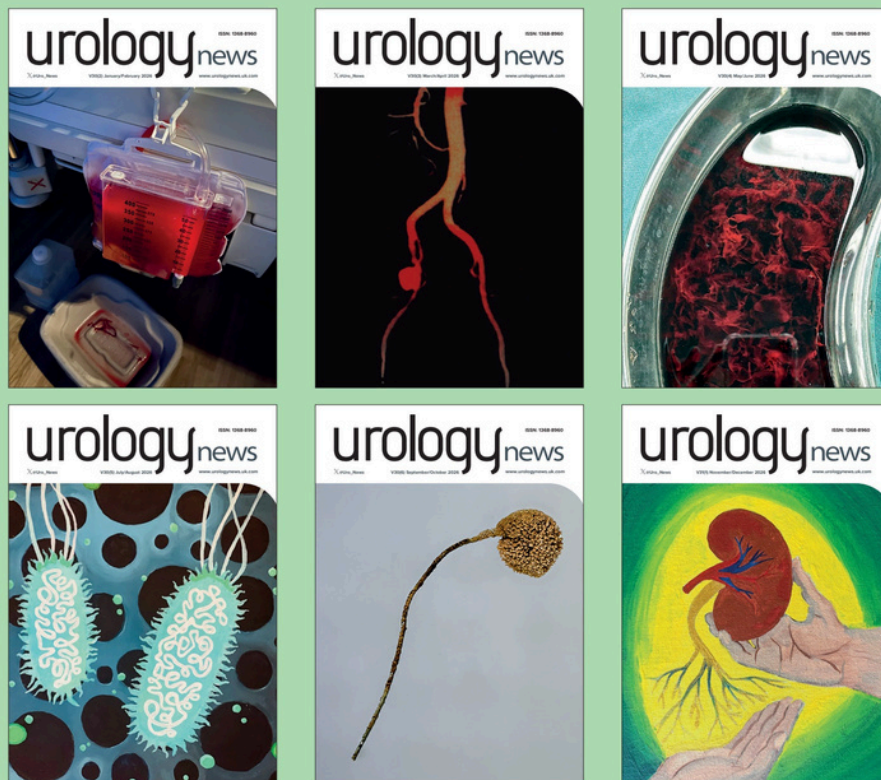


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bbuk.org.uk/enquiries



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Bladder & Bowel UK, part of Disabled Living, Registered Charity No: 224742



Proud to support the Bladder & Bowel UK Helpline

The work of our helpline is made possible by the generous support of the following companies.



National Symposium North West 2027

Bladder & Bowel UK

National Symposium North West

Thursday 4th March 2027



Paediatric stream highlights

- Constipation management
- School toilets policy and practice
- Documentation & professional responsibility
- Interoception & continence

Adult stream highlights

- Challenges with containment products
- Chronic UTI and bladder pain
- Challenges of female clean intermittent self-catheterisation

Why attend:

- 7 hours' NMC revalidation / CPD, with an official certificate of attendance
- Learn about the latest innovations in continence
- A networking lunch is provided
- Expand your knowledge of the latest research and best practice
- Explore the extensive exhibition



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National Symposium**

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Midlands 2027

22nd September 2027

Coventry Building Society Arena

...with another unique programme!

