



## Continence – Signposting

### **ERIC – the Children's Bowel and Bladder Charity**

Offers a helpline service for families to talk to an expertly trained continence advisor, a website with information on childhood bowel and bladder problems plus downloadable resources and an online shop.

[www.eric.org.uk](http://www.eric.org.uk)

Helpline – 0845 370 8008 Mon-Thurs 10am-2pm.

(Calls cost 9.6p per minute plus service provider charge).

Email – [helpline@eric.org.uk](mailto:helpline@eric.org.uk)

Continence products – Tel 0117 3012100

Email – [sales@eric.org.uk](mailto:sales@eric.org.uk)

### **Bladder and Bowel UK (formerly PromoCon)**

Offers advice and information on all bladder and bowel issues in children and young people, including those with additional needs.

[www.bladderandboweluk.co.uk](http://www.bladderandboweluk.co.uk)

Help line – Tel 0161 6078219

Email – [bladderandboweluk@disabledliving.co.uk](mailto:bladderandboweluk@disabledliving.co.uk)

### **Web videos**

#### **The 'Poo Nurses'**

A 15 minute video, great for explaining constipation/soiling and the use of macrogols to adults and older children.

[www.thepoonurses.uk](http://www.thepoonurses.uk) "Tackling childhood constipation and soiling with a macrogol laxative"

#### **The Poo Song**

A fun clip by CBeebies Dr. Ranj designed for young children and children with special needs to encourage toileting.

[www.youtube.com/watch?v=vttXN5GD-nE](http://www.youtube.com/watch?v=vttXN5GD-nE)

Service provided by:

**Sirona**  
care & health