

## Continence – Information

### 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)

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### 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)

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### 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)