

# Are you confident in your continence?

#### Do you...

- have to rush to the toilet?
- experience bladder leaks?
- struggle with constipation?

The Bladder and Bowel Service is coming to a location near you!

Come and talk to us on the Health Bus for free advice.

### **Waitrose Bracknell**

Thursday 19 June 10am – 2pm



Scan the **QR code** or go to the address below to find out more about our service:



berkshirehealthcare.nhs.uk/continence







### Let's talk about Wee and poo

The Paediatric Bladder and Bowel Service is coming to a location near you!

Does your child struggle to poo? Are they wetting themselves? Do you need support with toilet training?

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