

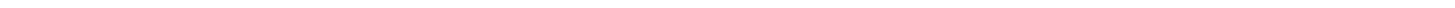


Sandwell and West Birmingham  
NHS Trust

# **Sandwell Continence Support Group**

Information and advice for people with a bladder or bowel problem

**Sandwell Community Continence Service**



## **What is Sandwell Continence Support Group?**

Sandwell Continence Support Group is a support group for men and women with continence problems. The group is open to anyone aged 18+ who is registered with a Sandwell GP.

If your answer to any of the following questions is yes, then the support group may benefit you:

- Are you having problems with your bladder or bowel?
- Do you need to go to the toilet frequently?
- Do you leak urine when you cough or sneeze?
- Have you had a prostate operation?

## **What happens at the support group?**

The support group gives you the opportunity to meet and talk to other people who have similar continence problems.

An outside speaker comes to each of the meetings, to talk about things such as the effects of diet and exercise on your bladder and bowel, the support available to you and other health-related subjects and topics of interest.

One of our continence advisors is also available for you to have a private discussion with at each meeting.

## **When does the support group meet?**

The group meets 4 times a year at Greets Green Community Enterprise in West Bromwich, from 10.30am – 12.30pm.

If you are interested in coming along to the support group, get in touch with the Sandwell Community Continence Service for a chat and details of the next meeting.

## **Contact details**

### **Sandwell Community Continence Service**

0121 507 2664 option 3 - option 1

Monday – Friday, 8am – 4pm

*continence.team2@nhs.net*

## **Further information**

For more information about our hospitals and services please visit our website [www.swbh.nhs.uk](http://www.swbh.nhs.uk), follow us on Twitter @SWBHnhs and like us on Facebook [www.facebook.com/SWBHnhs](http://www.facebook.com/SWBHnhs).

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