



Healthy Bladder and Bowel Workshop

The bladder and bowel team are specialist children's nurses who provide treatment, support and advice for children with bladder and bowel difficulties.

The team specialises in the treatment of;

- Constipation
- Daytime wetting
- Nighttime wetting (also known as enuresis)
- Toileting support



Your initial appointment will be an in-person group education workshop lasting around two hours. This workshop will be informative, interactive and you will have lots of opportunities to ask questions to the team.

Content

You will cover all the important aspects of how to support your child at home to improve the health of their bladder and bowels.





What is a Group Education Workshop?

This is a one off face to face workshop that will be led by members of the bladder and bowel team. There will be about twenty parents and carers present. There will be interactive stations.



Can I bring my child?

The workshop is aimed at parents and carers. While children can be accommodated it may distract you from your learning. If you are able to make alternative childcare provision you may find you can get more out of the session.



How long will it last?

The workshop will be structured as 15 minute stations covering all the key aspects of bladder and bowel health. There will be time for breaks and conversations with the bladder and bowel team. Please allow two hours overall.



What do I do if I need a prescription?

Any new prescriptions recommended by the team will be issued electronically on the day to a pharmacy of your choice.

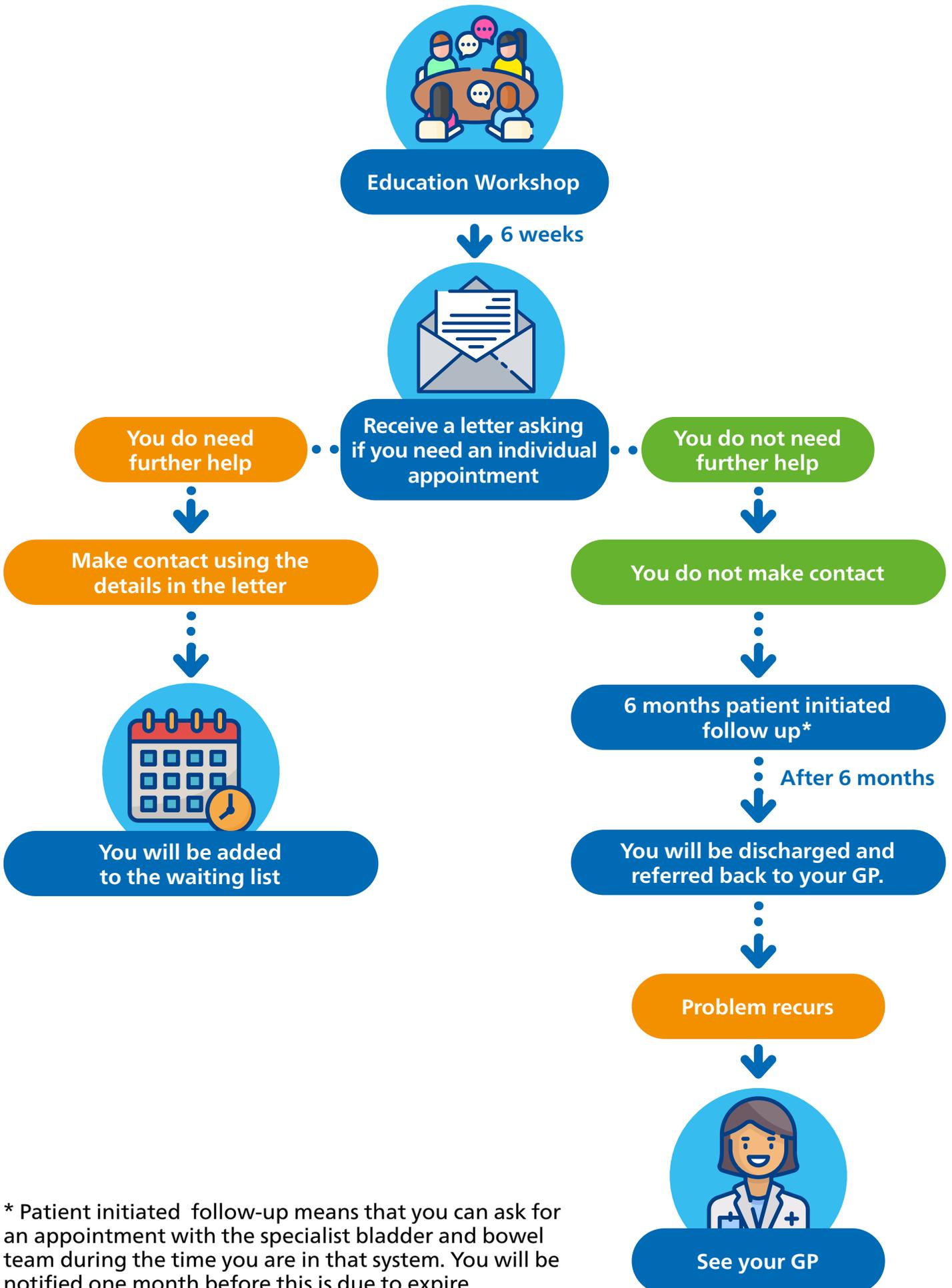


What happens after the education session?

You will then have the opportunity to put into place everything you have learnt. After 6 weeks you will be contacted by the team and if you still need an individual appointment you can be placed on the waiting list. If your child's bladder and bowel function has improved then you will be discharged and referred back to your GP.

If you want to attend the educational event again then you would be very welcome to, please inform the team so they can ensure your place is booked.

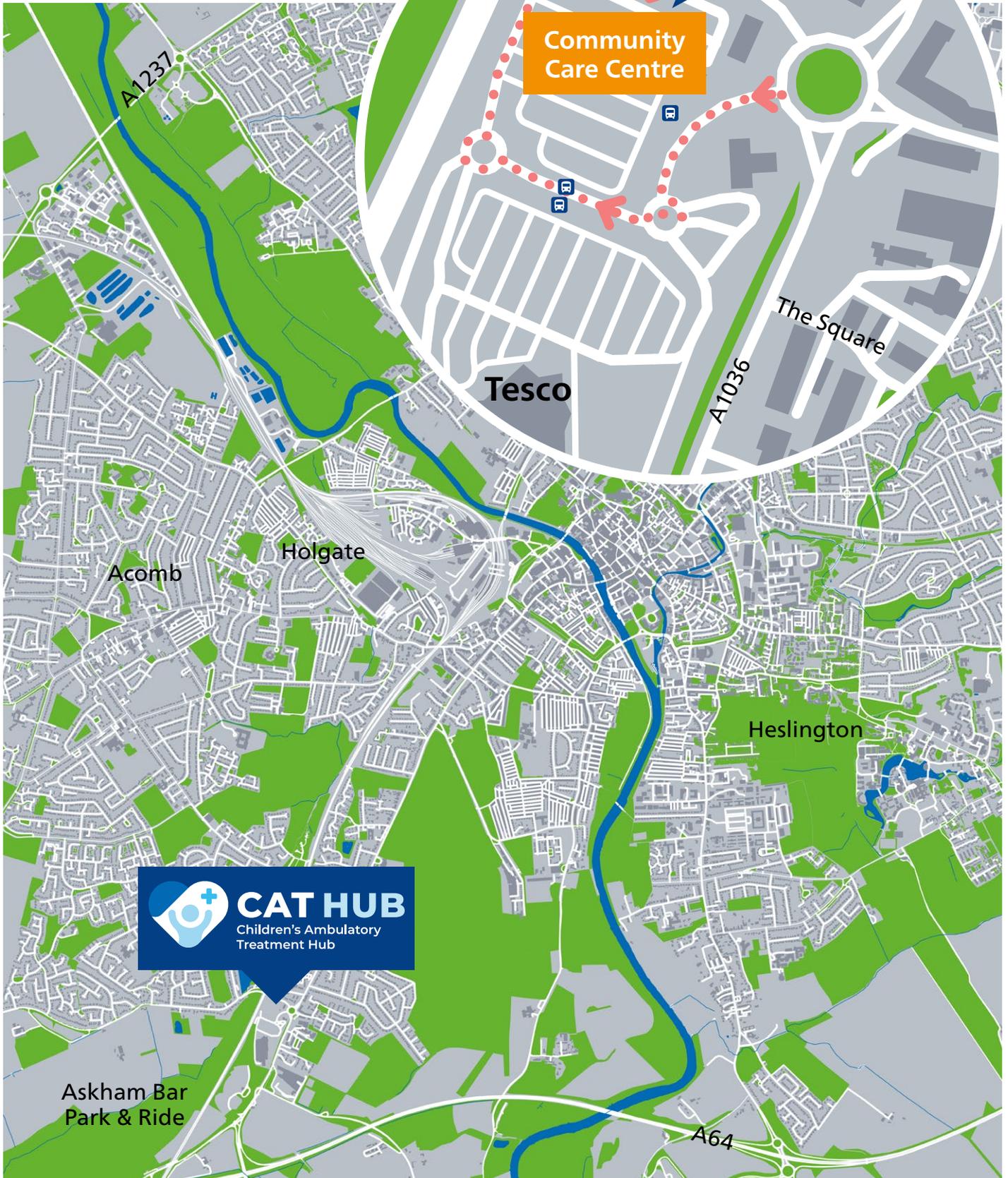
What will happen



* Patient initiated follow-up means that you can ask for an appointment with the specialist bladder and bowel team during the time you are in that system. You will be notified one month before this is due to expire.

Getting there

Community Care Centre,
Askham Bar, York, YO24 1LW



Getting there



By car

Postcode: YO24 1LW

Once you get close to the destination follow the signs for the 'Children's Ambulatory Treatment Hub'.

When you reach the site, wardens will be present to greet and direct you to the section of the car park being used as the reception area.

Please also note that the Askham Bar park and ride site is still in use as a park and ride terminal – be aware of buses and other users of the site.



On foot/ by bike

The 'Children's Ambulatory Treatment Hub' can be accessed by foot or bike (there is some parking for cycles). Moor Lane car park is reached from the Tesco's/ Moor Lane roundabout on Tadcaster Road.



By bus

There is a frequent bus service from the city centre. See www.itravelyork.info/buses for links to all bus timetables.