The bladder and bowel service aims to:

- Promote continence
- Raise public awareness that help is available
- Identify those individuals who need help
- Provide advice, assessment, treatment and information to Bromley residents on all aspects of bladder and bowel problems.

Other useful contact information:

**Promocon**
(Promoting continence and product awareness)

Go to: www.disabled living.co.uk or call 0161 607 8219.

**The bladder and bowel service**

**St Paul's Cray Clinic**
Mickleham Road
St Paul's Cray
Orpington BR5 2RJ
Tel: 020 8462 1255

**Tell us what you think**

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

**Bromley Healthcare CIC Ltd**
Global House
10 Station Approach
Hayes
Kent BR2 7EH

calendar@bromleyhealthcare-cic.nhs.uk
bromleyhealthcare.org.uk

Bromley Healthcare Community Interest Company Ltd
Company no: 06815987  Registered in England
Registered office: Global House, 10 Station Approach, Hayes, Kent BR2 7EH
Do you have any of the following symptoms?

- Passing water more often than you used to
- Have very little warning that you need to pass water and sometimes do not reach the toilet in time
- Leak a little when you cough, sneeze, laugh, walk, run, lift or stand up
- Dribble small amounts of urine nearly all the time
- Pass urine without realising the need to go to the toilet
- Wet the bed at night
- Suffer from constipation
- Have bouts of diarrhoea
- Experience slight soiling of your underwear

If you are over 18 years of age or over, you can self-refer to our service or ask your GP to refer you. Any patient with a Bromley GP can refer.

Call us on 020 8462 1255

The office is open 9am to 5pm Monday to Friday, but not on Bank Holidays. Clinics are available weekday mornings, afternoons and some evenings. (Out of hours you can leave a message on our 24 hour answer phone.)

Our specialist nurses will offer you advice and information, about your problem and explain how you can manage it. The specialist can also assess you and plan appropriate treatment.

There are a number of treatment clinics held across the borough of Bromley. Self referrals and health professional referrals are accepted.

Clinics are held at:
- Biggin Hill Clinic
- Beckenham Beacon
- Eldred Drive Clinic
- Mottingham Clinic
- Princes Plain Clinic
- St Paul’s Cray Clinic
- Willows Clinic