

## INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

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# Toileting issues in children and young people

## Support services

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Children and young people can experience difficulties with toileting, including daytime or nighttime wetting, constipation, or soiling. Several services can offer help and support.

### Healthy Families Team

The team delivers the Healthy Families Programme, an integrated service for children, young people and families. The Healthy Families Team brings together care provided by health visitors, school nurses, the Family Nurse Partnership Programme, and the National Childhood Measurement Programme. This service is now offering a specific service for continence.

Website: <https://www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams>

The team provide support with continence and toileting issues and can also provide bed alarms. Parents can contact the team directly through the numbers listed below:

- Ashfield – telephone 01623 557136
- Mansfield – telephone 01623 435522
- Newark – telephone 01636 594809
- Sherwood – telephone 01623 791025.

### NHS Choices

The NHS Choices website has information about toileting, including information about continence, bedwetting, constipation, and soiling.

Website: [www.nhs.uk](http://www.nhs.uk) (search specific issue such as [Bedwetting in children - NHS](#) ([www.nhs.uk](http://www.nhs.uk)))

### ERIC

A charity that provides support and advice to families around toileting issues, including daytime and night-time wetting, constipation, and soiling. They have specific leaflets about the use of medication for constipation and soiling.

Telephone: 0808 1699 949

Email: [helpline@eric.org.uk](mailto:helpline@eric.org.uk)

Website: <https://www.eric.org.uk/>

### Children with disabilities

In addition to the support services listed above, there are some additional services which families can access in specific circumstances.

## **Additional Needs**

Bladder and Bowel UK offer advice and support for families with children who have additional needs. They have a helpline and resources specific to children who have learning difficulties, autism, or Down Syndrome in addition to general advice.

Telephone: 0161 214 4591 (national confidential helpline)

Website: [www.bladderandboweluk.co.uk/](http://www.bladderandboweluk.co.uk/)

Email: [bbuk@disabledliving.co.uk](mailto:bbuk@disabledliving.co.uk)

## **Autism**

The National Autism Society has resources for managing toileting in children and young people with autism. They have specific advice around toileting training.

**Toileting - a guide for parents and carers** - <https://www.autism.org.uk/advice-and-guidance/behaviour/toileting/parents>

**Toileting and autistic children** - <https://www.autism.org.uk/advice-and-guidance/professional-practice/toileting>

## **Information services**

The library at King's Mill Hospital has books and resources on toileting issues, which can be borrowed.

### **Library and Knowledge Service, King's Mill Hospital**

Online link to catalogue of books and resources:

<https://koha.healthlibrariesmidlands.nhs.uk/> - click on the 'All libraries' toggle on the right-hand side and select King's Mill Hospital.

Telephone 01623 622515, extension 4009.

## **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns, or complaints, and will ensure a prompt and efficient service:

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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