



Find out more

You can find out more about our Continence Service by logging on to our website pages at: www.nchc.nhs.uk/continence-service

Other useful sources of information can include:

Prostate Cancer: www.prostatecanceruk.org

Pads: www.tena.co.uk

Urinary sheaths: www.coloplast.co.uk

www.jade-euro-med.co.uk

Urinary funnels: www.beambridgemedical.com

Tel: 0800 393431

Tel: 0800 132787

Tel: 0800 7834228

Tel: 01483 571928



If you would like this publication in large print, Braille, alternative format or in a different language, please contact us on 01603 697492 and we will do our best to help.

Patient Advice and Liaison Service (PALS)

You can receive help with queries about NHS services from our Patient Advice and Liaison Service (PALS)

Tel: 0800 088 4449

Email: pals@nchc.nhs.uk
(Monday-Friday 9am-5pm)



Continence Service

Information for patients

About our service

There are four teams providing confidential and dedicated continence services across Norfolk. Our aim is to promote continence, to help you to manage incontinence, and to help improve the quality of life of our patients.

We offer our services in a variety of locations across the county, based in community hospitals, GP surgeries and health centres.

Our teams are made up of specialist nurses and physiotherapists, all trained to assess and treat your bladder, pelvic floor and bowel issues.

How to access our service

Your hospital nurse, community nurse, GP or another health professional can refer you to our service. Or, **you can refer yourself** by contacting one of our clinics directly – see the contact details opposite.

What if I am housebound?

In genuine circumstances we can visit you at home. However, please be aware that the waiting list can be long and we prefer to see you in clinic where we have the correct equipment.

What if I don't have any transport or access to public transport?

If this is the case, please enquire about community transport schemes in your area. In exceptional circumstances hospital transport can be provided to some clinics.

Planning for your first appointment

Your first appointment will last around one hour, and one of our trained advisors will take your medical history, some of which will be in-depth.

Please bring with you any relevant information of any investigation or treatment from the hospital or your GP practice, and a list of your current medications.

You are welcome to bring your carer, friend or relative with you.

Clinic information:

www.nchc.nhs.uk/continence-service

Norwich & Central Norfolk: The Kingfisher Team

Norwich Community Hospital, Bowthorpe Road, Norwich, NR2 3TU
Tel: 01603 518444 Fax: 01603 776805

South Norfolk: The Curlew Team

Wymondham Health Centre, 18 Bridewell Street, Wymondham, NR18 0AR
Tel and Fax: 01953 609409

North Norfolk: The Avocet Team

North Walsham Memorial Hospital, North Walsham, NR28 9AP
Tel: 01692 408079 Fax: 01692 408078

West Norfolk: The Teal Team

Bungalow 2, Birch Tree Close, Kings Lynn PE305QD
Tel: 01553 668777 Fax: 01553 668607