

## INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

---

# Toileting issues in children and young people

## Support services

---

Children and young people can have difficulties with toileting, including day or night time wetting, constipation or soiling. There are a number of services who can offer help and support.

### Healthy Families Team

Deliver the new Healthy Families Programme, a new integrated service for children, young people and families which brings together care provided by health visitors, school nurses, the Family Nurse Partnership Programme and the National Childhood Measurement Programme.

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

Parents can ring directly to access support around continence and toileting issues. The team also provide access to bed alarms:

Ashfield – telephone 01623 785389

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) (type the specific issue into the search box)

### ERIC

A charity which provides support and advice to families around toileting issues including daytime and night time wetting, constipation and soiling.

Telephone: 0845 370 8008

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 could access in specific circumstances.

## Additional Needs

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

Telephone: 0161 607 8219 (national confidential helpline)

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

Email: [bladderandboweluk@disabledliving.co.uk](mailto:bladderandboweluk@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.

Website: [www.autism.org.uk/toilet-training](http://www.autism.org.uk/toilet-training)

## Information services

The libraries at King's Mill and Nottingham City Hospital have books and resources around toileting issues, which can be borrowed.

Library and Knowledge Service, King's Mill Hospital

Online link to catalogue of books and resources <http://sherwoodforest.nhslibraries.com/> - search using the term "child health collection".

Telephone 01623 622515, extension 4009.

Nottingham City Hospital

Telephone: 0115 88 31158 or 0115 88 31157

Email: [infoservicescdc@nottshc.nhs.uk](mailto:infoservicescdc@nottshc.nhs.uk)

Online link to catalogue of books and resources:

<https://www.nottinghamshirehealthcare.nhs.uk/the-information-service>

## 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.

To be completed by the Communications office  
Leaflet code: PIL201804-01-TICYP  
Created: April 2018 / Review Date: April 2020