

Do you need an Interpreter?

If you require an interpreter, please advise us when you make your appointments.

Feedback

We are happy to receive suggestions to improve this workshop. Equally we would be happy to hear about things that you are pleased with.

Contact details

Phone the Adult community bookings Officer at Kirwan Health Campus to book a place in the workshop.

Phone:
(07) 4433 9500

Office Hours:
Monday to Friday 8.00am to 4.30pm

The workshop is held at:
Kirwan Health Campus
Community Health Facility
138 Thuringowa Drive
Kirwan Qld 4817

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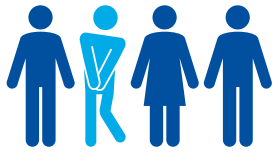
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B & B (Bladder & Bowel) Educational Workshop

Townsville Community
Continence Advisory Service





Did you know that healthy bladder and bowel habits can help you avoid bladder and bowel control problems, such as incontinence?

Incontinence is the involuntary loss of bladder and bowel control.

Incontinence can range in severity from a small leak to complete loss of bladder or bowel control.

If you, or someone you know, is affected by incontinence it is important to remember that:

- Over 5 million Australians, 1 in 4 people aged 15 years or over – experience bladder or bowel control problems
- 70% of incontinent people do not seek help
- Incontinence can have long-term physical and emotional impact; affecting self-esteem, motivation and independence
- Incontinence can significantly impact a person's quality of life, but help is available.

Continence Foundation of Australia 2022

B & B Workshop

Townsville Community Continence Advisory Service runs a two-part information session called the B & B (Bladder and Bowel) Educational Workshop.

It is held on the **first** and **second Thursday of each month** at the **Kirwan Health Campus**.

Workshop session times:

9:30am - 11:30am

There is no cost to attend the workshops.

Who is the workshop for?

It is open to anyone who is interested in learning more about Bladder and Bowel health.

What information you will get out of the workshop:

You will:

- Become more familiar with your bladder and bowel function
- Be armed with information to assist you in the prevention and/or improvement of most forms of incontinence
- Understand the impact of diet and medication on bladder and bowel function
- Get a basic understanding of the support and assistance available
- Workshop numbers are kept low and sessions are interactive.

How to book a workshop?

Phone the Adult community bookings Officer at Kirwan Health Campus to book a place in the workshop.

Contact details can be found on the back of this brochure.

