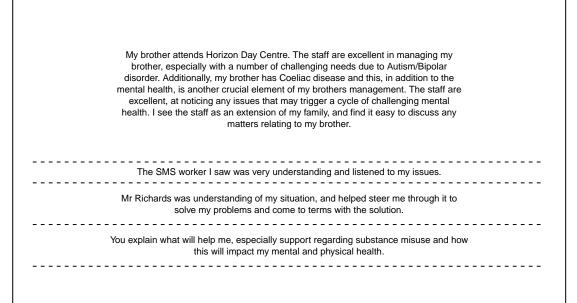
Topic 3



They listened to me about my problems with continence. They explained how I could have improvements. They loaned me a stim machine and followed up with biofeedback machine to monitor my progress. They also supported me while I was trying to improve my continence. They were kind and supportive always and I was able to get support from them between appointments. The main nurse I saw was Vanessa who was always kind and supportive and gave me real hope that I would improve. I also saw Hayley a few times, who was also very good and kind and who referred me on to Vanessa to get more help with the stim machine. Continence is difficult to talk about and makes a difference when ageing. I am 69 and active but my continence issues were depressing and made me dread getting older.