



**Nursing
Times
Awards
2021**
WINNER



free app CONFidence

Search for 'CONFidence expert'



**Do you experience
bladder or bowel leakage?**
The CONFidence self-help app could help!

- Developed by clinical experts
- Videos and practical advice
- Trusted information
- Support for all ages

To learn more, visit:

www.confidenceapp.uk



**Bristol Health
Partners**

**FLORENCE
NIGHTINGALE
FOUNDATION**



EXPERT SELF CARE
PROVIDING TOOLS FOR BETTER HEALTH

**Continence
Product Advisor**



Bladder & Bowel UK
Supporting people with bladder and bowel problems

part of Disabled Living



**UWE
Bristol** | University
of the
West of
England

“

They are all areas [of the app] where self-help is encouraged.

I like the fact that I will be able to monitor and improve my own symptoms.

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“

I've got a good idea these days of how to handle things, but it's useful to have helpful points of reference too.

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“

The App is a very good way to raise awareness and enable people to see that incontinence isn't something to be ashamed of.

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Although not all of them [areas of the app] are relevant to me, I appreciate how useful they will be to others who have more difficult symptoms to manage.

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“

The tone is positive, encouraging and best of all, it gives people suffering from incontinence the tools to manage their own symptoms.

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“

(...) hopefully it will provide people with ways to deal with difficult situations without becoming distressed or embarrassed.

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