



Do you  
experience  
bladder or  
bowel leakage?



The FREE CONfidence app could help!

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

Please  
complete  
the  
feedback  
survey

To learn more, visit:

[bristolhealthpartners.org.uk/CONfidence-app](https://bristolhealthpartners.org.uk/CONfidence-app)

