



# Living Well

## North Tyneside

Supporting Health and Wellbeing

just cant wait

toilet card | card |  
catheter support

incontinence | bladder problems | bowel problems | stoma support |



01926357220



[help@bladderandbowel.org](mailto:help@bladderandbowel.org)



17  
United Business Centres plc  
17 High Street  
Henley-in-arden  
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B95 5AA



<https://www.bladderandbowel.org/help-information/just-cant-wait-card/>



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