


# ONE CONVERSATION CAN CHANGE EVERYTHING



## TALK. LISTEN. ACT.

Whether you experience incontinence yourself or care for someone who does, having real conversations about continence is the first step towards change – and it could change a life.

 Please share this with anyone who may benefit!

FEATURING CONVERSATIONS FROM PEOPLE, WHĀNAU, COMMUNITIES, AND PROFESSIONALS TALKING ABOUT INCONTINENCE

ALSO INSIDE: DOWNLOADABLE RESOURCES, PRACTICAL INFORMATION, AND WAYS TO TALK, LISTEN, AND ACT TODAY.

WORLD CONTINENCE WEEK: 15-21 JUNE 2026



**TALK:** STARTING THE CONVERSATION



**LISTEN:** HEARING REAL EXPERIENCES



**ACT:** GETTING HELP AND SUPPORT

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# WORLD CONTINENCE WEEK 2026

## One Conversation Can Change Everything

### WORLD CONTINENCE WEEK CAMPAIGN



For full campaign information, including downloading our campaign poster and other related resources!

Continence issues are common, but conversations about them are not. This World Continence Week, we are encouraging everyone to have a conversation about continence — whether it's seeking support, checking in with a loved one, or sharing knowledge. Talking helps break down stigma, builds understanding, and connects people with support and treatment that can make a real difference. You are not alone, and you don't have to put up with it — *One Conversation Can Change Everything.*

Watch Jason Gunn's video message



# HOST A WEE CHAT

Have a simple, honest conversation about bladder, bowel, and pelvic health — because one relaxed chat can help break stigma, build confidence, and remind people they're not alone.



WORLD  
CONTINENCE WEEK  
15-21 JUNE 2026

WANT TO HOST A  
WEE CHAT THIS  
WORLD CONTINENCE  
WEEK?



Register here – tell us  
more about your event and  
how we can support you!

## HOST A WEE CHAT FOR US!

One  
conversation  
can change  
everything

1. PLAN A GATHERING, BIG OR SMALL, BUT KEEP IT RELAXED.
2. INVITE A GROUP YOU THINK COULD BENEFIT. EVEN SPEAKING WITH JUST ONE OTHER PERSON IS A GREAT START AND WE'D LOVE TO HEAR ABOUT IT!
3. MAKE SURE YOU'RE IN A COMFORTABLE SETTING – THIS CAN BE YOUR WORKPLACE, MARAE, COMMUNITY CENTRE, SCHOOL, OR EVEN ONLINE.
4. USE OUR RESOURCES TO START A DISCUSSION.
5. THROW ALL TABOO AND JUDGEMENT AWAY! BE SUPPORTIVE.
6. URGE PEOPLE TO HAVE A WEE CHAT WITH WHĀNAU AND FRIENDS.

ENCOURAGE PEOPLE TO CALL CONTINENCE NZ ON **0800 650 659**  
IF THEY NEED A WEE CHAT WITH US!

continence 

# THE PELVIC POD

*The Pelvic Pod* shares real conversations about bladder, bowel, and pelvic health — helping break down stigma, build understanding, and show how one conversation can change everything.



MENOPAUSE, PERIMENOPAUSE,  
AND PELVIC HEALTH



EMMA'S STORY



PELVIC HEALTH PHYSIOTHERAPY  
AND PELVIC HEALTH



CARING FOR A LOVED ONE  
WITH INCONTINENCE



TREATMENT OPTIONS FOR  
INCONTINENCE



PELVIC HEALTH FOR PREGNANCY,  
POSTPARTUM, AND ACTIVE WOMEN



Listen to The Pelvic Pod  
wherever you find your  
podcasts:



# PERSONAL STORIES

Real stories create real connection — helping people feel seen, supported, and more comfortable talking about bladder, bowel, and pelvic health.



WATCH JEN'S  
FULL STORY

Jen's Story:  
"Hearing  
conversations  
made me realise  
I don't have to  
live like this"

## YOU ARE NOT ALONE



Watch, listen, and read these personal stories from New Zealanders who have lived experience with bladder and/or bowel continence issues.

Voice artist, broadcaster, and *The Pelvic Pod* host Jen Bainbridge has lived with incontinence challenges for years. "I know how easy it is to just put up with these issues and not talk about them," Jen admits, "...[but] start the conversation and take the first step, because things really can get better."

"It's about helping you educate yourself and your loved ones, and arming yourself with the information that you need to make informed decisions about your health and ultimately taking back control."

# TAKE THE NEXT STEP

If you or someone you care about is experiencing bladder or bowel issues, you're not alone. One conversation can be the first step — our team is here with free advice, resources, and support whenever you're ready.

## CALL THE HELPLINE

Ring **0800 650 659** to speak with our friendly team for free, confidential information and support about bladder, bowel, and pelvic health.



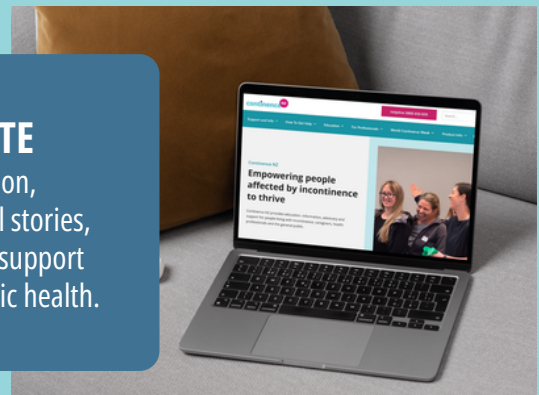
## ORDER RESOURCES

We have continence-related resources available to help start conversations and support awareness in your community.

We've highlighted some of the resources available on our website on the following pages!

## VISIT OUR WEBSITE

Explore trusted information, practical advice, personal stories, and helpful resources to support bladder, bowel, and pelvic health.



# FOR TAMARIKI & WHĀNAU

Fun, engaging resources to help children understand their bladders and bowels — supporting early conversations that can make a lifelong difference.

## STORYTIME

*Poo Hoo* and *A Wee Secret* are engaging story videos that help children understand bladder and bowel issues in a simple, reassuring way. Through relatable characters, they show that it's okay to talk about what's happening and that help is available.

## ACTIVITY SHEETS

These colouring and activity sheets are a fun, simple way to help children start conversations about bladder and bowel health. Through creative activities like colouring and word searches, they make it easier to talk about wees and poos in a relaxed, engaging way.



Visit the [Younger Children](#) section of our website to find more continence resources for tamariki!

# RESOURCES IN OTHER LANGUAGES

Our most popular continence resources are available in multiple languages — making it easier for more people to understand, start conversations, and access support.



ENGLISH

TE REO MĀORI

MANDARIN  
CHINESE

HINDI

TONGAN

SAMOAN

# FIND YOUR PATH

Our *Care Pathways* help you recognise symptoms, understand your options, and take the next step — from self-management through to professional support in Aotearoa New Zealand.



**WOMEN**

**MEN**

**CHILDREN**

**OLDER  
PEOPLE**

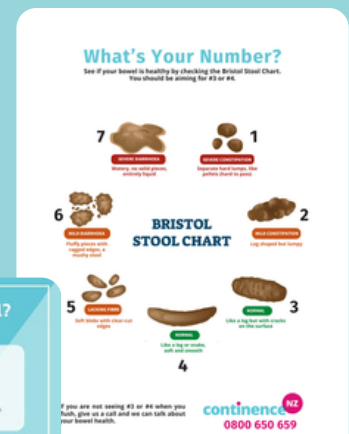
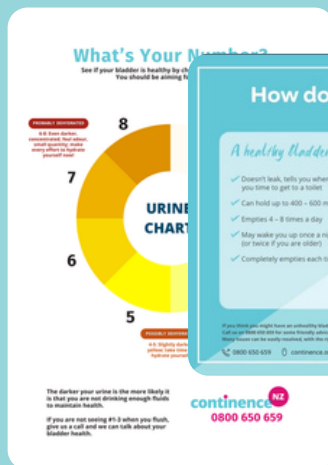
**DISABLED  
PEOPLE**

# BLADDER AND BOWEL HEALTH SUPPORT

Practical, supportive resources to help you better understand bladder and bowel health, build healthy habits, and feel more confident seeking support and treatment.

## BLADDER RESOURCES

Simple guides and tools to help you understand bladder health, recognise what's normal, and know when to seek support.



## BOWEL RESOURCES

Helpful resources to support better bowel health awareness, including guides and charts to help you understand healthy bowel habits.



**NEW RESOURCE!**

## GUIDE FOR OLDER PEOPLE

Growing older can bring changes to bladder, bowel, and pelvic floor health. This guide provides practical advice, reassurance, and information about getting support.



Visit the **Bladder and Bowel Health** section of our website to learn more!

# PELVIC HEALTH SUPPORT

Simple, supportive resources to help you take action for your pelvic health and build healthy pelvic floor habits. These tools are designed to support confidence, wellbeing, and lifelong bladder and bowel health.

## NEED HELP REMEMBERING YOUR PELVIC FLOOR MUSCLE EXERCISES?

Download or order our small but mighty sticker or magnet to help you remember how to do your pelvic floor muscle exercises.



**Pelvic Floor Guide**  
WITH LIZ CHILDS, PELVIC HEALTH PHYSIO

Everyone should be aware of their pelvic floor – regardless of your age, race, gender, or fitness level! Here is Liz's simple guide:

**SIT UP STRAIGHT AND RELAX**  
Relax your tummy and inner thighs

When done correctly, a pelvic floor contraction feels like you are squeezing and lifting up inside. For women, you could imagine you are squeezing around a tampon and pulling it in. For men, visualising "nuts to go" might help activate the right muscles.

**BE CAREFUL TO USE THE CORRECT MUSCLES**  
When you do a pelvic contraction you should be drawing in all your lower muscles. Be careful not to under your ribs, or into your neck, and don't squeeze your

**LET GO FULLY AFTERWARDS**  
Ideally, you should be able to hold a contraction for 10 seconds – and hold it relax completely afterwards. If you can only hold it for one or two seconds, that's fine, start there and build it up.

**DO THEM DAILY**

- Squeeze and lift
- Build up to a 10 second hold
- Hold for 10 seconds
- Repeat 10 times
- Do this three times a day

Once your muscles are strong, keep doing the exercises once a day to maintain them for the rest of your life. You can do them anywhere, anytime – just make sure you do them!

**STILL UNSURE?**  
If you're not sure you can contract, correctly and relax fully, seek help from somebody who has specialised training in pelvic floor exercises (eg a pelvic health physio).  
Never be afraid to ask for help!

continence NZ  
HEALTHY AND SAFE

## ONE-PAGE GUIDE

Suitable for people of all ages and fitness levels, this quick guide is a great starting point for anyone wanting to better understand and care for their pelvic floor.



Visit the *Pelvic Floor* section of our website to learn more about these hard-working but often overlooked muscles!

# THANK YOU TO OUR SPONSORS

Our World Continence Week campaign is possible thanks to:



We would also like to thank the sponsors who support our work throughout the year:

