

# Toilet Training Sessions

## What is a CCA?

A CCA is a Children's Continence Advisor.

## Who do we work with?

We offer toilet training advice, support and early intervention from the age of 18 months where it is known or anticipated there may be difficulties with toilet training.

We also undertake clinic-based one to one sessions in toilet training for children aged 4 and above who have been referred into the service.



## Where do we work?

The service is offered in Mid and South Essex either face to face in various community clinics or by tele-phone, if appropriate.

Clinics are also offered in Special Schools, Support Groups, Pre-schools, Community Centres, etc.

## How can you contact us?

Telephone our admin and leave a message for the CCA team on **01702 372073**

The telephone line is staffed from 9.00am - 3.00pm Monday to Friday, with 24-hour voicemail facility.

Or email us: [epunft.ccs@nhs.net](mailto:epunft.ccs@nhs.net)

## Useful websites and videos:

Eric – [www.eric.org.uk](http://www.eric.org.uk)

Bladder & Bowel UK –  
[www.bbuk.org.uk](http://www.bbuk.org.uk)

The Poo Nurses:

<https://youtu.be/9WqxBjLmKao>

## Useful Apps:

