NHS
South Yorkshire
Integrated Care Board

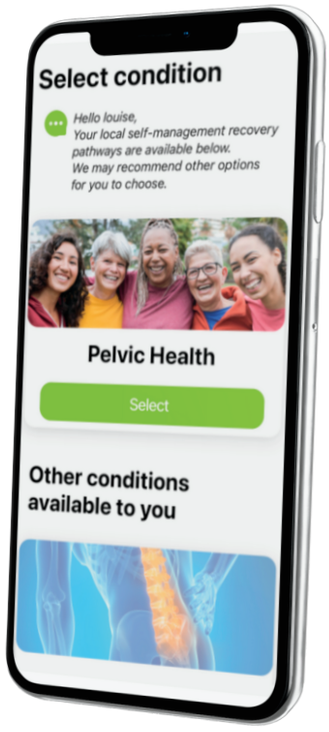
NHS
Doncaster and Bassetlaw
Teaching Hospitals
NHS Foundation Trust



Do you need help with your **pelvic health**?

Symptoms like **frequent visits to the toilet**, **leaking wee**, or **feeling heavy in your pelvis** are common but shouldn't be considered normal.

We can help you **manage your symptoms** with the knowledge and skills to **improve your pelvic health**. Please download **the FREE getUBetter app** for South Yorkshire.



- **Instant** and **24/7 access**
- Easy-to-follow **pelvic floor exercises**
- Day-by-day **guidance**
- Access to local **treatments** and **services**
- Advice on where to **seek help** when needed

SCAN ME

Powered by
get U better