

Allanda

Allanda are a company who specialise in incontinence. Their website offers advice and information on incontinence and bladder weakness to help you manage your condition effectively.

In conjunction with the Bladder and Bowel Foundation (a leading continence charity) they have produced an information leaflet specifically for people caring for those with incontinence. Their website also includes a personal product consultation and exercise programme.

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Website: www.allaboutincontinence.co.uk

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