

Do you use an intermittent catheter to empty your bladder?

Do you find catheterising painful or uncomfortable?

**It doesn't have to be!**



**90%** of users rated GentleCath™ with FeelClean™ Technology better than their usual catheter for comfort during use.

Scan the QR code to order your free sample today.



**GentleCath™**

Reference:  
1. Health-Care-Online investigations to assess the Performance of GentleCath™ with FeelClean™ Technology compared to the Performance of GentleCath™ with Standard Technology. July 2018.  
2. Health-Care-Online investigations to assess the Performance of GentleCath™ with FeelClean™ Technology compared to the Performance of GentleCath™ with Standard Technology. July 2018.

**Are your gut health issues affecting your daily life?**

Did you know the gases on your breath, along with your symptoms and lifestyle factors, provide valuable insights into your gut health?

**OMED HEALTH** Brings you the **OMED Health Breath Analyzer and App**

Reclaim control over your gut health with our powerful, **science-backed approach**. Seamlessly track your symptoms and lifestyle factors through our intuitive App.

With our expert clinician team by your side, they'll craft **personalized treatment plans**, just for you, and offer unwavering support every step of the way.

**Take control of your digestive health today**



info@omedhealth.com | www.omedhealth.com

Find us @omedhealth

**Thank you IcleTest, you have helped me catch this thing early**

Daniel M IcleTest customer

Did you know invisible traces of blood in your urine can be a sign of kidney, bladder and prostate cancer?

IcleTest is the easy-to-use home urine test that checks for unseen blood in your pee. Think of it as your early warning system - alerting you to potential issues before any symptoms appear.

Test regularly to stay on top of your health.

Go to [IcleTest.co.uk](http://IcleTest.co.uk) for more info




**icleTest™**  
Your early warning system

**TOUCH LOOK CHECK BREAST CANCER NOW**

**KNOW THE SIGNS AND SYMPTOMS OF BREAST CANCER**

SHOW YOUR BREASTS SOME TLC. TOUCH, LOOK, CHECK.



Scan the QR code to learn more about the signs and symptoms of breast cancer.

We provide free breast cancer information and support when you need it most [BREASTCANCERNOW.ORG](http://BREASTCANCERNOW.ORG)

Breast Cancer Now is a charity registered in England and Wales (1080558), Scotland (SC045654) and the Isle of Man (10100).

Help fight cold & flu symptoms with **Echinaforce®**



Available online from [avogel.co.uk](http://avogel.co.uk) and locally from:

health food stores & selected pharmacies | Holland & Barrett

**Hot Flashes?** Try **A.Vogel Menoforce Sage Tablets**

Download your FREE copy of A.Vogel's Menoforce ebook here!



Available online from [avogel.co.uk](http://avogel.co.uk) and locally from:

health food stores & selected pharmacies | Holland & Barrett | Boots

**DEMENTIA CARERS COUNT** Supporting Family Carers

Support at your fingertips

**Do you know someone looking after a family member or friend with dementia?**

Help is at hand. Visit our website for advice on the everyday challenges of being a carer:

- Book free online learning sessions
- Access clear information and useful resources
- Find out about other carers' experiences

"It's really comforting to know that there's that help there, and I can access it when I need to."

Find out more at [dementiacarers.org.uk](http://dementiacarers.org.uk) or call our friendly team on **020 3096 7895**



Messages Susie Work Edit

NOT looking forward to this finance meeting...ugh 8.55AM

Kate - you joining us?... 9.05AM

Area Manager is asking where you are - what do I say???

You'd better be out sick or kidnapped!!!!???

\*\*\*\*!!! Just woke up - cover for me!! 🙏🙏 10.12AM

**Don't accept tiredness as normal**

SWITCH TO ACTIVE IRON TODAY!

SUITABLE FOR: Women with Period, Pregnancy, Exercise, Vegetarian

Available in all leading pharmacies and health stores and [myactiveiron.co.uk](http://myactiveiron.co.uk)

**MAYBE IT'S NOT JUST A BAD PERIOD**

Early diagnosis is key!

If your periods are unusually painful or if you are experiencing pain that is stopping you from attending work or being part of important activities, this is NOT normal. There is a chance you might have Endometriosis. It could be the cause of something else. It's a good idea to make an appointment and discuss this with your General Practitioner (GP) as early as possible.

[www.theendometriosisfoundation.org](http://www.theendometriosisfoundation.org)  
@theendometriosisfoundation

**The Endometriosis Foundation**

#endometriosisawareness



**BRAND NEW**

**tu m ease**

**IBS Relief Capsules**

- Suitable for vegans
- Gluten free
- Contains natural mineral clay and simethicone

**Less stress with IBS**

Available at Superdrug and online at [www.crescentpharma.com](http://www.crescentpharma.com)

For further information email us at [info@crescentpharma.com](mailto:info@crescentpharma.com)

Only use this product if you have been previously diagnosed as having Irritable Bowel Syndrome.

Ahead Together

**Healthy men needed to take part in clinical trials.**

Are you over 18 and a non-smoker?

**Please call 0800 32 84 195**

You will be compensated for your time and commitment if you participate in a trial. You will also be reimbursed reasonable travel expenses.

**GSK**

ClinicalTrials@gsk.com  
www.volunteers.gsk.co.uk  
01223 296001

GSK Clinical Unit Cambridge  
Addenbrooke's Centre for Clinical Investigation  
Box 128, Hills Road, Cambridge, CB2 0GG

21/04/2019 14:25:01 2022

**52% of men hit with erectile dysfunction!**

**THE O CONCEPT™ FOR HIM**

Please do NOT worry! You're not alone, almost 52% of men are suffering from one or more of these symptoms.

The 'O Concept' is a pioneering Non-Surgical sexual rejuvenation treatment brought to you by internationally renowned Dr. Shariq Wasei at his private Harley Street clinic. Designed to rejuvenate your sexual desire and performance with his latest cutting edge treatments.

**FIND OUT MORE ABOUT THE O CONCEPT™**

0044 (0) 20 7467 5340  
[info@drswclinics.com](mailto:info@drswclinics.com)  
[www.drswclinics.com](http://www.drswclinics.com)

Follow us to stay updated

**SW CLINICS** THE O CONCEPT™

Many more cutting edge treatments available.

**MY SEX MACHINE**

Vigore Priapus Shot

**10,000 MEN WORLDWIDE RELY ON IT REALLY WORKS VITAMINS FOR HEALTHY STRONG HAIR**

**START YOUR 90 DAY HAIR GROWTH JOURNEY NOW**

**48 HOUR DELIVERY**

**WE REFUND YOU IF YOU DON'T LOVE YOUR RESULTS**

**WWW.ITREALLYWORKSVITAMINS.COM**

WINTER SALE ENDS SOON:  
GET 10% OFF THIS WEEK WITH CODE: FLASHSALE10

As seen in **MensHealth Esquire Forbes MENS FITNESS**

**TOUGH LOOK CHECK BREAST CANCER NOW**

**WHAT'S YOUR NORMAL?**

Anyone can get breast cancer. Get to know your normal by checking your breasts regularly.

**Learn the signs and symptoms of breast cancer**

Please visit [breastcancer.org/TLC](http://breastcancer.org/TLC) or scan the QR code today

**TOUGH LOOK CHECK**

**Is your partner losing interest in those intimate moments?**

**Maybe it's Erectile Dysfunction**

**MALES AGED 18-59**

**BE PART OF A STUDY INVESTIGATING A NEW TREATMENT FOR ERECTILE DYSFUNCTION**

**JOIN THE CLINICAL TRIAL | RECEIVE UP TO £680**

Visit [researchforyou.co.uk](http://researchforyou.co.uk) | Call UK Freephone 0800 121 6395

**Is someone in your life living with dementia? How is it affecting you?**

**If you're struggling to cope, we're here for you with our FREE\* phone and text support**

**Phone us** Monday-Friday 9am-5pm  
**0800 652 1102**

Or, if you're feeling overwhelmed or not quite yourself:  
**text CARE to 85258**

**DEMENTIA CARERS COUNT**  
[www.dementiacarers.org.uk](http://www.dementiacarers.org.uk)

**mind untied**

**IT'S OK TO NOT FEEL OK.**

Are you struggling with depression, anxiety, loneliness or any other mental health issue?

**DON'T SUFFER IN SILENCE**

**PRIVATE ONLINE THERAPY AVAILABLE**

**CALL NOW: 01455 242 797**

**MAC**

**ERECTILE DYSFUNCTION**

Tried everything but nothing works?

**BE PART OF A STUDY INVESTIGATING A NEW TREATMENT FOR ERECTILE DYSFUNCTION**

**RECEIVE UP TO £680**

**MALES AGED 18-59**

**REGISTER NOW**

**CLINICAL TRIAL**

Visit [researchforyou.co.uk](http://researchforyou.co.uk) | Call UK Freephone 0800 121 6395



**Too dirty to let food be too taboo**

There's definitely a taboo surrounding the topic of 'sex', but here at Symprove we're here to support you - and are more than happy to listen and talk about it. A gut with a balance of good and bad bacteria is a happy gut, so the more we discuss the 'good' bacteria, the better.

Newsday, it's so easy to disrupt the balance of bacteria in the gut with an irregular diet, a course of antibiotics, or just the general stresses of everyday life. Thankfully, Symprove's unique formula contains 4 strains of live and active bacteria that arrive, survive and thrive in your gut - helping you restore a healthy gut bacteria balance.

Find out how to say 'too dirty' to the 'too taboo' and boost your levels of good gut bacteria by visiting [symprove.com/TooTaboo](http://symprove.com/TooTaboo) or join the discussion [facebook.com/symprove](https://www.facebook.com/symprove)

**SYMPROVE**  
Small change big difference.

**Healthy women needed to take part in vaccine clinical trials.**  
Are you aged 18-45?

Find out more and register online at [studycandidates.gsk.co.uk/vaccines](http://studycandidates.gsk.co.uk/vaccines) or please call us on 0800 32 84 195

You will be compensated for your time and commitment if you participate in a trial.

**GSK** GSK Clinical Unit Cambridge  
Addenbrooke's Centre for Clinical Investigation

22.08/26.10 February 2023

**1 reusable cup. Less monthly waste.**

Buy today at [www.feminesse.co.uk](http://www.feminesse.co.uk) or in store at Tesco

On average women spend around £500 a year on sanitary products. The Feminesse Menstrual Cup is £17.99, meaning you could save £382.01 over 2 years!

**Dr Fox**  
Online Doctor & Pharmacy

**Order low cost medicine online**

Perrigo sildenafil tablets 50p each  
Viagra Connect tablets £4 each

Both contain sildenafil 50mg to treat erectile dysfunction - always read the label

**drfox.co.uk**

+ hair loss • weight loss • herpes • chlamydia • migraine • reflux

**NHS**  
Mid and South Essex

**IF YOU'RE 65 OR OVER, ARE YOU PROTECTED?**

If you're 65 or over, you're eligible for a **FREE pneumococcal vaccination.**

The vaccine gives lasting protection against bacterial infections that cause serious illnesses such as meningitis, sepsis and pneumonia, as well as sinusitis and ear infections.

Book now at your GP practice or local pharmacy.

**#DOYOURBIT ESSEX**  
#GETVACCINATED

**Too Many Toilet Trips?**

- ✓ Night-time trips to the toilet?
- ✓ Weak stream & dribbling?
- ✓ Frequent & sudden urges to urinate?

These are all symptoms of an **enlarged prostate**.

Prostasan® is the **ONLY registered Saw Palmetto product on the market**

Available online from [avogel.co.uk](http://avogel.co.uk) and locally from:

health food stores & selected pharmacies | **Holland & Barrett**

**minduntied**

**IT'S OK TO NOT FEEL OK.**

Are you struggling with depression, anxiety, loneliness or any other mental health issue?

**DON'T SUFFER IN SILENCE**

PRIVATE ONLINE THERAPY AVAILABLE

**MINDUNTIED.COM** CALL NOW: 01455 242 797

**Not your usual incontinence pants.**

We get it. Life can be tricky. With Jude's Leak-Proof Underwear, there's no need to compromise on style or comfort to keep dry throughout the day. *No pads needed.*

- ✓ Machine washable at 40°
- ✓ Absorbs up to 40ml in 3 seconds
- ✓ Feathery soft and breathable

**Get £5 OFF | Code: LEAKY5**

Call our friendly bladder-care team: **020 4524 5494**  
Visit our website: [www.wearejude.com](http://www.wearejude.com)

**Jude**

**Bourn Hall FERTILITY CLINIC**

**With you every step of the way**

Embark on your fertility journey with Bourn Hall and you'll benefit from our constant support every step of the way.

From consultation, throughout your fertility treatment, to aftercare - enjoy personalised help on your path to parenthood.

With a pregnancy success rate of 73% for women under 35 in their first year of treatment, you can put your trust in us to help you start your family.

To find out more, call our patient services team on 01954 70210 or email [info@bourn-hall.com](mailto:info@bourn-hall.com)

**#wearefamily**

[bournhall.co.uk](http://bournhall.co.uk)

**INDEPENDENT DIABETES TRUST**

**Diabetes?**  
 “When I was first diagnosed I felt **scared, isolated, & lonely.**”  
 Lisa, 49, Type 2 diabetes

**You are not alone. We are here to help.**

Need support? Contact us today  
[www.iddt.org](http://www.iddt.org) • 01604 622837

QR code

**mind freedom**

**IT'S OK TO NOT FEEL OK.**

Are you struggling with depression, anxiety, loneliness or any other mental health issue?

**DON'T SUFFER IN SILENCE**

PRIVATE ONLINE THERAPY AVAILABLE

**CALL NOW: 01455 242 797**

MINDFREEDOM.CO.UK

**TOUCH LOOK CHECK** BREAST CANCER NOW

**WHAT'S YOUR NORMAL?**  
 Anyone can get breast cancer. Get to know your normal by checking your breasts regularly.

**Learn the signs and symptoms of breast cancer**

Please visit [breastcancernow.org/TLC](http://breastcancernow.org/TLC) or scan the QR code today

TOUCH LOOK CHECK

QR code

## Testimonials

*"These washroom posters really worked well!!  
 Been brilliant in raising awareness, I liked that I was able to target women...very happy with the results"*  
 Carla Cressy, Founder, The Endometriosis Foundation

*"...the experience has been very positive; we have had a number of customers mentioning to us that they saw the ads and enjoyed the creative of the ads. It's certainly something we will consider running again in the future."*  
 Cian O'Regan, Inbound Marketing Manager Solvotrin Therapeutics – Active Iron

*"The team is friendly and very helpful. They have great ideas and accommodating to our advertising needs. Would do business with them again!"*  
 Dr Sarah El-Heis MBBS, MRCP (London), Clinical Research Fellow,  
 MRC Lifecourse Epidemiology Unit, (University of Southampton)



**Positive Media Marketing Ltd, Media House, 63B Thorpe Road, Norwich NR1 1UD**  
 Telephone: 01603 394959 [simon.grant@positivemediamarketing.co.uk](mailto:simon.grant@positivemediamarketing.co.uk)  
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