

GAS Meeting 1 April 2025  
Snape Village Hall  
7.30pm

This month's meeting is for  
Women only

**Jane Simpson** will be talking to  
us about **Pelvic Floor Health** a  
topic she is passionate about.



About Jane:

After training as a nurse at Addenbrookes Hospital, Cambridge, Jane went on to become a district nursing sister. She then became a Continence Nurse Specialist in the NHS and began lecturing and training other healthcare professionals in the promotion of continence and the management of incontinence.

For the last 26 years, Jane Simpson has had her own private practice (recently retired), at The London Clinic in Harley Street, where she treats women and men of all ages with incontinence and pelvic floor dysfunction. She has a special interest in stress incontinence, overactive bladder and urge incontinence, vaginal prolapse, pregnancy and childbirth, the menopause, constipation and bowel dysfunction and sex and the pelvic floor. She has written a book called The Pelvic Floor Bible, published by Penguin Life.

She is regularly asked to comment in the media having featured in the Times, Radio 4's Women's Hour and Channel 5 News, many popular magazines and is the pelvic floor expert on the Balance menopause app.

You can find her at  
and on Instagram @jane\_thepelvicfloorbible

The talk will be followed by a question and answer session and then a time to chat with a cuppa and a piece of cake.

Women guests are very welcome so please encourage friends and family. Guests £7.