

TENA Residential & Nursing Homes Newsletter – Christmas 2025



Clinical Updates

We at TENA would like to wish you all a very Merry Christmas and would like to thank you for all your support over the last year. Hope you have a restful Christmas and we wish you all the best for the New Year.



Some events coming up in December and the new year –

- 1 December World Aids Day
- 3 December International Day of Persons with Disabilities
- 20 December – January 2026 | Festival of Winter Walks
- Dry January
- Red January Beat the winter blues
- January Cervical Cancer Awareness Month
- 3 January Festival of Sleep day
- 7 January Pass the Gas day

[Healthy Choices Quiz - NHS](#)

Training

We offer face to face TENA product training, where we come to your home or working base and provide free product training. This training includes discussion around best fitting of products, how the products work, some general continence advice along with hints and tips.

We also provide virtual training sessions, and these are offered on a monthly basis. They involve a presentation via MS TEAMS and cover all aspects of product use, along with hints and tips on the promotion of continence.

If you would like to access either forms of training, the please contact Jo Gledhill



PATH
Professional Accredited Training
for Healthcare Professionals

New from Essity
PATH is a gold standard education platform with a diverse selection of therapy areas and learning styles, to help you provide the best possible patient care.

New PATH Learning

Here at Essity, we are proud to support your education journey with different learning styles and a wide range of topics. Register today and take a look. We're confident, you'll enjoy learning with us.

PATH Learning Account

- Easy access to self-learning:**
 - Create an account and add your chosen learning plans.
 - Learning plans contain a mixture of topics including e-learning, pre-recorded eScribe sessions and webcasts.
 - Choose the style(s) that suit you best or allow them all to enhance your learning retention.
 - Your Eassy Account Manager can supply links to activation to quickly and easily add these to your learning plan.

Therapy Areas

Learning Plans available in the following areas:

- Continence Care
- Lower Limb Management
- Lymphoedema Care
- Wound Management
- Orthopaedics
- Acute Healthcare

Live Sessions

Live briefcase sessions and masterclasses can be set up through the Eassy Account Management team.

Register now
<https://academieshm.essity.uk/learn/register>



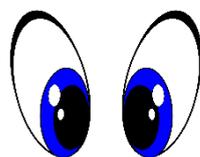
PATH

PATH, Essity's customer training platform - Professional Accredited Training for Healthcare Professionals.

This has a wealth of education from e-learning modules to webcasts to support all learning styles.

If you would like more information about this valuable free resource, please contact Jo Gledhill or Clare McKeegan.

Masterclass Sessions return in the new year Watch this space



Your TENA Team

Jo Gledhill

Hi, I'm Jo Gledhill and I have worked for TENA for 10 years. Prior to this, I worked as a community staff nurse, an enteral feeding nurse advisor and a general nurse on an acute surgical ward. I live near Sheffield and have a 14-year-old son, 2 dogs and I got married last year to Tony. We've just bought our first house together and will hopefully be moving in the new year.



Jo Gledhill Senior Account Specialist – 07824 889189
jo.gledhill@essity.com (East)

Sarah Murray

Hi, I'm Sarah and I'm the Senior Clinical Consultant that works with Jo, Clare and the team in the North of England. I have been with TENA for over 20 years, always in a clinical role, and most recently have worked internally to improve and extend all our educational content.



I have always lived in the Northwest and am a proud northerner, loving sport (watching not participating) and have just discovered a newfound love for cross stitch and embroidery.

Sarah Murray Senior Clinical Consultant – 07831 112381
sarah.murray@essity.com

We are here to support you with all your TENA product needs product training and product assessment. Please do contact us if we can support you at all in anyway.

TENA Links

TENA Professional - [Incontinence care for professionals \(tena.co.uk\)](https://tena.co.uk)
A huge range of resources for Health Care Providers

TENA Professional Facebook - [TENA Professionals UK Facebook](#)

We are here to support you, and we look forward to hearing from you.