

Community

HEALTH

Caring for you, close to home

Spring 2015



*'I won't die
without a fight'*

**Geoff tells us how exercise
helps with his lung problem**



Easy Read

welcome



Welcome to the spring
Community Health magazine.

Kent Community Health **NHS**
NHS Foundation Trust

This is made by Kent Community
Health NHS Foundation Trust.



We make this magazine
4 times a year. It is free.



We hope you enjoy it.
Best wishes,

Julia



Julia Rogers, Editor

Phone 01622 211946

Created by Charlotte Baker
using CHANGE Pictures.

Designed by Julie Bignell.

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Kent Community Health NHS
Foundation Trust, The Oast,
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Barming, Maidstone, Kent ME16 9NT



Find us on Facebook
[/kentcommunityhealth](https://www.facebook.com/kentcommunityhealth)



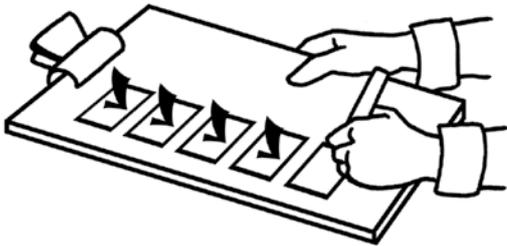
Follow us on Twitter
[@NHSKentCHFT](https://twitter.com/NHSKentCHFT)



Your SHOUT



We love hearing what you think.



97% of patients who filled in a survey said they were happy with the care we gave them. That's great!



Facebook fans /kentcommunityhealth

More than 70 of you liked the news on Facebook that we got foundation trust status in March.

Carmen.

Matron Carmen Cartmell said "It's brilliant news! We've all worked so hard to achieve this. I am proud to say I work for this organisation."



Top tweets @NHSKentCHFT



Natural Networks: Joined the lively Health Walk from @TCVsingleton run by @NHSKentCHFT. Plenty of sun and chatter. What a friendly bunch! #ashford #health



Watch this...

Our learning disabilities team show you what it's like to have a health check. They also tell you why it's important to have one.



If you have a learning disability, look after or work with someone with one you might find it useful.



Watch the video on YouTube.

Visit www.kentcht.nhs.uk/ld to find out more.

Tell us what you think...

Talk to our Customer Care Team by:



Phone 0300 123 1807



Text 07943 091958



Email kcht.cct@nhs.net

We did it!

1 March was a good day as we become a foundation trust.



Nurses, doctors, therapists and other staff at Kent Community Health NHS Foundation Trust are celebrating.

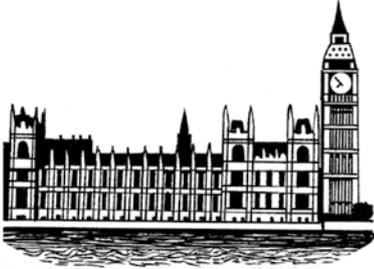


This is because we became a foundation trust on 1 March. We had to be assessed lots of times – it's a bit like doing an exam.





To pass the exam we had to show we provide really good care and are good with money.



Being a foundation trust means we are still part of the NHS, but we have more freedom from the Government.



We can make services better with help from local people. You can tell your local governor what you think.



We will be able to keep money we have left over at the end of the year and use it to make services better.



If you want to get involved you can become a member.
11,000 other people are already members.

How to become a member or contact your governor



Phone 01233 667827



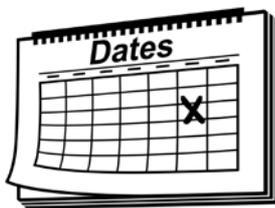
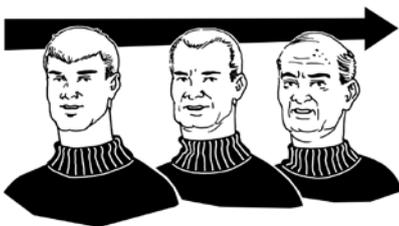
Email kcht.membership@nhs.net



Web www.kentcht.nhs.uk/FT

Community health services...

Tell us what you think about our 5 year plan



What do we do...

- We make sure children have a healthy start.
- We support people to stay well and make healthy choices.
- We help people look after their health problems.
- We look after lots of children and adults so they don't have to go into hospital.
- We look after people when they are dying.

Our problems...

- The population is getting bigger and older.
- 16.5% of people have one or more health problem. This will probably keep going up.
- More people want to use our services.
- Lots of people who need support don't get it quick enough.
- Healthcare costs are going up.





Things we can make better...

- We know patients want to be more involved in their care. You can become a member of the Trust and have your say.
- We want to use more technology like apps on smart phones.
- Our services work together with other parts of the NHS, social care and the voluntary sector.



Our goals...

These are the things we would like to do.

Goal 1

Stop people getting ill and dying early.

We can do this by supporting local people to make their health better.



Goal 2

Make life better for people with long-term health problems. We can do this by working together with other services so people can look after their own health problems.





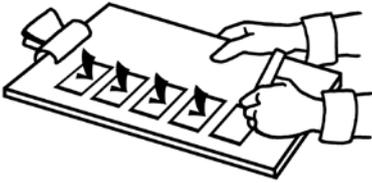
Goal 3

Help people to get better when they are ill.
We can do this by providing lots of health services in the community.



Goal 4

Make sure people have a good experience when they use our services.



Goal 5

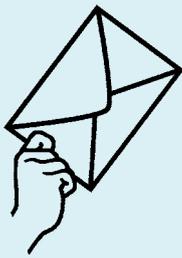
Make sure the care people get is good and safe.



Tell us what you think...

You can let us know your views by:

Post: KCHFT 5 year plan,
FREEPOST RSYZ-CKAR-BGAA,
Kent Community Health NHS Foundation Trust,
The Oast, Unit D, Hermitage Lane,
Barming, Maidstone, Kent ME16 9NT



Email: kcht.5yearstrategy@nhs.net



Online: www.kentcht.nhs.uk/fiveyearplan



Twitter @NHSKentCHFT use #KCHT5yrplan
in your message



We want to know:



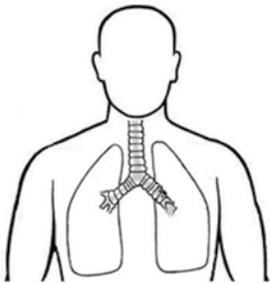
1. What can we do to help people stay healthy?
2. How can people like you and voluntary organisations help us?
3. How can we help carers to stay healthy?
4. How can we support people with long-term health problems?
5. How can we help people to stay out of hospital?
6. What other choices should we offer so people don't have to go to A&E?
7. How can we use technology more?
8. How can our governors make sure we know what you think?
9. What are the most important things we need to do to make the care we provide better?
10. What does good quality care mean to you?



‘Exercise is keeping me alive’



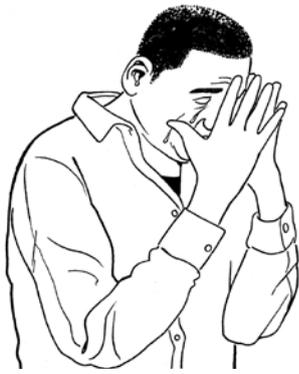
2 years ago Geoff Cackett was told he was dying. Geoff didn't want to die so he decided to fight back.



He has Chronic Obstructive Pulmonary Disease (COPD). This is a lung problem.



Julie Moore is a Community Respiratory Physiotherapist. She has been helping Geoff. They worked together to come up with an exercise plan.



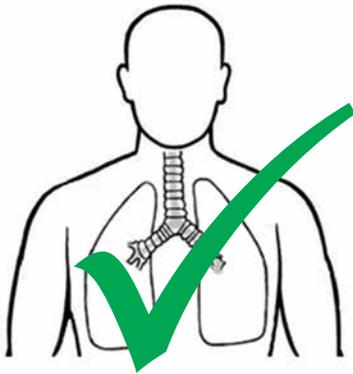
For someone with COPD exercise can be scary but it's really important.



Geoff has a routine.

He gets up and does a warm up, wall press ups and lifts weights.

If the weather is nice he goes for a walk in the afternoon.



Exercise makes it easier for Geoff to breathe. If he doesn't exercise he finds it hard to breathe and ends up in hospital.



The doctors and nurses said Geoff has COPD because he used to smoke a lot.



Geoff said, "I know people might say – why should I exercise I'm dying – but this is a horrible disease and I don't want to let it win."



Dave and
Greta Hickmott.

GOOD *will*



Volunteers are really important.

Here are some of the people who help us lots.



Power to the flowers

Dave and Greta Hickmott help to keep the garden looking nice at Sheppey Hospital.



Greta also organises activities to keep the patients on Harty Ward entertained.



Greta worked at the hospital for 22 years as a physiotherapy assistant. Then she retired. She couldn't wait to come back and help as a volunteer.

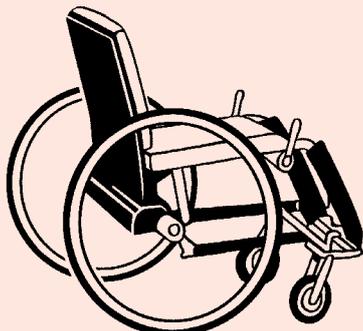
Hospital helpers



Since Rose and Jack Simmons got married 56 years ago they have always supported their local community. They helped with things like the guides and scouts and the police.



At the moment Rose and Jack help on the outpatient reception desk at Gravesham hospital. They do things like check patients in for appointments and give out hearing aid batteries.

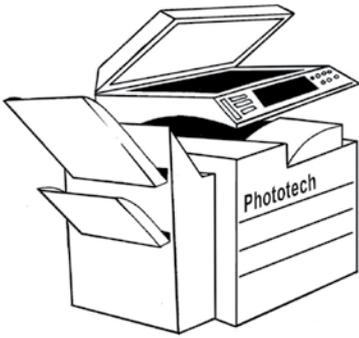


They have also helped at Livingstone Hospital in Dartford and volunteered for our Wheelchair Service.

The king of the shredders



Gary Clifton has been helping at Sheppey and Sittingbourne hospitals for 5 years.



Gary helps with photocopying, filing and answering the phone. His nickname is King Shredder as he also shreds papers that are no longer needed.



Gary said: "I understand how important it is for confidential waste to be shredded.

My shredding record is 23 sacks in one day!"



Last year Gary won our Volunteer of the Year award for his hard work.



Would you like to volunteer?

Caroline on 01795 418300 or Maria on 01474 360508.



The smile that makes it all worthwhile



8.30am



Steph Knight, children's physiotherapist, arrives at Ridge View School in Tonbridge.



Steph meets with the other physiotherapists, speech and language therapists and occupational therapists to have a talk.



10am



The children are in class so Steph visits 10-year-old Megan to check her wheelchair.

The team checks to make sure it still fits.



Next they fit some shoes.

The special boots are sent to the school. Steph takes them to the classroom for a child to try on.



Lunchtime



After lunch Steph talks to Michelle from the team. Michelle has visited the children on Hedgehog Ward at Pembury Hospital.



Michelle has a hydrotherapy (swimming pool) session with William. He is 14 and has Down's Syndrome. They spend 30 minutes playing with a ball in the water.



3.30pm



The children go home. The team use this quiet time to catch up on paperwork and calls before they go home too.

Your guide to **COMMUNITY SERVICES**



We have lots of NHS services in Kent.
These are called community services.



You can see some **without** asking
your doctor (GP) first.



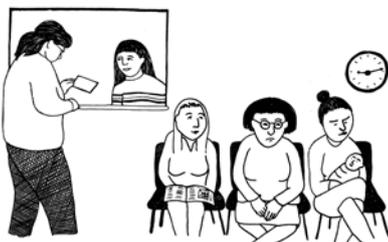
Visit www.kentcht.nhs.uk to find
out more about our services.



You don't need an appointment to go
to one of our minor injury units for cuts,
bruises, pains, common illnesses or
possibly broken bones.



We have 7 units across Kent which are
open every day from morning to early
evening.



People who are very sick will be seen first.
The wait at an MIU can be up to 2 hours
but you will probably be seen quicker.

Edenbridge District and War Memorial Hospital, Mill Hill TN8 5DA

8.30am to 6.30pm, every day of the year.

X-ray: 9am to 2.30pm, Monday to Friday.

Royal Victoria Hospital, Radnor Park Avenue, Folkestone CT19 5BN

8am to 8pm, every day of the year.

X-ray: 9am to 5pm, Monday to Friday.

Gravesham Community Hospital, Bath Street, Gravesend DA11 0DG

8am to 8pm, every day of the year.

X-ray: 8.30am to 12.30pm and 1.30pm to 5pm, Monday to Friday.

Sevenoaks Hospital, Hospital Road TN13 3PG

8am to 8pm, every day of the year.

X-ray: 8.45am to 5pm, Monday to Friday.

Sheppey Community Hospital, Plover Road, Minster ME12 3LT

9am to 9pm, every day of the year.

X-ray: 9am to 5pm, Monday to Friday.

Sittingbourne Memorial Hospital, Bell Road ME10 4DT

9am to 9pm, every day of the year.

X-ray: 9am to 9pm, Mon to Fri and 10am to 8pm, Sat to Sun.

Victoria Hospital, London Road, Deal CT14 9UA

8am to 8pm, every day of the year.

X-ray: 9am to 5pm, Monday to Friday.

There are other MIUs in Dover, Faversham and Whitstable.



FT

Fantastic Team

(Okay, so that's not quite what FT stands for. We're now a foundation trust. Yippee!)

Find out what this means for you at www.kentcht.nhs.uk/FT