

Community

# HEALTH

Caring for you, close to home

Summer 2015

## ONE STEP *at a time*

How our nurses are  
helping Roger get ready  
to leave hospital  
and go home



# welcome



Welcome to the summer  
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

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using CHANGE Pictures.

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Barming, Maidstone, Kent ME16 9NT



/KentCommunityHealth



@NHSKentCHFT

# Your SHOUT



We love hearing  
what you think.



**Facebook fans**

**Find us at /KentCommunityHealth**



There was a lot of love for one of our  
nurses, Karen Dent, on Facebook.

She helped a woman who had  
a motorbike accident before the  
ambulance arrived.

Samantha Knight posted on Facebook:  
“Well done Karen! Not surprised at all!  
Always on duty and ready to help.”



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## Top tweets

Follow us on Twitter @NHSKentCHFT



Faye Bedding tweeted:

"Happy International Nurses Day!  
Proud to say I work with brilliant nurses at  
Sevenoaks Hospital. Big love to you all."

## Watch this...

We've made a new film about our  
Occupational Therapy Team.  
They help people with learning  
disabilities to be more independent,  
use local services and be more confident.



Search NHSKCHT on  
YouTube to find our videos.

## Tell us what you think...

Talk to our Customer Care Team by:



**Phone** 0300 123 1807



**Text** 07943 091958



**Email** kcht.cct@nhs.net

Roger Pettit.

# STEP by STEP

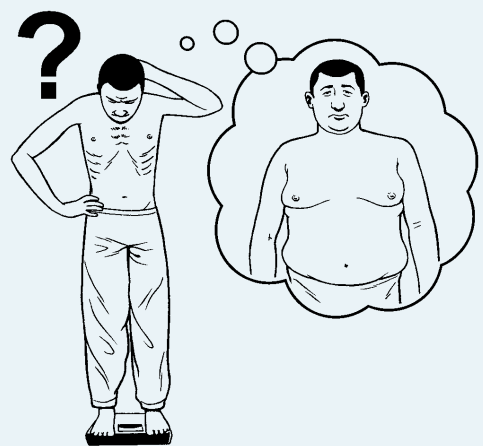


Roger Pettit, 66, has been in  
hospital for 5 months.



He is in hospital because the doctors  
found some nasty bugs in his blood.





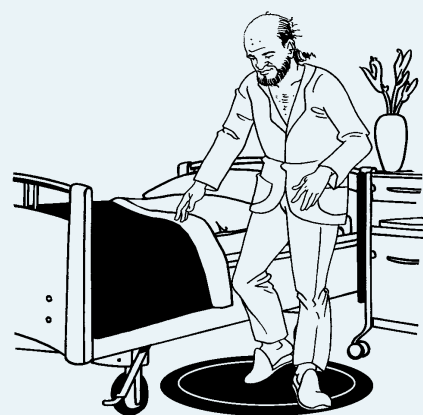
The operation and medicine saved Roger's life, but he was still unwell. He couldn't eat properly and lost 5 stone.



Roger felt very sad. He couldn't have a wash, get dressed or go to the toilet without help.



Roger was moved to Harty Ward at Sheppey Community Hospital. Our nurses and therapists there helped him start to get better.



After 5 weeks Roger could stand, get in and out of bed, wash and dress himself.

Roger doing an exercise with Senior Therapy Assistant Val Friar.



Roger said, "The nursing here has been superb."



Roger has also put on 3 stone because the hospital food is so good.



Roger is almost ready to go home. He will still need lots of help and support, but he is looking forward to being at home again with his wife, Linda.



# Born to move



**Born to move** is for mums, dads and carers with babies.



If you have a newborn baby your health visitor will show you how to use the **Born to move** app.

The app has tips, advice and games you can play with your baby.



You can use it until your child is 5 years old.



You can download it on Apple and Android devices, like phones or tablets. You can get it on the App Store and Google Play. Search for **Born to move**



Emily Leggat, 34, from Hothfield in Ashford said: "I love the app, it's quick, fun and simple to use."



## Have you tried the Born to move app?

Tell us what you think or let us know if you need help.

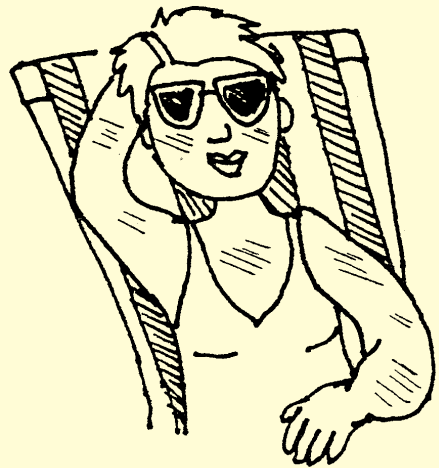


Facebook /BorntomoveNHS

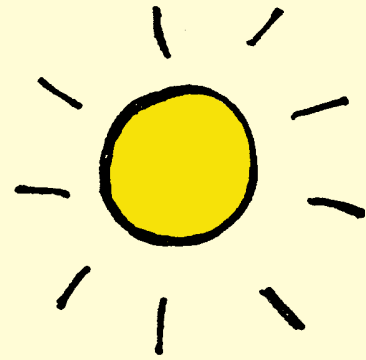


Twitter @BorntomoveNHS

# Stay safe this summer



Everyone loves  
the summer.



Don't forget to look  
after yourself though.



Make sure you stay safe in the sun  
and tell someone if you get bitten  
or stung by an insect.



Irene Elliott, 69, from Sittingbourne is  
really pleased our minor injury unit  
(MIU) nurses helped save her life.

*Irene Elliott.*



Irene was stung by a hornet.  
A hornet is similar to a wasp.



Her partner, Tony, 71, thought she was  
asleep but he couldn't wake her up.



Tony took Irene to the MIU in  
Sittingbourne.  
Our MIUs can help if you have  
a health problem.

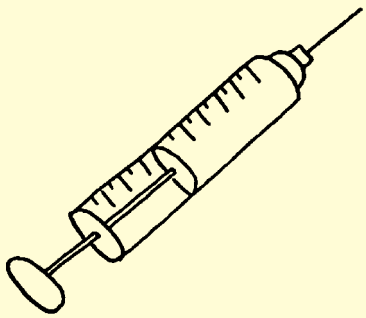


The nurses saw how unwell Irene was.  
Irene was having a serious allergic  
reaction to the hornet sting.  
This is called anaphylaxis.

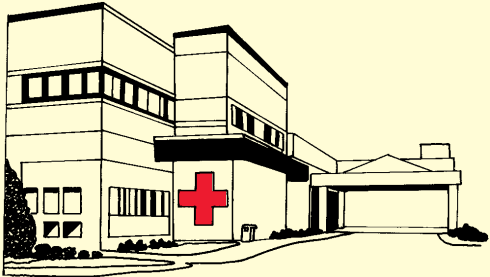




The nurses phoned 999 because the allergic reaction was so serious.



They gave Irene an injection and helped her while they waited for the ambulance to arrive.



Irene was taken to Accident and Emergency (A&E) at Medway Maritime Hospital where she had more treatment.



Irene was able to go home at 6pm on the same day thanks to all the NHS staff who helped her.



Irene has now been given a special pen so if she has another allergic reaction she can make herself better.

## **Anaphylaxis is very rare so don't panic.**



You can visit one of our minor injury units (MIUs) if you have:

- a cut
- been bitten or stung
- something stuck up your nose or in your ear
- a small burn
- broken your leg or arm.



Some of our MIUs can help if you have a cough, cold, ear infection or throat infection.



If you're not sure where to go phone NHS 111.

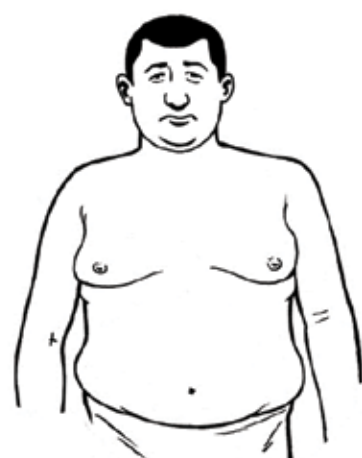
You can find our MIU opening times on page 19.





# A whole new man

Stephen Padwick



Stephen Padwick, 57, had lots of problems, such as:

- feeling anxious and sad
- arthritis
- a lung problem
- leg ulcers
- being overweight
- smoking lots.



He saw Kate Hogben from our Clinical Nutrition and Dietetics Service who helped him.



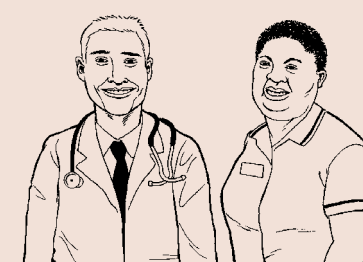
They looked at what he was eating and made changes to help. Stephen swapped takeaways and fast food for healthy stir fries and lots of fruit and vegetables.



Stephen has lost over 11 stone in the last year. He has also stopped smoking and doesn't feel anxious anymore.



Stephen said: "I still have a long way to go but I feel so lucky to have so many people from KCHFT looking after me. They have always been there. I am a whole new man thanks to their help."



## Can we help?

Your doctor or healthcare professional can refer you to the service.



To find out more visit [www.kentcht.nhs.uk/cnd](http://www.kentcht.nhs.uk/cnd)



If you feel anxious and sad you can get help from Anxiety UK.



For more information visit [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)



# Got your wellies?



We are going to some of Kent's biggest events this summer.



You can get advice about giving up smoking, losing weight, being more active and much more.



If you are aged between 40 and 74 you could also have a health check. It only takes 20 to 30 minutes.



## Here are some of the events we will be at this summer.

Come and find us – we will be wearing green t-shirts.

4-7 August	Cricket week (Canterbury)
8 August	Thanington Fun Day (Canterbury)
22 August	Seashells Fun Day (Sheerness)
27 August	Lark in the Park, Thanet
29 August	Kent Pride, Margate
13 September	Maidstone Mela
26 September	Dover Big Local Event





# Your guide to COMMUNITY SERVICES



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



You don't have to see your doctor (GP)  
first to visit some of them.



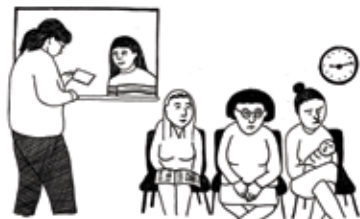
Visit [www.kentcht.nhs.uk](http://www.kentcht.nhs.uk) to find out  
more about our services.



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



We have 7 MIUs across Kent. They 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 8pm, Mon to Tues; 8.30am to 5pm, Wed to Fri  
and 10am to 4pm, Sat and Sun.

**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.



# Free NHS Born to move app



If you have a baby, this app may help you. It has been made by health visitors and parents. It has advice, tips and games that you can play with your baby.

**The app is free to download from the App Store and Google Play.**



Find out more at [www.kentcht.nhs.uk/Borntomove](http://www.kentcht.nhs.uk/Borntomove)

 Facebook /BorntomoveNHS

 Twitter @BorntomoveNHS

Built and with thanks to  
the Kent and Medway  
Health Informatics Service