

Community

HEALTH

Caring for you, close to home

Winter 2015/16

GOLD medal

Our hearing service helped Daphne's dream to come true

REAL LIFE:

What would you do if you were told you'll never eat again?



Easy Read

We want to hear your experiences of health & social care services.

We use your experience to help
improve services for the future.



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Text 07525 861 639. Text 'Need BSL' for our British Sign Language Interpreter to contact you

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welcome



Kent Community Health **NHS**
NHS Foundation Trust

Welcome to the
winter Community
Health magazine.

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
Morgan using
CHANGE Pictures.

Designed by
Julie Bignell.

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

*Published
December 2015.*



/KentCommunityHealth



@NHSKentCHFT

Your SHOUT



We love hearing what you think.



'Thanks for your help nursing dad'

Thank you to all the district nurses in Ashford for the excellent care you gave our dad Trevor. You have supported our family in nursing dad at his home.



It was his wish not to go into a hospice and with your help he was able to stay with his family until the end.

We take some comfort in this.



Thank you from all of us, you have been brilliant and we are so very grateful for your help, support and kindness through this difficult time.

Rita, Tony and Theresa, Ashford



Dr Jones finds fame!

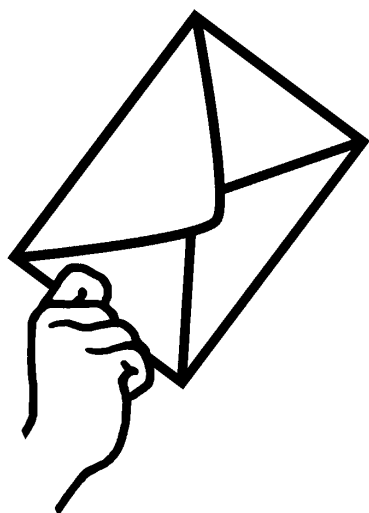
Our 'Dr Jones' NHS Health Checks film was up for an award recently. We didn't win but the judges said it was good and funny.



In the film, Dr Jones explains why you should have an NHS Health Check.



You can watch it on YouTube – just search **Kent Community Health**. Or you can visit www.kenthealthandwellbeing.nhs.uk



Do you have a story to tell?

Write to us:

Community Health magazine
Kent Community Health NHS Foundation Trust
The Oast
Hermitage Court
Barming
Kent ME16 9NT



Facebook fan? Find us at /KentCommunityHealth



Twitter tweeter? Follow us on twitter @NHSKentCHFT

A young girl with brown hair in a braid, wearing a pink and purple leotard, is performing a handstand on a pommel horse. She is holding the pommels with both hands, and her legs are split in the air, with one leg bent and the other extended. The background is dark, and the lighting highlights her form.

Going for a **GOLD** medal

10-year-old Daphne Harrington from Dartford loves gymnastics. Backflips and handstands are just like walking.



Earlier this year Daphne won a gold medal at the National Gymnastics Championships.



This was possible because of the Children's Hearing Service. They support children with hearing loss who live in west Kent, Medway and Swale.



Daphne had hearing loss when she was young. She has been seeing the team at Sevenoaks Hospital for 5 years.

"The team is wonderful"
said Daphne's mum Sonia.



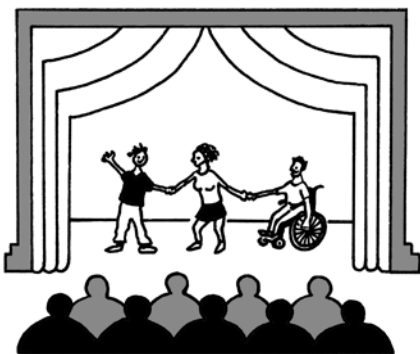
Sonia said the team were always there to help and answer questions. The family could have seen a team closer to home but they love seeing the team in Sevenoaks.



Daphne's hearing won't get any worse. This means with her hearing aids she can be like other 10-year-olds.



Daphne likes having hearing aids. She said: "I like that I can choose the colours I want when they need to be changed. If I need some peace and quiet I just take my hearing aids out. It's great when I have tests at school!"



Daphne's mum and dad love to watch her practise gymnastics.



For Daphne to enter the competition they had to ask the Children's Hearing Service for help with some paperwork.



Dr Raj Nandi said:

“When Sonia asked us to help Daphne qualify for the gymnastics competition we were thrilled to help.”



“We love to see our patients thrive and it’s wonderful to know one of our patients is a champion! ”



“We are all really proud of Daphne and her amazing success.”

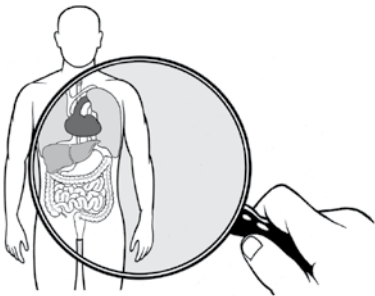


My last meal

John Palmer.



Ex-soldier John Palmer, from Dover, hasn't eaten in more than a year. This is because he had a stroke.



John was diagnosed with a paralysed epiglottis. This is a part of the tongue that stops food going into the lungs.



John was told he would never be able to eat again. He couldn't believe it. He asked how it would be fixed but there isn't a cure.



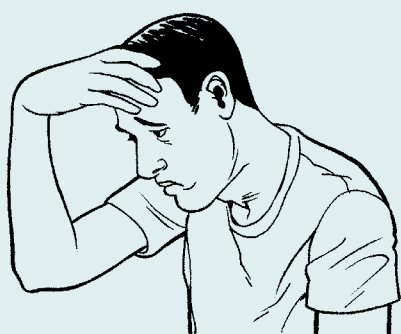
Food could go into John's lungs if he eats. This would make him choke. This means John has to be fed through a special tube in his stomach. It is called a PEG.



John still likes to taste food so he swishes his tea around in his mouth and spits it out.



John is under the care of our Home Enteral Nutrition Service, HEN for short. John said: "I've never had a service like the HEN team; they are incredible."



The team know when John is feeling sad or having problems. They give him support and make sure he is having enough food.



John said: "I can't thank them enough."

Like *family*



Lorraine Baker with the red boots on and some of the nurses who helped make her better.



Lorraine Baker had a stroke in her sleep last year.



Lorraine was paralysed on her left side. This means she couldn't move. She spent 3 weeks in Medway hospital. She then moved to Sheppey Community Hospital.

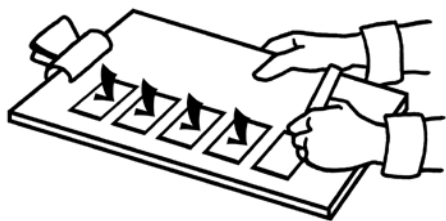


The Community Nursing Team on Harty Ward along with lots of therapists helped Lorraine get better and learn to walk again.



Lorraine said: "I couldn't wait to get home – but I miss the staff. Once I'm stronger, I want to start volunteering at the hospital to give something back as a way of saying thank you for everything they've done for me."

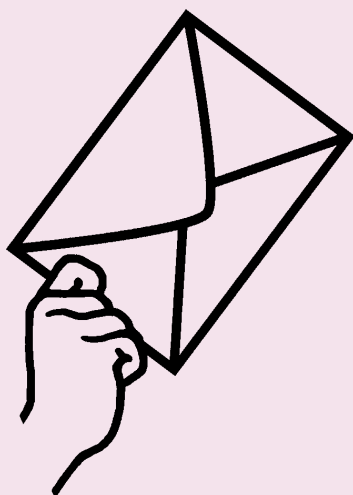
Reader survey



We always like to know what you think.

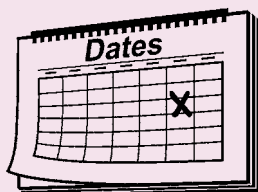
Fill in this survey and you could win a £25 M&S voucher.

You might like to ask someone for help.



When you are done cut the survey out and post it to:

Communications and Marketing Team
Kent Community Health NHS Foundation Trust
The Oast, Unit D
Hermitage Court
Hermitage Lane
Barming
Maidstone, Kent ME16 9NT



The closing date is 6pm on
Friday, 4 March 2016.



Terms and conditions:

A winner will be drawn at random from correct entries received before the closing date. The editor's decision is final.

Questions

1

Community Health magazine is published 4 times a year. How many editions do you usually pick up?

☐

1

☐

2

☐

3

☐

4

2

**Where do you usually get the magazine from?
(tick as many as you like)**

☐

GP surgery

☐

Hospital

☐

Pharmacy

☐

Supermarket

☐

Children's centre

☐

Library

☐

Leisure centre

☐

Read it online

☐

Other (tell us where).....

.....

3

Do you find the magazine interesting?

☐

Very interesting

☐

Very uninteresting

☐

Interesting

☐

Not sure

☐

Not very interesting

4

Are the stories easy to understand?

☐

Easy

☐

Confusing

☐

Not sure

5

How long do you spend reading the magazine?

☐

Less than 5 minutes

☐

15 to 30 minutes

☐

5 to 10 minutes

☐

More than 30 minutes



6

Which stories do you like reading the most?

- ☐ News
- ☐ Real life stories
- ☐ Self-help advice
- ☐ Information about services
- ☐ Readers' letters and stories
- ☐ How to get involved with the NHS
- ☐ Other (tell us what)

.....

**To be in with a chance of winning
a £25 M&S voucher tell us....**

**How many editions of Community Health
magazine do we publish a year?**

Your name

Your address

.....

Your phone number

How old are you?

What race are you (black, white, Asian or something else)?

.....

One of life's go-getters



Every year our Wheelchair Service helps thousands of people be more independent.



One of those people is Tina Eaton from St Mary's Bay in Dymchurch. Tina was having trouble with her old wheelchair so the team gave her one she can control with her elbow. It is safe and secure.



Tina said: "I can't recommend the team enough. They have always taken so much time to understand my needs and listen to what's important to me. If something didn't work, they would come back and fix it."

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.



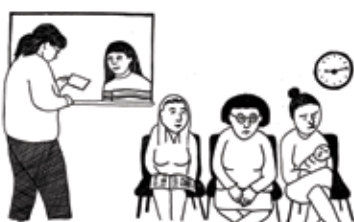
Visit www.kentcht.nhs.uk to find out
more about our services.



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 and District War Memorial Hospital, Mill Hill TN8 5DA

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

X-ray: 8.30am to 5pm, Mon, Wed, Fri (closed between 1 and 2pm).

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.

Kent Community Health



NHS Foundation Trust

Ryan is!

It can be hard to
stop smoking.

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do it alone.

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give us a call.

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