

Community

HEALTH

Caring for you, close to home

Spring 2016

Live the life you imagined

Maureen made her
life better and her
weight-loss
inspired her
to help
others



Easy Read



Public Health
England

HOW ARE YOU?

In our adult years, the lifestyle choices we make can dramatically increase our chances of becoming ill later in life.

Making small changes now can improve your health right away and double your chances of staying healthy as you get older. It's never too late to start.

Search One You and take the free health quiz to see how you score.

BECAUSE THERE'S ONLY
ONE YOU

Hello!

Kent Community Health **NHS**
NHS Foundation Trust

This magazine is made by Kent Community Health NHS Foundation Trust.



The magazine is full of stories about people we have helped. It also has information about the NHS services we provide and how you can contact us or get involved.

We hope you like it.



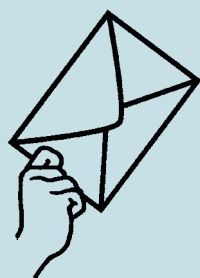
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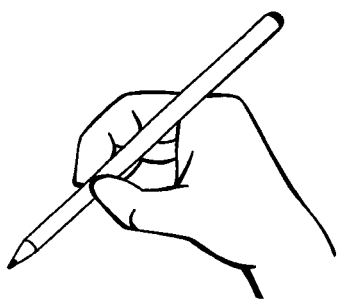
Charlotte Morgan using
CHANGE Pictures.

Your SHOUT



We love hearing what you think.

Stuart Lindsay from Cranbrook wrote us this letter...



Thank you for the care and attention given to me by the staff at Sevenoaks Hospital.



My swollen legs are better and I am moving around the house without a stick. I am getting my own breakfast and showering by myself.



My stay with you was enjoyable. Everyone had a smile on their face and although very busy, the staff had time for the patients. It was a happy place to be.



I have so many pleasant memories and I am so grateful for everything you all did for me.

Get involved!

Do you want to...



...have your say or ask a question?

Contact our Customer Care Team



Phone 0300 123 1807



Text 07943 091958



Email kcht.cct@nhs.net



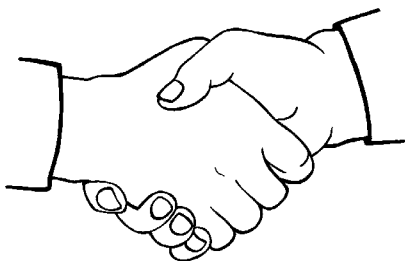
...volunteer for us and help out?



Phone 01474 360508 or 01795 418300



Email maria.swaby@kentcht.nhs.uk
or caroline.wheeler@kentcht.nhs.uk



...become a member?



Visit www.kentcht.nhs.uk/FT
and fill in the form



Phone 01233 667827



Email kcht.membership@nhs.net

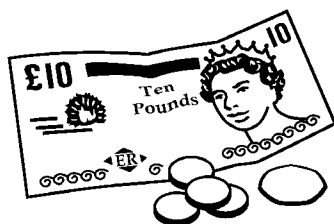
News about our charity

i care...

making a difference to patients



Our charity – **i care**
– helps us give our
patients better care
by buying things
that go above and
beyond what the
NHS can pay for.



We would love to
hear ideas about
how we can raise
money and get
people involved.

because

i care...

I donate



*Every penny
you give us is
appreciated.*

- **£10 to £20**
buys flowers and plants
- **£50 to £100**
buys special gym
equipment for therapy
- **£100 to £250**
buys special cameras
for patient wounds

...tell me more

Contact us if you want to get involved or if you have a question.



Phone 01233 667827 or 01622 211947



Email kchft.charity@nhs.net

i care...

sensors keep our patients on their feet



Nurses holding a sensor mat.



Our charity – **i care** – was able to give £30,000 to buy sensors for our community hospitals.

The sensors tell us if someone tries to get out of bed or a chair without help. This is important because the patient might be confused or may fall over.



Healthcare professional, Joel Brown, at Hawkhurst Community Hospital said: "They help us reach patients quickly before they are at risk of falling over."



Jack is 96 and has been at the hospital for 2 weeks. His son Peter said: "The alarm is very noisy, which is a good thing really. The sensors do a great job, staff can get to him quickly."

The NHS helped me fight back



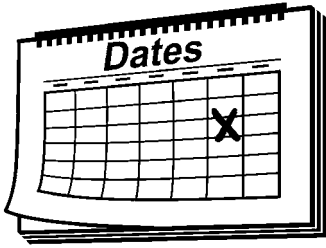
Jo.



Jo, who works for KCHFT, was on holiday when she had back pain and tingling in her fingers. She thought it would go away but it got worse.



The doctor knew something was wrong and sent Jo straight to the hospital in Canterbury. The doctors did lots of tests to find out what was wrong. Jo had Guillain-Barré Syndrome.



Jo had to stay in hospital for 12 days so she could have medicine. It was very scary.



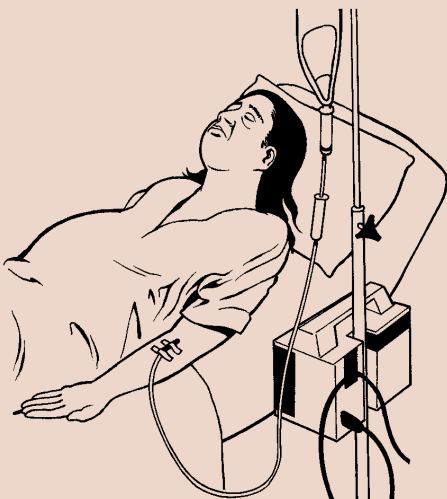
Jo saw lots of different healthcare professionals before she went home. She needed lots of help and support before she got better.



The help Jo had from Colleen Burford in KCHFT's Community Rehab Team was brilliant. Colleen went swimming with Jo and her family to help Jo recover.



It has taken Jo 6 months to feel better and she still has a little way to go. Jo said: "I'm really lucky to work for an organisation that cares so much."



What is Guillain-Barré Syndrome (GBS)?

GBS is a rare condition. It is serious. The body's immune system attacks the nervous system which means you can't move parts or all of your body.

Midlife MOT

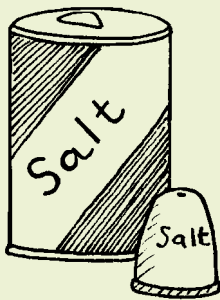
Martin.



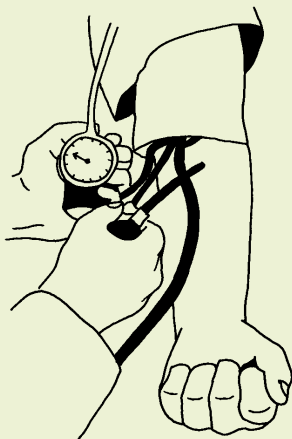
If you are aged between 40 and 74 you'll be invited for your NHS Health Check. Martin Robinson told us why you shouldn't ignore your invite...



Martin's family had a history of bad health. His dad died when he was 53 from heart disease and his mum, grandparents and auntie all had diabetes.



Martin had some unhealthy habits. He used lots of butter, cream and salt in his cooking. He knew it wasn't good but he did it anyway.



Martin saw a film about NHS Health Checks and decided he should have one.

Martin had high blood pressure, high cholesterol and he was over-weight. He was also at risk of getting diabetes. His doctor told him things had to change.



Martin started to make small changes to his diet and he went for a 30 minute walk every day. He said: "It's just common sense."



5 weeks after his health check Martin's blood pressure is healthy and he has lost some weight.

Live the life you imagined



Maureen now.



Maureen before.

A year-and-a-half ago Maureen was unhappy, size 22/24 and weighed 18 stones. She had tried lots of diets but struggled to lose weight.



In September 2014, Maureen decided to try an exercise DVD. She lost 4 stones but couldn't lose any more. She didn't know what else to do.

Luckily Maureen found out about a 12-week programme called Why Weight, run by the local council.



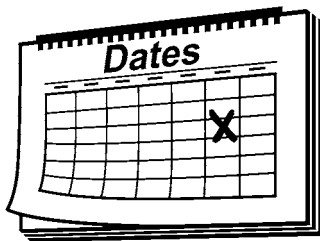
She started the programme in January 2015 and Kash, the programme leader, was great.



Maureen started eating a healthy diet. She also went to Why Weight once a week to learn about food and do some exercise. She lost more weight and made new friends.



Maureen wanted to continue getting some help so she could stay motivated. Kash referred her to the Health Trainer Service, where Maureen met Nikki.



Maureen saw Nikki every week to be weighed and for help with her lifestyle.



Maureen had done so well. She was helping others to get more active too. She saw a job advert for a trainee health trainer and thought:
“Wow, this is the job I want to do, I want to do what Nikki is doing.”



Maureen said: “I’m finally living the life I wanted to lead and doing a job that I love, helping others. I feel like a new person.”

Why I love my job...



**The KCHFT team is a great place to work.
Just ask our fantastic colleagues...**



Nicola.

“As a child I always wanted to be a nurse and perhaps in a few years’ time I will go to university and do a nursing degree.”

**Nicola Sparks, Clinical Bank
Healthcare Assistant,
at Livingstone Hospital,
Dartford.**



Debrah.

“My ambition was to be the best healthcare assistant I could be, but I certainly didn’t come here with the aim of running the place.”

**Debrah Phythian, Ward Sister
at Faversham Cottage Hospital.**

Pilates is the real deal



Emily with
Linda.



Emily.

Pilates (a type of exercise) is one of the ways we help people with pain.

“Pilates is a great way to get our patients moving again,” said Emily Johnson, Senior Physiotherapist.



Linda Ford from Sandown near Deal, gave it a try after she got a nasty pain in her leg.



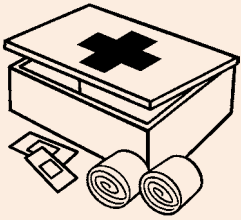
Linda said: “I liked the fact I was being proactive and doing something positive about making myself feel better.”

Services to help you



Here are some KCHFT services you might find useful. If you need one of these services ask someone for help or visit your doctor.

Minor injury or illness



Cuts or bruises, strains or sprains, or possibly broken bones, you don't need an appointment to pop into one of our minor injury units. Some of our units treat minor illnesses too.

Advice for carers



Edenbridge and District War Memorial Hospital

Mill Hill, Edenbridge TN8 5DA

Phone: 01732 862137

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

X-ray: 8.30am to 5pm,

Monday, Wednesday and Friday
(closed between 1 and 2pm).

Gravesend Community Hospital

Bath Street, Gravesend DA11 0DG

Phone: 01474 360816 8am to 8pm,
every day of the year.

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

Royal Victoria Hospital, Folkestone

Radnor Park Avenue,
Folkestone CT19 5BN

Phone: 01303 852727

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

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

Sevenoaks Hospital

Hospital Road, Sevenoaks TN13 3PG

Phone: 01732 470200

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

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



Sheppey Community Hospital

Plover Road, Minster,
Sheppey ME12 3LT

Phone: 01795 879100

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

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

Sittingbourne Memorial Hospital

Bell Road, Sittingbourne ME10 4DT

Phone: 01795 418300

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

X-ray: 9am to 9pm
Monday to Friday, 10am to 8pm
Saturday and Sunday.

Victoria Hospital, Deal

London Road, Deal CT14 9UA

Phone: 01304 865400

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

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



Waiting times

People with more serious minor injuries will still be given priority at our MIUs so a typical wait can be anything from a couple of minutes to around two hours. There are also MIUs run by other providers in Dover, Faversham and Whitstable.

Carers Trust

National charity with a network of partner organisations providing services to carers. Online community with discussion boards, hosted live chats and access to online support team.

Phone: 0844 800 4361

Web: www.carers.org

Carers UK

Carers UK is a charity set up to help the millions of people who look after an older, disabled or seriously ill family member or friend. They want society to respect, value and support carers.

Phone: 0808 808 7777

Web: www.carersuk.org

Carers Direct

Confidential information and advice for carers.

Phone: 0300 123 1053

Web: www.nhs.uk/carersdirect

Kent County Council

Find out what help is available for carers.

Phone: 03000 41 61 61

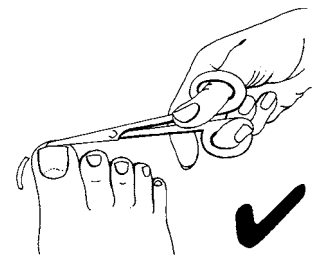
For emergency support out of hours please call 03000 41 91 91

Web: www.kent.gov.uk



You can also find more help and advice on our website www.kentcht.nhs.uk/carers

Services to help you



Children's Therapies

This service is made up of physiotherapists, occupational therapists, speech and language therapists, special nurse advisors, key workers and therapy assistants that provide a specialist therapy service for disabled children from birth to 19-years-old. The service is available in Dartford, Gravesham and Swanley, Sevenoaks, Tunbridge Wells and Tonbridge, Maidstone and Malling and Thanet and Canterbury. You can find full details on our website. Web: www.kentcht.nhs.uk

Customer Care Team

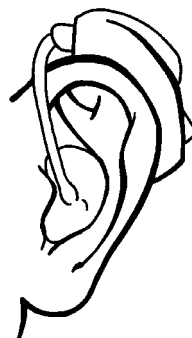
If you have a comment, complaint or compliment call the Customer Care Team.

Phone: 0300 123 1807

Text: 07943 091958

Email: kcht.cct@nhs.net

New Born Hearing Screening Programme



This service offers high-quality newborn hearing screening and safe and effective assessment for babies in west Kent, Medway and Swale. Phone: 01732 471308

Toenail cutting service

Starting at £13 per session, we can cut your toenails for you. This service is ideal for people who find it hard to look after their feet and who are not entitled to this care through the NHS. Clinics are available in Herne Bay and expanding across Kent in the coming months. You need to book in advance.

Phone: 0300 123 1554

Web: www.kentcht.nhs.uk/nails

Sexual Health

Worried about symptoms, need contraception or just looking for advice?

We run daytime and evening clinics with walk in and appointment sessions. Services run across Kent, please contact us for more information.

• **Phone** 0300 790 0245

• **Visit** www.kent.gov.uk/sexualhealth

Dental

General Dental Services in Sandwich and Ramsgate provide a full range of NHS dental treatment for patients in a high street setting. Church Hill Dental Practice, Ramsgate New Street Dental Practice, Sandwich Phone: 0300 303 4930



Physiotherapy

In some areas you can contact the service direct, in others you will need a referral.

Call to find out more.

Phone: 0300 123 0854

Podiatry/foot care

Our Podiatry Team specialises in foot health, from common foot problems to more complicated conditions needing surgical correction. You need to be referred by a GP or healthcare professional. For more information you can contact the service direct.

Phone: 0300 123 6756

South East DriveAbility

This centre provides assessment and advice on driving, car adaptation and car choice for disabled drivers and passengers.

Email: kcht.sedriveability@nhs.net

Phone: 01622 606900

Falls Prevention (east Kent)

A 12-week prevention and assessment service for anyone at risk of falling, or who has fallen.

Phone: 01303 854488

Email: fallspreventionservice@nhs.net

Kent Contenance Service

Advice and support for anyone with bladder and bowel problems, including incontinence.

Phone: 0300 7900 310

Kent Contenance Business Office

Phone: 01322 622355



Your new website www.kentcht.nhs.uk



You can...

- easily find the right service for you
- keep up-to-date with the latest news
- give us your views online
- read our latest magazine.

HEALTH AND WELLBEING SERVICES



ONE PHONE NUMBER

0300 123 1220



ONE EMAIL ADDRESS

KCHT.HICENTRALADMIN@NHS.NET



Stop smoking option 1

We can help you stop smoking.



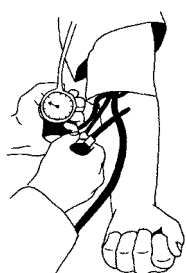
Healthy weight option 2

We can help you and your family be a healthy weight. We can help with foods to eat and exercise.



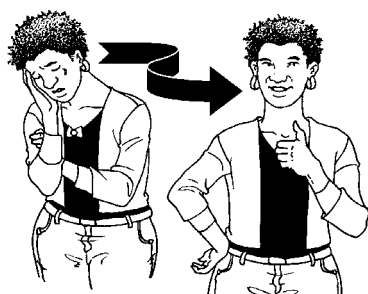
Health trainers option 3

We can help you make changes in your life so you can be healthy.



NHS health checks option 4

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



Expert patients programme option 5

Help for people with health problems in east Kent.



www.kenthealthandwellbeing.nhs.uk

BECAUSE THERE'S ONLY
ONE YOU

i care...

my donation makes
a difference to
patients and
their families.

Help the NHS go above and beyond.



Visit www.kentcht.nhs.uk/icare

your gift, our promise.