

Community

HEALTH

Caring for you, close to home

Summer 2016

Eyes that speak

The technology
and the team
which give
Quinn his
voice and
independence



COULD A HEALTH TRAINER HELP YOU?

If you want to make some changes to your life, ask an NHS Health Trainer. They can give you free advice and support to get you on your way to a healthier future.

Call free on 0300 123 1220 or visit
www.kenthealthandwellbeing.nhs.uk.

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.



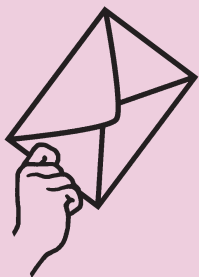
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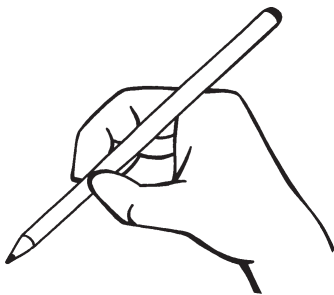
Charlotte Morgan using
CHANGE Pictures.

Adapted from the full edition of Community Health. Available online.

Your SHOUT



We love hearing what you think.



Lillian wrote this letter about her care at Hawkhurst hospital...



Thank you for the wonderful care and understanding at Hawkhurst hospital that I have received from everyone while in your care.



I would not have recovered as quickly without your kindness and encouragement.



I will be eternally grateful.
Thank you from the bottom of my heart.

Get involved!

Do you want to...



...have your say or ask a question?

Contact our Customer Care Team



Phone 0300 123 1807



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

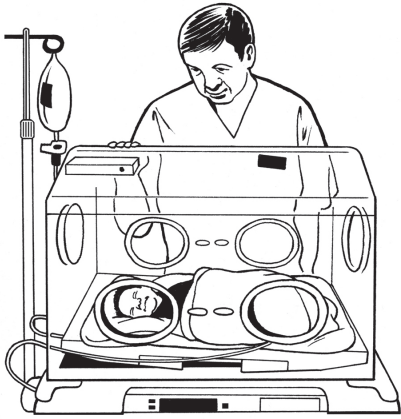


Email kcht.membership@nhs.net

Eyes that speak



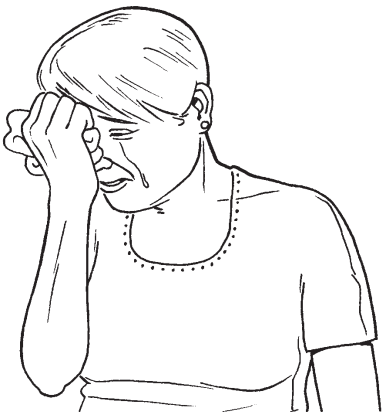
Quinn with
his dog Pete.



When Quinn Mart was born he stopped breathing for 10 minutes. The doctors did some tests and found out he had brain damage and quadriplegic cerebral palsy.



This affects the muscles in his legs and arms. It means he can't sit down, stand up or say very much.



The doctors said he wouldn't walk or be able to talk. This made Quinn's mum and dad very sad.



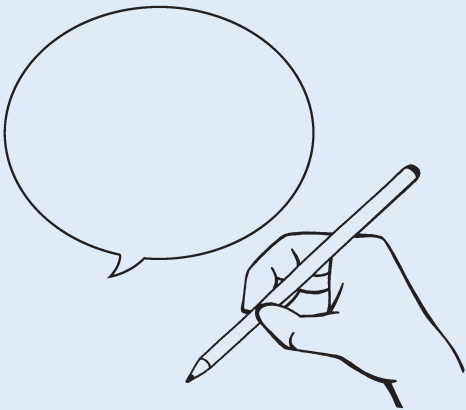
When Quinn was 4-years-old, he started to see therapists at a special service, called Kent and Medway Communication and Assistive Technology Service (KM CAT).



The team gave Quinn and his family support to help Quinn communicate. They provided special equipment and technology that Quinn could use.



Quinn is now 11-years-old and has just been given a computer, called Tobii, to help him communicate.



The computer looks at Quinn's eyes. Quinn controls it by moving his eyes. It means he can pick things for the computer to read out or write down.



Quinn has great fun using the computer.

He changes the TV channel, picks music to listen to, sends his dad funny text messages and even calls his dog Pete.



Quinn's mum said:
"We are very lucky
to have a service
like the KM CAT
team as we'd never
be able to afford
a device ourselves
and access that
kind of support."

In this picture:
Quinn with his
mum and dad.



Want to know more about KM CAT?



Phone 01233 629859



Email kentcatadmin@kent.gov.uk



Visit www.kentcht.nhs.uk/childSLT

Peter.

The centre with the healing touch



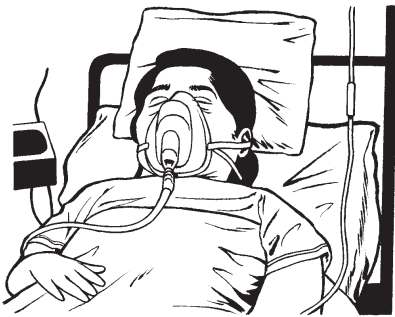
Peter Braby, 71, was playing with his puppy when it accidentally scratched his leg.



Within a few days the scratch had got bigger and he was in a lot of pain.



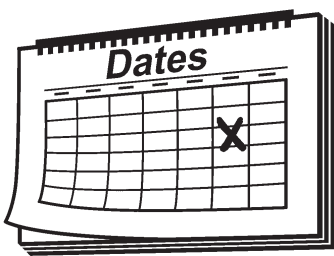
Peter went to see a doctor. He found out his leg wasn't getting better because of another medicine he was taking.



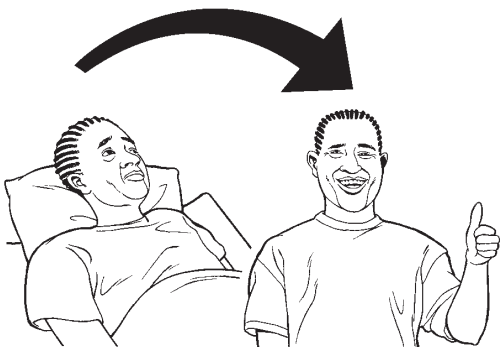
Things got even worse in February last year when Peter ended up in hospital with pneumonia. Pneumonia is caused when germs get in the lungs.



Peter recovered from the pneumonia and went home but his leg still wasn't better. A new wound medicine centre opened at Sittingbourne Memorial Hospital so Peter went to see special nurse, Laura Lodge.



Within 2 weeks the pain had gone and Peter's leg was much better. Peter carried on seeing the team 3 times a week for 7 months and now his leg is all better.



Peter said: "It's a wonderful clinic and a pleasure to visit. If I hadn't been there I don't know if my leg ever would have healed. I couldn't have asked for anything better."

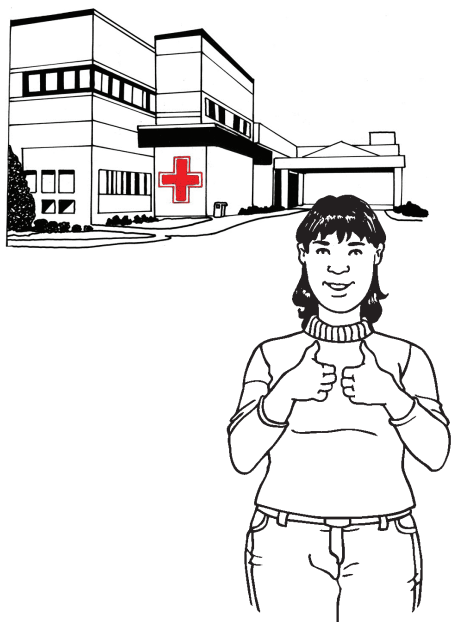
i care...



...help the NHS

Registered charity no. 1139134

donate today



Georgina Maddox, 72, used the wound medicine centre at the Queen Victoria Memorial Hospital in Herne Bay. Georgina had been suffering with painful leg wounds before the team helped her. She was so pleased that the team helped her get better that she decided to donate £4,800 to them!



The Masonic Lodge in Dover raised more than £500 for **i care** after they had a wine and wisdom evening for their members and their families.



A recent staff prize draw raised £2,200 for our charity. There were 12 fantastic prizes to win, all donated by our partners.

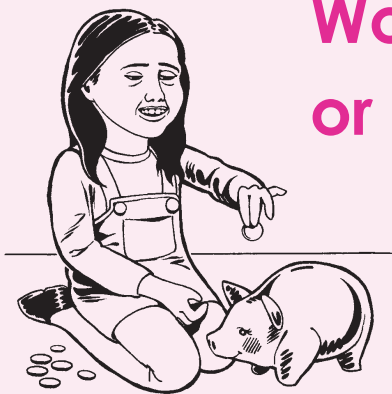


Thank you to everyone for your donations.



Your donations help us give our patients better care by buying things that go above and beyond what the NHS can pay for.

**Would you like to donate
or help us fundraise?**



Phone 01233 667827

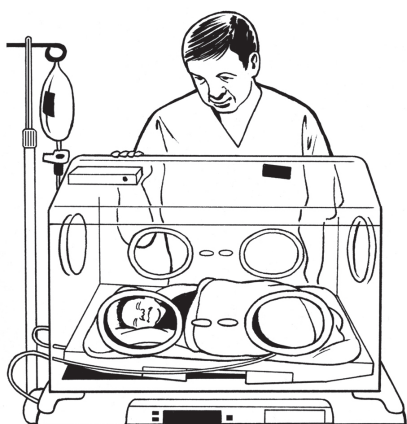


Email kchft.charity@nhs.net



Visit www.kentcht.nhs.uk/icare

Ready to ROLL

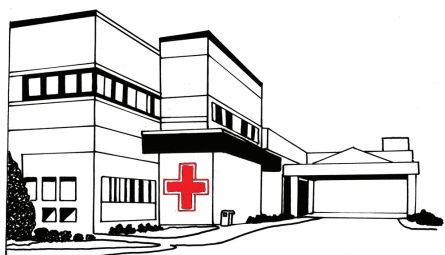


Laylalilly was born with spina bifida, a condition that means the spine doesn't grow properly.

This means Laylalilly cannot use her legs as she is paralysed from the waist down.



Laylalilly's mum, Sherena, 31 and dad, Russell, 40, knew she would need 24-hour care from day one because she was so poorly.



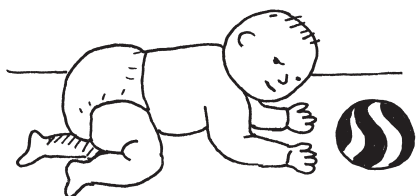
Laylalilly had to have 2 operations after she was born. She also had to go for lots of appointments, including at the Evelina Children's Hospital in London and at Maidstone Hospital.

Laylalilly.

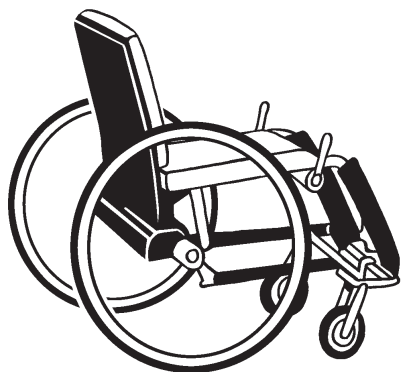




Laylalilly is now 2-and-a-half and doesn't let anything stop her from having fun. She loves Peppa Pig, reading books and playing with her dolly.



Laylalilly can crawl using her arms but she was unsafe being on the floor and would get sad if she was in a chair.



The family went to see the Kent Wheelchair Service to see if they could help Laylalilly.

The team found Laylalilly a wheelchair that was light and small. As soon as she was in the wheelchair she was off and pushing herself around using her arms.



Russell said: "Her chair has made her more independent and so much happier. The best thing is the chair can grow with her so it will support her development too. It has made a big difference for us all."

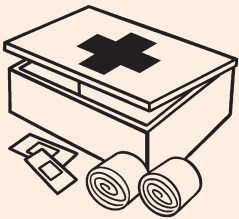
Laylalilly with her dad and mum.

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).

Gravesham 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.

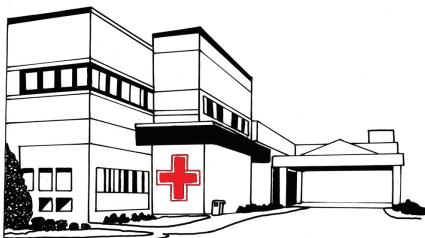
Sevenoaks Hospital

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

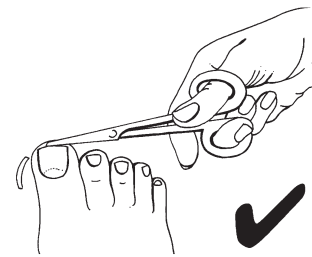
For emergency support out of hours please call 03000 41 91 91

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: 0300 123 3071

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)

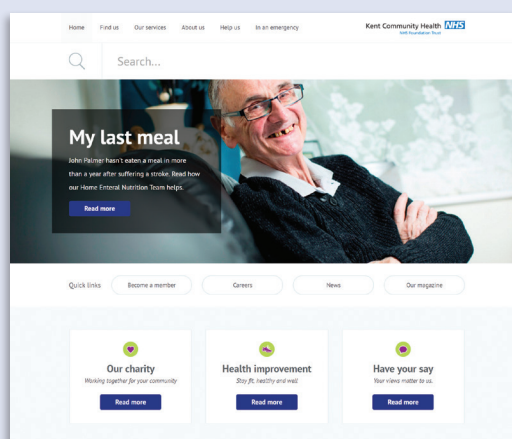
A 12-week prevention and assessment service for anyone at risk of falling, or who has fallen. Phone: 01303 854488 Email: fallspreventionservice@nhs.net

Kent Continence Service

Advice and support for anyone with bladder and bowel problems, including incontinence. Phone: 0300 7900 310 Kent Continence 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.



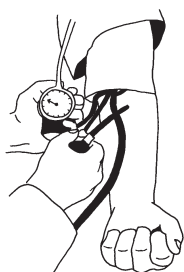
Healthy weight option 2

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



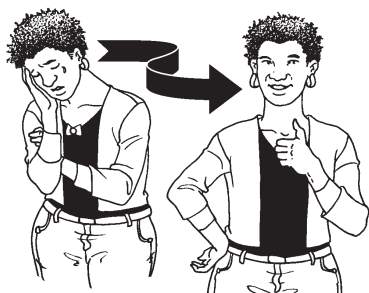
Health trainers option 3

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

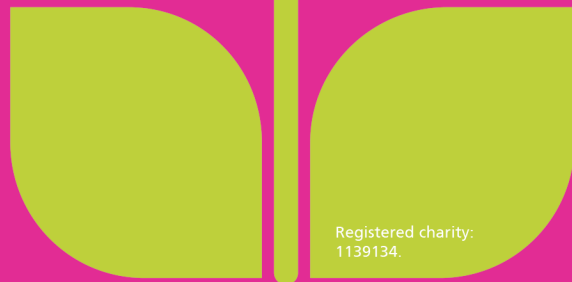
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NHS go above
and beyond.

www.kentcht.nhs.uk/icare
your gift, our promise.



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