

Community

# HEALTH

Caring for you, close to home

Winter 2016/17

## Saved at sea

How Steve  
was brought  
back to life  
after having  
a heart  
attack when  
swimming



Easy Read



# NEW YEAR, NEW YOU.

Do you want to:

Get active?

Go smokefree?

Lose some weight?

Just feel better about life?



Call 0300 123 1220 or



visit [www.kenthealthandwellbeing.nhs.uk](http://www.kenthealthandwellbeing.nhs.uk)  
for free support from the NHS.

# Hello!

Kent Community Health   
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 has information about our NHS services and how you can contact us or get involved.



We hope you like it.



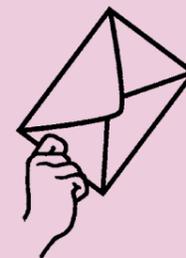
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Visit our website [www.kentcht.nhs.uk](http://www.kentcht.nhs.uk)



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# OUR NEWS



Our Stop Smoking Service is celebrating. It's the 3rd best stop smoking service in the UK.



Soon we will have wi-fi (internet) in our hospitals. This will help patients keep in touch with their family and friends.



Learning Disability Nurses Chris Hunter and Des Clarke have been given an award.

The award is for teaching people with learning disabilities how to live a healthy life.

# 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](mailto:kcht.cct@nhs.net)

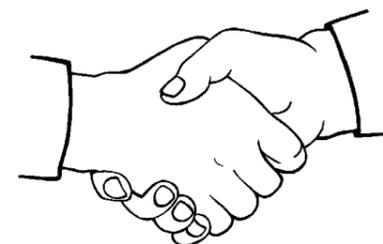
### ...volunteer for us and help out?



 **Phone** 01474 360508 or 01795 418300

 **Email** [maria.swaby@kentcht.nhs.uk](mailto:maria.swaby@kentcht.nhs.uk)  
or [caroline.wheeler@kentcht.nhs.uk](mailto:caroline.wheeler@kentcht.nhs.uk)

### ...become a member?



 **Website** [www.kentcht.nhs.uk/FT](http://www.kentcht.nhs.uk/FT)  
and fill in the form

 **Phone** 01233 667827

 **Email** [kcht.membership@nhs.net](mailto:kcht.membership@nhs.net)

# Saved at sea

Steve.



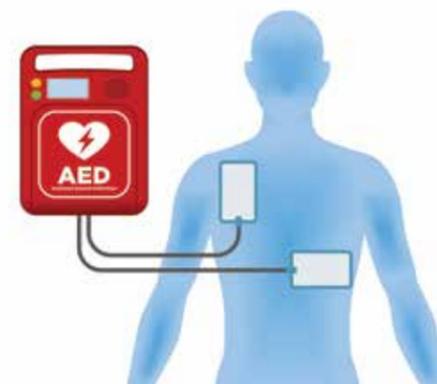
Steve was swimming in the sea when he had a heart attack.



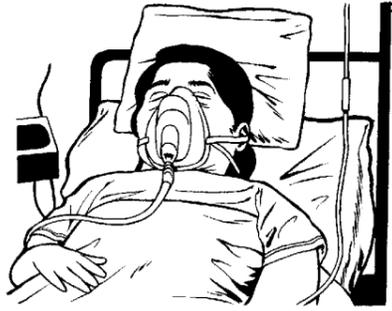
His swimming coach and people from the beach came to help get Steve out of the sea. They phoned 999.



A doctor and nurse were on the beach. They tried to save Steve's life.



Steve's heart had to be shocked with a defibrillator. A defibrillator is a piece of equipment that can help if someone's heart has stopped beating.



Steve was taken to hospital. He was put into a coma to help him get better.



Steve woke up the next day. He had to have an operation to fit something called a stent.



Steve was allowed to go home. He went to see the Cardiac Rehabilitation Service. It runs a course to help people with their confidence and get active again.



Steve with the Cardiac Rehabilitation Service.



The team helped Steve with his diet, exercise and medication.



The only thing Steve can think of that might have caused his heart attack is smoking.

As soon as Steve left hospital he stopped smoking and says he will never smoke again.

## Want help to stop smoking?



Phone 0300 123 1220



Text QUIT to 87023



Visit [www.kenthealthandwellbeing.nhs.uk](http://www.kenthealthandwellbeing.nhs.uk)

# There's no place LIKE HOME



92-year-old Joyce likes to be at home. She is proud she is still independent.



She has lots of health problems that sometimes mean she needs to go to hospital.



Long-term conditions practitioner Rod Bryant came to see Joyce at home. He supports people with complicated and long-term health problems.



Joyce said: "Rod has been friendly, approachable and caring and I know I can ask him anything about my health and I won't feel embarrassed."



# DOUBLE TROUBLE

Eleanor and Imogen.



Eleanor and w  
with mum Jo.



Twins Eleanor and Imogen have cerebral palsy. They get lots of help from the Children's Therapies Service to help them live normal lives.



The twins have big plans for their future, including winning an Oscar and becoming prime minister.



Sue Court, Professional Lead for Children's Occupational Therapy, said she really enjoyed helping Eleanor and Imogen.



Eleanor said: "There are certain areas of life where we need some extra help. It's nice knowing there are people there who can help make life a little easier."

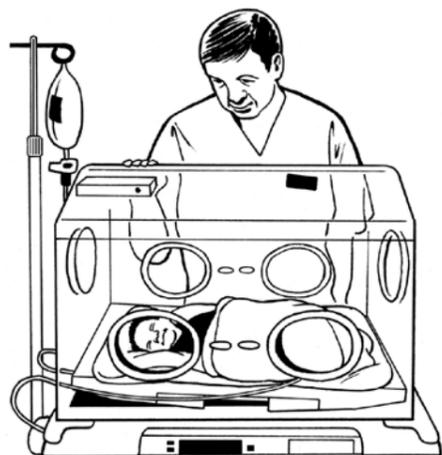
# i care...



...help the NHS

Registered charity no. 1139134

donate  
today



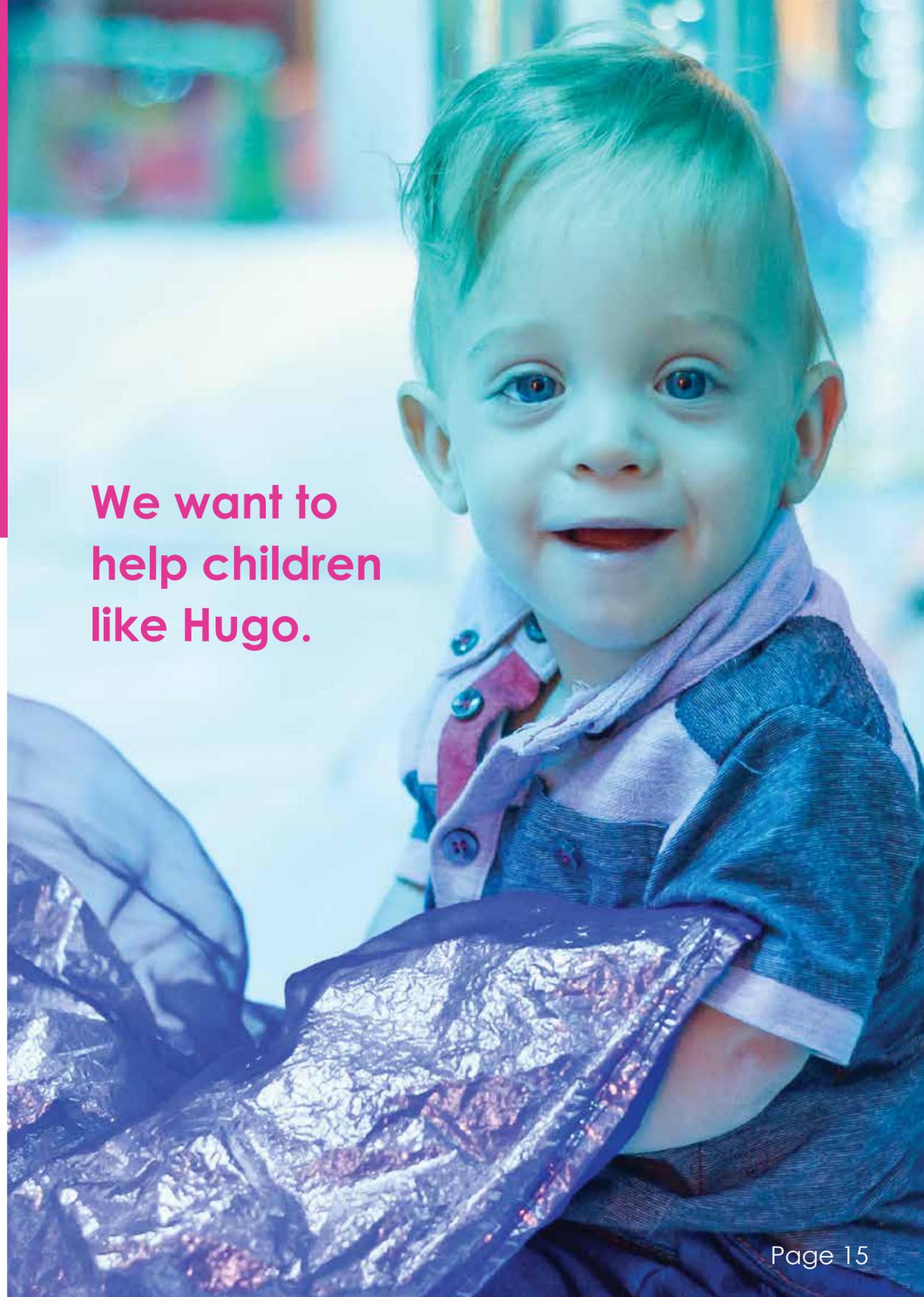
Hugo Hardy was born early.  
He has cerebral palsy.

This affects the way he moves.



Hugo is now a year old and is  
learning to play thanks to  
a sensory room.

Sensory rooms use lights, music  
and things to touch to help  
children play and relax.



We want to  
help children  
like Hugo.



Hugo's mum said: "The sensory room really helps Hugo. He loves it. He's come on leaps and bounds since we started using it."



We want to help even more children like Hugo. This is why our charity, i care, is raising money to build a sensory room in Maidstone.



To make this happen, we need to raise **£28,000.**

**If you want to donate or help us raise money, get in touch.**



**Phone** 01233 667827



**Email** [kchft.charity@nhs.net](mailto:kchft.charity@nhs.net)



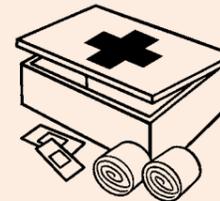
**Website** [www.kentcht.nhs.uk/icare](http://www.kentcht.nhs.uk/icare)

# 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 go to a minor injury unit. Some 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 (except Christmas day).  
**X-ray:** 9am until 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:** 9am to 5pm, Monday to Friday (closed bank holidays).



### Sheppey Community Hospital

Plover Road, Minster, Sheppey ME12 3LT  
**Phone:** 01795 879104  
 9am to 9pm, every day of the year (except Christmas day).  
**X-ray:** 9am until 5pm, Monday to Friday (closed bank hols).

### 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 865437  
 8am to 8pm, every day of the year.  
**X-ray:** 9am until 5pm, Monday to Friday (closed bank hols).



## Waiting times

People with serious minor injuries will be seen first. You might wait a few minutes to 2 hours. There are other minor injury units in Dover, Faversham and Whitstable.

### Carers Trust

National charity offering services for carers.  
**Phone:** 0844 800 4361  
**Website:** [www.carers.org](http://www.carers.org)

### Carers UK

Carers UK is a charity that helps people who look after an older, disabled or seriously ill family member or friend.  
**Phone:** 0808 808 7777  
**Website:** [www.carersuk.org](http://www.carersuk.org)

### Carers Direct

Information and advice for carers.  
**Phone:** 0300 123 1053  
**Website:** [www.nhs.uk/carersdirect](http://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  
**Website:** [www.kent.gov.uk](http://www.kent.gov.uk)



You can also find more help and advice on our website [www.kentcht.nhs.uk/carers](http://www.kentcht.nhs.uk/carers)

# Services to help you

## Children's Therapies

Offers therapy service for disabled children from birth to 19-years-old.

Website: [www.kentcht.nhs.uk](http://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: 07899 903499  
Email: [kcht.cct@nhs.net](mailto:kcht.cct@nhs.net)

## Dental

NHS dental treatment in Sandwich and Ramsgate.

Phone: 0300 303 4930



## Falls Prevention (east Kent)

A service for anyone who might fall, or who has fallen.

Phone: 01303 854488  
Email: [kcht.fallskent@nhs.net](mailto:kcht.fallskent@nhs.net)

## Kent Contenance Service

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

Phone: 0300 7900 310

## New Born Hearing Screening Programme



Tests the hearing of babies in west Kent, Medway and Swale.

Phone: 0300 123 3071

## Physiotherapy

Help if you are in pain. Call to find out more.

Phone: 0300 123 0854

## Podiatry/foot care

Help with foot health and foot problems. You need to be referred by a GP or healthcare professional.

For more information phone: 0300 123 6756



## Toenail cutting

From £13. We can cut your toenails for you. This service is great for people who find it hard to look after their feet.

Phone: 0300 123 1554  
Website: [www.kentcht.nhs.uk/nails](http://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.

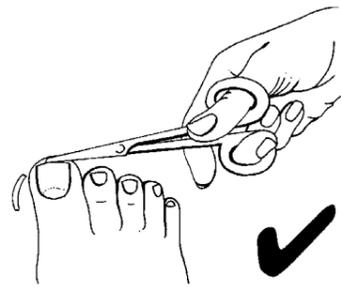
Please contact us for more information.

Phone: 0300 790 0245  
Website: [www.kent.gov.uk/sexualhealth](http://www.kent.gov.uk/sexualhealth)

## South East DriveAbility

Advice on driving, car adaptation and car choice for disabled drivers and passengers.

Email: [kcht.sedriveability@nhs.net](mailto:kcht.sedriveability@nhs.net)  
Phone: 0300 0134 886



Have you visited our website?  
[www.kentcht.nhs.uk](http://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  
**KCHFT.HIREFERRAL@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.



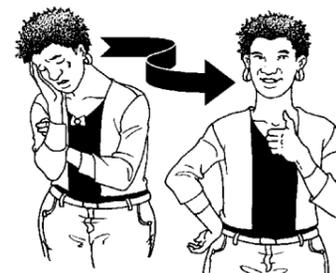
## Health trainers, option 3

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

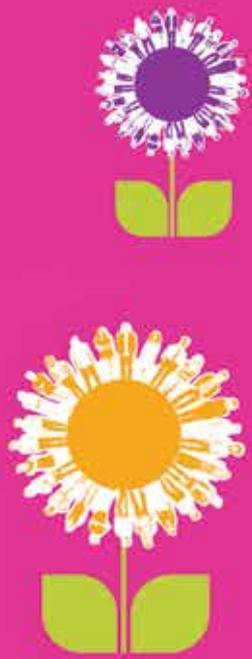
Help for people with health problems in east Kent.



[www.kenthealthandwellbeing.nhs.uk](http://www.kenthealthandwellbeing.nhs.uk)

BECAUSE THERE'S ONLY  
**ONE YOU**

# i care...



You can help  
the NHS.

Get involved



[www.kentcht.nhs.uk/icare](http://www.kentcht.nhs.uk/icare)  
your gift, our promise.

Registered charity:  
1139134