

Community

HEALTH

Autumn 2016

Caring for you, close to home

Harlan's food fear

Find out how Harlan
beat his food fear
with help from his
school nurse



Kent Community Health



NHS Foundation Trust

STOP TOBER



Get help to stop smoking



Call 0300 123 1220



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



We hope you like it.



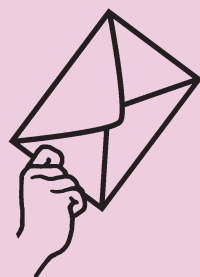
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[/KentCommunityHealth](https://www.facebook.com/KentCommunityHealth)



Tweet us
[@NHSKentCHFT](https://twitter.com/NHSKentCHFT)



Visit our website www.kentcht.nhs.uk



Our base

KCHFT NHS,
The Oast, Hermitage
Court, Barming,
Maidstone,
Kent ME16 9NT



01622 211946

The team

Editor Fay Sinclair

Designer

Julie Bignell

Created by

Charlotte Morgan using
CHANGE Pictures.

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

OUR NEWS



We support the
Accessible Information Standard.

We make sure everyone has information they can understand with support. This means they get the best care and treatment.



Know what to do in a power cut?

Phone 105 to find out what's happening. This is a new number. It's free to call.



2 of our hospitals scored 5 stars from the Food Standards Agency because the kitchens are so clean. Well done.

Get involved!

Do you want to...



...have your say or ask a question?

Contact our Customer Care Team



Phone 07899 903499



Email kcht.cct@nhs.net



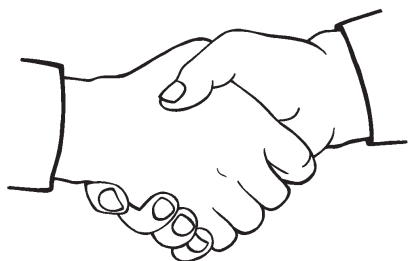
...volunteer for us and help out?



Phone 01474 360508 or 01795 418300



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



...become a member?



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



Phone 01233 667827



Email kcht.membership@nhs.net

Harlan's food fear

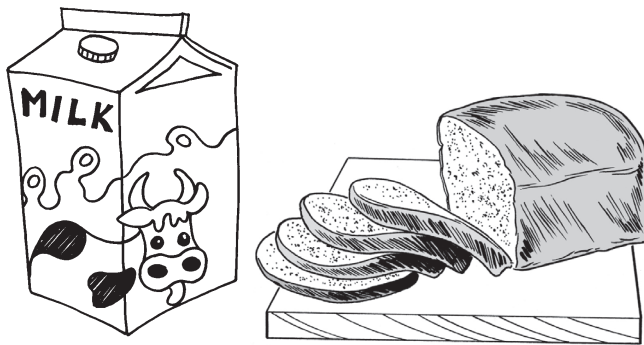
Harlan.





Harlan Groombridge is 7.

He lives in Broadstairs
with his family.



Harlan only liked milk,
bread and potato.



Harlan was scared to eat
anything else.

It made him upset.



Harlan's mum and dad
didn't know what to do.

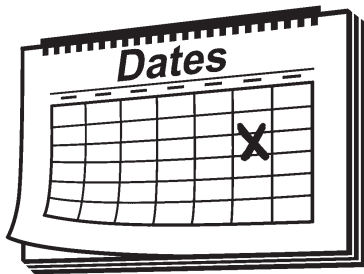


They went to the doctor for help.



The doctor sent them to see Cassia from the School Health Service.

Cassia spent lots of time with Harlan. They tried lots of different foods.



Cassia saw the family once a week for a few months.



Now Harlan eats more foods. He loves strawberries, carrots and fish and chips.



Harlan and his family are much happier.



Cassia helping Harlan.

i care...



...help the NHS

Registered charity no. 1139134

donate today



i care...

i care is a charity.

People give money to i care.



NHS

The money helps make things better for patients. It pays for things that Kent Community Health NHS Foundation Trust usually can't.



Some of the money people have given to i care has paid to make things nicer at one of our hospitals.

Things your money can buy:

£5 to £10
could buy...



books,
DVDs and
CDs for
patients in
hospital.

£10 to £20
could buy...



toys and
games for
children to
play with
at their
appointments.

£20 to £50
could buy...



fans to
keep
patients
cool.

£100 to £250
could buy...



special
cameras
to use at
patients
appointments.

**Anyone can help i care raise money.
If you want to help, get in touch.**



Phone 01233 667827



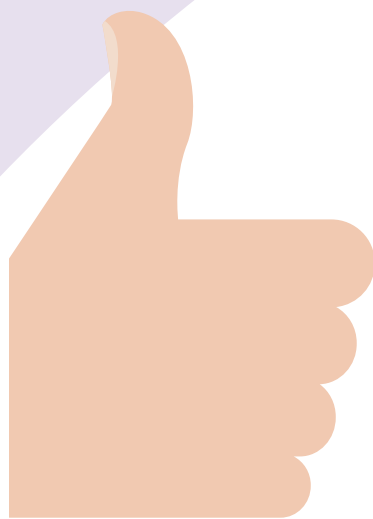
Email kchft.charity@nhs.net



Website www.kentcht.nhs.uk/icare

What happened last year

Some of the things we did last year.



96%

of patients were happy with their care.



Our health visitors helped **17,097** babies in Kent.



Our physiotherapists helped more than **25,500** people who were in pain.

We
gave out
4,630
wheelchairs.



We helped
3,316
people to
stop smoking.



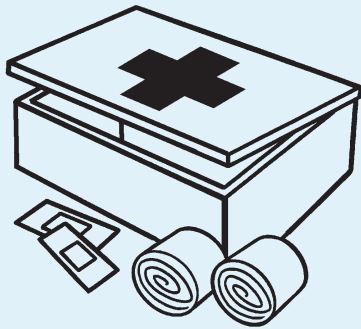
We gave
36,685
people health
checks...



...and
much
much
more.



A morning at a **minor injury unit**



Our minor injury units (MIUs) can help with things like:

- cuts or bruises
- burns
- bites and stings
- painful arms and legs.



You don't need an appointment.
You don't have to wait long.



One morning we saw and helped
all these people...

		
8.04am	Woman, 37	Burned herself at work.
8.08am	Woman, 52	Twisted her leg.
9.15am	Man, 68	Fell off his bike. Hurt his leg.
9.23am	Woman, 17	Hurt her leg on a trampoline.
10.04am	Woman, 23	Slipped at work and broke her elbow.
10.41am	Woman, 18	Fell over at work and hurt her wrist.
11.06am	Man, 26	Policeman who hurt his shoulder in training.
11.31am	Man, 21	Cut his hand.



Why it's important to look after your teeth

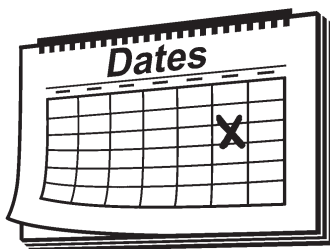


Ann Coveny is an oral health promoter.

She helps people get treatment from a dentist.



It's important to look after your teeth and mouth.



If you haven't seen your dentist for a while, book an appointment to have a check-up.



Website:

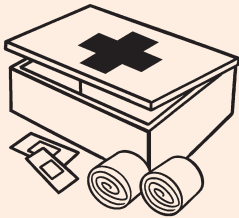
www.kentcht.nhs.uk/dentalservices

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.

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.

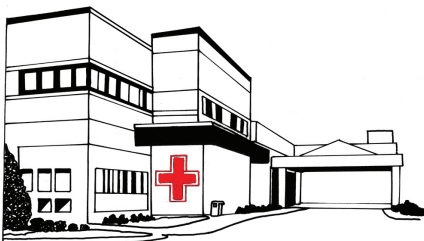
Sevenoaks Hospital

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 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.

Advice for carers



Carers Trust

National charity offering services for carers.

Phone: 0844 800 4361

Website: 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

Carers Direct

Information and advice for carers.

Phone: 0300 123 1053

Website: 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



You can also find more help and advice on our website

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



Customer Care Team

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

Phone: 07899 903499

Text: 07943 091958

Email: 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: fallspreventionservice@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

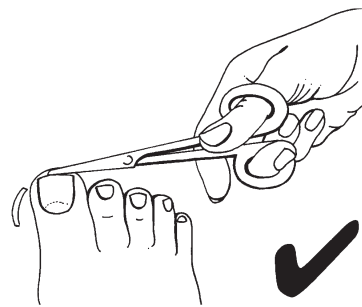
Help if you are in pain. Call to find out more.

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

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

South East DriveAbility

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

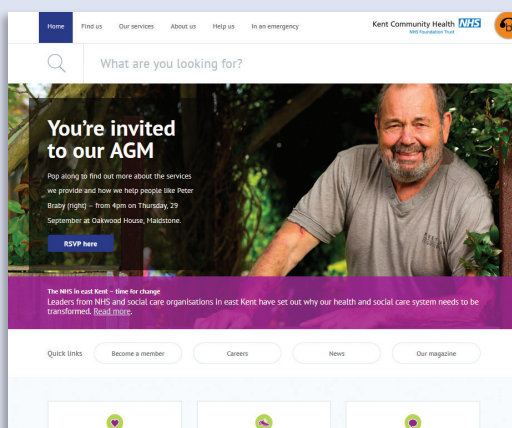
Email:

kcht.sedriveability@nhs.net

Phone: 0300 0134 886



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

KCHFT.HIREFERRAL@NHS.NET



Stop smoking, option 1

We can help you stop smoking.



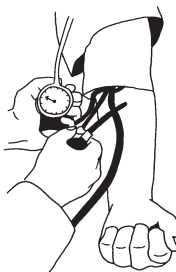
Healthy weight, option 2

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



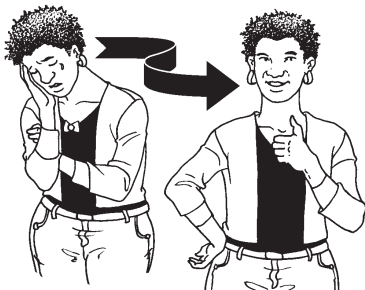
Health trainers, option 3

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

BECAUSE THERE'S ONLY
ONE YOU

i care...



You can help
the NHS.

Get involved



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

Registered charity:
1139134.