

Community

# HEALTH

Caring for you, close to home

Spring 2017

## Hear my voice

Mick's story  
about getting  
better after  
throat cancer



Easy Read

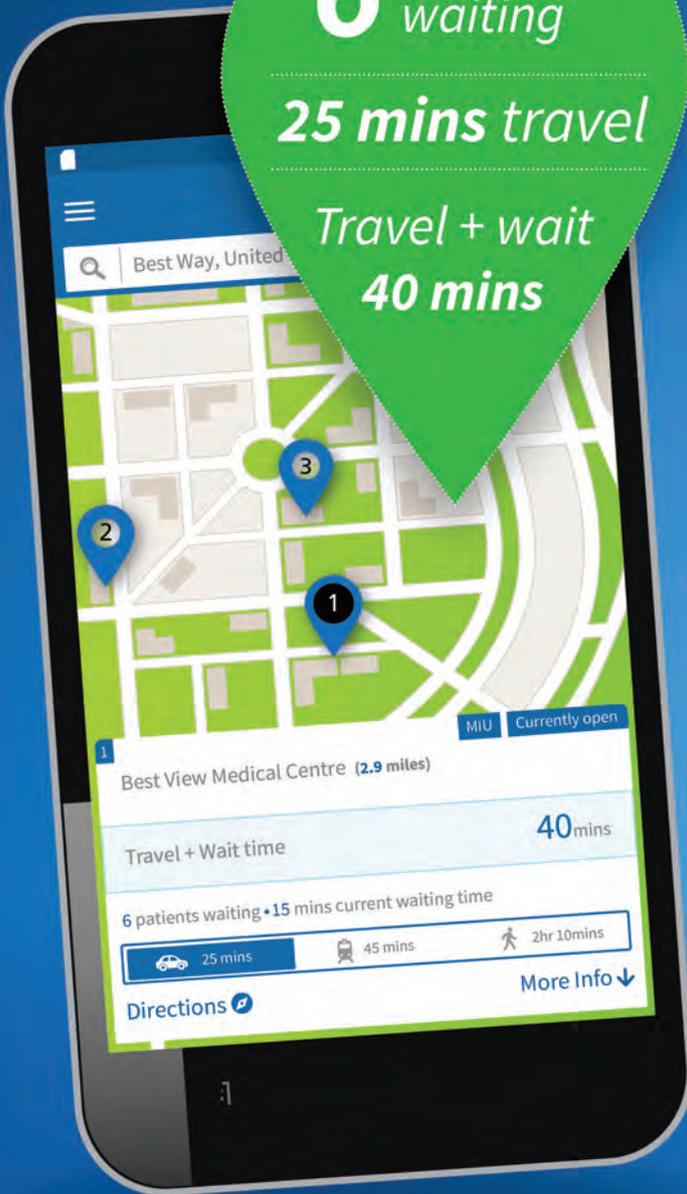


**NHS**

**6** patients waiting

**25 mins** travel

Travel + wait  
**40 mins**



**If you get a minor injury, don't wait!**

**WaitLess**

WaitLess shows you:

- how long the wait is at A&E or in a minor injury unit in east Kent AND
- how long it will take you to travel there.

This means you can get treatment for your minor injury faster.

Download WaitLess.

Find out more

[www.transformingsystems.co.uk/waitless](http://www.transformingsystems.co.uk/waitless)

Download on the  
**App Store**

GET IT ON  
**Google Play**



# Hello!



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.



Follow us on Facebook  
[/KentCommunityHealth](https://www.facebook.com/KentCommunityHealth)



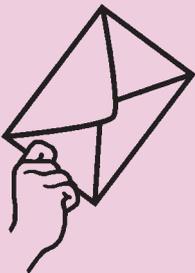
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[@NHSKentCHFT](https://twitter.com/NHSKentCHFT)



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

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## The team

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CHANGE and stock images.

# OUR NEWS



## Health shop opens

We joined up with Ashford Borough Council to open a One You shop in Ashford. You can pop in and get a free NHS health check, health advice and play games.



## Is Abby our biggest fan?

Abby Park, aged 6, picked up our magazine at her local pharmacy.



Post pictures of yourself or friends and family reading Community Health on Twitter or Facebook and you might win a KCHFT goodie bag.

Search for Kent Community Health and use #MyCommHealth so we can see it.

# 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)



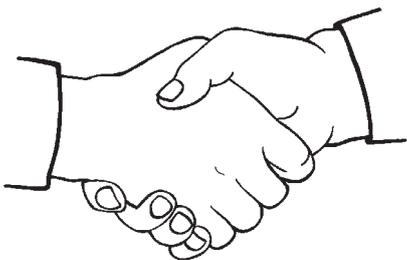
...volunteer for us and help out?



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)

# *Hear my voice*



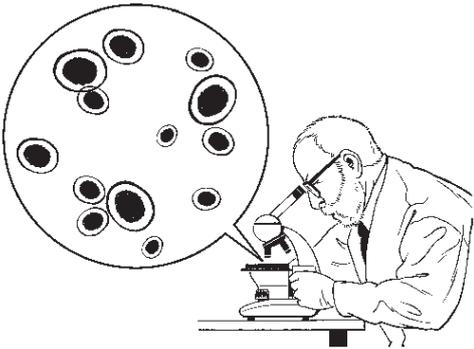
Mick Bush.



74-year-old Mick Bush had throat (laryngeal) cancer. He had to have his voicebox removed. This is called a laryngectomy.



Mick had a voice prosthesis fitted. This is made from plastic and is put in the throat. It means Mick can talk and eat safely.



Sometimes germs can grow on the voice prosthesis. This means it might not work and could be dangerous.



Mick had lots of problems because germs were growing on his voice prosthesis. He had to have the prosthesis changed lots, which is uncomfortable and made him cough.

Leila helping Mick.



Mick's specialist speech and language therapist Leila, was able to help.

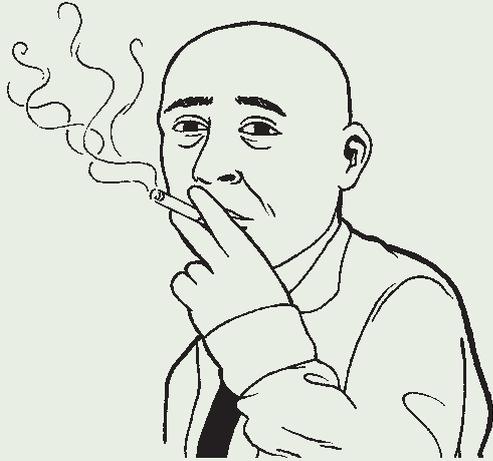
Leila gave Mick medication to put inside his prosthesis. This stops germs growing.



Mick said, "It was really easy to do. Having to have the prosthesis changed was a real pain. My throat is so sensitive that it would make me cough."

"The care I have received has been out of this world and, because of people like Leila, I absolutely love my life."

# Things that might cause laryngeal cancer



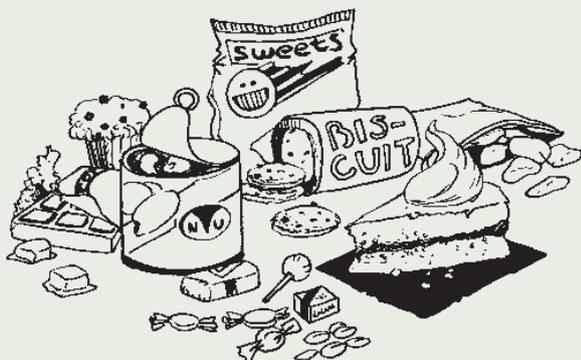
- smoking

- having a family history of head and neck cancer



- drinking large amounts of alcohol

- being around some chemicals like asbestos



- having an unhealthy diet.

# I feel good



Photo above of Ben Storey when he used to weigh 28 stones.

How Ben looks now. He has lost weight.



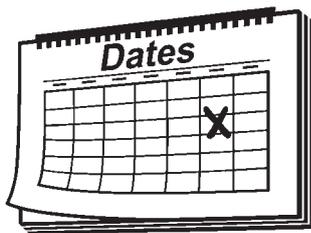
After seeing his doctor just before Christmas in 2015, Ben and his mum Mary knew Ben needed to lose weight.



Ben has a learning disability and works with a care manager at Pathways in Dover. They told Ben about our NHS weight management groups, called Fresh Start.



Ben and his mum Mary went along to the group.



They went every week for 12 weeks.



Ben replaced his favourite treats with fruit and he started to eat 3 healthy meals a day.



Ben lost 8 stones in weight and is now much healthier and happier.

# Nordic walking changed my life



Jane Woolridge-Irving lives near the sea in Sheerness. She used to watch TV all day and enjoyed a sleep in the afternoon.



Jane was referred to our Specialist Weight Management Service by her doctor. She was overweight, depressed and had diabetes.



The service helps and encourages people to exercise and change their diets.



Jane said, "I thought I knew all about food, having spent a lifetime at diet groups, but it seems not."



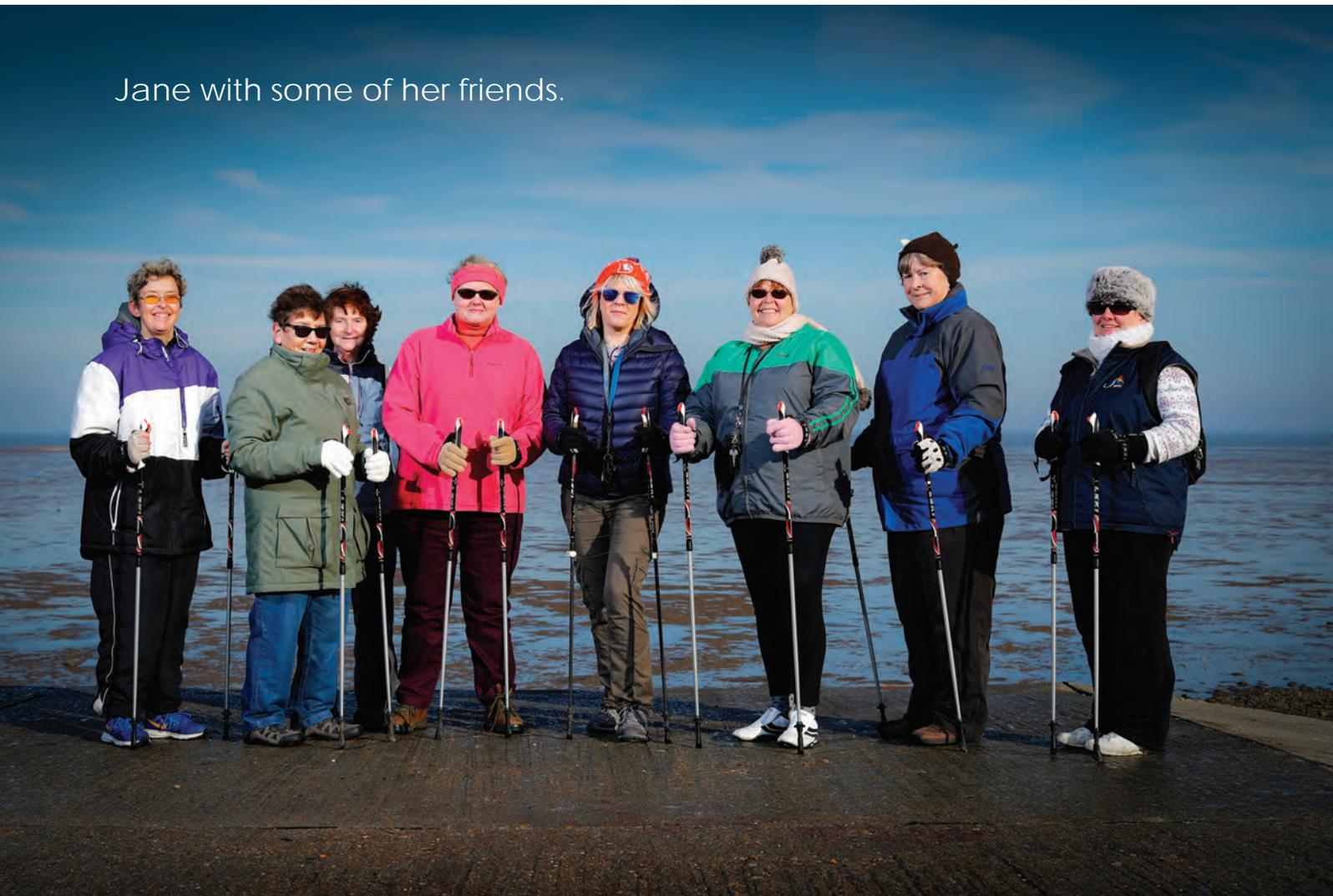
The service asked Jane if she would like to try Nordic walking.

Nordic walking uses sticks that are attached to your hands with Velcro straps. They help support your body weight to ease the pressure on your back and knees.



Jane said, "It's changed my life. Now I love walking along the coastline and I know it is helping me lose weight and improve my health at the same time."

Jane with some of her friends.

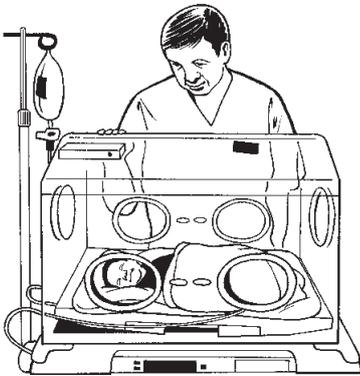


# i care...

...help the NHS

Registered charity no. 1139134

donate  
today



Edie Hughes spent 4 days on life support after she was born. She was diagnosed with quadriplegic cerebral palsy.

This affects your limbs (arms and legs).



The family sees our Children's Therapies Team in Maidstone for a weekly therapy session. They also travel to Gillingham once a month to use a sensory room.

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



Mum Marianne thinks Edie would make even more progress if there was a sensory room at the Heathside clinic where they have their weekly sessions.



She said, "If we could use a sensory room once a week at Heathside I know that would help Edie. She's almost able to sit up now and when that happens there will be no stopping her as she'll be able to enjoy all the equipment."



We want to help even more children like Edie. 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, contact us.**



**Phone** 01233 667827



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



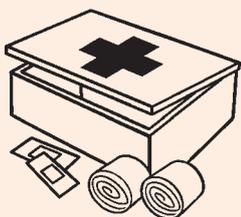
**Website** [www.kentcht.nhs.uk/icare](http://www.kentcht.nhs.uk/icare)

# 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 (closed Christmas day).

**X-ray:** 9am 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:** 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 (closed Christmas day).

**X-ray:** 9am until 5pm,

Monday to Friday (closed bank holidays).

### 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 holidays).



## 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

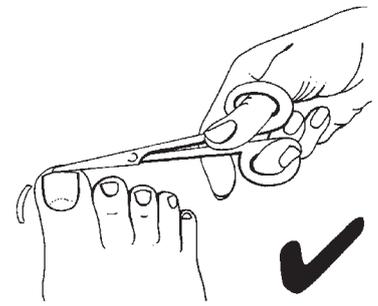
**Website:** [www.kent.gov.uk](http://www.kent.gov.uk)



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)



## New Born Hearing Screening Programme



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

Phone: 0300 123 3071

## 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)

## 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)

## 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



## 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)

## Dental

NHS dental treatment in Sandwich and Ramsgate.

Phone: 0300 303 4930



## 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 013 4886

## 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)

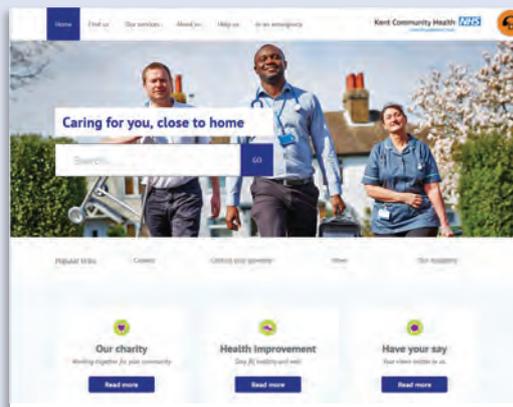
## Kent Contenance Service

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

Phone: 0300 790 0310



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.



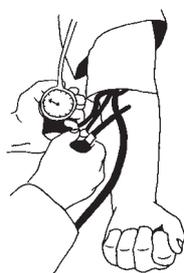
## Healthy weight, option 2

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



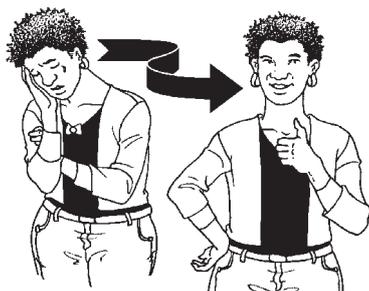
## Health trainers, option 3

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