

Community

HEALTH

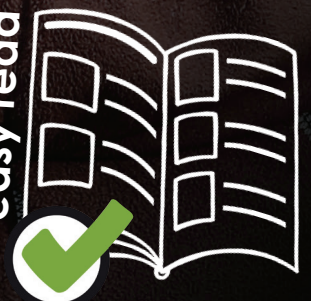
Caring for you, close to home

Winter 2017

Helping
Evelyn to
get home

« we care »

easy read



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.



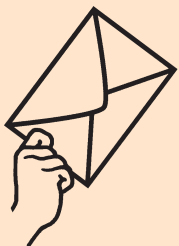
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Visit our website www.kentcht.nhs.uk



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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



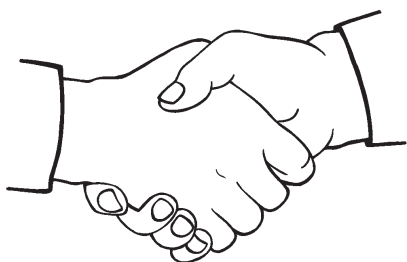
...volunteer for us and help out?



Phone 01474 360508 or 01795 418300



Email mariaswaby@nhs.net
or carolinewheeler@nhs.net



...become a member?



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



Phone 01233 667812

Email kcht.membership@nhs.net



**Are you thinking
about having sex?**



- Do you have a learning disability?
- Come and talk to us about sexual health.



The Apple Tree Clinic



Kent central booking line

0300 790 0245



Medway central booking line

0300 123 1678

APPLE TREE



Gilly Breton, Senior Sexual Health Nurse and Neil Kirbey helped to write information for the Apple Tree Clinic.



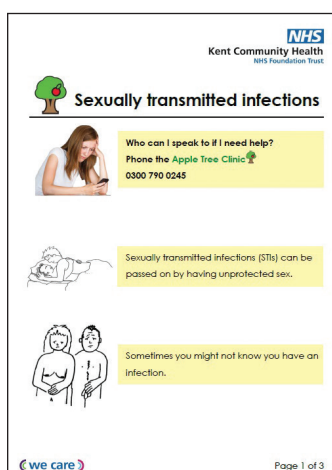
The Apple Tree Clinic makes it easy to ask for sexual health help.



Phone 0300 790 0245 and ask for Apple Tree to make an appointment.



You can spend as much time with us as you need to at your appointment.

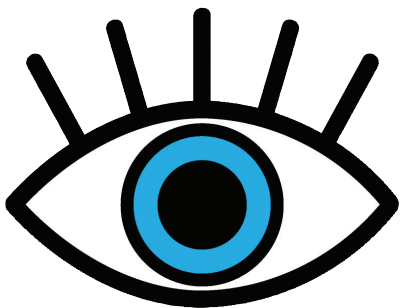


We'll make sure you have information in easy read to take home.

Looking after Ralph



Ralph has an illness called Nemaline (rod) myopathy. It means he needs help to breathe and he can't move much without help.



Ralph can't talk. He uses a computer to help him communicate. This is called Eye Gaze.



Ralph has a lot of help from his family and our Children's Continuing Care Team.

Ralph in the middle with his
sister Amber and mum Sarah.



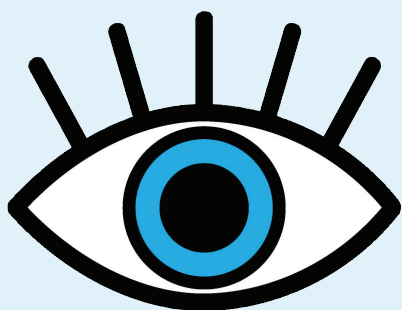
Ralph with
his mum
Sarah.



Ralph goes to school.

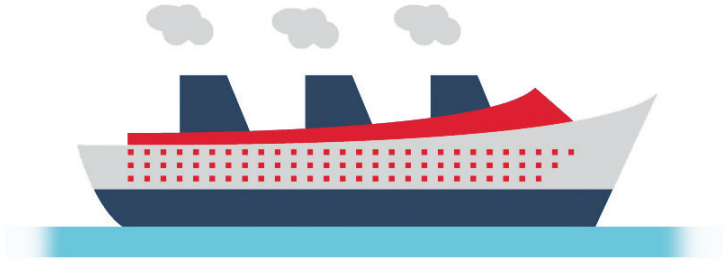


His mum Sarah said: "He seems
to enjoy school and he loves
messy play and being with
the other children."



"Life is different for Ralph, but I'm
hoping he can start to use the
Eye Gaze more to learn letters
and words."

Health checks on board a ship



We are working with P&O Ferries to support people working on the ships.



Health Checks Outreach Advisers Gonzalo and Rafal spent the day on board offering health checks to staff.

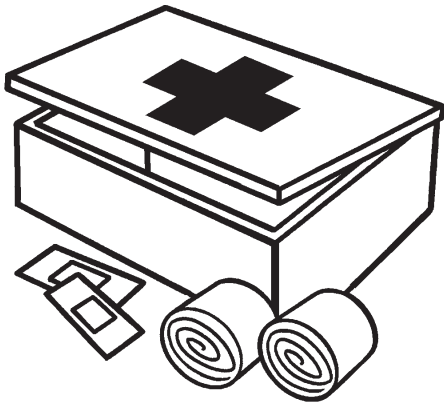


If you're aged 40 to 74, you can have a free NHS health check.



Gonzalo
and Rafal.

Help for you to stay well this winter



Go to a MIU not A&E

Cuts or bruises, strains or sprains, or possibly broken bones, you don't need an appointment to go to a minor injury unit (MIU).



Be a flu fighter

Don't put off getting the flu vaccination. If you can get it for free, it's because you need it.



Get help at a pharmacy

If you feel unwell, even if it's just a cough or a cold, you can speak to a pharmacist.



Eat healthy food

Don't fill up on unhealthy food. Winter vegetables like carrots, parsnips, swede and turnips can be roasted, mashed or made into a soup.



Check the weather report

Make sure you have enough medicines and food if you can't get out because of bad weather.



Wear warm clothes

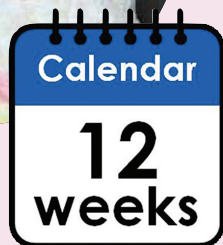
Wear layers of clothes and use a hot water bottle in bed to stay warm. Don't sit still for too long, get up and stretch your legs.

If you need help this winter, remember to phone 111 or look at www.nhs.uk

Stephanie lost lots of weight



Stephanie visited a pharmacy near her house two years ago to ask for help.



She had tried lots of different diets but weighed more than 18 stones.

Stephanie followed a 12-week course with pharmacy assistant Stacey Calver.



Stacey said: "There are no rules about what you can and can't eat. It's a simple lifestyle change that if you follow will help you reach a healthy weight."



Stephanie followed the advice and went to the pharmacy each month to be weighed.



Stephanie became pregnant during her weight loss programme but with advice and support she carried on with her healthy eating plan. She has lost 5 stones.

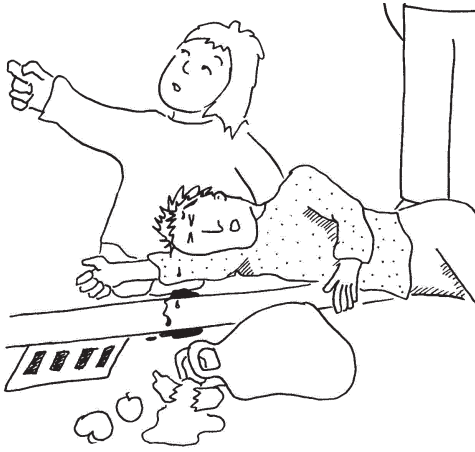


Stephanie now with her baby Noah.

Helping Evelyn get home



*home***first**
Let's get you home



Evelyn slipped and hurt her hip while out shopping with her husband Gordon.



After having an operation to fix her hip she was sent to Tonbridge Cottage Hospital. The team helped her build her strength and walk again.



She said: "As soon as arrived at Tonbridge Cottage Hospital, it was like being enveloped in a warm blanket."

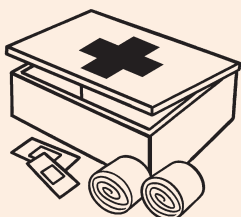


Evelyn went home with lots of equipment to help her.

Services to help you



Here are some 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
(closed Christmas day).

X-ray: 9am 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: 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.

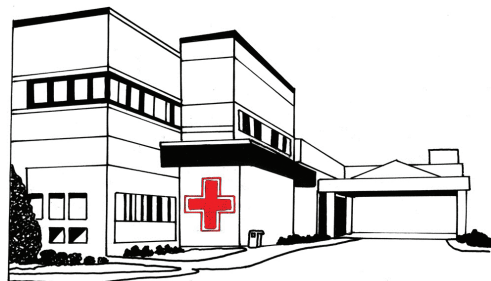
Victoria Hospital, Deal

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).



Visit www.kentcht.nhs.uk/in-an-emergency for more information.
You can ask someone for help.

Other places you can get help for minor injury or illness

Canterbury

Kent and Canterbury Hospital, Ethelbert Road,
Canterbury CT1 3NG

Phone: 01227 766877 (switchboard)
www.ekhufth.nhs.uk Open 24-hours-a-day

X-ray: 8am to 8pm, Monday to Friday.
8am to 4pm, Saturday and Sunday.

Crowborough

War Memorial Hospital, Southview Road,
Crowborough TN6 1HB

Phone: 01892 603602
www.sussexcommunity.nhs.uk
8am to 8pm (last booking is at 7.45pm),
every day of the year.*

X-ray: 9am to 4.15pm, Monday to Friday.

Dover

Buckland Hospital, Coombe Valley Road,
Dover CT17 0HD

Phone: 01304 222621
www.ekhufth.nhs.uk
8am to 8pm, every day of the year
X-ray: 9am to 4.45pm, Monday to Friday.

East Grinstead

Queen Victoria Hospital, Holtye Road,
East Grinstead, West Sussex RH19 3DZ

Switchboard: 01342 414000
www.qvh.nhs.uk
8am to 8pm, every day of the year.
X-ray: 9am to 5pm, Monday to Friday,
9am to 1pm, Saturday and Sunday,
10am to 1pm bank holidays.

Faversham

Faversham Health Centre, Bank Street,
Faversham ME13 8QR

Phone: 01795 562011
www.favershammedicalpractice.nhs.uk
8am to 8pm, every day of the year.

X-ray: 10am to 4pm, Monday to Friday.

Gillingham

Balmoral Gardens Walk-in Centre,
Balmoral Gardens, Gillingham ME7 5LF

Phone: 01634 331177
www.medwayhealthcarecentre.nhs.uk
8am to 8pm, every day of the year.

No x-ray service.

Herne Bay

Queen Victoria Memorial Hospital,
King Edward Avenue, Herne Bay, Kent CT6 6EB

Phone: 01227 594700
www.parksurgery.net
8am to 8pm, every day of the year.

No x-ray service.

Whitstable

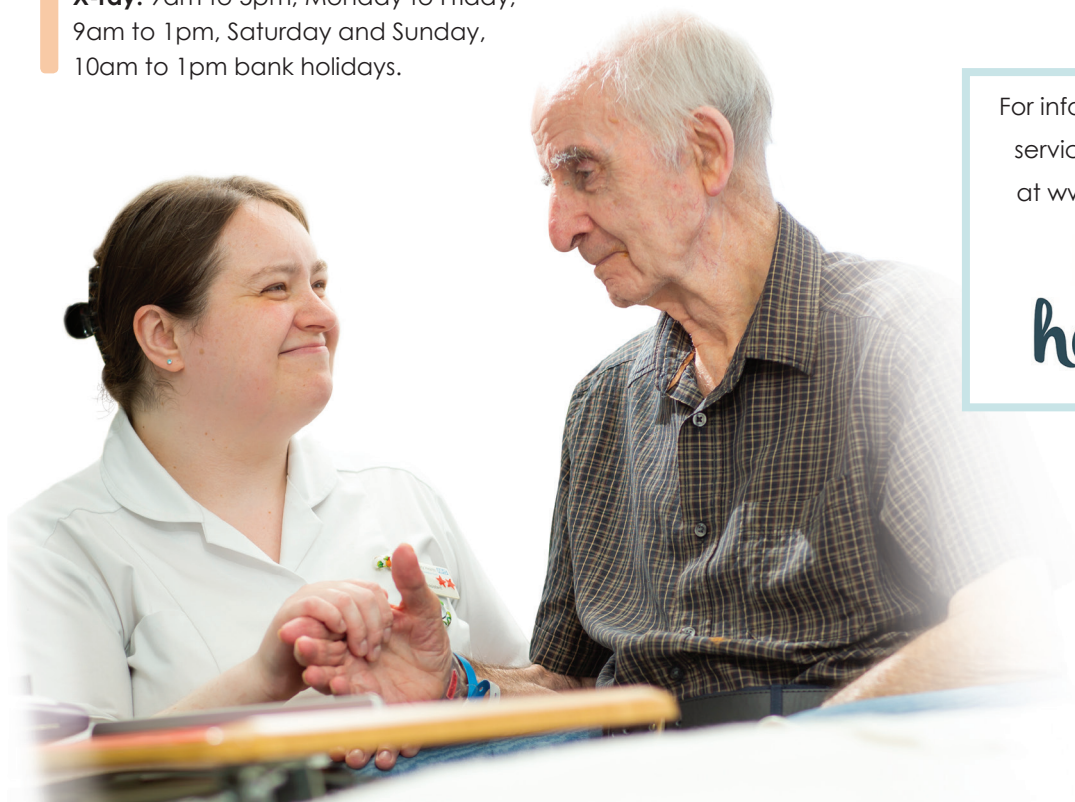
Estuary View Medical Centre, Boorman Way,
Whitstable CT5 3SE

Phone: 01227 284309
www.whitstablemedicalpractice.co.uk
8am to 8pm, every day of the year.

X-ray: 8am to 8pm, Monday to Friday.

For information about other health
services, go to Health Help Now
at www.healthhelpnow-nhs.net

HEALTH
help NOW.



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: 0300 123 1807

Text: 07899 903499

Email: kcct.ctt@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: kcct.fallskent@nhs.net

Kent Continence Service

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

Phone: 0300 790 0310

New Born Hearing Screening Programme



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

Phone: 0300 123 3071

Physiotherapy

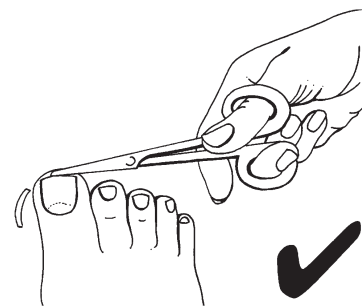
Help if you are in pain. Call to find out more.

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.

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:

kcct.sedriveability@nhs.net

Phone: 0300 013 4886



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



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

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

HEALTH AND WELLBEING SERVICES



PHONE

0300 123 1220



EMAIL

ONEYOUKENT@NHS.NET



Smoke free, option 1

We can help you stop smoking.



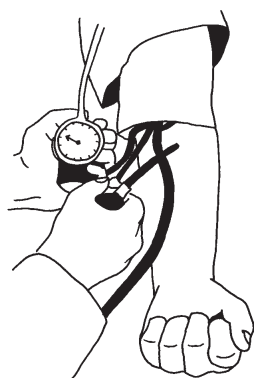
ONE YOU weight loss, option 2

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



ONE YOU lifestyle advisors, 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 takes 30 minutes.



www.kenthealthandwellbeing.nhs.uk

BECAUSE THERE'S ONLY
ONE YOU

Are you 65 or over?

Cold weather can make you more likely to catch a winter illness that could become very serious.

So if you start to feel unwell, even if it's just a cough or cold, **seek advice from your pharmacist** before it gets more serious.

**STAY WELL
THIS WINTER**

