

Community

HEALTH

Caring for you, close to home

Spring 2018

NHS
at 70



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.



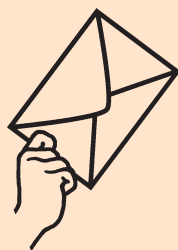
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Get involved!

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

Putting Peter on the right path



Peter was taken to hospital.
He had liquid in his lungs.
This made it hard for him to breathe.



Peter was looked after by the
doctors and nurses until he was
ready to go home.



After Peter was sent home
he saw Respiratory Nurse
Lauren Mackenzie.

Peter with Gill Fleming at
an exercise session.



Peter with
Community
Respiratory
Nurse Lauren
Mackenzie.



Lauren helps Peter manage (cope with) his health problems.

Peter said: "She has been brilliant and explains everything so well."



Peter is also going to exercise classes run by Physiotherapist Gill Fleming.



He has been given lots of information to help him.

From 1948 to 2018:

The NHS is



The NHS is always there when we need it.

This year the NHS is celebrating its 70th birthday.

Here are some of the people who work at KCHFT...

Angela is an occupational therapist. She started her training when she was in her 40s and her children were teenagers.

Darren works in the IT Team. Before working for the NHS he used to work at border control.

Hilary is a family nurse. 40 years ago she was working as a nurse in Africa when she had an accident on a boat. Hilary had to swim to safety.

Charlotte is the immunisation team administrator. She became a mum when she was 17. She said: "I don't regret it for a second,"

Julie is deputy head of specialist clinical services. She has always looked after people.

Alison is a matron. She said she knew she wanted to be a nurse when she was 5-years-old.



Patience is a domestic assistant. She loves chatting with patients when she does the tea round. She likes to remember what makes people happy.



A brighter
tomorrow



When Gracie was 4-months-old her mum Cherelle knew something was wrong.



Gracie always had a chest infection and would find it difficult to eat and drink.



Doctors decided to give Gracie a feeding tube.



Cherelle said it was a really difficult time. When our Children's Home-based Short Breaks Team offered to help it made a huge difference.



The team looks after Gracie for 4 hours a week. This gives mum Cherelle a break.



Cherelle said it's amazing to have someone who can give her a break while they look after Gracie.

Every step of the way



Theo finds it hard to talk and move around.



The family has help from Jo Nye in our Children's Therapies Team.



Jo helps Theo move around and use his hands. He explores the therapy room using a walker and plays with the toys.

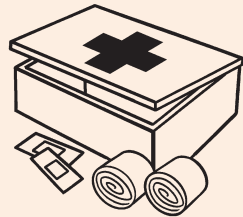


Theo's mum Gemma said: "I've had such great support from the NHS in Kent and London. It's helped me and Theo."

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).

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.

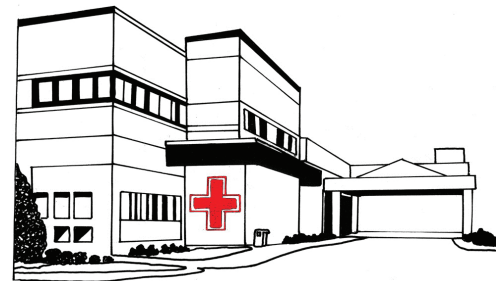
Victoria Hospital, Deal

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).



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.ekhufft.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.ekhufft.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

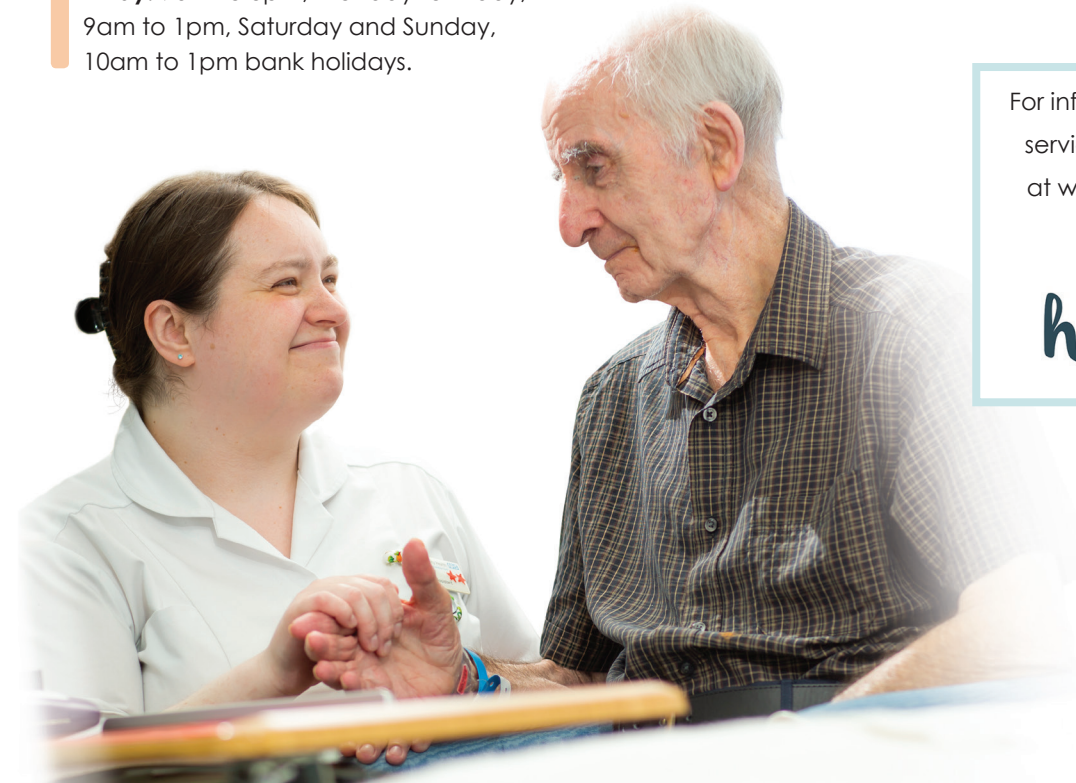
Phone: 01227 284309

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: 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

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

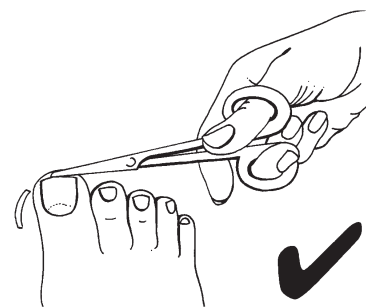
Help if you are in pain. Call to find out more.

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: kcht.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

ONE YOU KENT



Lifestyle Advisers

We can help you make healthy changes.



Smokefree

We can help you stop smoking.



Weight Loss*

We can help you and your family to be a healthy weight.



Health Walks

Great if you have been ill or want to do more exercise.



NHS Health Checks

If you are aged 40 to 74 you could have a health check.

It takes 30 minutes.



PHONE **0300 123 1220**



EMAIL **oneyou.kent@nhs.net**

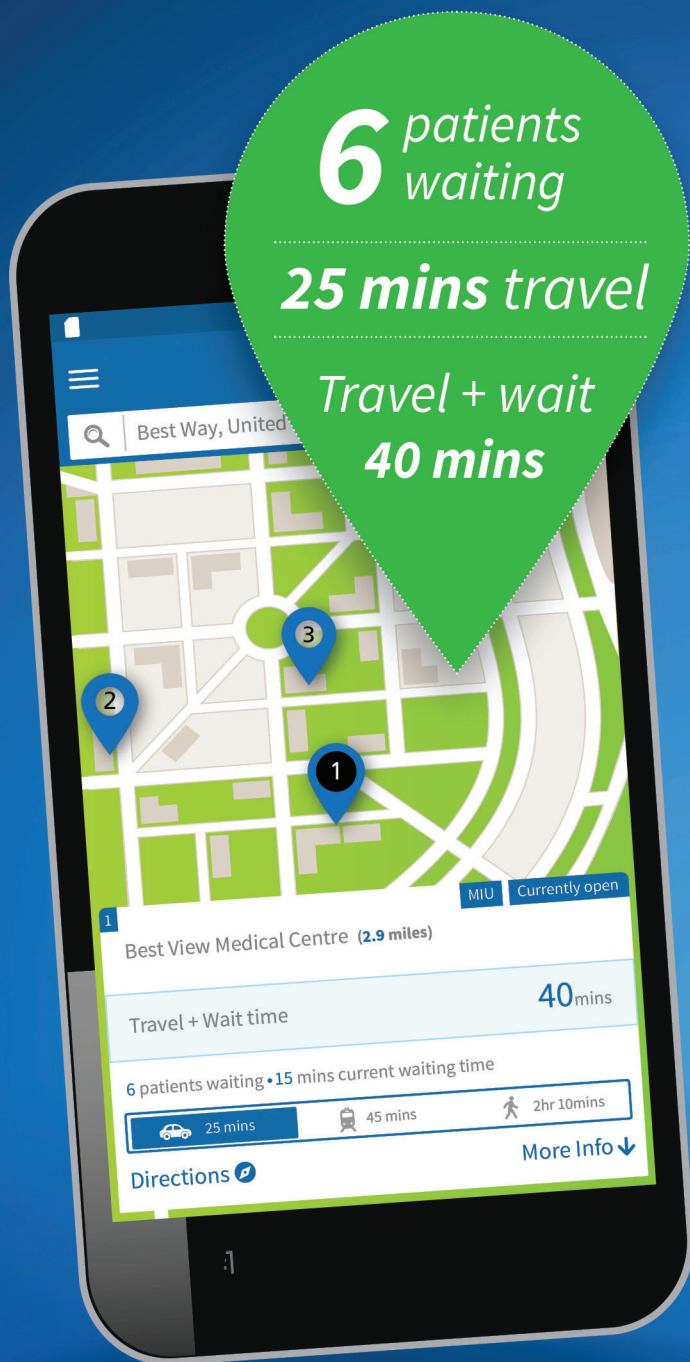


VISIT **www.oneyoukent.org.uk**

*east Kent only. If you live in west Kent, contact your council.



NHS



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

