

Community

# HEALTH

Caring for you, close to home

Spring 2019



## Learning to walk again

Eileen learns how to walk  
again after losing her leg





# 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.



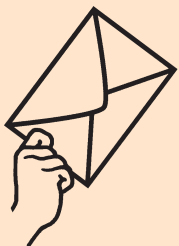
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**Visit our website [www.kentcht.nhs.uk](http://www.kentcht.nhs.uk)**



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

# Get involved!

## Do you want to...



**...have your say or ask a question?**

Contact our Patient Advice  
and Liaison Service (PALS)



**Phone** 0300 123 1807



**Text** 07899 903499



**Email** [kentchft.PALS@nhs.net](mailto:kentchft.PALS@nhs.net)



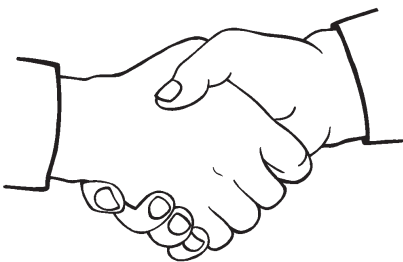
**...volunteer for us and help out?**



**Phone** 01233 667810



**Email** [kentchft.engagement@nhs.net](mailto:kentchft.engagement@nhs.net)



**become a member?**



**Website**

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



**Phone** 01233 667810



**Email** [kentchft.engagement@nhs.net](mailto:kentchft.engagement@nhs.net)



# YOUR SHOUT



We love hearing what you think.  
This is what some people have  
said about KCHFT.



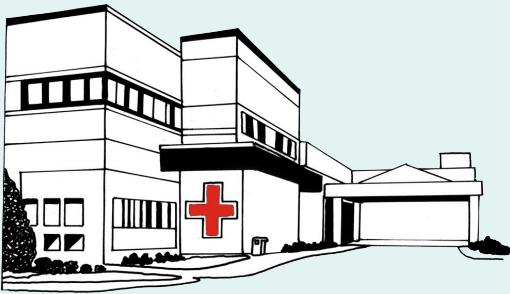
Jane and Stuart Taylor said ...  
"Thank you for caring for my  
mum with such kindness in the  
past few weeks.



The nurses, catering staff,  
cleaners and receptionists at  
Hawkhurst Community Hospital  
have all been very professional  
and caring."



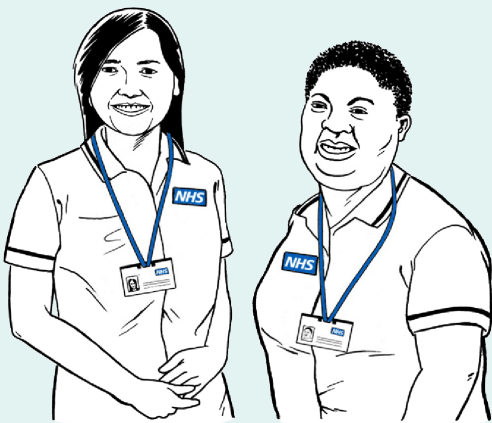
# Why other people said thank you...



"Really great care for my son this afternoon at MIU in Folkestone. Still delivering person-centred care with a smile."



"I just wanted to say a big thank you to all the staff at Tonbridge Cottage Hospital. I want you know how much I appreciated your unfailing kindness and consideration."

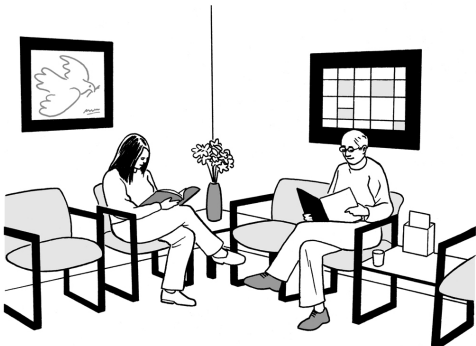


"Thank you for all the care you provided for my late husband. He received excellent care from everyone in the east Kent Respiratory Team."

# Tea Party at wound centre



The wound medicine centre at Queen Victoria Memorial Hospital in Herne Bay celebrated its 4th birthday with a tea party for staff and patients



Last year, the wound centre saw 51 different patients a month.





The team at the wound centre helped Tony Old over 2 years, after he nearly lost his leg.



Tony said "I owe a big thank you to the team for getting me back on my feet. I've taken up sport again in the form of walking football."



The team also helped Alan Green when his wound started leaking. He said "Everyone who works here is so cheerful and friendly. I can't fault them, they are fantastic."



Claire Acton, who works with the team, said "The team is awesome."

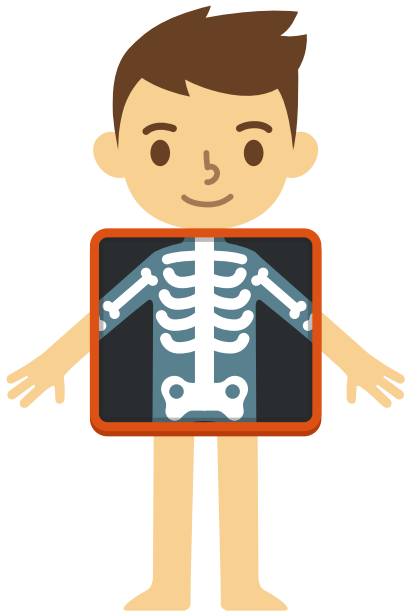


# New x-ray machine



X-ray machine generously  
donated in 2018 by  
The League of Friends for  
Deal Hospital  
In loving memory of  
Mrs Maureen Bane MBE  
President 2003 - 2018





There is a new x-ray machine at Victoria Hospital in Deal. It was donated by the League of Friends.

The NHS services at the hospital are now using the new x-ray machine for their patients.



Nicola Osborne, who works for KCHFT, said "Thank you to the League of Friends, they have been brilliant. Their contribution to the hospital makes patient's lives better."



Nicola also said "The previous x-ray was 30-years-old and would often break down. This new machine is a tremendous resource for the hospital."



Thanks to the Ready Steady Go programme, families are having fun and learning how to be fit and healthy.



The programme helps children and their families eat healthy food and be more active.

They play lots of games like dodgeball, tag, stuck in the mud and skipping.





The programme is at schools and community centres in East Sussex. All families with children aged 4 to 11 are welcome.



Mum Michelle goes to Ready Steady Go with her sons, Arlo and Coby.

Michelle said "The boys love it and I'm interested in what we can do to be healthier. The group helps us as it gives us advice."





# Learning to walk again







An amputee rehabilitation group at Coxheath Centre is helping patients get moving again.



People in the group get help to exercise, walk and balance. Everyone in the group helps and supports each other.



Eileen Jackson is 86-years-old and had her leg removed (amputated) because blood stopped going to her foot. She has been given a prosthetic leg.



The team at Coxheath Centre have been helping Eileen to walk again. She said "They have an enormous amount of patience, they're lovely. They get me up on my feet and moving about."









Barry Russell is 56-years-old and also goes to the group. His left leg and the toes on his right foot were amputated because of diabetes. Barry has a prosthetic leg.



Barry said “I did some rehab in hospital but I didn't know how to progress from there, until I joined the group, which has really helped me.”



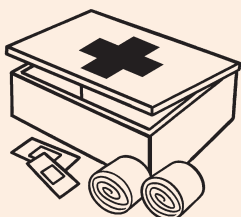
Emma Buckwell is a physiotherapist at the group. She said “We help patients to reach their goals. We show them how to get up and get moving and help build their confidence.” ⇧



# 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.

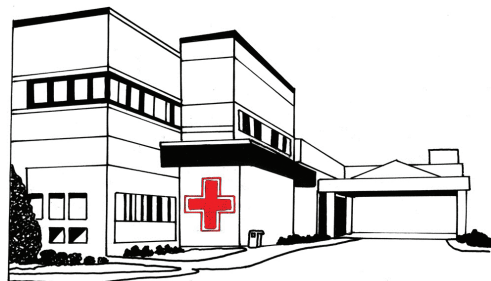
### Victoria Hospital, Deal

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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.parksurgery.net)  
8am to 8pm, every day of the year.

**No x-ray service.**

## Whitstable

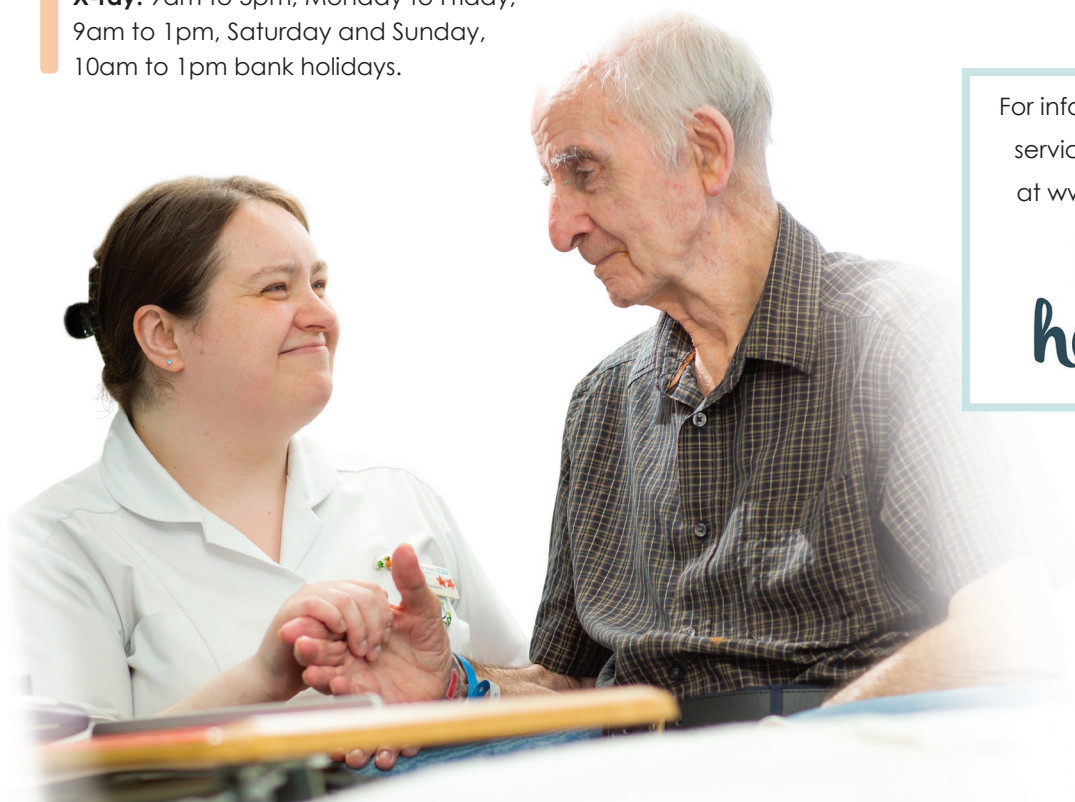
Estuary View Medical Centre, Boorman Way,  
Whitstable CT5 3SE

**Phone:** 01227 284309  
[www.whitstablemedicalpractice.co.uk](http://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](http://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](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: [kcct.ctt@nhs.net](mailto: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](mailto: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

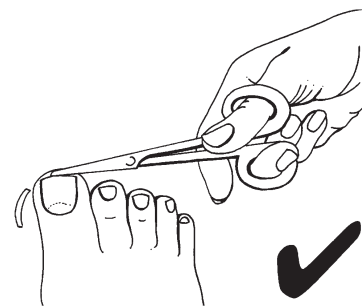
Help if you are in pain. Call to find out more.

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](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.

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:

[kcct.sedriveability@nhs.net](mailto: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](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)



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

### 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)



# ONE YOU KENT



## Lifestyle Advisers

We can help you make healthy changes.

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## Smokefree

We can help you stop smoking.

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## Weight Loss\*

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

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## Health Walks

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

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## 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](mailto:oneyou.kent@nhs.net)



**VISIT** [www.oneyoukent.org.uk](http://www.oneyoukent.org.uk)

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

# i care...

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a difference to  
patients and  
their families.

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

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