

Community

# HEALTH

Caring for you, close to home

Summer 2019

## The gift of time and trust

Knowing Reggie  
and his twin  
Lucas are safe



# 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.



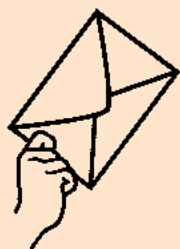
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Visit our website [www.kentcht.nhs.uk](http://www.kentcht.nhs.uk)



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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.



Rebecca Squires said ...

“My daughter has been known by  
the therapy team at the Dolphin  
Centre from just a few weeks after  
her birth. We were referred to Emily  
so she could help my daughter get  
into a seated position.



Without Emily's time and patience, my  
daughter's strength would not have  
improved so drastically. Thank you all so  
much for sending Emily to us.”



# Why other people said thank you...



"Words cannot express the level of gratitude for the care and kindness that the wonderful team of district nurses at Herne Bay gave to our dad/grandad. He enjoyed every one of your visits and often told his many visitors how lucky he felt to be looked after by your team."



"I had a health check in Gravesend, recently and I was seen by Gonzalo. I couldn't have had a better service. He was so positive and I left feeling much better. I'd give him 10/10."



"I just wanted to pass on my thanks to Angela and her colleagues in the Cardiac Physiotherapy Team in Ashford, and in particular, Keith and the volunteers."

# Let's make this place **Makaton-friendly**



KCHFT is helping to make  
Canterbury the first Makaton-  
friendly city in the world.



Makaton uses signs and symbols  
to help people communicate.  
More than 100,000 children and  
adults use Makaton.



Matt Dodwell, who works for KCHFT, said  
“We have been using Makaton for many  
years. Now, we are going to train more  
KCHFT staff how to use it.”



Anna Weinel, who also works for KCHFT,  
said “Difficulty communicating is a  
frustrating and isolating experience.  
I am proud that KCHFT has given  
support to this exciting initiative.”

Other organisations in Canterbury  
are helping to make it Makaton-  
friendly, including the police, schools  
and universities.



Families and carers of people who use  
Makaton can look at the Makaton  
Friendly places map on [www.makaton.org](http://www.makaton.org)  
to find Makaton-friendly places.





# Film to support **Roma women** to breastfeed



Philippa Burden, who works for KCHFT, made a film to help Roma women to breastfeed. The film was played at the Turner Contemporary in Margate.

The film was made with Slovakian Roma mothers who live in Margate, Dover and Folkestone. The film shows why it is good to breastfeed.



In the film, Roma women talk about breastfeeding and how they would help new mums.





Monika Rakasova took part in the film. She said "It came about at our weekly coffee time, where we meet at a community centre. Philippa asked if we could help and we were very happy to. We are very proud women."



Ivana Rakasova is in the film. She said she stopped breastfeeding because she thought her milk was the wrong colour.

Jarmila Petrasova is also in the film. She talks about breastfeeding her son and her daughter.



Jarmila now works for KCHFT with the One You team. She helps people eat healthily, exercise and stop smoking.

# Knowing your **child is safe**

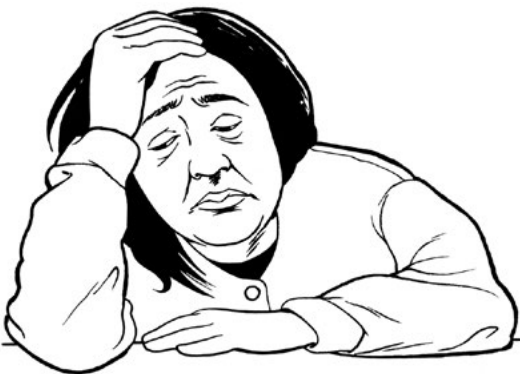




Two-year-old twins Reggie and Lucas have to be fed a liquid diet through a feeding tube straight into their tummies.



The twins were born early and had to be looked after by doctors and nurses in hospital for 13 weeks.



Reggie and Lucas have to be fed 5 times a day and can be sick a lot. This is stressful for their mum and dad.



The twins now spend some time with Kerrie and Claire who work for the Home Based Short Breaks Team.







Kerrie and Claire look after the twins so their mum can go shopping, go to the gym and get coffee with her friends.



Reggie and Lucas love the garden and the sensory room at Windchimes in Herne Bay.



Their mum Sinead said “The first time we dropped the boys at the stay and play, Darren and I didn’t know what to do with ourselves for the whole day. Now we enjoy it for the well-deserved break it is.”



# Moving on Up







**Moving on Up** is a 10 week programme to help people with learning disabilities go to the gym and get exercise.



**Moving on Up** sessions are at the Stour Centre in Ashford on Thursdays and at Folkestone Sports Centre on Fridays. It is run by the Community Learning Disability Team and fitness instructors.

At the sessions you can go to the gym, use the exercise machines and go swimming.

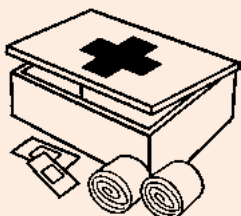


James Green goes to the sessions with his mum or dad. His mum said "His goal is to get fit and healthy, to make new friends and to lose weight."

# 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.ekhufft.nhs.uk](http://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](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.ekhufft.nhs.uk](http://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](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

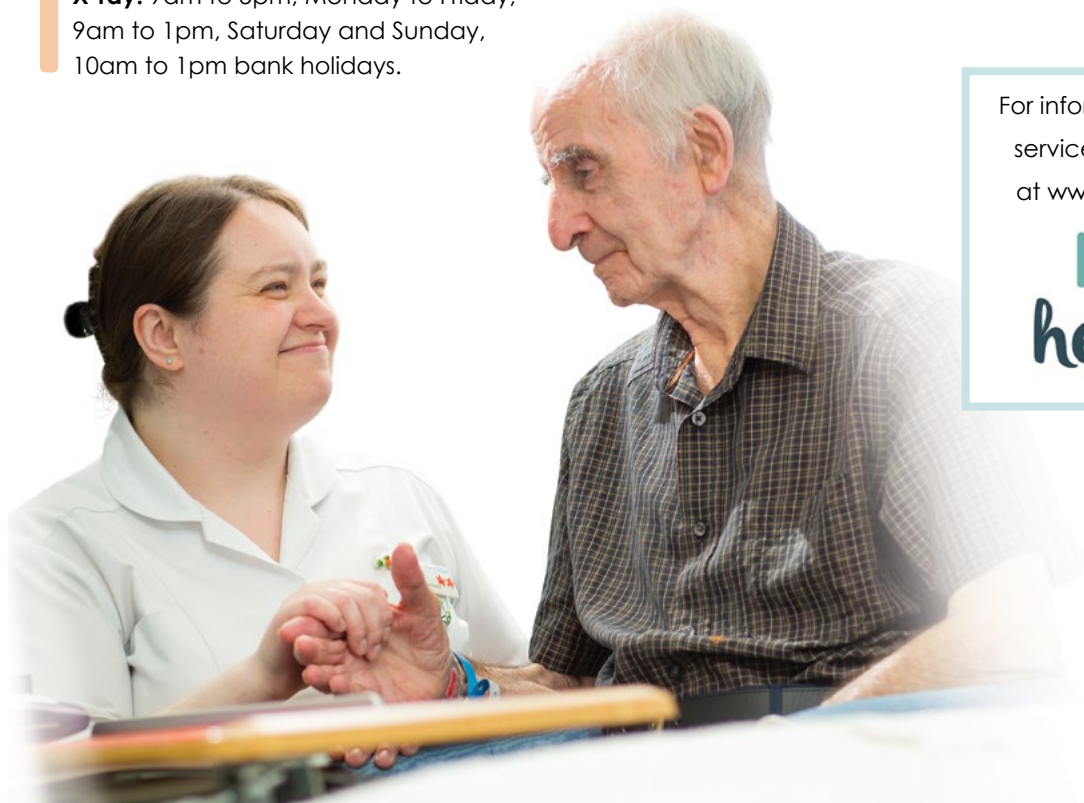
Estuary View Medical Centre, Boorman Way,  
Whitstable CT5 3SE

**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

This is a therapy service for disabled children aged 0 to 19 years old.

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



## Patient Advice and Liaison Service

If you are unhappy or you would like to talk to us, contact the Patient Advice and Liaison Service.

**Phone:** 0300 123 1807

**Text:** 07899 903499

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

## Dental

If you need to see a dentist and you live in Sandwich or Ramsgate, you can:

**Phone:** 0300 303 4930



## Kent Contenance Service

If you are having problems with weeing or pooing or want to talk to someone, you can:

**Phone:** 0300 790 0310



## Learning Disability Team

If you would like help from the Learning Disability Team, you can:

**Phone:** 0300 1234 195

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

## Sexual Health

If you need to talk about your sexual health or need an appointment, you can:

**Phone:** 0300 790 0245

If you have a learning disability, you can say Apple Tree on the phone and we can book a longer appointment for you.

**Website:** [www.kentcht.nhs.uk/service/community-learning-disability-team/apple-tree/](http://www.kentcht.nhs.uk/service/community-learning-disability-team/apple-tree/)

## Shepway Memory Clinic

If you are having problems with your memory or you would like some help, you can visit a drop-in clinic:

**Phone:** 01303 228838

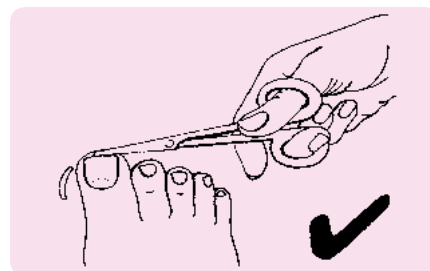


## South East DriveAbility

If you have a disability and want to talk to someone about driving you can:

**Phone:** 0300 013 4886

**Email:** [kcht.sedriveability@nhs.net](mailto:kcht.sedriveability@nhs.net)



## Toenail cutting

If you find it hard to look after your feet, we can cut your toenails for you. It costs £18.

**Phone:** 0300 123 1554

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

## Advice for carers



### Carers Trust

This is a national charity that has 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 help 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:

**Phone:** 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)

# 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)



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

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

A photograph of two women outdoors, high-fiving. The woman on the left has her back to the camera, wearing a light blue long-sleeved shirt and has her brown hair in a ponytail. The woman on the right is wearing a bright green long-sleeved shirt and is smiling. They are standing on a path with trees and greenery in the background.

# HOW ARE YOU?

Do you want to get active? Go smokefree?  
Lose some weight? Just feel better about life?  
We can help YOU.

**ONE  
YOU**  

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**KENT**

Call 0300 123 1220

Email: [oneyou.kent@nhs.net](mailto:oneyou.kent@nhs.net)

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

This service is delivered on behalf of Kent County Council by the NHS.