

Community

HEALTH

Caring for you, close to home

Winter 2019

A photograph of a woman with long dark hair, smiling warmly while holding a baby. The baby is wearing a grey onesie with white polka dots. The background is softly blurred, showing what appears to be a home interior with some plants.

Cuddles after cancer

Mum's dream to
breastfeed comes true

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.



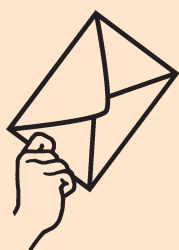
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/KentCommunityHealth



Tweet us
@NHSKentCHFT



Visit our website www.kentcht.nhs.uk



Contact us

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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



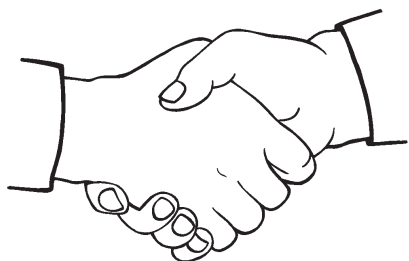
...volunteer for us and help out?



Phone 01233 667810



Email kentchft.engagement@nhs.net



become a member?



Website

www.kentcht.nhs.uk/membership
and fill in the form



Phone 01233 667810



Email kentchft.engagement@nhs.net



YOUR SHOUT



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



Susan Gregory-Smith said: "I can't thank Gill Nolan from the Ashford Community Nursing Team enough. She was absolutely wonderful, kind and understanding, making a difficult time much easier."



"My husband Graham was in bed for six months, with many infections and catheters. In his last weeks, he had daily injections and the nurses that came day and night always made him laugh."

Why other people said

thank you...



Caroline Dove said: "The wound care clinic at Deal hospital, has provided completely amazing care to my friend's mum, Doris. Her ulcer was failing to heal and extremely painful, robbing her of the little independence she had left."



"After two months in the care of your fabulous team, the wound is now almost healed and Doris is back walking to Sainsbury's on her own."



"We would like to thank you for the compassion and care you showed our dad at Whitstable and Tankerton Hospital during the final weeks of his life. We were overwhelmed by the respect and kindness at all hours of the day and night."

Anonymous

Celebrating 100 years



KCHFT had a celebration to mark 100 years of learning disability nursing.

People with learning disabilities spoke about their childhood and health. There was a Makaton flash mob too.



Scott Watkin works for SeeAbility, a charity that helps people with disabilities and sight loss. He said: "Learning disability nurses are important to make sure people are getting the right care and to help them live independently."



Sive Cavanagh, who works at KCHFT, said: "Our learning disability nurses have confidence, passion and understanding."



Five ways to stay healthy this winter

Have your flu jab

Some people can get it for free. It's important if you have a long-term health condition.

Keep warm

If you have a health condition, stay indoors during very cold weather. Wear layers of clothes and use a hot water bottle to keep warm.

Beat the winter blues

Many people feel tired in the winter. Make sure you get outdoors as much as possible and try to get a good night's sleep too.

Finally

If you're unwell, think carefully about where to go for help. A&E isn't always best. Minor injury units, NHS 111, your doctor and local pharmacy can all help.

Stay active

Stretch and stay active. Simple and free activities, such as a walk along the beach is good.

Steady on your feet

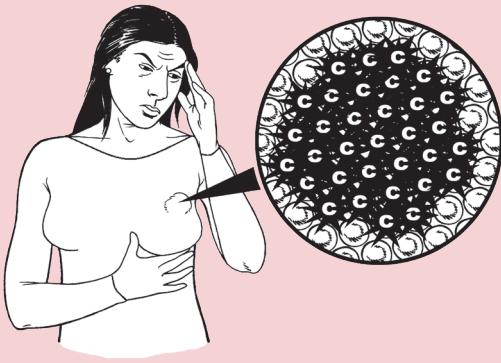
There is more chance of slipping over in the winter. In icy weather remember to wear sensible shoes.

Have your eyes and hearing checked too.





My breastfeeding dream



Two years ago, Trish Hodson found out she had breast cancer.



Trish said: "I always wanted a family and I was so scared when I found out I had breast cancer, that a baby would never be possible."

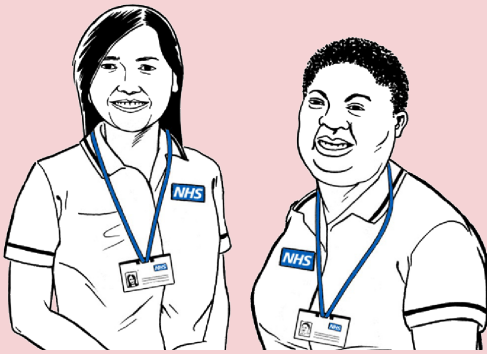


Trish had an operation and lots of treatment to help her get better.



After Trish finished her treatment, she had a baby, called Isabella.

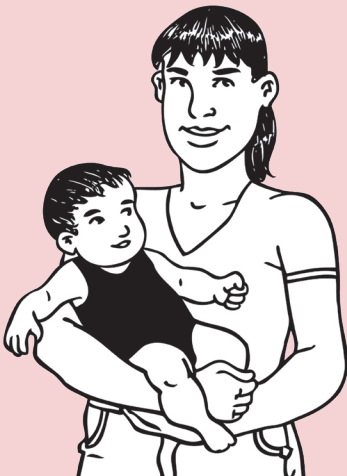




Trish and Isabella were finding it hard to breastfeed. They went to Medway Maritime Hospital to get some help from the midwives.



They also went to the Snodland breastfeeding group where they met Lorraine Murray, who works for KCHFT helping new mums and babies.



Lorraine said: "It's a partnership between mum and baby and we're here to help both of them get it right, so they can enjoy breastfeeding together."



Thanks to the help and support Trish and Isabella are very happy.



Be Brave



Sharon Harris loves her job. She works in the Learning Disability Team at KCHFT, helping at interviews, making Easy Read information and doing presentations.



Sharon has a mild learning disability and her experience helps her at work. She said: "I use my voice to make the Learning Disability Service and others at KCHFT, even better."



Sharon had help and support from Mitch Mitchell at Kent Supported Employment to get her job at KCHFT. Sharon said: "Mitch helped me with the application form and to make a video for the interview panel."



If you have a learning disability and are looking for a job, Sharon says: "Try using Kent Supported Employment. Be brave and go for it."

You can find out more at:
www.theeducationpeople.org/

How Jenny stopped smoking





Jenny Goodwin started smoking when she was 18. She wanted to stop on her 70th birthday.



She wanted to stop smoking because she was having problems with her breathing and it was expensive.



One You Kent helped Jenny by giving her lots of information and support. She now feels less breathless and has saved lots of money.

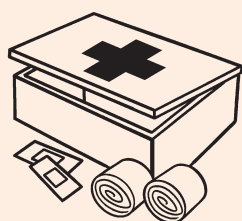


Jenny said: "Shelley, my smokefree advisor, has been amazing. The support was out of this world. There's no way I would ever go back to smoking now."

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.

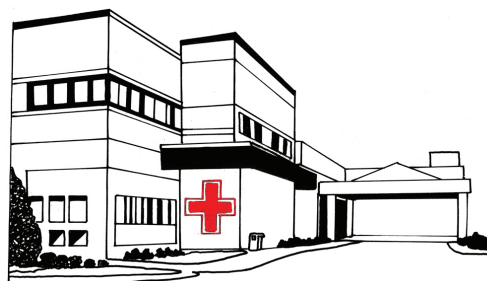
Victoria Hospital, Deal

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.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

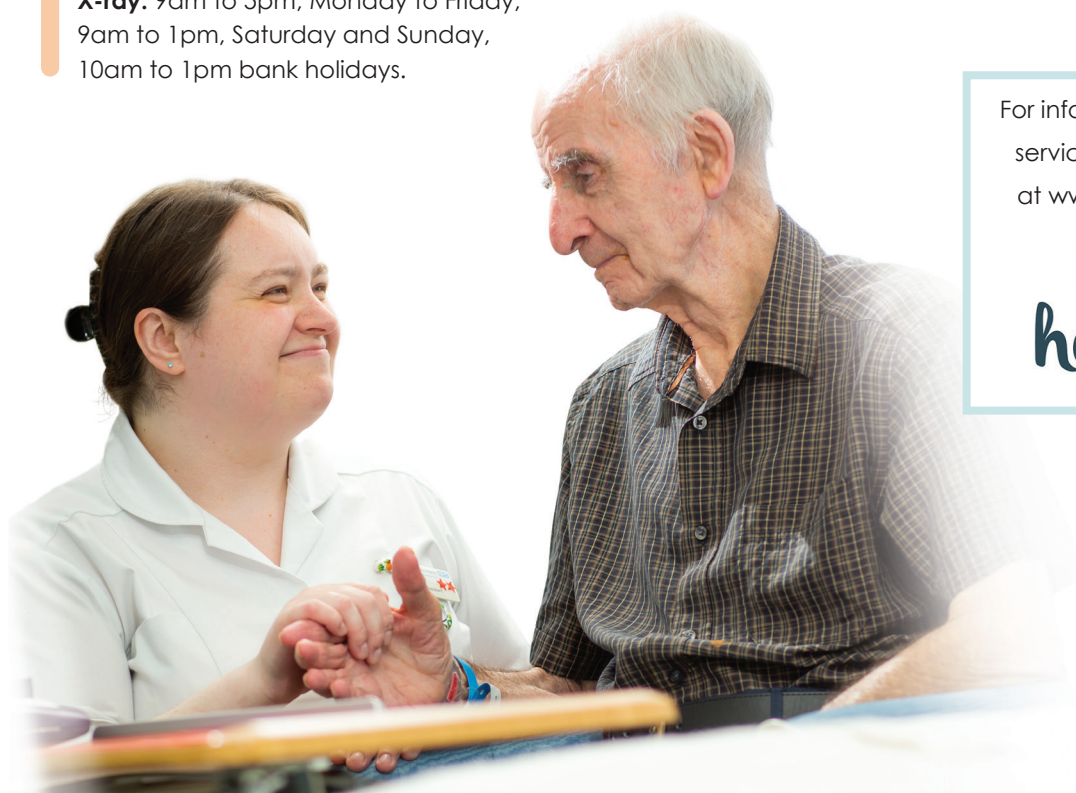
Estuary View Medical Centre, Boorman Way,
Whitstable CT5 3SE

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

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

Website: www.kentcht.nhs.uk



Patient Advice and Liaison Service (PALS)

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

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

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/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

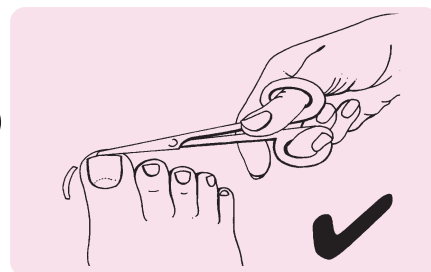


South East DriveAbility

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

Phone: 0300 013 4886

Email: kcht.sedriveability@nhs.net



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

Advice for carers



Carers Trust

This is a national charity that has 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

Carers Direct

Information and help 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:

Phone: 03000 41 91 91

Website: www.kent.gov.uk



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

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



WEBSITE www.oneyoukent.org.uk

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

Are you 65 or over?

Flu can be serious and lead to hospitalisation.

Speak to your GP surgery or pharmacy about getting a flu jab. It's free because you need it.

nhs.uk/flu vaccine

**HELP US
HELP YOU**

STAY WELL THIS WINTER

 Richard Pile
GP