

Community

HEALTH

Caring for you, close to home

Spring/
Summer 2020

On top of the world

Stephen has
lost weight and
now he wants to
climb a mountain

(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.



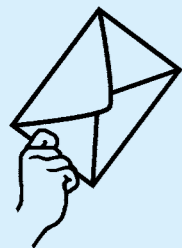
Follow us on Facebook
/KentCommunityHealth



Tweet us
@NHSKentCHFT



Visit our website www.kentcht.nhs.uk



Contact us

KCHFT NHS, The Oast,
Hermitage Court,
Barming, Maidstone,
Kent ME16 9NT



01622 211940



kchft.comms@nhs.net

The team

Editor Fay Sinclair

Designer

Julie Bignell

Created by

Emily Bradford using
CHANGE and stock images.

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.**



Kerry Maines said: "I'd like to send my heartfelt thanks to your staff who helped not only my son but myself in so many ways. We met Vicky Young last summer, when Jimmy was really struggling."

"I can't tell you how much it meant to have someone listen to me without judgement of my Gypsy culture or my lack of understanding. She was able to break down my fears and built up a trust between us."



Why other people said

thank you



"I just want to let you know of my wonderful visit to Folkestone Minor Injury Unit (MIU). I was greeted with smiles, treated with respect and care, and found everyone thoroughly pleasant."



"When I first attended Adult Speech and Language Therapy, I'd been batted around for months. You've helped me speak again and for that you have my eternal gratitude."



James Halsey said: "I have been involved with the NHS for many years and I would like to compliment this magazine. It is written with the patient at the heart of every story. It is also printed in large print, which is great."

Students help staff at Tonbridge Cottage Hospital

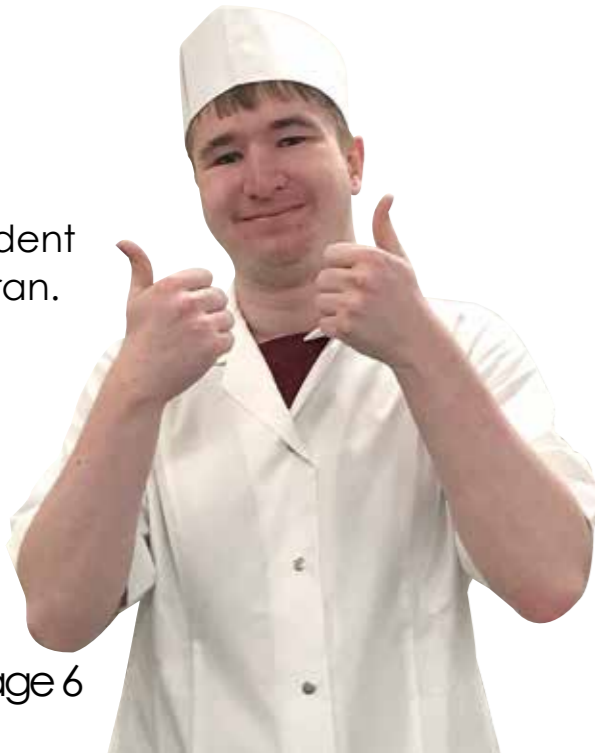


Students with learning disabilities from Oakley School visited Tonbridge Cottage Hospital to learn about working in the kitchen and on the ward.



2 students worked at the hospital for 3 days, including Kieran Gellard. They helped to bake cakes, make dinner, clean the wards and give drinks and biscuits to the patients.

Student
Kieran.



Jo, who works for KCHFT, said:
“Everyone involved has found this experience really rewarding. Colleagues have enjoyed being able to support and encourage students while they have learned new skills and confidence.”

The year of the nurse



This year celebrates our amazing nurses. We spoke to our Chief Nurse, Mercia Spare, about what it's like to be a nurse.

Why is nursing special?



“Nursing can bring life into the world and support all aspects of care up until and as part of death. It is a great privilege to work at all stages of a person's journey through healthcare.”

Why did you want to be a nurse?



“From an early age I knew I would work in a service career because I always wanted to care for people. It's what I have had the privilege to do for 34 years. I am proud to have so many outstanding nurses working at KCHFT.”

Apprentices

An apprentice gets paid while they learn how to do a job. KCHFT has lots of apprentices and you can hear what they are doing here.

Name: Stacey Yaxley

Job title: Risk system manager

Apprenticeship: Level 5 diploma for leaders and managers, foundation degree equivalent

"The course is designed for middle managers to help manage projects, lead and manage teams and change and support others.

"I would like to develop my learning further and top up my foundation degree to help progress in my career."

Name: Babs Sokeyo

Job title: Apprentice registered nurse with our Academy

"The course will take me four years to complete, during which time I will be employed by the trust as a healthcare assistant.

"I was so happy to be accepted on to the course with this amazing trust. I enjoy helping people, putting a smile on people's faces, and seeing out trust values put into action."



Oluwatobi.

Name: Oluwatobi Omoniyi

Job title: Learning and development administrator

Apprenticeship: Business administration, level 3

"The great thing about doing business administration is the versatility in what I can do afterwards.

"Apprenticeships are amazing because employers know that school leavers don't have experience, however, they're willing to invest and give people the experience they need to kick start their careers."

Name: Katy Castro Sanchez

Job title: Clinical nurse specialist in HIV

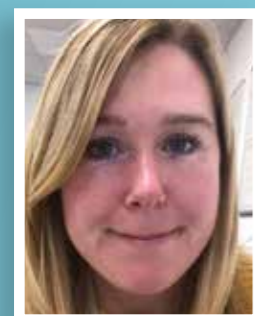
Apprenticeship: MSc advanced clinical practice

"As the first nurse from Kent HIV and sexual health services sponsored to do an apprenticeship, I look forward to being more involved in local and national initiatives.

"It's great to meet other health professionals working towards similar training in the trust, so we can support and learn from each other."



Katy.



Stacey.



Babs.

ONE YOU KENT

helps Stephen lose weight

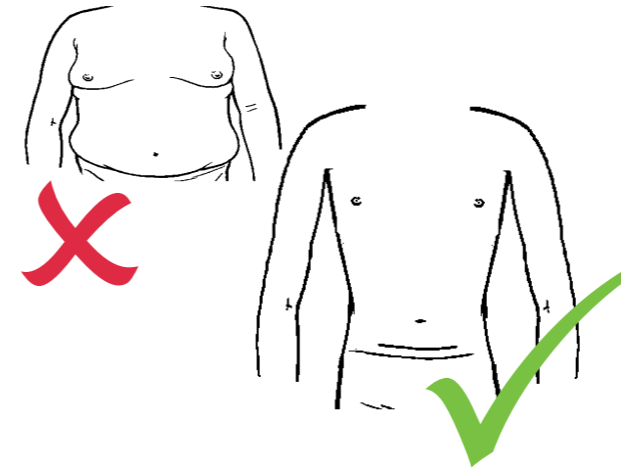


Stephen talking to Mark.



Stephen used to weigh over 23 stones.

He had problems breathing and was at risk of getting diabetes.



Mark, who works for One You Kent, helped Stephen to lose six stones.



He ate healthy food, went to the gym and had meetings with Mark about his progress.



Stephen lives near the beach so he walks by the sea for 30 minutes every day.



Now Stephen is healthier, he wants to climb a mountain in Africa. He is also going to raise money for charity.

ONE YOU KENT

helps Poppie too



Poppie.



Poppie Ralph also got help from One You Kent. She had been smoking since school and wanted to stop.



Now Poppie feels much healthier and has more money to spend on other things, like her family.



Poppie now works as a One You Kent Smokefree pharmacy advisor, helping other people to stop smoking.

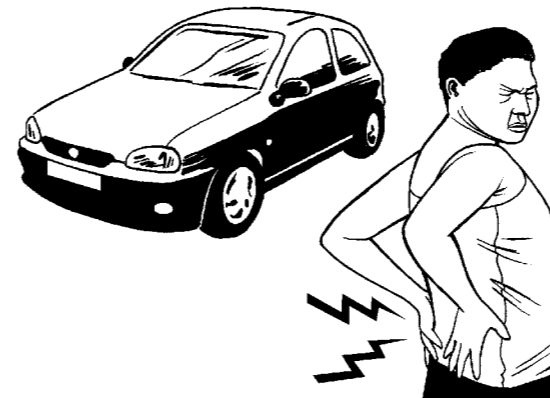


Deena, who works with Poppie, said: "She really is a confident young woman. Poppie knew she wanted to quit and just did it. She genuinely surprised me."



Phil.

Phil's second chance



In 2011, Phil King was in a car accident. He hurt his back and shoulders and was in a lot of pain.



Phil had to take lots of medicine to stop the pain. He didn't think he could walk without taking lots of medicine.



Phil got help from the Community Chronic Pain Team to deal with his pain in other ways, like exercise and mental health help.



Now Phil is taking less medicine and is happy again. He can do more things to help his family and enjoys spending time with them.



Kent Community Health
NHS Foundation Trust

Some of our services are not open while the NHS helps people with Coronavirus (COVID-19).

To find out if the service you need is available please look at our website



www.kentcht.nhs.uk/services

If you are worried and want to ask a question you can contact our Patient Advice and Liaison Service (PALS)



Phone 0300 123 1807



Text 07899 903499



Email kentchft.PALS@nhs.net