

Winter/Spring 2018

FREE! Please take a copy



East Kent
Hospitals University
NHS Foundation Trust

your Hospitals *your health*

William Harvey • Queen Elizabeth The Queen Mother • Kent and Canterbury • Buckland • Royal Victoria



“One of the best decisions I’ve made”

Why Ben quit his supermarket career to work for the NHS

Help us help you

How to keep fit and well this winter

“Robotic surgery meant I spent less time in hospital”

Eamonn’s quick recovery after cancer surgery



welcome

Message from Susan Acott,
Chief Executive of East Kent Hospitals

This issue of Your hospitals goes to press at the end of the 70th anniversary year of the NHS. The advances in medicine that have taken place in those 70 years are quite remarkable. And as 2018 moves on to 2019, the advances, if anything, are speeding up.

We are privileged to live in an age of great technological innovation, and hospital staff are quickly putting the growth of smart phones and digital technology to use in improving healthcare. The story of how our specialist haemophilia physiotherapists are working with patients to allow them to take their own ultrasound images of their joints, in the comfort of their own home, to save many an unwelcome trip to hospital is just one of many examples of technological research and innovation from our staff to benefit patients. You can read all about it on page 10, and I hope you are as fascinated by what the physiotherapists are doing as I am.

Technology is a theme in this issue – on page 4 is the story of Eamonn McGettrick, who recently had robotic surgery for a malignant

tumour. The surgery – carried out at Kent and Canterbury Hospital, which is one of the UK's flagship training centres for robotic surgery, was a success. Unlike most patients, however, Eamonn had the chance to control the surgical robot himself five weeks after his operation, as guest of honour at an event for local schools and London medical schools to showcase robotic surgery.

At East Kent Hospitals, we are very much looking forward to welcoming medical students from the Kent and Medway Medical School, due to open in 2020. But in the exciting and varied world of our Trust, there are roles for people with all sorts of skills, as proved by Ben Bambridge, who took the decision to change his career completely so he could dedicate his working life to helping people. We are so delighted that Ben has found a career he loves at East Kent Hospitals, and he is a great asset to our emergency department team and to the patients who he makes a difference for every single shift.

If you are stirred by Ben's story on page 6, why not visit our website to see the jobs we have on offer – it could be the beginning of a new, fulfilling career for you or someone you know...

Best wishes and a Happy New Year

Susan



- 3** News: the latest headlines from your hospitals
- 4** Robotic surgery meant I spent less time in hospital: Eamonn McGettrick chose robotic surgery as the best option for treating the tumour on his kidney
- 6** One of the best decisions I've ever made: Why Ben Bambridge quit his supermarket career to work for the NHS
- 10** The ultimate selfie: Meet the physiotherapists working with haemophilia patients to improve how their condition is managed
- 13** Second opinion: Why health professionals encourage you to get up, get dressed and get moving while you're in hospital
- 15** While you wait: thanks to reader feedback, we have included a games page in this issue to keep little ones – and not so little ones – occupied in the waiting room!

Editor in chief Natalie Yost
Editor Gemma Shillito
Designer Mark Ashby
Contributors Fiona Paterson, Sarah Landers, John Staples
 East Kent Hospitals University NHS Foundation Trust
 Trust Offices, Kent & Canterbury Hospital, Ethelbert Road, Canterbury Kent CT1 3NG
Call us on 01227 866384
Published December 2018
Find us on Facebook
 fb.com/eastkenthospitals
Follow us on Twitter @EKHUFT
 If you would like this magazine in audio, large print or a different format please ring us on 01227 866384.

ALOOKBACK

Many readers told us they enjoyed our NHS70 edition of *Your hospitals*, so we thought we'd bring you more pictures from our library archives in this edition! Pictured is the Thanet ambulance service, 1914.

At the outbreak of World War 1, it was obvious that local hospital provision would be quickly overwhelmed. The Red Cross and St John Ambulance units, the independent Margate Ambulance Corps (which claims the honour of being the first civilian ambulance service in the country), and the existing Voluntary Aid Detachment network (originally established to support the territorial army) combined to create Kent VAD. This could be – and was – mobilised within a few hours' notice to receive several thousand Belgian soldiers evacuated from Ostend.



We're making sure hip and knee operations go ahead this winter



Patients now have had their planned hip and knee operations at Kent and Canterbury Hospital as part of an exciting national pilot to improve care for orthopaedic patients.

The move of this surgery to Canterbury from William Harvey Hospital, Ashford, means East Kent Hospitals can continue to offer patients planned hip and knee surgery over winter. Traditionally, the NHS has to stop many planned

operations over winter to prioritise beds for emergency patients, resulting in longer waits for surgery. The new, dedicated facility at Canterbury will mean operations can continue as usual.

The national pilot aims to demonstrate that separating planned orthopaedic inpatient operations from emergency care benefits both sets of patients. Where these changes have already taken place in other parts of the country, waiting times

have reduced, fewer patients have had their operations cancelled and recovery times are quicker.

Help us help you this winter by making sure you have enough medication at home should you get caught out by extreme weather, have your flu jab and use NHS services wisely – our guide to seeking help for minor illnesses and injuries is on the back page of this issue.

New chemotherapy bell helps patients call time on cancer

A bell has been installed in The Viking Day Unit at Queen Elizabeth The Queen Mother Hospital, Margate so patients who are receiving treatment for cancer can ring it to mark when they have finished their course of chemotherapy treatment.

Many patients have said they felt it was important to mark the end of their journey through their chemotherapy treatment and ringing the bell gives them the opportunity to do this and to signify the end to their current journey, giving them hope and strength for the future.

Carrie Merry, Chemotherapy Unit Manager, said: "Undertaking chemotherapy treatment is a frightening and emotional experience for anyone. The end of treatment bell aims to represent a milestone moment in treatment, and is something to aim for."

"The bell gives us, as a Unit, the chance to celebrate with the patient and to offer our support to them at a significant moment in their treatment. It is such a simple idea, but the positivity and hope it generates amongst patients and staff on the ward is fantastic and it means so much to everyone."

"For many of our patients, in particular those who have been with



us for treatment for a long time, it signifies a significant milestone and what will hopefully be the start of their recovery."

Robotic surgery meant I spent less time in hospital

Eamonn McGettrick thought he had prostate problems and mentioned this to his GP during his annual check-up.

"Men can be useless at this type of thing and can put off getting medical advice because we don't want a fuss. That's how I felt, even though I suspected that I had a problem. But when I saw my GP, I decided that I needed to have it investigated."

His doctor examined him and said she believed he should have an ultrasound examination.

"As soon as I was told I needed to go for an ultrasound, I knew it meant my concerns were valid and I would get help," the 76-year-old grandfather-of-five from Herne Bay explains.

"When she referred me, I felt relieved that I had brought up the issue and that I was now going to get professional care.

"It would have been so easy to just leave it in the hope the problem would go away."

Soon, Eamonn would discover he had a malignant tumour on his kidney – which, as it was cancerous, could potentially be fatal.

Luckily, his early diagnosis meant he

stood every chance of having a quick, successful recovery.

But he didn't expect he would have such a short stay at Kent and Canterbury Hospital.

There, a surgeon used a specialist robot to remove the cancerous tissue from his body.

The hospital is one of just five training centres in the UK for urological robotic surgery and has been using this technique since 2011.

In that time, more than 1,500 robotic surgical procedures have been carried out on patients with urological conditions of the prostate, kidneys, bladder and urinary system.

The robot is controlled by the hand movements of the surgeon, and allows highly-trained surgeons to provide minimally invasive surgery by making tiny incisions and working within a very small space with incredible precision.

This helps patients recover faster and means they are up and about more quickly.

That's important as it means they do not have to stay in hospital as long

as they may otherwise have, which is good for them and frees up their bed and the time of medical professionals for others.

Eamonn, a retired finance manager who lives with wife Kate, says: "When the ultrasound results were known, I was called by my doctors' surgery and told to see them urgently.

"I was then asked to attend a CT scan at Queen Elizabeth The Queen Mother Hospital in Margate.

"This was promptly followed up with an appointment to meet with my consultant, Milan Thomas.

"I couldn't have asked for a more sincere or professional person. He showed me my scan on screen, explained in detail what had been found and what the options were.

"With this knowledge, it was clear to me that surgery by Mr Thomas to remove the tumour would be the best option for a successful outcome."

On 24 September last year (2018), Eamonn was admitted to Kent and Canterbury Hospital.

He says: "Like many people, I was worried about going to hospital, but everyone I met was so dedicated, caring and completely respectful.

"I was given a general anaesthetic so could not say much about the operation, but it had already been explained it was robotic keyhole

surgery, which is less invasive. I was lucky because the tumour was still small enough to be operated on in this way."

Like everybody, Eamonn realises the value of not spending too long in hospital, but with a wry smile he jokes about his treatment.

"It was great," he says. "In fact, if it didn't mean having an operation, I might go there again on holiday," he quips.

He adds: "Seriously, though, I understand that less time laid up in a ward on a hospital bed is better for your mind and your recovery.

"This type of surgery meant I went in on a Monday and was well enough to be discharged the following day."

Since his operation, Eamonn says he has been making a steady recovery and enjoying daily walks along Herne Bay seafront.

He was invited by his consultant Mr Thomas to an exhibition at the hospital in October where schoolchildren visited to see the robotic machinery. "It was great to see the young people so amazed", he adds.

Speaking of his own family, he says: "When I left hospital, I remember how my grandchildren were clearly happy that I was getting better.

"I would say to anyone reading this that if you have any worry whatsoever go and get checked out. Early diagnosis really is important."



Above: Eamonn tries his hand at operating the robot at the hospital exhibition. Picture top left: Eamonn McGettrick with Surgeon Milan Thomas.

"If you have any worry whatsoever go and get checked out"

"One of the best decisions I've ever made"

Ben Bambridge, 33, switched from working as a manager at Sainsbury's to a new role in the Emergency Department at his local hospital – the William Harvey in Ashford – three years ago.

"It may not seem like the most obvious career move, but I can honestly say it is one of the best decisions I have ever made," smiled Ben.

"When I left school, at the age of 16, I started at the retail giant stacking shelves. I then worked on the checkouts before becoming a supervisor and then managing their entertainment departments in their stores in Folkestone and Hythe in Kent.

"But after 15 years I found I was growing tired of the constant targets I was set. They were always geared towards making more money for my employer.

"I don't have a bad word to say against the firm, they were a nice bunch of people, but as I grew older I realised I wanted to do something that involved helping people.

"My new employer – East Kent Hospitals – didn't have to take me on, after all, I had never worked in such an environment before.

"But I did have some transferable skills, particularly around customer service and was used to managing people

in pressurised environments with tight deadlines.

"Now, after three years at the William Harvey Hospital in Ashford, I am proud to say that I'm team leader of the new IV Access team based in the emergency department."

The team is one of two the Trust has – the other is at the Queen Elizabeth The Queen Mother Hospital in Margate – and they were recently put in place to improve emergency department waiting times.

These are the first specialist emergency department teams in the country using ultrasound equipment to take blood samples and insert cannulas (a thin plastic tube which is inserted into a vein to administer medication or drain fluid).

"This is important," says Ben. "It has really improved care for major injuries patients.

"I'm passionate about the role and about helping patients and I could talk for hours about what I do.

"To sum it up, though, our job is to quickly find a suitable vein in a patient as soon as they enter the major injuries unit at the hospital.

"This allows blood samples to be taken very quickly so results can be obtained and passed straight to the medical decision makers on the unit. It also allows IV treatment to start as soon as it is needed and for checks to be made for life-threatening conditions such as Sepsis.

"Elsewhere in the UK, trusts often use junior doctors and nurses in Emergency Departments to manually take blood samples or insert cannulas. This process can often be difficult and even painful for patients,

particularly for those where it is difficult to find a vein.

"In fact, it can often take over 30 minutes or more and include many unsuccessful attempts before being completed without using ultrasound equipment.

"It is not unusual for someone to fail five or more times as they try to connect with a vein. And while they do it they are basically stabbing the patient with a needle, which can result in a great deal of distress.

"They don't mean to cause this distress obviously. No one does. People in the NHS really care about their patients. You learn that really quickly when you work in an Emergency Department

"But our teams with their specialist training and ultrasound equipment find and insert a needle or cannula quickly and efficiently nearly every time as soon as a patient arrives. In fact, I would say around 99.95 per cent of the time we are successful."

Ben's career path in the NHS

"I started as an Emergency Department technician three years ago and soon became fascinated with the work of Gemma Oliver, the Nurse Consultant IV Care/Senior Surgical Matron at the Trust, and Dr Matt Jones, our Consultant Anaesthetist and IV Access Team lead.

"They were already using ultrasound equipment for junior doctors and nurses who were called in if we failed to take bloods or insert a cannula manually, or if the person was particularly scared of needles.

"Then, last year, our trust management team put out a call seeking innovative ideas from staff and they proposed bringing in dedicated IV access teams to the emergency departments.

"When this was approved, I was one of the first in the queue to apply and after six weeks intensive training I now lead a team of four IV access team technicians.

"When we first started in April this year some of the medical staff were not sure we were needed, after all they had gotten by so far without us.

"But in a very short space of time that has changed. They are now really happy we are there and on the odd occasion that a team member has been taken ill, I have been told by doctors how much they missed us.

"But the best feedback I get is from the patients. We obviously have some that have to come in for regular treatment and as soon as they see us they smile.

"There was one older lady who used to be terrified of needles and was always very distressed. But now when she sees one of my team she is calm and knows we will get her vein first time. That is such a great feeling as I know we have made a real difference for her. What could be more rewarding?"

Do you want to work at East Kent Hospitals and make a difference?

Find our latest jobs on our website at www.ekhuft.nhs.uk

"As I grew older I realised I wanted to do something that involved helping people."



WE ARE RECRUITING

East Kent Hospitals is driven by ambition, innovation and research.

As one of the largest trusts in the country, we care for over 2000 people each day.

From excellence in specialist services such as robotic surgery, to running one of the UK's leading trauma centres; we require **ambitious, forward-thinking healthcare professionals** to drive exceptional patient care.

Positions available at all levels across east Kent. Apply today.

Search vacancies at East Kent Hospitals:
www.ekhft.nhs.uk/careers



Hospitals' renal service helps make medical breakthrough

Patients and staff in east Kent's renal dialysis service have changed medical treatment for dialysis patients forever by taking part in a four-and-a-half-year clinical trial.

Derek King, 84, of Romney Marsh, was one of the patients who took part in the trial. It formed part of his regular four-hour haemodialysis sessions, held three times a week at the Kent & Canterbury Dialysis Unit.

Derek said: "This is the first clinical trial I've been involved in and I would definitely recommend it to others. These trials mean that we can gradually learn more and more and that's the name of the game. It might not benefit me but if I can help someone in the future it's all for the good."



Derek King

"It came as a total shock when the doctors told me my kidneys had failed. I thought I'd just got a virus. They still don't really know what caused the failure but I've got used to my situation."

"I consider myself fortunate. I've lived my life and don't have to rush around anymore but some of the younger people on dialysis have got school work, jobs or young families to think of. Hopefully their lives will

improve as a result of the trial."

East Kent Hospitals was the third highest recruiting centre out of 50 nationwide that took part in the ground-breaking trial to determine how much iron can safely be given to anaemic kidney patients on haemodialysis.

The results of the trial will now give healthcare professionals clear guidance on best practice.

East Kent midwives and doctors work in Ethiopia



East Kent Hospitals' midwives and obstetricians have just arrived back in east Kent after helping healthcare workers in the region of Tigray, northern Ethiopia, reduce maternal deaths and deaths in children under five.

The Healthcare Ethiopia Partnership has been running for eleven years, and the East Kent Hospitals team visits twice each year to train healthcare workers across

rural areas. The latest trip took place in November.

The training is delivered to doctors, nurses, midwives and health workers in either the classroom or clinical areas. The volunteer team also delivers small items of equipment purchased from fundraising and donations.

Nichola Morgan, Midwife, said: "The visits are often challenging, both physically and mentally, and require a

degree of flexibility and an open mind, as teaching might take place outside a health centre or in a hut.

"We deliver training and products the workers really need, and in return we get to enjoy the country's rich culture and beautiful landscapes.

"All the team who have gone to Tigray have said that the visits have left a lasting impact on their lives and many of us have made friends for life."

The ultimate selfie

For many people, taking a selfie and posting it on to their Instagram or Snapchat account is a part of everyday life.

And now a physiotherapist at East Kent Hospitals aims to use the same technique so that haemophilia patients can carry out ultrasound scans at home.

They would then send their selfie scan image to doctors at their hospital by their own mobile phone.

Dr David Stephenson, who is based at Kent and Canterbury Hospital, says; "Technology is moving so fast and I really want to utilise that to improve the care we can give our patients."

"It may seem like something out of Star Trek, but I want to bring in technology that allows haemophilia patients to use mobile phones to self-scan themselves."

"They will then be able to send via an app the image they have taken directly to doctors who can assess and diagnose what they are seeing."

At the moment, patients - like others across the UK and further afield - take clotting factor home with them after a hospital visit. If they then feel sharp



pains in their joints, which can indicate a serious bleed, they can inject it.

However, this technique can be problematic because haemophilia patients can also, over time, get arthritis in their joints and the uncomfortable feeling they get from this is very similar to a bleed.

Understandably, it can be very difficult for a patient to tell the difference between arthritis in their knee, elbow or elsewhere and a more serious build-up of blood in the same part of their body.

That means many potentially use the injections - which are very expensive - unnecessarily or have to travel to either A&E or the specialist haemophilia centre in Kent and Canterbury Hospital regularly to have an ultrasound scan so staff can see what's going on.



Dr Stephenson, a physiotherapist at the centre, has received a grant to fund research into developing the app and examine how feasible it is for patients to carry out ultrasound scans at home and beam it to doctors.

He believes he can harness the technology of today and tomorrow, as well as the knowledge and skills so many of us have gained through using our own tech equipment such as phones, to help his patients.

The department he works in at Kent and Canterbury is no stranger to pioneering new techniques as it was the first haemophilia department in the UK to start using ultrasound on site rather than send patients to radiology departments for scans.

Dr Stephenson is leading the research with co-researcher Charlene Dodd from the Trust, which will take place at East Kent Hospitals, the Royal London Hospital, in Whitechapel, and the Royal Victoria in Newcastle once it gains full approval.

He says: "We have gained grant funding from the pharmaceutical industry to carry out our research across the UK."

"At the moment it is in the initial stages and I am awaiting full approval to go ahead, but I really hope that patients will be able to use this technique in a few years."

"It may not be perfect for everyone - as we are not all tech literate - but we have people of all ages that have haemophilia and hopefully it will transform the lives of many of them."

Dr Stephenson, who recently gave a talk on his research project to medical professionals in Spain, says he came up with the idea after

carrying out a shopping exercise to look for new ultrasound equipment.

He adds: "We needed new equipment and the technology you can get nowadays is very, very small. In addition, these micro-ultrasound scanners now have wireless capability. That was really the impetus for this research, so I wrote a research paper and gained the funding."

"Part of the research will include discovering just who among haemophilia patients will benefit and be able to use this to self-manage their treatment."

"We also want to test the feasibility of training patients to do this at home either on themselves or, in time, to be able to test their children."

"Hopefully, by the end of the research we will have developed techniques that will really help many patients and free up valuable NHS resources including the time of medics, which can be used to provide care for others, which is really important."

"Technology is moving so fast and I really want to utilise that to improve the care we can give our patients"

Our NHS stars

Our staff awards evening is one of the ways we celebrate and say thank you to our fantastic, hard-working staff. Meet some of the staff nominated by their peers for special recognition this year...

William Harvey Hospital neonatal team cancel their leave to help a baby boy and his family

Melanie Mears, Kate Igoe, Shelley Chalmers and Pauline Kennedy are worthy winners of the 'Excellence in Care' award. They cared for a baby boy who was born prematurely and sadly diagnosed with a disorder that meant he would never improve. When he was four months old, a decision was made to withdraw care. The team cancelled their leave to make the last couple of weeks of his life the best possible. His family were desperate to include him in their Christmas celebrations, so the team converted a pram into a mobile ventilator so he could attend a Christmas Day party outside the hospital with his family.

His father thanked the team for enabling his son to see the clouds and sky, and to have that fleeting experience of the outside world when all he had known was an incubator.



Anne is our 'volunteer of the year'

It was great to hear the roar of applause that went up when Anne Lack was announced 'Volunteer of the Year' at the awards evening! The maternity team at Queen Elizabeth The Queen Mother Hospital, Margate, are rightly grateful to 83-year-old Anne, who works as a volunteer receptionist in the department. Anne does anything she can to help others, even coming along to help on Boxing Day last year.



Lifetime achievement award goes to Midwife Nichola Morgan

Nichola has provided east Kent with more than 30 years of dedicated professional service as a midwife. She has been an excellent role model for many staff and is always enthusiastic, hardworking, capable, kind and caring while maintaining exemplary professional standards. Nicky has also been involved in setting up a charity which supports maternal and child health globally and sends local midwives and doctors to provide training programmes in Ethiopia - where she has taken several trips herself.

The stoma team literally go the extra mile

The East Kent Stoma Team gives care in our hospitals, patients' homes and GP surgeries. They support people of all ages through very difficult psychological and emotional times and are always ready to listen. The team constantly goes the extra mile to provide patient care - and are not averse to leaving their cars, putting on their wellies and heading down a long muddy track to see a patient!



Hidden heroes of the Kent and Canterbury Hospital

The Electronic Medical Equipment team works behind the scenes to ensure all our equipment is kept working. The team oversees the lifetime of every piece of equipment from acquisition, maintenance and performance checks, to repairs and decommissioning.

The complexity of medical equipment in the NHS has increased dramatically over the last couple of decades and looking after it requires a high level of skill. We could not deliver our service safely without their help and knowledge.



Let's help you feel yourself again

It's better to get up, dressed and moving when you're in hospital because being as active as possible helps your body work properly. It also helps keep your muscles, appetite and immune system working. Washing, dressing, walking to the toilet and sitting in a chair are all ways to stay active in hospital.

Bed rest can actually be bad for you - staying in bed makes your muscles lose strength, you get weaker and tire more easily. People who stay in bed in hospital often struggle to get back to their normal lives when they get home. But taking simple steps, like getting dressed in your own clothes, will help you want to get up and about.

This will help you recover better and faster. Being as active as possible will help you stay strong and fight infection. Doing everyday things as soon as you can, like getting up and dressed, will help you stay independent. Ask a family member or friend to bring in your shoes, clothes, hearing aids or glasses so you can stay active.

Please bring with you to hospital:

- Day clothes and shoes
- Regular medication
- Glasses
- Night clothes
- Dentures
- Hearing aids
- Non-slip slippers
- Toiletries
- Usual walking aids
- Any medical or community care plans (if applicable)

get up get dressed feel better



Don't wait until you feel worse, ask us first.

You can help us help you if you start to feel unwell with a winter illness.

Even if it's just a cough or cold, speak to your pharmacist before it gets more serious.

HELP US HELP YOU

STAY WELL THIS WINTER

nhs.uk/staywell



Prameet Shah, Pharmacist

HOSPITAL
Crossword Puzzle



DOCTOR



NURSE



AMBULANCE



HOSPITAL



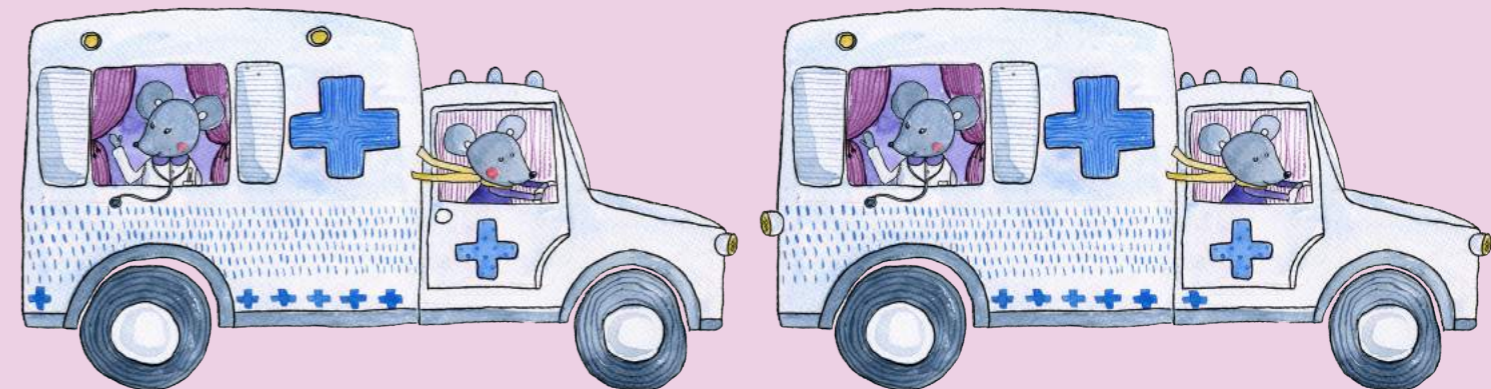
PATIENT



MEDICINE

B	C	N	D	M	L	A	P	O	O	T	H
T	A	W	O	R	E	B	P	T	T	L	E
O	O	S	C	A	T	D	O	S	E	R	Y
K	S	E	T	X	H	N	I	E	H	U	B
F	B	H	O	M	M	E	H	C	E	W	A
P	U	P	R	P	O	E	O	H	I	E	T
G	P	N	F	N	J	D	N	W	O	N	B
F	N	A	M	B	U	L	A	N	C	E	E
O	U	T	H	E	F	E	M	H	O	Z	B
B	R	E	H	O	S	P	I	T	A	L	D
B	S	G	N	D	O	R	X	C	W	U	X
F	E	G	F	C	P	A	T	I	E	N	T

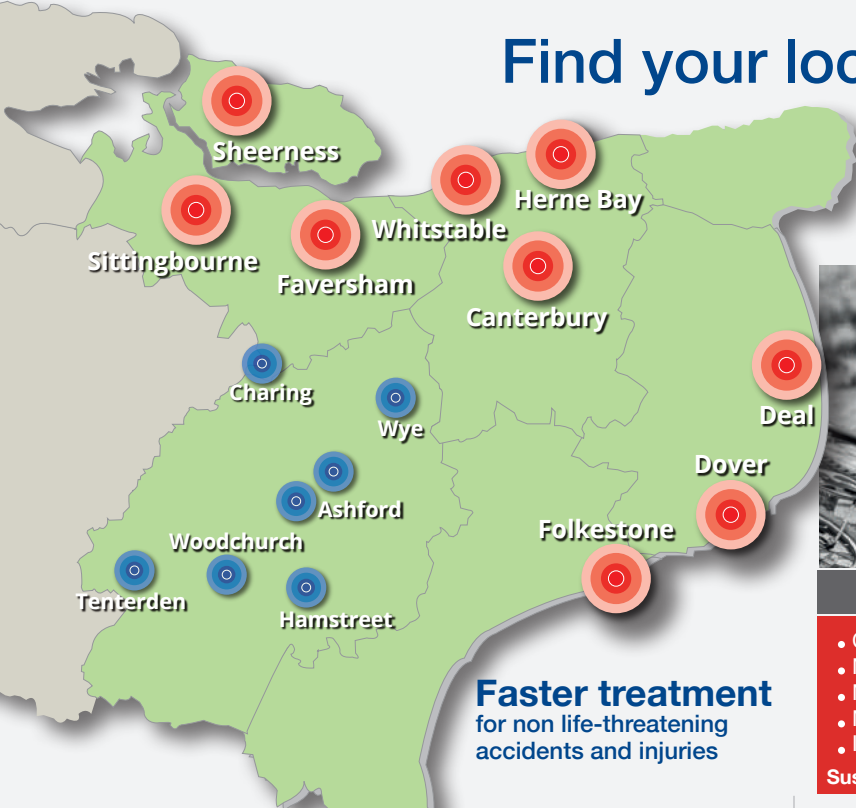
Spot the difference



See if you can spot 10 differences!

Find your local

Minor injury unit



Faster treatment
for non life-threatening
accidents and injuries



Walk-in minor injury units

- Children over one with a minor injury
- Minor eye injuries and infections
- Minor back, shoulder or chest injuries
- Minor burns and scalds
- Insect and animal bites
- Sprains and strains
- Dressings
- Cuts and wounds
- Minor head injuries
- Wound infections

Suspected broken bones or fractures: check listing for X-ray services

GP practices with minor injury services

For recent injuries less than 48 hours old:

- Sprains and strains
- Minor burns or scalds
- Minor cuts
- Severe bruising
- Wound infections
- Minor head, back, shoulder or chest injuries
- Minor dislocations of fingers or toes
- Minor eye injuries or small items in the eye
- Children (any age) with a minor injury
- Insect and animal bites

No X-ray services: for suspected broken bones or fractures, see the red list

Ashford: Kingsnorth

Kingsnorth Medical Practice, Ashford Road, Kingsnorth TN23 3ED
Mon – Fri: 8am to 6.30pm
Drop in, or call 01233 610140 before attending.

Ashford: Willesborough

Willesborough Health Centre, Bentley Road, Willesborough TN24 0HZ
Mon – Fri: 8am to 6.30pm
Drop in, or call 01233 621626 before attending.

Charing

The Charing Practice, Surgery Close, Charing TN27 0AW
Mon – Fri: 8am to 6.30pm
Drop in, or call 01233 714490 before attending.

Hamstreet

Hamstreet Surgery, Ruckinge Road, Hamstreet, TN26 2NJ
Mon – Fri: 8am to 6.30pm
Drop in, or call 01233 730190 before attending.

Tenterden

Ivy Court Surgery, Recreation Ground Road, Tenterden TN30 6RB
Mon – Fri: 8am to 6.30pm
Drop in, or call 01580 763666 before attending.

Woodchurch

Woodchurch Surgery, Front Road, Woodchurch TN26 3SF
Mon – Fri: 8am to 6.30pm
Drop in, or call 01233 860236 before attending.

Wye

Wye Surgery, Oxentun Road, Wye TN25 5AY
Mon – Fri: 8am to 6.30pm
Drop in, or call 01233 884585 before attending.

Canterbury

Kent and Canterbury Hospital, Ethelbert Road CT1 3NG
Daily: 24 hours Tel: 01227 864244
X-ray: Mon – Fri: 8am to 8pm / Sat & Sun: 8am to 4pm

Deal

Victoria Hospital Minor Injury Unit, London Road CT14 9UA
Daily: 8am to 8pm Tel: 01304 865420
X-ray: Mon – Fri: 9am to 4.45pm

Dover

Buckland Hospital, Coombe Valley Road CT17 0HD
Daily: 8am to 8pm Tel: 01304 222621
X-ray: Daily: 9am to 4.45pm

Herne Bay

Queen Victoria Memorial Hospital, King Edward Avenue CT6 6EB
Daily: 8am to 8pm Tel: 01227 594756
X-ray: Mon-Thur: 8.30am to 1pm / 2pm to 4pm

Faversham

Faversham Health Centre, Bank Street ME13 8QR
Daily: 8am to 8pm Tel: 01795 562005
X-ray: Mon – Fri: 10am to 4pm

Folkestone

Royal Victoria Hospital, Radnor Park Avenue CT19 5BN
Daily: 8am to 8pm Tel: 01303 852727
X-ray: Mon – Fri: 9am to 5pm

Sheerness

Sheppey Community Hospital, Plover Road, Minster On Sea ME12 3LT
Daily: 9am to 9pm Tel: 01795 879104
X-ray: Mon – Fri: 9am to 5pm

Sittingbourne

Sittingbourne Memorial Hospital, Bell Road ME10 4DT
Daily: 9am to 9pm Tel: 01795 418300
X-ray: Mon – Fri: 9am to 9pm / Sat & Sun: 10am to 8pm

Whitstable

Estuary View Medical Centre, Boorman Way CT5 3SE (Sat nav: CT5 3RL)
Daily: 8am to 8pm Tel: 01227 284309
X-ray: Daily: 8am to 8pm