



News and events from Kent and Medway NHS and Social Care Partnership Trust.



Welcome to e-connect!

Although we are still in the midst of a global pandemic, we are beginning the initial steps of our recovery plan. As we continue to review how we provide our services, we will keep you updated - this is a journey we are on together.

The restrictions that are in place right now (and the emotions associated with the rules being slowly eased) can lead to anxiety levels being high, a feeling of isolation and sometimes confusion. It's completely normal to feel like this, and lots of people are at this time. This is why it's more important than ever to take care of our mental wellbeing. Below you can find more information about how our occupational therapists are developing handy resources to help. Don't forget to take a look at what's also available in your community - take a look at our [support and signposting](#) page for more information.

This week we have been celebrating Mental Health Awareness week at KMPT, which couldn't have come at a better time! We are delighted to share with you some of the extraordinary acts of kindness (this year's very appropriate theme) that our staff, volunteers, patients and their families have been shown and have shown to each other during these unprecedented times.

Here are just a few examples of #COVIDkindness:

- Emma Davies, our Team leader for Thanet rehabilitation services appealed on Facebook after her car belt went on her car, and was messaged by a man called David. He not only lent her his car but organised free insurance cover and a full tank of fuel!
- All from Al-Amin Tandoori in Maidstone delivered 140 free curry meals to staff and patients at our Maidstone site to say a big thank you for their work.
- The wonderful people at Dartford Deeds Not Words Foundation continue to provide us with donations including some special packs of make up and beauty products for our mums at the Rosewood Mums and Baby Unit.

These acts of kindness show true community spirit and we are truly thankful for your continuing support.



How we're keeping our patients safe through social distancing

Unfortunately we have had to restrict visiting on our wards but this hasn't stopped families and loved ones staying in touch. Using video conferencing, telephones, Skype and Facetime, we are doing all we can to make it possible for our patients to have the support of family and loved ones at hand. Our community teams have also been offering support in different ways, allowing the care and support and patients need to continue but also keeping to the restrictions in place.

Technology of course has been everyone's saviour. Like it or not, it has enabled us to keep us in touch with family and friends across the globe. For us, it's been imperative to ensuring our patients stay connected. But of course, it's not right for everyone and sometimes it's important that patients are seen on site or admitted to our wards for the care they need.

We are currently putting in place clear social distancing measures across all our sites to ensure that you do need to come to one of our buildings, you will clearly see the restrictions we've put in place to keep you and our staff safe. In the meantime, stay in touch with KMPT news via our website or speak with your healthcare professional using the contact details provided to you, if you need to.

[Find out more »](#)



Staying connected and supported

Although usual face-to-face services might not all be able to run at the moment, there are lots of networks available virtually to still support our community. Here are just some of these:

- Our Single Point of Access (SPA) is still available on 03001234496 for anyone who is struggling
- The Kent and Medway Safe Havens are currently providing telephone every day between 6-11pm. Contact details [on our website](#)
- The Kooth digital mental health support is free online support for those aged between 10 and 16 and can be accessed at <http://www.kooth.com>. Monday to Friday between 12pm and 10pm and Saturday and Sunday between 6pm and 10pm
- For people of all ages needing mental health support, just text the word "Kent" or "Medway" to 85258. This is a 24/7 text service

It's not just our services that are using technology to stay connected, groups like The Forge-Me-Nots, the service user group for people living with dementia in Canterbury, held its May meeting through a video conferencing service. They said it was amazing to be able to continue their work together, even if they weren't in the same room!

[Find out more »](#)



Support for BAME staff and patients

Both nationally and locally, research is taking place to try to understand why people from BAME (Black, Asian and Ethnic Minority) backgrounds are worse affected by COVID-19. The results of these studies are so important in helping us to protect our BAME family while ensuring all appropriate safeguarding measures are put in place.

We know this is a difficult time for many of our staff and patients. Having the right support in place for each person is absolutely critical in helping us to keep protecting everyone in our community as we look to the future. That is why our executive team and BAME network continue to discuss ways in which we can support both our staff and patients. Our BAME network is also reaching out to each member of our BAME staff providing them an opportunity to discuss how they are feeling and any concerns they may have but also to work together to continually ensure we have the right support in place.

[Find out more »](#)

International Day of the Nurse –virtual celebrations!

2020 is the Year of the Nurse and Midwife and here at KMPT we had grand plans to celebrate on 12 May 2020, the bicentenary of Florence Nightingale's birth, but like so many others our plans have been restricted by COVID-19.

Undeterred, we took to our social media sites to shine a special light on all our nurses by sharing stories and memories of our staff. Our Executive Director of Nursing and Quality, Mary Mumvuri, wrote a special letter of appreciation and we flooded our Facebook and Twitter pages with pictures and Q&As, so that people could get to know our nurses a little better. Even more than ever before, nurses are being hailed the superheroes they really are, and we join you every Thursday to salute them and all our keyworkers.

Later this year we'll be celebrating further, so watch this space for details!

It was also International Day of the Midwife and Maternal Mental Health Day in May - both of which we also celebrated online. Our PATH project (for expectant and new parents who have perinatal mental ill health) released a video on social media for the latter, that was number 6 in the Twitter influencers list for the day - which was pretty amazing!

Join our KMPT communities on [Facebook](#) and [Twitter](#) so you can be a part of our celebrations for days like these.



[Find out more »](#)



Resources to support your mental health and wellbeing

Our Occupational therapy team has developed great resources that you can download from our website to support your mental health and wellbeing during the pandemic.

Why not use a journal? Some people find it easier to write down their thoughts and feelings instead of talking to friends and family. At a time when phone calls and video chats are the only way of communicating with the majority of our address book, having a creative outlet to think about how isolation is affecting you and your mental wellbeing could be a really handy tool.

We also have our self isolation booklet, which is full of handy tips and advice on ways you can protect your mental health during isolation. You can find a checklist from MIND and lots of contact details for organisations that are working to support people during the pandemic.

And finally, our recovery pack provides a space for you to think about ways in which you can manage your anxiety during isolation. There are lots of exercises and advice for ways to keep your mind healthy. You'll find information about apps to download and exercise regimes to try and prevent stress building.

[Find out more »](#)



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If you have any feedback about econnect that you would like to share, please contact the communications team at kmpt.communications@nhs.net

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