

econnect

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



Message from Helen Greateorex, Chief Executive

Welcome to e-connect, our new monthly Trust e-bulletin. Originally we had planned to launch this e-bulletin with the intention of helping to keep you connected with us, update you on the service improvements we are making and share the work we are doing to improve access to our services across the county.

Never did we anticipate the first issue to arrive with you in the midst of a global pandemic but keeping in touch and keeping mental health in the public eye has never been more important. So we will use this e-bulletin to keep you updated on Trust services, how we are adapting the services we provide whilst the lock-down restrictions are in place and of course sharing and celebrating the inspirational achievements of our KMPT family.

I wanted too, to take this opportunity to personally thank every person who has shown support to KMPT and the wider NHS in these difficult times. It has been truly inspiring to see the messages of support from across the county and the country.

Along with many others, I join the Thursday night Clap for Carers and was delighted to see the blue aura over key landmarks and buildings across the county after our communications team contacted them to ask they join us in recognising our NHS colleagues. I have seen rainbows created using all forms of media, received a letter from the High Sheriff and many poems and pictures from school children. Each one is shared across the Trust so everyone can see how valued they are.

It is of course a difficult time for many. As a Trust, we are already making plans for recovery and recuperation and have agreed that our KMPT Recovery Director is Deputy Chief Executive Vincent Badu. Vincent will be working with colleagues over coming weeks to form our recovery plan ensuring that we are ready to meet the needs of people across the county after the pandemic and into the future.

2020 is not the year any of us anticipated but together we are working through it and will be stronger as a result.



Continuing to provide services

Our staff are working tirelessly to continue to provide services to our patients, their loved ones and families.

If patients are in need of help, our community mental health teams are still in place and our [single point of access service](#) has been enhanced. Appointments and home visits, where necessary, are still taking place. Patients are contacted beforehand so they know the revised process and what to expect from the visit.

For many of our staff, business is operating as usual but in a slightly different way. We are also offering telephone and video calls to keep in touch while also enabling us all to follow Government guidelines.

For our expectant and new parents, we have helped put together a helpful list of resources which will help now and in the future: <http://path-perinatal.eu.uk/covid.html>

We will continue to update our external website should any of our services change. Stay in touch via our [website](#), [Facebook](#) or [Twitter](#).

[Find out more »](#)



Mental health and wellbeing support

If you use KMPT services and need us, we're here – just contact us in the usual way.

It's understandable that at this time, many of us may feel anxious or concerned but there are people to help. Just this week, Mental Health Matters opened four telephone lines for anyone who lives in the county to use. It doesn't matter where you live, you can use any of the numbers. In Folkestone, we have an additional safe haven which is run by Hestia. [Find out more details on our website](#). The existing telephone lines for Release the pressure are still available and we also support the national campaign – Every Mind Matters. There are also a number of services available in your local area which may be funded by charities or local government. Take the help that is available. Reach out and talk to someone.

[Find out more »](#)



Brilliant care through brilliant people

The KMPT family

Our staff are doing an amazing job at keeping our services running, providing outstanding care to our patients and thinking differently about how we provide those services. Our occupational therapists have ensured patients discharged from our wards are going home with improved care packs to help them as they self isolate. Community teams are keeping in contact with service users via telephone and video conference and our personality disorder teams have created a virtual community to ensure their service users continue to receive the support they need. Absolutely every person within the trust has a role in helping our patients and each other to get through this pandemic.

In addition to the existing support services we provide staff, we have also established a staff support telephone helpline which is manned seven days a week. The team is on hand to answer questions about IT support, health and wellbeing and to be honest just about anything else! The telephone line will be available for as long as it is needed.

It's not just KMPT staff we are supporting of course. We have extended our mental health wellbeing support to our colleagues in the acute trusts #NHStogether #KMPTProud

[Find out more »](#)

Thank you to our volunteers and for your donations

Over the last few weeks our already strong and supportive group of volunteers have been going above and beyond to ensure that our staff and patients are receiving the care they're in need of during these unprecedented times. Here's just a few examples of #COVIDkindness...

- Stone Councillor and volunteer Kelly Grenham printed 3D shields for our staff at the Jasmine Centre in Dartford
- Hot Meals Now Canteen founder, Annie Nichols has relocated to KMPT's The Beacon in Ramsgate, to make hot meals for our staff and vulnerable people in the community
- Volunteers have been creating care packages and surprising staff with sweet treats to keep them going
- A volunteer helped one of our patients, who has Alzheimers, to use Skype so he could contact his family

We have been astounded by the generosity of so many people over the last few weeks, and know that we will continue to see great acts of kindness and support as lockdown continues.

Just some of the amazing donations include TGI Fridays UK who donated 8,000 antibacterial wipes to help keep our brilliant volunteer drivers safe as they head out distributing personal protective equipment (PPE) and vital supplies to our sites across the county. Dartford Deeds Not Words Foundation has been collecting hand creams and lip balms for our staff – fantastic for post PPE.

We have also had some great food donations to boost morale including Fresca Group Ltd and Mansfield at Chatham who donated fresh food and veg. A few cheeky treats have also gone down well including pizzas donated by Morrisons in Sittingbourne, cupcakes from Peaches Bakery, Easter eggs from Cadburys and Mars and sweets from our Voluntary services team.

These little acts of kindness are just some of the wonderful things that keep us all going.



[Find out more »](#)



Maintaining wellbeing

As a trust, we are encouraging all of our staff, whether on the wards, in the community or working from home, to take care of their physical and mental wellbeing.

It is vital that we all try to keep our minds active and challenged. Whether it is by reading, painting or drawing as well as taking part in virtual exercise classes or going for a run – all are great ways to keep us active.

There are a number of ways you can do the same. Take part in the fabulous Joe Wicks exercise programme, draw some rainbow pictures in support of our NHS, raise some money for your favourite charity, learn a new language. Let's use the time we have to keep us mentally and physically well.

Stay safe.

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We'd love to hear what you think.

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

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