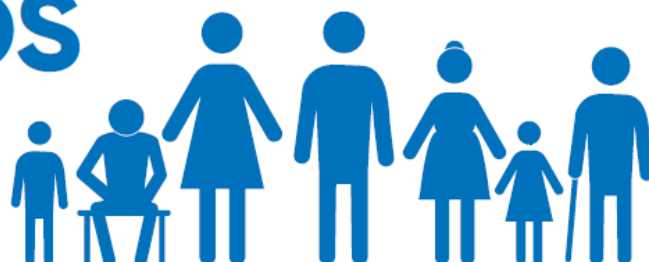


FAMILY, FRIENDS AND CARERS NEWSLETTER



Welcome to the January 2024 edition of the Forensic Inpatient services Family, Friends and Carers Newsletter

What's new?

As 2024 begins, we take some time to reflect on a busy 3 months and to look forward to the year ahead. From fundraising and festivities, to aiming for a better day every day for you and your loved ones, *please read on to find out more...*

Fundraising



Over the last few months, our carers teams have been busy spreading Christmas cheer and raising funds for KMPT charity Health Heart Hope, all while raising the profile of working with families, friends and carers across the organisation too.

Through a combination of our **Name the Bear*** activity and a **Carer Support Christmas raffle**, which visited all of our inpatient sites (and some of our community ones too) as part of our Stop and Smile campaign, we were able to raise a remarkable £1499 for Health Heart Hope.



These funds will be used to support the wellbeing of families, friends, and carers of our service users across the Trust, ensuring they receive the care and support they need. You can find out more the trust's charity Health, Heart, Hope here: <https://www.kmpt.nhs.uk/get-involved/kmpt-charity/>

If you have any suggestions for how the funds could be spent, or for how we can raise more funds and awareness as we move into 2024, please do not hesitate to get in touch.

It's not just our carers teams who have been busy fundraising though...



The team at Dartford recently held an environmentally friendly and affordable second-hand clothing sale for patients and staff which raised £220, and a cake sale which raised £370. The proceeds from each going to a local fund for people with no recourse to public funds, as well as a local animal charity – New Hope Animal Rescue.



As part of the Willow Gardens improvement project, a raffle was also held at the Trevor Gibbens Unit (TGU). This raised a fabulous £83 which will go towards the improvements that are planned for this wonderful outdoor resource at the service. *Find out more about the Willow Gardens project in our next edition.*

*Speaking of which – our Carers Bear finally has a name...!



Thank you to everyone who got involved over the last few months for coming up with such a wonderful selection of names for our bear. Following an initial random selection of 6 names from the 150 we received, two carers kindly whittled them down and chose to name our bear...

Oscar

Now that our bear has a name, please keep an eye out for his next adventure!

Festive events



Whilst the Dartford Christmas panto was unfortunately postponed from mid December to mid January due to staff sickness and Covid, it didn't stop the teams from coming together to give our patients a jolly time this festive season and beyond!

Alongside the Stop and Smile events which were open to everyone at both sites, the team at the TGU hosted a range of Christmas activities including an event in Lakeside Lounge on 14/12/23. This event included Christmas crafts, a Christmas quiz, a raffle and of course lots of Christmas music!

On the same day, a festive Meet & Greet was held at our Dartford site for our learning disability services, where all the patients were invited to join each other in the activity hall to play board games and have tea and coffee together. This was really well attended and was a lovely atmosphere for people to relax in and see some of their friends from other wards.

The Tarentfort and Brookfield Centres were also busy making different types of Christmas decorations, ranging from colouring and painting to a large Christmas woodland scene, and paper mâché' snowmen. There was also Christmas card making, and everyone had a chance to make their own Christmas crackers. Some of the patients also helped paint scenery for the annual panto too.

Each ward had groups making mince pies from scratch, making their own pastry and decorating their own mince pies. This was a popular activity and lots of people got involved. Other activities included biscuit baking/decorating session and a Christmas movie afternoon with popcorn and hot chocolate, which was a fun time. A Christmas quiz was organised too for each ward with a small prize for the winner.

Bearing in mind all the festive treats being made and enjoyed, we kept to our normal sports activities throughout December as well, as these are very popular, and we added in badminton and pool tournaments between wards too. These were well attended and everyone had lots of fun!

The Allington Centre also spent the week leading up to Christmas getting in the festive spirit with a range of activities, including holding a Christmas

evening with hot chocolate, mince pies (made on the ward) and carols. The team also delivered a Christmas lunch ahead of the event, as well as on the big day itself! A special thank you goes to Abbie and Mary (OT technicians) for all of their hard work putting this together!

Every ward worked hard to ensure that patients had an enjoyable time together with the staff who worked over the Christmas period.

Sheila's 100 Day plan



Sheila Stenson began her role as the new Chief Executive of Kent and Medway NHS and Social Care Partnership Trust (KMPT) on 1 November 2023. Sheila set out her ambition for making 'every day a better day' for our patients.

Sheila also published her **100 day plan** which sets out what she aims to do in her first 100 days, and details the six key areas she is going to prioritise in her new role. These are:

- Improving patient flow
- Access to dementia care
- Mental Health Together, a transformation of community mental health services that will ensure people with severe mental illness get the right care at the right time local to home
- Reducing violence and aggression against staff
- Recruitment, retention and introducing new ways of working to address staffing gaps
- Reshaping KMPT's identity, including our behaviours and values

My vision as the guardian of KMPT is to make

every day a better day for our patients.

You can access a copy of Sheila's 100 day plan here:

<https://www.kmpt.nhs.uk/news-and-events/news/new-mental-health-trust-ceo-commits-to-making-every-day-a-better-day-for-patients/>

KMPT Carer advocate commended by the King



One of our carer advocates has been awarded a British Empire Medal (BEM) in the King's New Year Honours in recognition for his services to carers and NHS trusts across the UK.

Activist, author, poet and former carer Matthew McKenzie will be presented with the tribute, which recognises civil community work worthy of recognition by the Crown, locally by a Lord-Lieutenant and attend a Royal Garden Party to celebrate his achievement with other 2024 Honours recipients.

Nominated by Carers UK, where he is Carer Ambassador, Matthew cared for his mother for many years and continues to support his two brothers who live with Autism. The charity commended him on his active volunteer work and exceptional commitment to improving the lives of unpaid carers.

Matthew worked in collaboration with KMPT to develop our Triangle of Care service which enables us to bring together and support carers, service users and professionals and continue to deliver outstanding care. He attends local meetings and events to help raise awareness of carers' rights and represents the trust at national Triangle of Care steering groups.

Matthew said: *"I am delighted to receive such an honour. Representing the importance of unpaid care is a cause very dear to me and I look*

forward to continuing to work alongside the trust to make sure UK carers are identified, recognised and supported.

Congratulations Matthew!

Care Plan project



A project is underway across the trust reviewing the way we produce care plans with our patients.

The project group includes representatives from a range of inpatient services and the aim is to work with patients and families, friends and carers to agree a more person-centred and patient-led approach to creating care plans. The idea is to lose a lot of the technical terms that can make care plans less user-friendly, and to streamline them so they are more meaningful for each individual.

If you would like to find out more about the project, or even get involved in some of the future planning meetings, please speak to the Family engagement and liaison lead in the first instance.

Provider Collaborative Quality Assurance visits at Dartford



On Tuesday 31 October and Friday 10 November, the Kent Surrey and Sussex Provider Collaborative* carried out Quality Assurance visits at The Tarentfort Centre and The Allington Centre respectively.

During the visits, representatives from the collaborative toured the sites and spoke with staff, patients and family members.

Initial feedback was generally positive with the wards being commended for spotless environments, up to date records, and visible and responsive multi-disciplinary teams (MDTs). Some suggestions were made around how we can strengthen our communication when it comes to recruitment and care plans for example. We continue to await the full reports so action plans can be developed where needed.

Thank you to everyone who got involved via the survey and/or speaking with the reviewers on the day

**The Provider Collaborative is a coalition of three NHS trusts and five independent sector providers that deliver low and medium secure hospital care for adults. These providers work together to improve how mental health services, for adults from Kent, Surrey and Sussex who require secure inpatient care, are commissioned and delivered.*

Quality Network for Inpatient Learning Disability Peer Reviews



As mentioned in the October edition, The Tarentfort Centre (TFC) and The Brookfield Centre (BFC) have signed up to the new Quality Network for Inpatient Learning Disability Services*

We submitted our self-assessment workbooks for each service and successfully welcomed the peer review team to The Tarentfort Centre on Tuesday 9 January.

Initial feedback was positive, with the review team commenting on the positive interactions witnessed between patients and staff, and the support provided to family members and carers. The review team noted that there

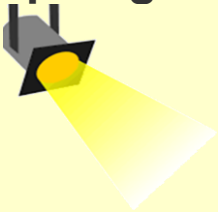
are lots of new initiatives, projects and training, and a proactive approach to discharge planning at the service.

The review team also offered ideas and support around how we can further develop our Easy Read, and Speech and Language offer. Thank you to everyone who got involved via the surveys and/or speaking with the reviewers on the day.

We look forward to welcoming the reviewers back to The Brookfield Centre on Tuesday 6 February. If you would like to speak with the review team on the day, please let the Family engagement and liaison lead know.

**The Quality Network for Inpatient Learning Disability (QNLD) aims to support wards to evaluate and improve their management processes and standards of care.*

Spotlight on...



Equip at Dartford

EQUIP is a 10-week group programme designed to reduce antisocial attitudes and behaviour. EQUIP was initially developed for youth offenders, but has since been adapted for adult inpatient service users with learning disabilities.

In the 2013 pilot study for EQUIP, attendees demonstrated an increase in moral reasoning ability, reduced cognitive distortions and improved ability to choose effective solutions to problems. Since then, EQUIP continues to show promising results as an effective treatment programme.

Those who attend EQUIP are not required to discuss their offences; The programme aims to motivate individuals to help one another as well as themselves, and equip them with the skills to do so, therefore it is not offense-specific.

The skills that EQUIP aims to develop are moral development, anger management and social skills, and each day of the week is allocated to focus on each of these separately. This is across four days:

Mondays: Anger Management

Tuesdays: Social Skills

Wednesdays: Social Decision Making

Fridays: Mutual Help

Attendees are encouraged to discuss these topics as a group, provide feedback to one another and engage in some situational role-plays. The sessions are intended to be relaxed and fun as well as inspiring healthy discussions. Staff are also encouraged to engage and support patients to apply these skills outside of sessions.

If your loved one is involved in this group and has consented to us contacting you, you will be invited to an information session about EQUIP with a member of the Psychology team.

Sophie Beard (Assistant Psychologist & KMPT Research Ambassador)

Forums and Feedback



We have recently reviewed our Family, friends and carers forums and have shared the new calendar for 2024.

These forums offer an informal opportunity for families, friends and carers to get together with each other and our services to share feedback, ideas and support.

The forums will be held on the 15th of each month, and they will alternate between our sites (Trevor Gibbens Unit – TGU, and Dartford) and online.

The next forum is at **5.30-6.30pm on Thursday 15 February (online)**.
Please contact the Family engagement and liaison lead for dial-in details.

We know that forums and groups aren't for everyone and that there can be time, travel and financial barriers to coming along too, but if you would like to find out more, please contact the Family engagement and liaison lead.

If you cannot make it along to a forum, there are still lots of different ways that you can share your views, including:

Local governance meetings

You can become a **family, friend or carer representative for the local governance meeting** at TGU and at Dartford. Meetings take place on a regular basis and you are welcome to attend virtually or in person.

You can also speak to Sam - the existing family rep for the TGU by email (please include the subject line: FAO TGU Family rep) - kmpt.engagement@nhs.net

Local project meetings

You can get involved in local meetings and projects, such as the **National Autistic Society Accreditation** Steering Group at the Dartford site.

You can also get involved the **Triangle of Care** self-assessment for your loved one's ward.



Family engagement and liaison lead

You are welcome to contact Hayley Mason, the Family engagement and liaison lead on 07880 473 366 or kmpt.forensiccarersupport@nhs.net to share feedback and suggestions anytime between 9am to 5pm Monday to Friday.

KMPT Engagement Pool

You can sign up to the **KMPT Engagement Pool**, which provides opportunities to get involved in different projects and programmes around service development and improvement across KMPT, as well as with external partner organisations.

You can contact the Engagement Team here: kmpt.engagement@nhs.net

Family, friends and carers survey

You can all tell us about your experience of our services via our **Family, friends and carers survey** at any time during your loved one's admission.

Copies of the surveys are available at each site, by scanning this QR code >>> or here: www.kmpt.nhs.uk/carers-survey



Reviews

You will also have opportunities to take part in external surveys and reviews of our services, such as those carried out by the **Care Quality Commission (CQC)**, **Provider Collaborative** and the **Royal College of Psychiatrists Quality Networks** – information will be shared about these when available.

As per previous editions, we would like to keep you updated on some of the suggestions that have been made by families, friends and carers, as well as our patients themselves, and some of the actions that we have been able to take as a result:

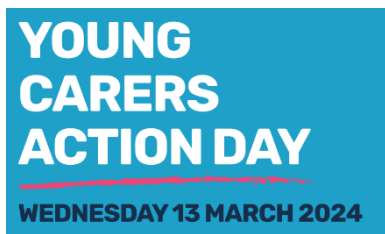
Topic:	Update:
For hot and cold drinks to be accessible for patients on all wards (TFC)	Hot and cold drinks are readily accessible to patients on all wards. In progress: At the TFC, quotes have been sought for the wards to also have direct access to hot and cold water taps in the communal area.
For patients to be able to have their own bedding (Dartford services)	Completed: After much discussion and our teams advocating for the patients with regards to this request, it has now been agreed that patients can purchase their own bedding (this covers duvet covers, pillowcases and sheets, but not duvets or pillows themselves). These items must be fire retardant and therefore patients have been advised to purchase these items from reputable shops/ online shops. It is not possible to accept second hand items or items from home. Patients have been made aware that a risk assessment will be completed by the nursing team, and that they will be responsible for laundering these items. Linked to this, we are also piloting patients being able to decorate their own bedrooms (in terms of painting) to make them more personal. This pilot is taking place at The Allington Centre early in 2024, and we hope to be able to roll this out to our other wards if successful.
For the last 15 minutes of CPA meetings to be allocated specifically to patients and their families to avoid running out of time (TFC)	Completed: The CPA schedule for The Tarentfort Centre has now been adjusted to allow more time for meetings in a bid to address this need.
For patients to have easier access to fresh air via the ward courtyards / gardens (Dartford)	In progress: All patients have access to fresh air via the ward courtyards and gardens, however our current policy states that these areas must be supervised when in use, which can at times limit access if staff are not available to supervise the area. In order to address this, a trial is underway at The Tarentfort Centre in which the courtyard is unlocked and accessible at all times, with an adapted approach to supervision in use. This seems to be going well and we will be reviewing this further in the New Year, with the aim of trialling at The Allington Centre too. Patients at The Brookfield Centre are able to access the gardens without supervision when they have the relevant leave in place.



Your voice is important and it does make a difference so please keep talking to us!

And please encourage your loved one to attend their local Patient Experience/Patient Council meeting too. **Together we really can improve services and experiences.**

What's coming up?



Young Carers Action Day – Wednesday 13 March

Young Carers Action Day is an important day in the calendar to create action, influence and raise awareness for young carers and young adult carers.

This year's theme is **fair futures for young carers** which will be focussing on why caring should not being a barrier to learning, earning or being able to get on in life but for many it is.

If you know of any young carers, or young adult carers, please do not hesitate to reach out to find out more about how they can be supported to thrive.



Carer's Leave Act 2023

Carer's Leave Act 2023 will come into force on 6 April 2024!

The Act will help support unpaid carers to remain in work alongside their unpaid caring responsibilities by allowing them to be able to take up to 5 days of unpaid Carer's Leave to support their loved ones.

The Act will do a number of things including:

- Give rights to at least 2 million employees who are carers.
- Prompt employers to whom this applied to think about their employees with caring responsibilities
- Mean that more forward-looking employers will go further than the legislation required and introduce paid Carer's Leave
- Support carers' health and wellbeing.
- Recognise and value carers, which is critically important to them.

If you are a working carer and would like to find out more about The Act and how it may benefit you, you can find out more here:

<https://www.carersuk.org/news-and-campaigns/our-campaigns/right-to-carers-leave/>



Local changes to patient property storage at Dartford in 2024

As you may be aware we are somewhat limited in terms of the storage space that is available for patient property at our Dartford site. We appreciate that people often come to us with a lot of belongings, and that they will acquire more during their stay.

However, we will be reviewing the situation over the course of 2024 and we will be asking your loved one if there are any items that they no longer wish to keep. If so, they will be supported to dispose of items, either by throwing them away, selling them on or storing elsewhere.

We appreciate that not everyone has family, friends or carers who are able to support with storing items on their behalf. However, if you are able to support with storing any items for your loved one, please do let us know.



Local changes to visiting and search processes at the TGU in 2024

As part of a wider project being undertaken at the TGU regarding search procedures, we are reviewing our room storage protocols as well as our visiting processes, and there are likely to be some changes coming this year.

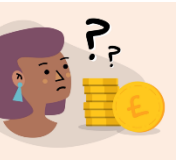
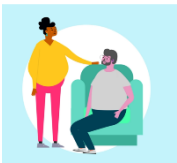
The changes to visiting may include tighter regulations around booking visits and what to expect on arrival, including searches of visitors. The changes around room storage and searches may mean that your loved one might ask you about storing some of their belongings for them.

We will be updating our documentation and making sure that all visitors are aware of the new procedures as we move forwards. If you have any questions in the meantime, or any ideas relating to this piece of work, please do not hesitate to get in touch.

Caring is sharing

Do you have any tips, ideas, suggestions or information that you would like to share with other families, friends and carers?

Perhaps you have come across some information about carers rights, or a local support group or organisation who you have found really helpful and you would like to let other people know? If so, we would like to give you the opportunity to share these via our newsletter...just let your Family engagement and liaison lead know and we can add to our next edition.



Carers UK Animated information guides to help with caring

Carers UK have produced a series of animations that cover a wide variety of topics to help families, friends and carers understand what support is available to them. These include topics such as:

- How can getting an assessment help?
- How do I cope with behaviour that's challenging?
- Need to manage someone's affairs?

They also have some videos specifically relating to financial support topics such as:

- Could I claim Carer's Allowance?
- Could I claim Universal Credit?
- How do I fill in that benefits form?

All videos can be accessed at the below links, and there are British Sign Language versions available too:

<https://www.carersuk.org/help-and-advice/guides-and-tools/animated-information-guides-for-carers-practical-and-emotional-support/>

<https://www.carersuk.org/help-and-advice/guides-and-tools/animated-information-guides-for-carers-financial-support/>

For those who do not use computers or the internet, Carers UK has a new information phone service which provides recorded information and signposting for carers about topics such as:

- help with finances and household costs
- caring for people with specific health conditions
- looking after yourself
- ways to get more help and support.

This freephone service can be contacted on 0800 888 6999 and follow the options provided. This service is not a helpline or crisis service. If you need to speak to someone about caring, you can call their Helpline on 0808 808 7777.



Medication Pathway

Medication Pathway is a website for families of people with learning disabilities, autism or both who are prescribed or may be prescribed psychotropic medication.

The information was created by the Challenging Behaviour Foundation, a charity for people with severe learning disabilities whose behaviour challenges. They aim to make a difference to the lives of children and adults across the UK through:

- providing information about challenging behaviour
- peer support groups for family carers and professionals
- supporting families by phone or email
- running workshops to reduce challenging behaviour
- speaking up for families nationally

This site was funded by NHS England as part of STOMP, a project about stopping the over-medication of people with a learning disability, autism or both.

You can find out more here: <https://medication.challengingbehaviour.org.uk/>

There is always hope...

find support that's right for you

Hub of Hope

The Hub of Hope is the UK's leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.

The Hub of Hope is for anyone who may be experiencing, or supporting someone who is experiencing, mental and emotional distress.

You can access the Hub of Hope here: <https://hubofhope.co.uk/> and you can search for services and support based on where you live. You can also find out more about different diagnoses like depression, anxiety, PTSD and psychosis.

There are many more sources of information online too, but if you are not able to, or would simply prefer not to access information online, please just let us know which conditions, treatments, medications or support you might like to find out more about and we will see what we can find to send to you as a paper copy. This applies to any of the topics covered in this newsletter too.

Your questions answered...



Is there something you have been meaning to ask but you weren't sure who to go to? Or do you think other families, friends or carers might also be interested in the answer?

If so, just let us know – any questions can be submitted to your Family engagement and liaison lead and we will do our best to include the answers in the next edition.

Question – I've been told that my loved one will be having a CTR – what is this?

Answer – A CTR is a Care and Treatment Review.

Care and Treatment Reviews are part of the Transforming Care approach, which is about improving the health and care system for people with learning disabilities or autism who also have mental health conditions or behaviour which challenges.

A Care and Treatment Review is one or more meetings to find out how a person's care and treatment can be made better. The review team can include people from health, social care or the voluntary sector, as well as people who have lived in care or family carers. CTRs takes place for a full day and happen at or near the place where the person lives.

Members of the team try to meet the person being reviewed if at all possible, and all the people involved in that person's care, including advocates and family carers as appropriate. The review team also look at the person's files as part of the review. All the meetings are private and confidential.

A CTR helps to find out 4 big things:

1. Is the person getting good care now?
2. Is the person safe?
3. What are their plans for the future?
4. Do I need to be in hospital?

When a review is completed, the team find out what is good about the person's care and what could be better. They also ask whether someone needs to be in hospital to get the care and support they need.

The review team talk about ways of improving the person's care, together with everyone. They then write down what they found and some recommendations for everyone who took part. The report is to help the

person's care stay good or get better, now and in the future. The review team will check that the recommendations are happening after the review.

Our services carry out these reviews as part of a national review for the NHS to make sure people with learning disabilities aren't living in hospital inappropriately. These reviews are about making sure that the current care is good and that people have plans in place for their future.

You can find out more about CTRs here: <https://www.england.nhs.uk/learning-disabilities/care/ctr/>, including a family guide which offers further help and advice about CTRs that is written for parent carers by parent carers.

Question – I've been asked to transfer some money to the Patient bank – what is this and how does it work?

Answer – Sometimes patients in our care may not have a bank account, or they may not have leave from hospital to access their bank, or the required access to technology to support online banking. In such cases, our teams are able to support people to open an account with our Patient bank.

The Patient bank is open at set times throughout the week, and patients are able to pay in and withdraw funds with the support of our teams.

If your loved one has asked you to transfer funds to the Patient bank, please use the below details:

Bank name: NatWest
A/C Name: Kent & Medway NHS & Social Care Partnership Trust – patient monies
A/C No: 10029850
Sort Code: 60-70-80
Ref: Patient's name

If you have any questions about the Patient bank, please do not hesitate to speak to your loved one's team.

Get involved



Would you like to get more involved in projects and programmes aimed at service development and improvement in your loved one's service, KMPT and/or the wider community?


If so, why not speak to Ade Philips (Engagement Lead) on: 01227 538668 or kmpt.engagement@nhs.net

Ade can tell you more about the Engagement Pool and how to get involved. You can also find out more here:

<https://www.kmpt.nhs.uk/get-involved/participation-and-involvement/>

If you sign up to the Engagement Pool, you will be invited to get involved in various projects. You can get involved on a voluntary basis, or, depending on the project and level of involvement, you may be able to receive expenses and/or payment for your work.

There are opportunities to be involved on a more local level too, for example:

	Service	Opportunity
	TGU	Work with us to improve our search procedures on our wards and around visiting

	TGU	Create / donate artwork for display in our family visiting room(s)
	TGU	Join us in revamping Willow Gardens (onsite garden and pet care area)
	Dartford	Become a family / carer representative at our quarterly Patient and Carer Governance meeting
	Dartford	Work with us as we strive to achieve (NASA) National Autistic Society Accreditation for The Brookfield Centre
	Dartford	Get involved in the Green Spaces Initiative to help us improve the environment of the Allington courtyard

Please speak to your Family engagement and liaison lead if you would like to find out more about any of these local opportunities.

The Triangle of Care



The Triangle of Care is a therapeutic alliance between carers, service users and professionals. It aims to promote safety and recovery for people with mental health issues and to encourage their wellbeing by including and supporting their carers.

Each year our services complete a self-assessment tool in relation to the 6 key standards of the Triangle of Care:

1. Carers and the essential role they play are identified at first contact or as soon as possible thereafter.
2. Staff are 'carer aware' and trained in carer engagement strategies.
3. Policy and practice protocols re: confidentiality and sharing information are in place.
4. Defined post(s) responsible for carers are in place.
5. A carer introduction to the service and staff is available, with a relevant range of information across the acute care pathway.
6. A range of carer support services is available.

As part of the self-assessment process we will be reaching out to gather your feedback. Please do get involved if you can.

You can find out more about the Triangle of Care in the meantime here: <https://carers.org/triangle-of-care/the-triangle-of-care>

Future editions

We hope you enjoyed this latest newsletter and would love to hear your feedback and/or ideas for future content.

The **next edition will be coming out in April 2024** so please get in touch between now and then if you would like to get involved...

Contact us if you have any questions



Your Family engagement and liaison lead is Hayley Mason

You can contact Hayley by calling 07880 473366 or emailing kmpt.forensiccarersupport@nhs.net

Remember you can...



... find out more about the **Kent and Medway Recovery and Wellbeing College** by joining a virtual introduction session.

Details can be found online: <https://www.kmpt.nhs.uk/about-us/recovery-and-wellbeing-college/introduction-to-the-recovery-college/>

The Spring prospectus is now available and runs until March 2024.

Family, friends and carers survey

... let us know about your experience of our service by completing our **Family, friends and carers survey**.

Copies of the survey are available at each of our sites and online - <https://www.kmpt.nhs.uk/get-involved/feedback/family-friends-and-carers-survey/>

GET involved IN OUR RESEARCH COMMUNITY



SCAN THE QR CODE TO SIGN UP!

... scan the QR code with your smart phone or visit <https://www.kmpt.nhs.uk/get-involved/research/join-our-research-community/> to access our **research** community page, where you can sign up to hear more about open and upcoming studies.



Charity Number: 1202262

... donate to the new **trust charity – Health, heart hope** via the below details:

Account number No: 10032711 Sort Code: 607080
Account name: KENT AND MEDWAY NHS SOCIAL CARE PARTNERSHIP TRUST CHARITABLE FUND

You can find out more about the charity and how to get involved here: <https://www.kmpt.nhs.uk/get-involved/kmpt-charity/>



... request more **general information about the groups and activities** that are available to your loved one on their ward, for example the therapeutic timetable and/or information about psychology programmes. Please speak to the Family engagement and liaison lead who can support you with this.

Thank you for reading

