



Kent and Medway
NHS and Social Care Partnership Trust

Welcome to KMPT!

Brilliant care through brilliant people



About Us

We are Kent and Medway NHS and Social Care Partnership Trust.

We provide a wide range of adult mental health and learning disability services to our local population of 1.8 million people in Kent and Medway, as well as specialist services for adults in Sussex and Surrey.

Each year we care for over 2,000 people in our hospitals and 54,000 people in the community across rural and urban areas.

We are proud to employ over 3,600 people from 57 nationalities.



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Your Benefits Package

In addition to your salary, KMPT will offer these benefits to new international recruits (Band 5 Nurses only)*subject to changes:

- £1200 New Hire Bonus (subject to successful registration with NMC *T's & C's apply)
- International flight covered (economy class)
- Trust provided accommodation for 2 months upon arrival
- Up to £700 payment to support housing deposit for future rent once Trust accommodation ends
- Objective Structured Clinical Examination (OSCE) fee covered for one assessment
- Fee to cover the cost of registration with the Nursing Midwifery Council (NMC)
- Welcome pack on arrival

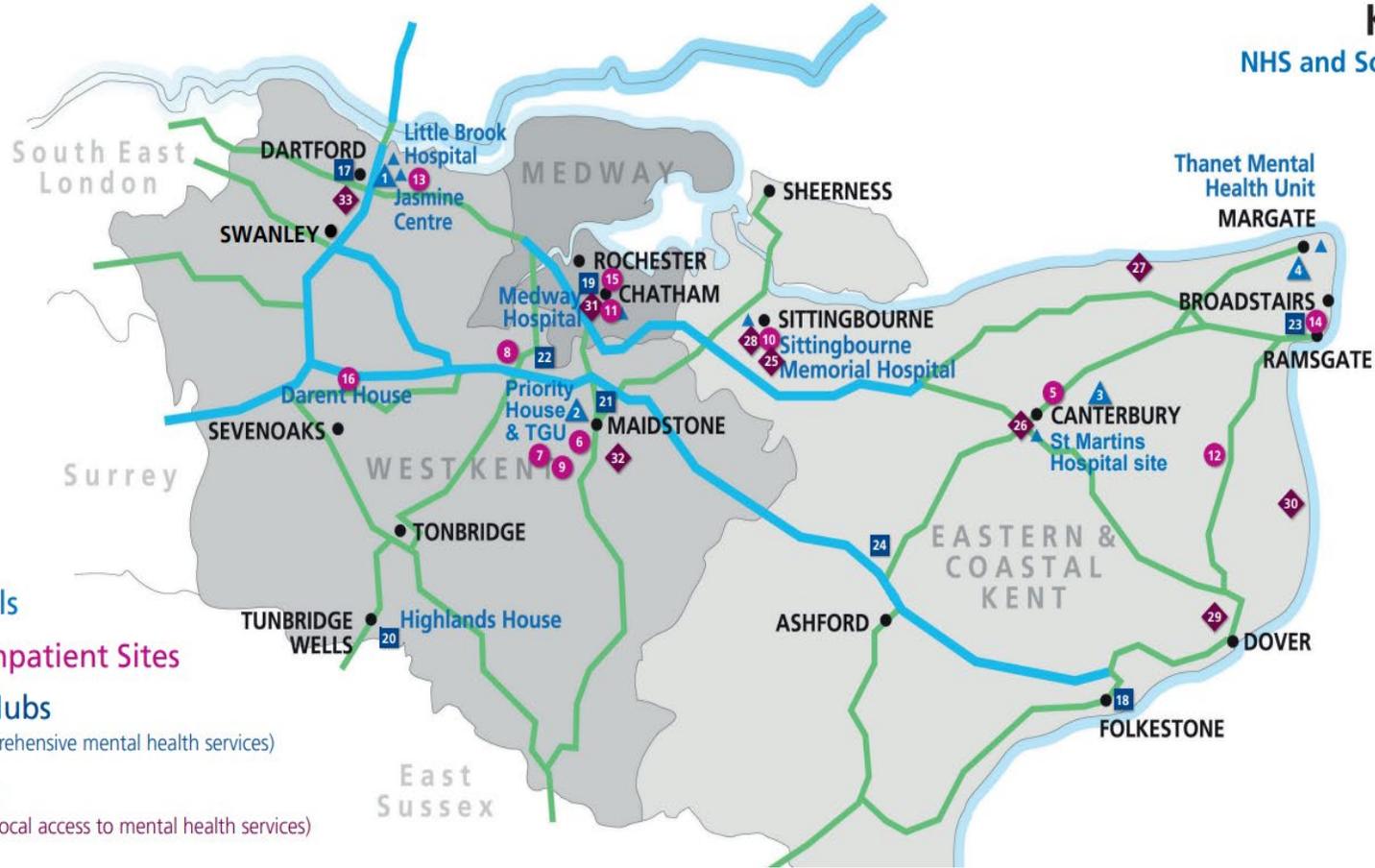
Plus

- Competitive NHS pension
- 27 days annual leave + 8 bank holidays (based on a full-time contract)
- National and local NHS discounts for staff and families

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Kent and Medway Partnership Core Trust Sites



- Main Hospitals**
- Community Inpatient Sites**
- Community Hubs**
(large sites with comprehensive mental health services)
- Satellite Sites**
(small sites to enable local access to mental health services)

Trust Headquarters
Farm Villa
Hermitage Lane
Maidstone
Kent ME16 9PH

Tel: 01622 724100

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Life in Kent | Days Out

Kent has so many tourist attractions and places to visit, it is difficult to know where to start!

For lovers of history there are numerous castles and historic houses, from the majestic Dover Castle, overlooking the Channel to the peaceful beauty of Leeds Castle or Hever Castle, the home of Henry VIII's second wife Anne Boleyn, there is something to interest adults and children alike. Children of all ages will love the water maze at Hever or why not witness the excitement of a jousting tournament re-enacted at Dover or Hever Castle?

If a day at the seaside is more your idea of fun, Kent has numerous seaside towns including Margate, with its magnificent sandy beach, Whitstable with its narrow streets, small independent shops, restaurants and famous oyster sheds, and Ramsgate with its historic marina. There are plenty more seaside towns and villages of all sizes, why not come and discover them for yourself?



If historic towns and villages are more to your taste, why not try Tenterden with its large range of independent shops or Tunbridge Wells with its famous Pantiles shopping arcade. Once famous for its “curative” spa water, you can still drink a glass of Tunbridge Wells’s famous waters in the Pantiles. Canterbury, with its world-famous cathedral, narrow winding medieval streets and picturesque river running through it is well worth a visit and, despite its Roman origins, Canterbury has plenty of modern attractions including a theatre, shops, cafes and restaurants to suit all tastes.

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Life in Kent | Housing

We know that moving to a new country can be daunting and finding suitable accommodation will be uppermost in your thoughts.

From the moment you arrive our experienced team will be working with you to secure your longer-term accommodation and will be providing hands-on advice and support.

Please follow the weblink by clicking the logo:



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Life in Kent | Housing

There are a wide variety of accommodation options available throughout Kent from rooms in a shared house to self-contained flats and houses. To give you an idea of the likely cost of rental the table below shows average rental prices for a one bedroom flat in the areas where you may be based.

You may want to consider renting a room in a shared house at first. It is a good way of meeting people while at the same time keeping costs down. In some properties the bill will be included in the rent whilst in others you will pay a share of the bills – check with the landlord when making a choice.

Don't forget – when working out your monthly accommodation costs, you will need to add the cost of gas, electricity and water as well as council tax. These costs will depend on the size of flat and area that you live in but, for a one bed flat, you should allow around £180 per month.

Location	Rental Property (avg cost per month)	House Share (avg cost per month)
Canterbury	£890	£560
Dartford	£1200	£760
Maidstone	£960	£650
Thanet	£800	£560

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Life in Kent | Transport Links

Wherever you are based in Kent you will find there are good transport links both within Kent and beyond.

Train

Travel to London is straightforward by train and many towns are now connected to London by high speed rail link. Journey times to London depend on where you are travelling from. Some example travel times are shown below. In each case the shortest journey time is shown:

Dartford to London | 40 minutes

Canterbury to London | 56 minutes

Maidstone to London | 1 hour 4 minutes

National Railways

Southeastern Rail



Bus

For local travel, it is often easiest to use the bus and you will find that most towns and villages have a central bus station with buses operating from there to a large number of towns within the region. For travel advice and information the following links may be useful:

Arriva Bus

Stagecoach Bus



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Life in Kent | Places of Worship

The UK is known for its inclusivity, tolerance and acceptance of personal choice when it comes to religion. Kent has a diverse and growing range of religious centres and we are confident that, using the links included in this presentation, you will be able to find a centre that is just right for you. The Pastoral Team would love to hear from you if they can offer further assistance to connect you with a group to suit you.

[Hindu Temples](#)



[Islamic Mosques](#)



[Christian Churches](#)



[Sikh Gurudwaras](#)



[Buddhist Communities](#)



[Jain Temples](#)



[Jewish Synagogues](#)



[Zoroastrian Centres](#)

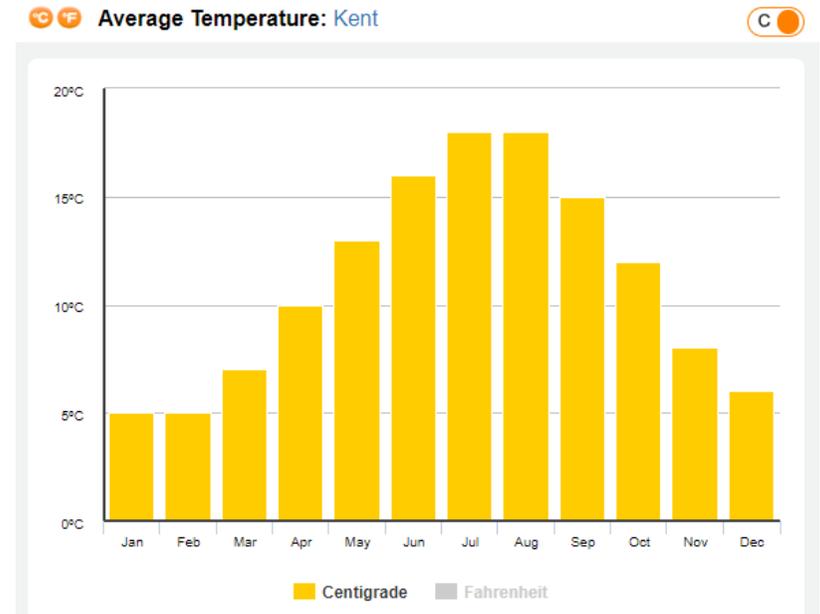


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Life in Kent | Weather Climate

Although Kent is one of the sunniest and warmest parts of the UK you may well feel the need for warm clothing when you arrive. The warmest months are July and August with the average summer temperature being around 21°C although some days in July and August can reach 30°C. But temperatures start to drop in September and in the coldest months of January and February the average daily highs are often no more than 7°C. To beat the winter chills we suggest having the warmer clothing items, a list of what to bring with you can be seen later in this presentation.



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Support | Staff Networks

Disability and Wellness Network

The DAWN Forum at KMPT, works in partnership with our organisation, disability networks across the NHS to create a safe, inclusive, and diverse working environment that encourages respect and equality for all. Our network believes, for every individual to reach their full potential, there must be no fear of discrimination or disrespect. Create an inclusive, positive and safe working space for staff to feel comfortable to disclose their disability, and be supported to carry out work activities to reach their potential, additionally the forum is a space for disabled staff to voice concerns and share lived experiences.

✉ kmpt.disability-forum@nhs.net

LGBTQ++ Network

The LGBTQ++ Network empowers and supports staff and their allies within KMPT. The Forum is a place for KMPT staff to discuss their views, experiences, share ideas and promote LGBTQ+ initiatives such as LGBT History Month, pride month and trans awareness, as well as host campaigns that encourage staff to be themselves and be safe at work.

✉ simon.greenhill1@nhs.net

BAME Network

The Black, Asian and Minority Ethnic (BAME) Network is a vibrant and progressive forum where staff can discuss issues and seek solutions. The forum actively promotes initiatives that create awareness to all staff and looks to celebrate key dates such as Black History Month. The forum links in with all the network forums for inclusivity and intersectionality.

✉ kmpt.bame-forum@nhs.net

Faith Network

The KMPT Faith Network is for all faiths. This is a place for rich, diverse conversation to take place which informs, creates and builds staff relationships, drawing on our similarities, and learning from the uniqueness we all bring.

✉ kmpt.faith-forum@nhs.net

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Life in the UK | Banking

Some of your first actions once you have moved into your temporary accommodation and collected your BRP (Biometric Residence Permit) will be to open a bank account and register with your local GP.

There are a wide range of High Street and on-line banks in the UK and you will be helped to open a bank account as soon as you have arrived in the UK and have collected your BRP. The Pastoral Team will be on hand to support you and can advise you on the banks which, in their experience, have the most straightforward process for opening an account.



Please click logo for weblink!

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Life in the UK | Registering for a GP

General practitioners (GPs) in the UK treat all common medical conditions and refer patients to hospitals and other medical services for urgent and specialist treatment. They will be your first point of contact when seeking non-urgent medical care for yourself or your family.

Before you arrive in the UK the Pastoral Team will have identified a GP local to your first accommodation where you can register. You will be provided with a link to register as a new patient. Don't worry – it's very straightforward with no awkward questions! If you need help the Pastoral Team will be on hand to support you.

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Please come and register with your local GP



The NHS is here to support you and keep you safe

You do not need:

- ✗ proof of address or ID
- ✗ proof of immigration status
- ✗ an NHS number

How do I register with a GP?

- ✓ Find a GP and more information at www.nhs.uk/register
- ✓ Telephone your local GP surgery and ask to be registered as a patient

The NHS is here to help and to keep you safe and well

[Find a GP - NHS](#)



Life in the UK | Finance

Pounds sterling is the currency in the UK, and all prices are in pounds (£) and pence (p). There are 100 pennies (pence) to the pound. In conversation, people often do not say pounds, and will instead say for example, “six-fifty” for something that costs £6.50.

If something costs less than £1, people will often say ‘pee’ for ‘pence’ (e.g. 99p). ‘Quid’ is also a popular substitute for the word ‘pound’. For example, people may say ‘ten quid’, which means £10.

There are a number of companies that facilitate the transfer of money between countries. [MoneyGram](#) is an example of this and you can choose to send cash for collection in the destination country or send it direct to a bank account. There are lots of other companies that offer this service so it is worth looking around. You should also enquire with the bank you hold your account at to see if this is a service they can offer you.

Owing to multiple factors; Covid-19, Brexit & the conflict in Ukraine, the UK is experiencing high inflation and therefore the cost-of-living has increased in recent years.

To support you with budgeting please feel free to explore the following external sites:

[Money Helper | Free online budget planning tool](#)

[The cost of living in the UK for expatriates | Expatica](#)



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Life in the UK | Education System

- All children in the UK are entitled to a place in a state school from the September of the year in which they have their 5th birthday until the age of 18.
- Kent has a wide selection of excellent schools at both primary (Ages 5-11) and senior (Ages 11-18) level catering for all academic levels as well as special educational needs.
- In Kent there are both academically selective and non-selective senior schools and your child's school will provide advice on the type of school that will meet your child's needs.
- The pastoral support team have prepared a guide to childcare and education in the UK and will be happy to provide this to you. If you have more specific questions, they will be happy to assist.



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What To Bring With You?

To beat the winter chills we suggest bringing the following items of clothing with you:

- A thick, waterproof coat with a hood
- Vests / warm underwear
- Thick socks
- Raincoat and umbrella
- Hats (no balaclavas as these can be associated with crime)
- Scarf, gloves (or mittens)
- Wellington boots
- Jeans/long trousers
- Long and short-sleeved T-shirts
- Fleece/jumpers
- Leggings
- Trainers
- Warm boots



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What To Bring With You?

Foodstuffs

When leaving home to live in a new country, we understand that you may want to bring some foods from home with you. Please check on the [UK Government website](#) to see what foods can and cannot be brought into the country.

Many shops in the UK sell international foods, so even if you forget something or find you have a favourite food that you cannot bring into the country, you may well be able to find it in one of the many international food stores in and around Kent.

Please ask your colleagues for local suggestions or indeed the Pastoral Support Team will be on hand to help locate shops and amenities.



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Support | Your Pastoral Care Team

We know you will have lots of questions about everyday life when you first arrive and the pastoral team will be available to support you as you settle into life in the UK in the first few weeks/months following your arrival.



Emma Cadman
International Recruitment
Pastoral Support Officer
✉ emmacadman@nhs.net

Emma & Zach will be on hand to support you, please see their contact information beside.

Please do feel free to make contact prior to your arrival should you have any questions about day-to-day life in the UK.



Zachary Owen
International Recruitment
Pastoral Support Officer
✉ zachary.owen@nhs.net

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Thank You
We look forward to welcoming you!

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