Finding Health Information

The Trust Libraries
Information and advice on sources of information is given in good faith but should never be used as a substitute for seeking medical advice. We have taken care to direct you to reliable information but cannot guarantee its accuracy. You should always consult a suitably qualified doctor or healthcare professional for diagnosis and treatment of medical conditions.

Look for The Information Standard quality mark; organisations displaying this have been rigorously assessed to check that their information is clear and accurate.

For more information go to: https://www.england.nhs.uk/tis
NHS choices is the UK’s biggest health website, helping put you in control of your healthcare:

- Health A-Z — conditions and treatment
- Common health questions
- Advice on healthy living
- Behind the Headlines: health news stories unspun
- Interactive tools, smartphone apps and podcasts
- Services A-Z & NHS services explained
- Health information in over 100 different languages
The National Institute for Health & Care Excellence evidence search allows you to search over 500 websites for in-depth accredited health information including:

- NICE Pathways
- Quality Standards
- NICE Guidelines
- Patient Information
Medical information in the form of an easy-to-use website edited by a team of doctors, it includes:

- Symptom checker
- Medicine information
- Lifestyle & wellbeing advice
- Online discussion forums & blogs.
Health Help Now is a free NHS app for Apple & Android devices.

Go to the Health Help Now website, select the Kent & Medway location & follow the download instructions or find the Health Help Now app in Google Play or App store.

- The app lists common symptoms & offers suggestions for treatment.
- Health Help Now then links through to local services, shows whether they are open or closed, their location & directions.
Healthtalk.org provides reliable information about health issues by sharing people's real-life experiences through videos in which they talk about cancer, arthritis, epilepsy, motor-neurone disease, depression and more. It also includes youthhealthtalk.org for young people.

If you, or someone you care for, is affected by any of the subjects covered, you can find out what happened to other people in the same situation.
Healthwatch Kent

Healthwatch England is a national consumer champion in health & social care, with local authority area Healthwatch groups.

Healthwatch Kent’s mission is to raise the public's voice to improve the quality of local health & social care services in Kent.

You can contact them on Freephone 0808 801 0102 or email: info@healthwatchkent.co.uk
NHS West Kent Clinical Commissioning Group (CCG) is a body of GPs & other healthcare professionals responsible for commissioning healthcare services across the West Kent region, representing over 250 GPs & 463,000 residents; their website contains details of:

- Local patient participation groups
- Services
- Support
- News
The Public Health England website contains information & guidelines on topics such as:

- Extreme weather plans
- Pandemics
- Foreign travel advice
- Health protection resources & infectious diseases
- Government health strategies
- Current health issues in the news

PHE has created a new Health Improvement directorate which will be led by John Newton (previous Chief Knowledge Officer).

The Health Improvement directorate will be made up of the following teams:
- Alcohol, Drugs and Tobacco
- Diet and Obesity
- Health Equity and Mental Health
- Healthy People
- Screening and Quality Assurance
- Knowledge and Intelligence
- National Disease Registration
- Research, Translation and Innovation

Creating a Health Improvement directorate allows PHE to closer align surveillance, data, evidence and research capability with policy expertise.
Local Support Groups

The organisations listed are just some of the support groups in the Kent area.

- Tunbridge Wells Age UK
  - [http://www.ageuk.org.uk/tunbridgewells/](http://www.ageuk.org.uk/tunbridgewells/)

- Kent Autistic Trust

- Cardiomyopathy UK
  - [http://www.cardiomyopathy.org/shared-experiences/kent-support-group](http://www.cardiomyopathy.org/shared-experiences/kent-support-group)

- Carers FIRST
  - [http://www.carersfirst.org.uk/?Adult_Services_-_Kent_%](http://www.carersfirst.org.uk/?Adult_Services_-_Kent_%)

- Dementia Action Alliance
  - [http://www.dementiaaction.org.uk/south_east/4231_kent_dementia_action_alliance](http://www.dementiaaction.org.uk/south_east/4231_kent_dementia_action_alliance)
Information correct at time of publication