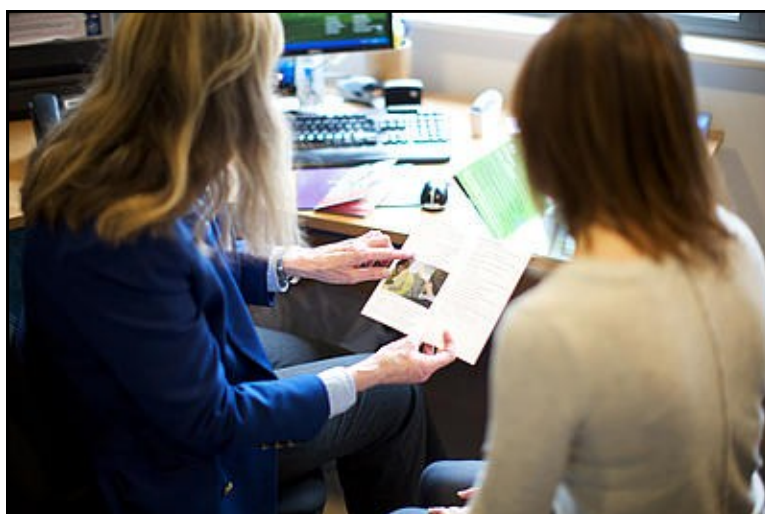


Finding Health Information



The Trust Libraries

THE TRUST LIBRARIES

**Academic Centre
Maidstone Hospital**

**Education & Training Centre
Tunbridge Wells Hospital at Pembury**

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.



June 2017

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

www.nhs.uk

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 screenshot shows the NHS Choices website homepage. At the top, there is a navigation bar with links for Home, About, Contact, Tools, Video, e-Referral Service, Communities, and IPS. A search bar is located in the top right corner. Below the navigation bar, there are five main menu items: Health A-Z, Live Well, Care and support, Health news, and Services near you. The main content area features a large image of a healthcare professional interacting with a child. To the left of this image is a 'Health A-Z' section with a 'Find conditions and treatments' button. To the right is a 'Most common' list of conditions: Stomach ache, Chest infection, Depression, Back pain, and Diabetes. Below the main image, there are several service tiles: 'Find local services' with a search bar for postcodes and buttons for GP, Urgent care, Hospitals, and Dentists; 'Do it online' with links for European Health Insurance Card, booking a GP appointment, e-Referral Service, and buying a prescription pre-payment certificate; 'Yes I donate' for organ donation registration; and 'Save a life Give blood' for blood donation registration. A footer note says 'Call 111 for non-emergency medical advice'.

Latest articles

TV in bedroom 'risk factor' for child obesity

Monday Jun 5 2017

"Children who have TVs in their bedrooms are more likely to be overweight than those who do not," BBC News reports. A UK study found a link between children having a TV risk of obesity...



Get out of breath easily?

BE CLEAR ON CANCER

Dr Rosie Loftus



our GP if you're getting out of breath

Search NHS Choices for:
'Get online: take control of your health'
for help in finding guidance and support in becoming a confident internet user.

NICE evidence

www.evidence.nhs.uk

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

NICE National Institute for Health and Care Excellence

NICE Pathways | NICE Guidance | Standards and indicators | Evidence services | Sign in

Evidence search | BNF | BNFC | CKS | Journals and databases

Evidence search

Search...

Make better, quicker, evidence based decisions.
Evidence search provides access to selected and authoritative evidence in health, social care and public health.

Latest news headlines



Test people for infections as they enter prison, says NICE

NICE has published a draft standard aiming to address the variation in health checks offered by prisons in England.

11 April 2017



Councils and sexual health services should consider providing free condoms to reduce STIs, says NICE

Condoms should be more widely available to reduce rates of sexually transmitted infections (STIs), NICE has said in new guidance.

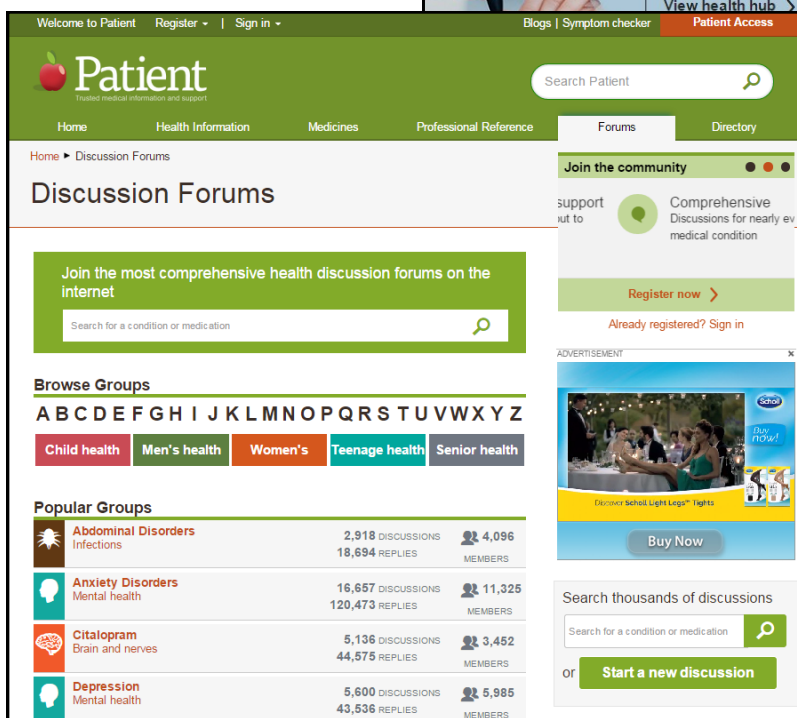
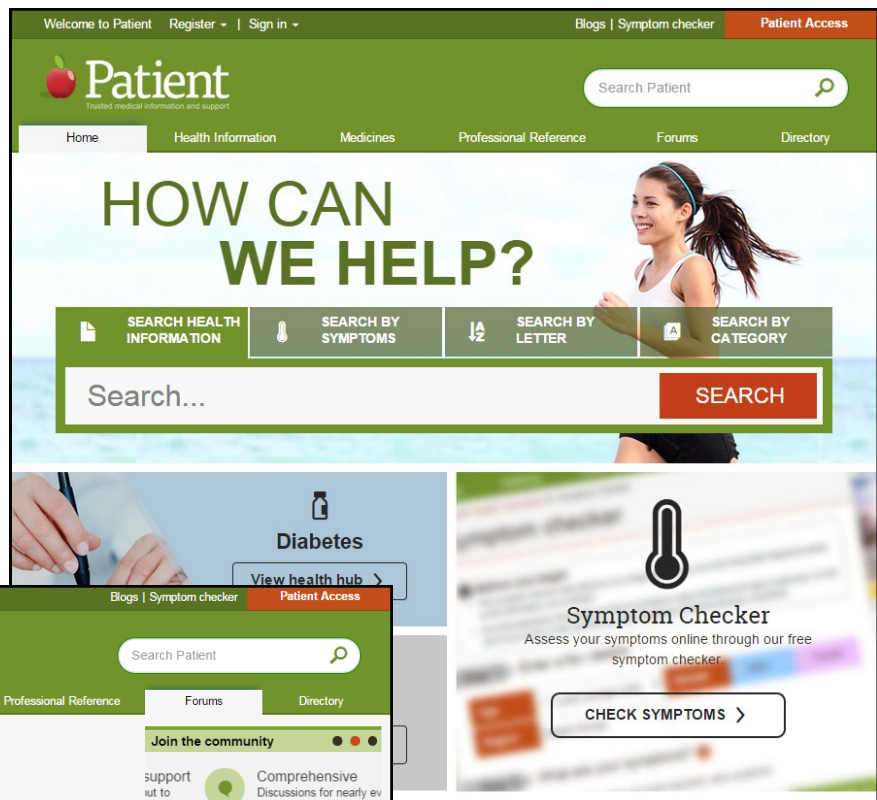
06 April 2017

Patient

www.patient.co.uk

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.



Kent Health Help Now

www.healthhelpnow-nhs.net

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.

HEALTH help NOW.

[Symptoms](#) [Services](#) [Advice](#) [About](#) | [News](#) | [Contact](#) | [Download Health Help Now](#)

Symptoms

Services

Advice

Need medical help fast?
Call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Life-threatening emergency?
If the illness or injury is life-threatening, don't hesitate. Call 999 straight away.

Your health at your fingertips for people in Kent and Medway (North Kent, Medway, East Kent). Download the app now! Search for 'Health Help Now' in your app store.

Follow Us | [Share](#) [No English?](#) [Privacy policy](#) | [Terms and Conditions](#) | [Disclaimer](#) | [Accessibility](#) | [Site map](#)

Healthtalk.org

www.healthtalk.org

healthtalk.org provides free, reliable information about health issues, by sharing people's real-life experiences. You can watch people sharing their stories about cancer, autism, motor-neurone disease, pregnancy, drugs, depression and much more.

If you, or someone you care about, is affected by any of the subjects they cover, you can find out what happened to other people in the same situation.

The screenshot shows the healthtalk.org website homepage. At the top, there is a navigation bar with links for Home, People's Experiences, Young People's Experiences, Health Professionals, and Learning & Teaching. Below this is a secondary navigation bar with links for About, The research, News & Blog, Get involved, Scrapbooks, Register, and Login. The main header features the healthtalk.org logo, a 'POWER healthtalk.org for 1 HOUR' badge, and logos for the University of Oxford and a Health & care information you can trust badge. Below the header is a search bar and a navigation menu with links for A-Z, Categories, and Young people. The main content area features a large banner titled 'People's experiences of health' with a photo of two women. The banner includes the text 'Reliable health information from patients, for patients' and a quote: 'Support, encouragement, empathy is best when it comes from someone in the same situation as you.' Below the banner are four buttons: PEOPLE'S EXPERIENCES OF HEALTH, DONATE TO HEALTHTALK.ORG, HEALTH PROFESSIONALS, and LEARNING & TEACHING.



Welcome

At healthtalk.org, we share real-life experiences of people living with health issues. Thousands of people have shared their stories about cancer or other conditions.



NEW: Atrial fibrillation

A new resource for adults living with atrial fibrillation



This website is run by a charity

Find out more about us.



Andrew Herxheimer, 1925-2016

Our co-founder and trustee passed away aged 90.



7/10 healthtalk.org users feel less alone

Read more in our 2016 impact report



Our new patron...

MP Norman Lamb becomes patron of healthtalk.org



Fundraise while shopping online

You can now raise money for healthtalk.org for free!

Healthwatch Kent

www.healthwatchkent.co.uk

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

The screenshot shows the Healthwatch Kent website homepage. At the top, there is a navigation menu with links for 'About us', 'Talk to us', 'Get involved', 'Find services', 'News & Events', 'FAQs', 'How we work', 'Projects', and 'Steve's Blog'. The main content area features a 'Welcome to Healthwatch Kent' section with a large image of a mug of coffee and a text block describing the organization's mission. To the right, there is a 'Sign up' section for a mailing list and a 'Recent news' section with a list of articles. Below the main content, there are three columns for 'Talk to us', 'Events', and 'News', each with a small image and a brief description. The website also includes a search box, social media icons for Facebook, Instagram, and Twitter, and a telephone number: 0808 801 0102.

About us

Whether it's improving them today or helping to shape them for tomorrow. Healthwatch Kent is all about local voices being able to influence the delivery and design of local services. Not just people who use them, but anyone who might need to in future.



West Kent Clinical Commissioning Group

www.westkentccg.nhs.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 screenshot displays the NHS West Kent Clinical Commissioning Group website. At the top, the NHS logo and 'West Kent Clinical Commissioning Group' are visible. The main navigation bar includes links for Home, About us, News, Services, Get involved, and Contact us, along with a search bar. The central content area features a large banner titled 'Our case for change' with a sub-headline 'Transforming health and social care in Kent and Medway'. Below this, there is a section titled 'What is West Kent CCG' with a photo of a man in a turban. To the right, there is a 'Tweets' section showing a tweet from @NHSWestKentCCG. At the bottom, there are sections for 'Newsletter' (Patient newsletter) and 'Find services' (Search Dentists). The 'Latest News' section on the right lists 'West Kent listening events presentations now available' and 'West Kent Governing Body meeting today - Gluten free foods on prescription'.

Public Health England

www.gov.uk/government/organisations/public-health-england

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



GOV.UK

Search

Departments Worldwide How government works Get involved
Policies Publications Consultations Statistics Announcements

 Public Health England

PHE regions, local centres and emergency contacts
Health and wellbeing resources
Health protection A to Z
PHE data and analysis tools
Population screening programmes

3 June 2017 — News story
Avian influenza (bird flu) in winter 2016 to 2017
The latest situation on avian influenza (bird flu) in the UK and advice on how to reduce the risks.

News story
Refocusing Public Health England

From: Public Health England
Published: 10 May 2017

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.



<http://www.ageuk.org.uk/tunbridgewells/>



<http://www.kentautistic.com/>

Cardiomyopathy^{UK}
the heart muscle charity

<http://www.cardiomyopathy.org/shared-experiences/kent-support-group>



http://www.carersfirst.org.uk/?Adult_Services_-_Kent_%

DAA Dementia
Action Alliance

http://www.dementiaaction.org.uk/south_east/4231_kent_dementia_action_alliance

DiABETES UK
CARE. CONNECT. CAMPAIGN.

<http://tunbridge-wells-area.diabetesukgroup.org/>

 **Blood and Lymphatic cancers**
Leukaemia CARE
supporting a quality of life

<http://www.leukaemiacare.org.uk/support-groups/myeloma-uk---tunbridge-wells-support-group>

**WE ARE
MACMILLAN.
CANCER SUPPORT**

<https://www.macmillan.org.uk/in-your-area/>

 **ME Association**
Informing and supporting those affected by ME / CFS

<http://www.meassociation.org.uk/2009/09/kent/>

MS Society

<https://www.mssociety.org.uk/near-me/branches/tunbridge-wells-and-district-branch>

PARKINSON'S^{UK}
CHANGE ATTITUDES. FIND A CURE. JOIN US.

<https://www.parkinsons.org.uk/local-support-groups/regions/tunbridge-wells-and-district-branch>

Information correct at time of publication