

Edenbridge Memorial Health Centre

Four Elms Road, Edenbridge, Kent. TN8 6FY Tel: 01732 865055



Hello and welcome to our Autumn 2025 edition of the Edenbridge Memorial Health Centre Newsletter



Kent Community Health :

We now have a lovely wellbeing room at the Health Centre where we are currently holding drop-in sessions. Over the next 6 months, we are hoping to increase these drop-in sessions. Currently the sessions running are:

Menopause support group - Takes place on the last Tuesday of every month between 1pm and 3pm and the last Thursday of every month between 5.30pm and 7pm. These are informal sessions for women experiencing menopause symptoms at any stage. It is a safe space to chat with other women and share your experiences, offer mutual support and talk about ways of managing the menopause.

Hero – Takes place on the first Monday of every month, between 10am and 1pm. The service provides support to residents in the private rented sector and owner occupiers with; saving money on fuel bills, debt rent or mortgage guidance, Welfare benefits, referrals for housing advice and much more.

Other news: We now have a volunteer called Vicki, who you will see at the Welcome desk on Wednesday and Thursday mornings. She can help guide you around the building, as well as assist with the NHS app.

The Wellbeing day centre has now been extended to 5 days. It provides a therapeutic programme of care and activities, as well as social interaction. The focus is to support people to better care for themselves and live independently in their own homes.

The well being centre staff carry out minor observations and health checks, as well as referring to other services as needed. Refreshments and a hot lunch are provided.

Look out for our next open day, or contact the staff on: 01233 563 002 for more information.

Sherree Kempton

Site Lead/Operational Manager for Edenbridge Memorial Health Centre



Edenbridge Medical Practice Update:

Exciting News – A New Healthcare Assistant Joining Our Team!

We are delighted to announce that a new Healthcare Assistant called Sophie, will be joining our team. She will be bringing fresh energy, skills, and a commitment to supporting both our patients and our team. We look forward to welcoming her and introducing them to everyone soon.

Flu clinics

This year, we will unfortunately not be doing Covid vaccinations, We will however be doing Flu vaccinations for our eligible patients. The clinics for these will be on the first two Saturdays in October and ad hoc clinics during normal working hours. Invitations have been sent out for the eligible cohort.

Diabetic groups

We have successfully been running diabetic group consults on a Wednesday evening. Those patients that participate in these groups have said that they enjoy hearing from other people and sharing concerns.

We will likely be considering other group consults in the future as part of our future planning. We have found they are very effective in peer supporting with self-management and lifestyle changes.

Protected Learning time dates.

We have two more Protected learning dates this year, the first is on Tuesday 7th October and the 2nd is Thursday 6th November 2025. The surgery will close at 1pm to allow staff to carry out mandatory training.

Blood pressure machine.

A reminder that we have a blood pressure machine located in the waiting room for our patients to use. Please make good use of this.

Pharmacy First.

As we are heading in to autumn/winter, we are preparing for an increase in appointments. You may be referred by the duty doctor to the local pharmacy under the Pharmacy First Scheme. They are able to see patients who present with: Ear infections, impetigo, infected insect bites, shingles, sinusitis, sore throats and uncomplicated urine infections.

Karen Copping

Practice Manager

EDENBRIDGE PATIENT PARTICIPATION GROUP



Since our appeal in the May Newsletter for two more PPG Committee members we have now filled those places – Chrissie Stevens, and Lesley Dix as Secretary. We are very grateful to them. As we have said before a PPG's role is to act as a link between a GP practice and its patients by providing patient feedback to improve services, promoting health initiatives, and ensuring the practice is meeting the needs of its diverse patient population. Since May we have found three matters have cropped up frequently on which patients need clarification. 1. When should you use 111. 2. Who do you get in touch with for results once you have received a referral to a hospital. 3. What is Pharmacy First?

1. You should use 111 when you need urgent medical help for a non-life-threatening condition, need advice on what to do, or are unsure which NHS service is most appropriate for your needs. It's a 24/7 service for physical and mental health concerns, available via phone or online, and can connect you to A&E, urgent treatment centres, pharmacies, or send an ambulance if necessary. You should call 999 for life-threatening emergencies.
2. You get test results directly from the hospital – not the Surgery. If your results are not in your NHS APP you should contact the specialist's secretary at the hospital who requested the test, as they are responsible for providing these results. Maidstone and Pembury PALS, the Patient Advice and Liaison Service for Maidstone and Tunbridge Wells NHS Trust, offer support, information, and assistance to patients, relatives, and visitors. Their role is to answer questions about NHS services, provide information, and help resolve concerns or issues with the services provided.
3. Pharmacy First - offer advice to patients, supplies NHS medicines where clinically appropriate (including some prescription-only medicines under Patient Group Directions), to treat 7 common health conditions. These conditions are: a) sinusitis b) sore throat c) earache d) infected insect bites e) impetigo f) shingles g) uncomplicated urinary tract infections in women.

If you have any queries, please do contact us on :

ppg.edenbridge@hotmail.com or leave a note with reception.



FRIENDS OF
THE EDENBRIDGE MEMORIAL MEDICAL CENTRE
Four Elms Road, Edenbridge, TN8 6FY
www.ehlof.org.uk

Since the last Newsletter, the conversion of a kitchen into the Wellbeing Hub has been completed, and the Hub is now up and running, and hosting services which will no doubt be described in the Kent Community Health Foundation Trust (KCHFT) section. We continue to fund the Day Centre with daily newspapers and arts and craft materials; we also fund a “good news” journal, which tries to raise spirits by highlighting some of the good stuff that is happening in the world, rather than dwelling on only the bad stuff!

We had an interesting phone call from the Town Museum, asking us to collect “our silver trophies”. I was completely unaware of their existence, and was amazed to find a small trove of elaborate silver trophies, once prizes awarded, we assume, at the Hospital fetes many years ago. We consulted Lennox Cato, who kindly if regretfully advised that the style of the larger ones was so out of fashion that their true value was as scrap metal. We did thus raise just over £2000, but retained two smaller trophies- the Edenbridge Hospital Arts and Crafts Cup and the Edenbridge Hospital Darts Trophy. We have kept these in the hope of using them for their original purposes and reaching out to a younger community, perhaps with the Primary School for the Arts and Crafts, and a Darts competition (if we can find a venue to host it).

We held our AGM on July 19th, reviewing the year’s activities. The existing Committee was re-elected, and a new member, Valerie Parker, was proposed and has been co-opted onto the Committee. Edenbridge is blessed with two Valerie Parkers, so a brief pen portrait of the co-opted Valerie Parker follows!

“I retired and moved to be near my son in Edenbridge 3 years ago following a 35 year career in the NHS in Wales. I retired as Head of Outpatient Services for North Wales covering 3 acute District General Hospitals, and five Community Hospitals. I sat on the Bench at Llandudno Magistrates Court for fifteen years as a Justice of the Peace. I have recently been asked to Chair the Patient Participation Group at Edenbridge Memorial Health Centre, and am an enthusiastic member of Edenbridge Ladies Probus Group.”

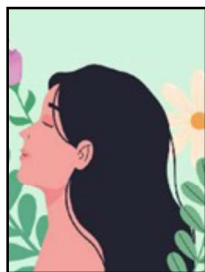
We work principally with Rachael Tufo, the KCHFT Social Value Co-ordinator (excellent person, awful title!) in looking at projects to which we can contribute. We are funding Christmas decorations and a musical event at the Centre. We are also supplying some more appropriate furniture for the Children’s Therapy Room, and supporting the Ageing Well Clinic. We continue to look into a therapeutic singing group and, with the Leisure Centre, a “Couch to Park Run” exercise group. We are researching a very recent request to provide a significant sum to allow the EMHC-based Community Midwives to acquire a Transcutaneous Bilirubin Meter (look it up!) which would save mums and babes a lot of travel and save the Midwives a lot of time.

We encourage Friends (and friends of Friends!) to come up with ideas for fund-raising and community health-related projects we could support.

Simon Morrison (Chair)

Supporting World

Menopause Day 18 October 2025



Menopause Evening Event @ Edenbridge Memorial Health Centre

Thursday 16 October 2025, 5.30pm to 7.30pm

Organised by Kent Community Health NHS Foundation Trust in partnership with our colleagues at Sevenoaks Primary Care Network and supported by Wells Health Ltd and Especially Health Store.

The evening will include:

Wells Health Consultant Talk with two gynaecology consultants and their top tips for menopause, followed by a Q&A session and an opportunity for a free mini consultation with two private gynaecologists and one NHS GP, who specialises in menopause.

Especially Health Store based in Sevenoaks and how they can support holistically through peri-menopause, menopause and beyond.

One You Kent for a free mini health check, food tasting and recipes for menopause.

Everyone Active Leisure Centre—supporting symptoms with exercise.

Talking Therapies—supporting with stress, anxiety and depression.

Pre bookable workshops and tasters:

Sleep Yoga sessions by Lizi Dent (Yoga with Lizi).

Menopause massage demonstration by Magdalena at Blooming Orchard Rooms.

Pelvic floor education and Q&A with our **NHS Pelvic Health Physiotherapist**.

Short reflexology/massage taster session from **Especially Health**.

Midlife Makeover Talk with creator and founder **Sam Palmer**—helping to navigate through peri-menopause to menopause using movement, exercise, nutrition and lifestyle changes.

With special thanks to our sponsors and supporters for the evening:

www.wells-health.co.uk

ESPECIALLYHEALTHSTORE.com

www.midlifemakeover.co.uk

Yoga with Lizi Dent—Hever and Chiddingstone
(on Instagram & Facebook)

www.bloomingorchidroom.co.uk

Friends of Edenbridge Memorial Health Centre



Edenbridge ageing well clinic

Are you over 65 and registered with a medical practice in the Edenbridge and Sevenoaks area?



Book your free NHS health and wellbeing check and find out how our community team can support you to age well.



We discuss what matters to you, helping you stay healthy, independent and happy at home, for longer.

**To book your place ask at reception,
phone 0300 013 2191 or email:
kentchft.ageingwellemhc@nhs.net**



[www.kentchft.nhs.uk/
edenbridge-ageing-well](http://www.kentchft.nhs.uk/edenbridge-ageing-well)