



We provide local NHS services in south London and Kent that take care of the whole person - body and mind.

For information on our services, health issues and ways to keep healthy, visit:

oxleas.nhs.uk

Careers

For the latest information on our vacancies please visit:
oxleas.nhs.uk/working4us

PALS

Patient Advice and Liaison Service

If you require information, support or advice, please contact us on:

Freephone

0800 917 7159

(landlines only, mobiles will be charged)

Email

pals@oxleas.nhs.uk

Improving lives

oxleas.nhs.uk



Programme

Family health festival and Annual Members' Meeting

Supported by:



Waitrose



Saturday 17 Sept 2016

Townley Grammar

Townley Road

Bexleyheath

Kent DA6 7AB

9.30am - 10.30am

Annual Members' Meeting

10.30am - 1pm

Free family health festival

Improving lives

oxleas.nhs.uk



Our year 2015-16



Each month, we cared for around
30,000 patients.

30,000

We were **2nd** in the NHS Improvement 'Learning from mistakes' league which judged an organisation's approach to openness and transparency.

We had feedback from 9,700 patients during the year.

94%

94% said the quality of their life had improved as a result of our care and treatment.

3,500

members of staff worked with us during the year and 81% of our staff would recommend Oxleas as a place to work or receive treatment.

We spent
£243m
on delivering patient care.

We introduced a new clinical information system and merged more than 870,000 patient records so that staff can more easily meet a person's physical and mental health needs.

870,000

top

At 32, we were the top NHS organisation in England in the Stonewall Workplace Equality Index.

Welcome

9.30am – 10.30am

Annual Members' Meeting

The Linda Hutchinson Theatre

You will find out about changes at the trust over the last year, reports from our auditors and an update on membership.

Speakers will include Chair Andy Trotter, Chief Executive Ben Travis and governors.

There will be the chance to ask questions too.

10.30am – 1pm

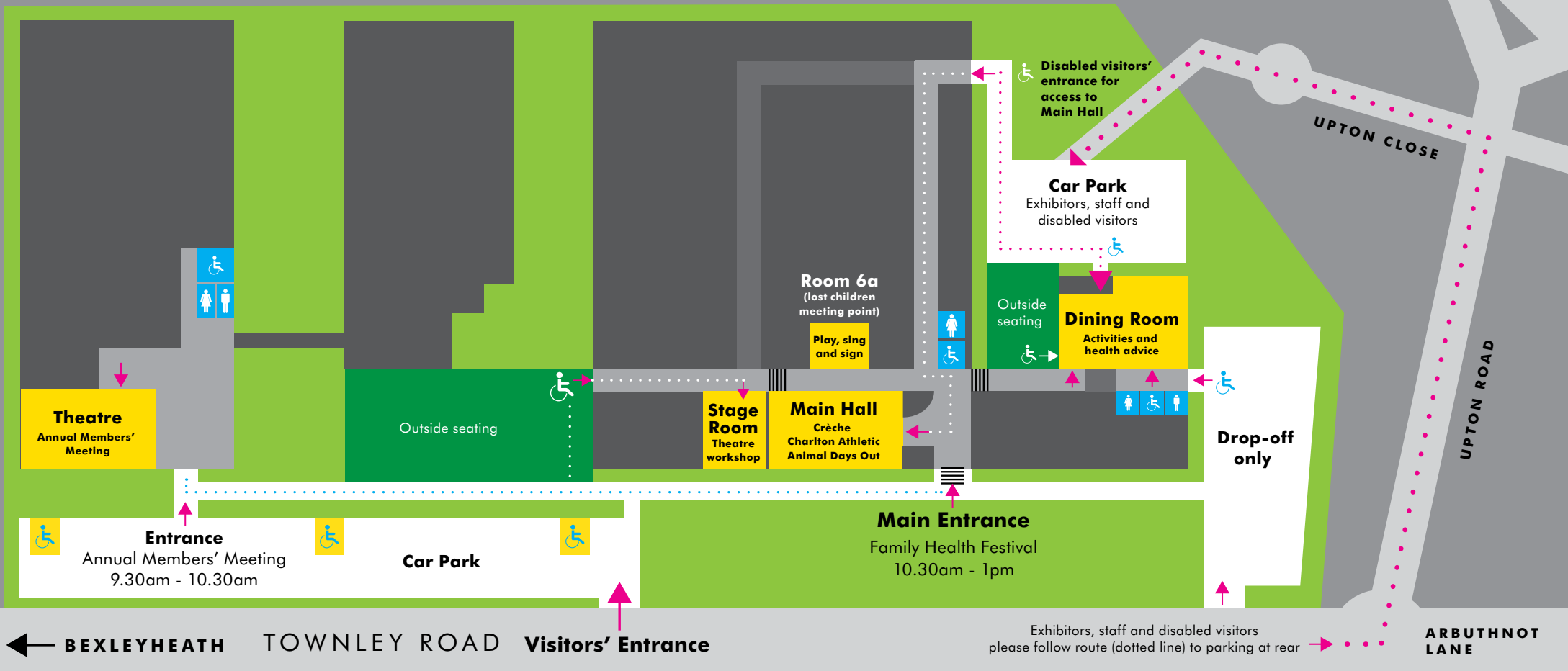
Family health festival

Find out about our services, meet our clinicians and governors, and get health advice.

There is so much on offer for families of all ages. Advice and support for parents of little ones, right up to parents of teenagers and teenagers themselves.

Find out about staying healthy, improving your lifestyle, health and diet.

Healthy refreshments are available thanks to Stanhill Farm in Dartford and Waitrose in Sidcup.



Dining Room

- Careers and volunteering
- Fine motor skills
- Food swaps
- HeadScape
- Infant feeding and weaning advice
- Table-top gardening
- The Kids' Cookery School
- and much more...

Main Hall

- Animal Days Out
- Charlton Athletic Community Trust
- Crèche, face painting and activities

Room 6a

- Play, sing and sign (lost children meeting point)

Stage Room

- Greenwich & Lewisham Young People's Theatre workshop

Theatre

- (The Linda Hutchinson Theatre)
- Annual Members' Meeting

Dining room

Careers

Our staff and governors are ready to talk to you about working in healthcare. They will let you know about study, qualifications and what it's like to work in healthcare.

Family health pledge

Make a health pledge for your family today - it need only be something small such as a weekly family outing to the park. We'll record it with a photo of your family which you can write the pledge onto and take home as a reminder.

Food swaps

Find out how much sugar is in your food, how to reduce what you eat, what foods you can swap, what's healthy and what's not.

Our specialists will be able to advise you and your family on taking forward a healthy lifestyle and diet to help avoid child obesity.

Fine motor skills

Join our occupational therapists to find out what you can do at home to develop and improve your child's fine motor skills and dexterity.

Free fruit and water

Enjoy a healthy piece of fruit and a bottle of water with our compliments. The fruit has been supplied by Stanhill Farm Dartford, and the water and bananas by Waitrose in Sidcup.

stanhillfarm.co.uk
waitrose.com/sidcup

HeadScape

Launched in 2015, our award-winning website is the place for young people to go for information on how they feel, think and behave. It's been designed by young people, for young people and shares information on issues such as self-harm, bullying and anxiety alongside many others.

It's also a great resource for parents wanting to understand their children better or find out what help is available.

Come and be shown the website, see how easy it is to use and ask our experts for tips and advice.

oxleas.nhs.uk/headscape

Infant feeding and weaning advice

If you've got questions, are struggling or maybe pregnant and want to know more about feeding or when to wean, our health visitors will be there to help and support you with top tips.

Budding architects

Design a layout for one of our consulting rooms, or create your own signage route plan. Find out how we worked with children to design our children's centre at Queen Mary's Hospital, Sidcup.

Music therapy

Our music therapy sessions offer a different experience of shared play, interaction, learning and understanding through music making with instruments, song and music.

Join our music therapists to find out more about the work that they do with children and young people up to the age of 19. Have a go at using some of the instruments to create your own symphony.

SEEC

We'll be welcoming SEEC back to our annual event. They aim to improve the quality of life, confidence and self-esteem of people with mental health problems and disabilities by helping them engage in paid work. Speak to experts and find education or a career path that's right for you.

seectruepotential.org.uk

Dining room

The Kids' Cookery School

Children can find out how easy it is to bake fresh and healthy bread at home. The Kids' Cookery School is a charity whose mission is to give every child in the UK a unique and fun cooking experience and help them understand health and diet. Have some fun and learn a new life skill, plus take home a tasty treat.

Please book at the stall, as spaces are limited.

Sessions will run at the following times:

10.30am – 11.15am

11.15am – Noon

12.15am - 1pm

thekidscookeryschool.co.uk

Table-top gardening

Get back to nature and join our therapists to have fun planting tomatoes and cress. Children can decorate their pots and take them home, watch them grow and see how easy it is to grow healthy food at home.

Volunteering

You can meet our volunteers, find out what roles we have available and how you can join them.

oxleas.nhs.uk/volunteering

Main hall

Crèche, face painting and activities

A crèche is available, run by qualified and professional staff from Eden Mobile Crèche.

They will be providing face-painting, as well as a range of games and activities.

You can drop your child off so you can go to find out information and talk to our experts, or you can join them and find out some great new activities to try at home.

Please book in at the Crèche entrance, as spaces are limited.

edenmobilecreche.com

Charlton Athletic Community Trust (CACT)

We often partner with CACT who will be providing a penalty shoot-out to give the children (and big kids too) some exercise and fun.

cact.org.uk

Animal Days Out

Back to join us this year, Animal Days Out will be bringing furry, scaly and slimy friends with them for you to see, touch, hold and find out more about. The children are always braver than the grown-ups with the more unusual creatures and it's always a hit!

animaldaysout.com

Stage room Room 6a

Greenwich & Lewisham Young People's Theatre

Workshops for young people and families to come and explore emotions and create a short piece of drama based around what they feel and how they want to express it.

Please join the workshop at the beginning of the session.

10.30am - 11.15am:

Teenagers – how to identify and handle emotions

12.15pm - 1pm:

For under 5s and their parent/guardian. Finding positive ways to engage with your child through drama, movement and song.

glypt.co.uk

Play, sing and sign

Join our therapists for some gentle activity and learn some great ways to interact with your children and help their development.

Singing and copying basic signing develops and improves attention, listening, speech and language – it's also lots of fun too!



If you or your family would like to become an Oxleas member, here's how:

Call:

0300 123 1541*

Email:

foundation.trust@oxleas.nhs.uk

Online:

oxleas.nhs.uk/membership

Post:

Freepost Plus RTTR - GBLX - ASJZ
Oxleas NHS Foundation Trust
Membership Office
Pinewood House
Pinewood Place
Dartford
Kent
DA2 7WG

*Calls to this number are the same as making a local call from a landline and are usually included within your inclusive minutes if calling from a mobile.

Improving lives

oxleas.nhs.uk

