

# Community Clinics

Sexual Health Helpline  
Monday to Friday  
09.00-17.00  
Tel: 01303 228805

## Ashford Area

### 1 Elwick Road, Ashford

Mental Health Care  
Monday to Friday  
08.30-17.00

### Appledore Surgery, The Street

Tel: 01233 758981

Breast Feeding/Post  
Natal Group  
Fridays 10.00-12.00

### Bethersden

Child Health  
3rd Monday 14.00-16.00

### Biddenden Village Hall

Child Health  
3rd Friday 14.00-16.00  
(please bring red book)

### Brabourne Village Hall

Child Health  
3rd Monday 14.00-16.00

### Brookfield Baptist Church Hall

Child Health  
1st, 3rd & 5th Wednesday  
14.00-16.00

Family Club  
Wednesdays 13.30-15.30

### Charing Hall

Child Health  
1st & 3rd Tuesday  
10.30-12.30

### East Cross Clinic, Recreation Ground Road, Tenterden

Tel: 01580 262000

Child Health  
(0-5 years) Tuesday  
09.30-11.30  
(please bring red book)  
Weighing and 7-9 month  
review

Development Assessment  
Wednesday am; Tuesday &  
Wednesday pm  
Well Baby Clinic  
Tuesday 09.30-11.30 (drop-in)

Speech Therapy  
Wednesday 09.00-15.00

Orthoptist  
1st Tuesday 13.00-16.00

School Clinic  
Ad hoc booked sessions am;  
One per month at 13.00,  
some  
booked sessions ad hoc

Hearing Tests  
3rd Wednesday & Thursday  
am; 4th Tuesday 13.30-16.30

Podiatry  
Monday to Friday am/pm

Footcare Assist Clinic  
Tuesday am/pm

Respiratory Nurse  
No nurse at present

Post Natal Support  
2nd & 4th Wednesday

Psychiatry  
Friday am/pm

Psychiatry  
Registry Friday am

Social Services /  
Probation Officer  
am as required

Continence Clinic  
Adult: 1st & 2nd Monday am  
Paediatric: 3rd Monday am  
Tel: 01227 594610  
by appointment

Ante-Natal Classes  
Tuesday 19.00-21.00

### High Halden Village Hall

Child Health  
Wednesday 13.30-15.30  
(please bring red book)

### Bluebells Children's Centre, School Road, Hothfield

Child Health  
1st Tuesday 14.00-15.30

**Lenworth Clinic, Hythe  
Road, Ashford**  
Tel: 01233 204180

Child & Family Psychiatry  
Monday to Friday am/pm

**Vicarage Lane, Ashford**  
Tel: 01233 204100

Child Health  
1st & 3rd Tuesday  
14.00-15.30

School Health  
When required, monthly

Hearing Testing (Babies)  
2nd Monday as required;  
3rd Wednesday & Friday;  
4th Tuesday

Dental Access Centre  
Monday to Friday am/pm;  
Thursday evenings  
17.00-20.00  
Emergencies only  
Tel: 01233 204104

Speech Therapy  
Monday to Friday am;  
Monday, Wednesday,  
Thursday & Friday pm

Podiatry  
Monday to Thursday  
08.30-12.30;  
Friday 13.30-16.00  
Tel: 01233 204102

Young People's Clinic  
Monday 16.15-18.15;  
Saturday 14.00-16.00  
emergency  
contraception only no  
appointment needed  
Tel: 01233 204105

Family Planning  
Tuesday 09.15-11.15;  
Wednesday 18.00-20.00;  
Thursday 18.00-20.00  
Tel: 01233 204105

Orthoptist  
Wednesday 09.00-16.15

Continence Clinic  
Adult: 1st, 2nd & 4th  
Wednesday am  
Paediatric:  
3rd Wednesday am  
Tel: 01227 594610

by appointment

Jacanes Midwives  
1st, 2nd & 4th Monday pm

Paediatric Occupational  
Wednesday 13.00-17.00

Therapist  
Thursday 13.00-17.00

Enuretic  
Wednesday 15.15-16.15

Post Natal Group  
Wednesday & Thursday am

Child Assessment  
Thursday am

Audiology Clinic  
Tuesday am

### Willesborough Wi Hall

Child Health  
1st, 3rd & 5th Friday  
14.00-16.00

**William Harvey Hospital**  
Tel: 01233 633331 ext 88279  
(clinic times only)

GUM and Sexual Health  
(STIs & HIV testing)  
Thursday 13.30-16.00  
walk-in; 13.30-15.30 same  
day HIV testing; 17.30-19.00  
appointment only;  
Friday 13.30-16.00  
appointment only

Podiatry – Paula Car  
Centre (Diabetes Care)  
Monday to Thursday  
08.30-12.30; 13.30-17.00;  
Friday 08.30-12.30;  
13.30-16.00  
Tel: 01233 616047

Podiatry –  
Elizabeth Browne Unit  
Monday to Thursday  
08.30-12.30; 13.30-17.00;  
Friday 08.30-12.30;  
13.30-16.00  
Tel: 01233 616622

### Wittersham Village Hall

Child Health  
2nd Tuesday 14.00-16.00  
(please bring red book)

## Canterbury Area

**Canterbury  
Health Clinic,  
26 Old Dover Road**  
Tel: 01227 597000

Podiatry  
Monday to Friday  
08.30-17.00;  
Minor surgery Tuesday &  
Wednesday evening  
Tel: 01227 597029

Dental (Community)  
Monday to Friday 08.30-17.00  
(referral only)  
Tel: 01227 597022

Family Planning  
Monday 16.30-20.00;  
Tuesday 09.30-12.00  
(appointment only) and  
17.00-19.30 (drop-in);  
Wednesday 15.30-18.00;  
Thursday 09.30-12.00  
(appointment only)

Young People's Clinic  
Monday 16.30-20.00;  
Wednesday 15.30-14.00  
(walk in)  
Tel: 01227 597033

Speech Therapy  
Monday to Friday  
08.30-17.00  
(appointment only)  
Tel: 01227 597028

Baby Clinic  
Tuesday 09.00-12.00  
First Time Parents Group  
Monday 10.00-13.00

Hearing Tests  
By appointment with  
Health Visitors

Audiology  
By referral

School Nurses  
Appointment only

Physiotherapy  
Daily by appointment

Orthoptist  
Various session am & pm  
by appointment

Dietitian  
Wednesday 09.00-13.00  
Friday 09.30-12.00 (referral)  
Tel: 01227 594739

Diabetic Clinic  
(appointment only)  
Tel: 01843 234470

Continence Clinic  
Adult: 1st & 3rd Monday  
13.00-16.00  
Paediatric: 3rd Wednesday  
09.30-13.00  
Tel: 01227 594610 by referral

### **Northgate Medical Centre, Canterbury**

Continence Clinic  
Adult: 2nd & 4th  
Monday pm  
Tel: 01227 594610  
by appointment

### **Parkside Neighbourhood Centre, Kings Road, Herne Bay**

Sexual Health Outreach  
Service  
Tuesday 16.00-18.30  
Under 20's only

### **Queen Victoria Memorial Hospital, Herne Bay**

Tel: 01227 594700

Antenatal  
Every Wednesday am;  
1st, 2nd  
& 5th Wednesday pm  
Tel: 01843 225544

Aneurysm Nurse  
Every Thursday pm  
Audiology Maintenance  
Every Tuesday & Friday am

Baby Massage  
Every Friday pm

Continence Clinic  
Adult: 2nd & 4th  
Wednesday pm  
Paediatric: 2nd Tuesday am  
Tel: 01227 594610  
by appointment

Dental Access Centre  
Monday to Friday  
09.00-12.00 & 14.00-17.00  
Tel: 01227 594832

Diabetes  
1st & 3rd Thursday am  
Tel: 01843 234470  
Dietetic – Diabetic  
Every 4th Wednesday am

Dietetic – General  
1st Wednesday am

Orthoptist  
2nd, 3rd & 5th Friday pm  
Tel: 01227 594700

Paediatric Speech Therapy  
Tuesday, Wednesday,  
Thursday  
& Friday 09.00-17.00  
Tel: 01227 594826

Parent Craft Group  
Contact your midwife  
for details

Parkinsons Nurse  
3rd Thursday am

Podiatry  
Monday, Tuesday, Wednesday  
& Thursday 08.30-17.00;  
Friday 08.30-16.00  
Tel: 01227 594821

Podiatric Day Surgery  
Monday to Thursday  
08.30-17.00

School Health  
1st & 3rd Thursday am;  
2nd & 4th Friday am  
Orthotic Laboratory  
Tel: 01227 594754

Bio Mechanical  
Assessment  
Monday to Thursday  
08.30-17.00;

(Rheumatology/Sports  
Clinic Podo-paediatric)  
Friday 08.30-16.00

Podiatry Orthopaedic  
1st, 4th & 5th Monday  
13.30-17.00

### **Queen Victoria Memorial Hospital, Rehabilitation Unit, King Edward Avenue, Herne Bay**

Adult Speech Therapy  
Monday, Tuesday & Thursday  
am/pm; Wednesday &  
Friday am  
Tel: 01227 594757

Cardiac Nurse  
Friday am

Care of the Elderly  
Every Tuesday to Friday am  
OPD Clinic  
Tuesday pm (alternate weeks)  
Tel: 01227 594770

Child Development  
Reviews  
Every Friday pm

Family Planning  
Every Thursday 19.00-20.00  
Choices  
Young People's Clinic  
Every Thursday 18.00-19.00  
Tel: 01227 594792

Hearing Therapist  
3rd Monday

Lymphoedema Nurse  
1st, 3rd & 5th Tuesday am

Memory Clinic  
Wednesday pm

Phlebotomy Clinic  
Monday to Friday  
08.00-12.30

Physiotherapy  
Monday to Thursday  
08.00-17.00;  
Friday 08.00-15.30  
Tel: 01227 594767

Warfarin Clinic  
Monday & Thursday  
13.00-16.00

Womens Health Physio  
1st, 2nd, 4th & 5th  
Monday pm

### **Riverside Youth Centre, Canterbury, Kingsmead Road, Canterbury**

Sexual Health Outreach  
Service  
Tuesday 19.30-21.00  
(term-time only)  
Under 20's only

### **Surestart Canterbury, Kingsmead Leisure Centre, Kingsmead Road, Canterbury**

Sexual Health Outreach  
Service  
Thursday 14.30-16.30  
(term-time only)  
(Pre-conceptual care)  
Under 20's only

### **Thanington Youth Neighbourhood Centre, Ashford Road, Canterbury**

Sexual Health Outreach  
Service  
Wednesday 19.00-21.00  
Under 20's only

### **The Gate Clinic, K&C Hospital, Canterbury**

Tel: 01227 783120

GUM and Sexual Health  
(STIs & HIV testing)  
Monday, Tuesday, Wednesday  
& Friday 09.00-11.30  
(walk-in); Monday, Tuesday,  
Wednesday & Thursday  
13.30-16.00 (walk-in);  
Thursday & Friday 13.30-  
16.00 (appointments only);

### **Whitstable And Tankerton Hospital**

Tel: 01227 594400

Continence Clinic  
Adults: 1st Wednesday &  
1st Thursday pm; 2nd  
Wednesday pm; 3rd Tuesday  
pm & Wednesday am;  
Thursday pm  
Paediatrics: 2nd  
Wednesday am  
Tel: 01227 594610  
by appointment

Diabetic  
4th Thursday pm

School and Child Health  
1st Thursday & Friday am;  
2nd Thursday pm &  
Friday am;  
3rd Thursday pm;  
4th Thursday pm; 5th Tuesday  
& Thursday pm

Physiotherapy  
2nd Monday am;  
3rd Wednesday & Friday pm;  
4th Friday am

Audio  
1st, 2nd, 3rd, 4th weeks pm

Cataracts  
1st, 2nd, 3rd, 4th,  
5th weeks am

Respiratory  
1st Wednesday pm;  
2nd Wednesday am;  
4th Wednesday am

Stoma  
2nd, 3rd, 4th weeks am

**Whitstable Health Centre**

Baby Clinics  
Please contact the Health  
Visitors for details  
Tel: 01227 594421

Podiatry  
Monday to Thursday  
08.30-17.00;  
Friday 08.30-16.00  
Tel: 01227 594411

Dentist  
Monday to Friday  
08.15-17.15  
Tel: 01227 770639  
Emergency: 01227 272974

Family Planning  
Tuesday 10.00-11.30  
(alternate weeks),  
16.00-18.00  
(alternate weeks)  
Tel: 08444 772566

Speech Therapy  
Monday to Friday  
09.00-17.00  
Tel: 01227 594410

Orthoptist  
1st, 3rd & 5th Wednesday  
13.40-15.40

**Whitstable Youth & Community Centre, Tower Parade, Whitstable**

Sexual Health Outreach  
Service  
Thursday 18.00-20.30  
Under 20's only

**Dover/Deal Area**

**Aylesham Health Centre**  
Tel: 01304 867310

Podiatry  
Monday 08.30-17.00;  
Friday 08.30-16.00

Dental (Community)  
Monday to Friday am/pm  
Tel: 01304 867306

Child Medical Officer  
4th Monday

Optician  
Tuesday 18.30-20.45

Psychiatrist  
Tuesday 09.00-12.00

Ante Natal  
Tuesday 14.00-16.00

Speech Therapy  
Wednesday 09.00-12.00,  
13.00-17.00

Baby Clinic  
Thursday 09.30-11.30,  
13.00-15.00;  
Wednesday 11.30-15.00

Mental Health Clinic  
Thursday 09.00-12.00

Orthoptist  
2nd Tuesday am

Continence Clinic  
Adult: 2nd Thursday pm  
Tel: 01227 594610  
by appointment

**Aylesham Youth Clinic, Acholt Road, Dover**

Sexual Health Outreach  
Service  
Monday 19.00-21.00  
(day may change)  
(Youth Clinic attendees only)  
Under 20's only

**Breast Cancer Support Group, 1a Maison Dieu Road, Dover**  
Tel: 01304 201624

Ask for Sister Davies, ext  
3268  
1st Thursday 14.00-16.00

**Buckland Community Centre, Roosevelt Road, Dover**

Health Visitors  
Drop in sessions.  
No appointments necessary.  
Tuesdays 10am-11.30am

**Burgoyne Heights Family Centre, Dover**

Health Visitors  
Drop in sessions.  
No appointments necessary.  
Wednesdays 10am-11.30am

**Deal & Walmer Clinic, Bowling Green Lane, Deal**  
Tel: 01304 865443

Orthoptist  
Wednesday am

Tweenie Group  
Mum & Baby up to 1 year  
Tuesday 10.00-12.00

Food Intolerance Group  
2nd & 4th Friday am

Twins Group  
2nd & 4th Friday pm

School Clinic  
Monday 09.00-11.00

Baby Clinic  
Thursday 09.30-12.00;  
Wednesday 13.30-15.00

Audiology  
As and when required

Dental (Community)  
Enquiries: 01843 255311  
Monday & Tuesday  
Tel: 01304 865461  
Wednesday & Friday am/pm  
Specialist Clinic

Podiatry  
Monday to Friday am/pm

Speech Therapy  
Monday & Thursday am;  
Monday, Wednesday &  
Thursday pm

Stroke Club  
Tuesday pm

Extend Class  
Monday 17.00-18.00

Self Support Dealing with  
Stress  
Monday 14.00-16.00

Relaxation Classes/Parent  
Craft  
Thursday 14.00-16.00

Continence Clinic  
Adult: 2nd & 4th Friday am  
Paediatric: 4th Tuesday am  
Tel: 01227 594610  
by appointment

Diabetes Care  
Friday 09.00-13.00;  
Thursday 14.00-17.00  
Tel: 01304 372242

Young People's Clinic  
(under 25s only)  
Monday 15.30-17.30  
for contraception;  
15.30-17.00  
for GUM (STI checks)  
Nurse led clinic  
Closed Bank Holidays

**Dover Health Centre, Maison Dieu Road, Dover**

Tel: 01304 865500

Health Visitors  
Drop In sessions.  
No appointments necessary.  
Tuesdays 9.30am-11.15am;  
Wednesdays 1.30pm-3.15pm

Development  
Assessments  
Tuesday to Friday by  
appointment

School Clinic  
Tuesday & Thursday  
09.00-13.00 by appointment;  
2nd & 4th Friday by  
appointment

Orthoptist  
Thursday 13.00-15.20

Assessments Clinic  
1st Thursday 14.00-16.00

Hearing Tests (Children)  
As required by appointment

Dental  
Monday to Friday am/pm  
Tel: 01304 865556

Dental Access Centre  
Monday to Friday am/pm  
Tel: 01304 865630

Orthodontic  
Thursday

Speech Therapy  
Monday to Friday

Chiropody  
Monday to Friday am/pm

Family Planning  
Wednesday 09.00-12.00;  
Thursday 18.00-20.00  
Tel: 01304 865582

Young People's Clinic  
Monday 16.00-18.00;  
Tuesday 15.00-17.00  
Tel: 01304 865582

Diabetes Care  
Monday 09.00-13.00

Sexual Health (GUM)  
Tuesday 09.00-11.30,  
13.30-16.00 (walk-in)  
Tel: 01304 865500  
(clinic times)

Castleside  
Monday to Friday am/pm

Physiotherapy  
By appointment only

Continence Clinic  
Adult: 1st & 3rd  
Thursday pm  
Paediatric: 1st Thursday am  
Tel: 01227 594610  
by appointment

### **Eythorne Welfare Hall Resource Centre**

Child Health  
1st & 3rd Thursday  
13.30-16.30

### **Old Park Community Centre, Gordon Road, Whitfield, Dover**

Health Visitors  
Health visitor representative  
available Tuesdays from 7  
April between 1pm and 2pm.

### **Royal Victoria Place, High Street, Dover**

Breast Feeding Support  
Group  
Wednesday 10.00-12.00

Teens with Tots  
Wednesday 13.00-15.00

### **The Ark, Early Days Group, Noah's Ark Road, Dover**

Health Visitors  
Drop in sessions.  
No appointments necessary.  
Thursdays 1pm-2.15pm

### **Triangles Community Centre, Early Days Group, Poulton Close, Dover**

Health Visitors  
Drop in sessions.  
No appointments necessary.  
Wednesdays 1pm-2.30pm

### **Whitfield Village Hall**

Child Health  
Thursday 14.00-16.00

### **Shepway Area**

### **B-4-8'S Town Walk, Folkestone**

Breast Feeding Group  
Thursday 10.00-12.00

Toddle Along Group  
Tuesday 13.30-15.00

### **Baker Road Clinic, Cheriton**

Tel: 01303 717270

Well Baby Clinic  
Monday 14.00-16.00;  
Thursday 10.00-12.00

Development Checks  
Alternate Tuesdays

Hearing Tests  
Alternate Tuesdays

Assessment Clinic  
As and when required on  
weekly basis

Post-Natal Group  
(for first time mums)  
Tuesday 14.00-16.00  
Please telephone for further  
information

Podiatry  
Monday to Friday am/pm

Continence Clinic  
Adult: 4th Friday pm  
Paediatric: 4th Thursday am  
Tel: 01227 594610  
by appointment

**Dymchurch Clinic, The  
Surgery, 9 Orgarswick  
Avenue**  
Tel: 01303 873444

Well Baby Clinic  
Monday 13.00-15.00  
Health & Development  
By appointment only

Podiatry  
Tuesday, Wednesday & Friday  
10.00-12.00

Saturday Morning Clinic  
Last Saturday in month held  
at Child Health Clinic, 54  
Station Road, New Romney  
Tel: 01797 246600 for Well  
Baby Clinic, 10.00-12.00 (no  
milk sales)

### **Dymchurch Childrens Centre, Country's Field, Dymchurch**

Child Health Clinics  
1st & 3rd Thursday  
09.00-11.00

Baby Massage for infants  
who are not yet crawling  
1st & 3rd Thursday  
11.00-11.45

**Dymchurch Thomas  
House Surgery, 12a  
Eastbridge Rd**  
Tel: 01303 872847

Podiatry  
Monday to Wednesday pm;  
Friday all day

**Folkestone Health  
Centre, 15-25 Dover Rd,  
Folkestone**  
Tel: 01303 228888

### **Child Health**

Bumps n Babes Clinic  
Monday 13.00-15.00 at The  
Village Surestart

Baby Clinic  
Wednesday 14.00-16.00 at  
Folkestone Health Centre

Baby Clinic  
Friday 09.00-12.00  
at The Early Years Centre

Child Health / Baby Clinic  
for Working Parents  
Saturdays  
Tel: 01303 228885  
by appointment only

School Clinic  
Tuesday 14.00-16.30  
as required

Assessment Clinic  
Monday & Wednesday am as  
required

Developmental  
Assessments  
1st Friday am as required

### **Community Clinics**

Orthoptist  
3rd Tuesday 09.00-15.30;  
1st & 2nd Thursday  
09.00-15.30; 3rd, 4th & 5th  
Thursday 09.00-12.00

Enuresis Clinic  
Wednesday 13.00-16.00

Hearing Tests  
Approximately four sessions  
per month (appointments  
only)

Family Planning  
1st, 3rd & 5th Tuesday  
09.00-11.00, 18.00-20.00;  
Thursday 18.00-20.00  
Tel: 01303 228850

Young People's Clinic  
Thursday & Friday  
15.30-17.00;  
Saturday 11.00-13.00  
emergency  
contraception only no  
appointment needed  
Tel: 01303 228850

GUM and Sexual Health  
(STIs & HIV testing)  
Monday 09.00-11.30,  
13.30-16.00 (walk-in);  
Monday 09.00-11.30  
(same day HIV testing);  
Monday 17.30-19.00  
(appointment  
only); Wednesday 09.00-  
11.30, 13.30-16.00 (walk-in)  
Tel: 01303 228848  
(24-hr answerphone)

Continence Clinic  
Adult: 2nd Wednesday pm  
& 4th Thursday am  
Tel: 01227 594610  
by appointment

Dental (Community)  
Monday to Thursday am/pm  
Tel: 01303 228851

Podiatry  
Monday to Friday am/pm

Audio  
4th Thursday am/pm  
(appointment  
only)

Physiotherapy  
By appointment only

Occupational Therapy  
By appointment only

Speech Therapy  
By appointment only

Diabetic Clinic  
Monday & Tuesday am/pm

Baby Massage  
(Early Years Centre)  
Tel: 01303 228885  
for further information

### **Elham Surgery**

Child Health  
2nd & 4th Wednesday  
14.00-16.00

### **Hawkinge Community Centre**

Child Health  
Every Thursday 13.00-15.00

**Hythe Clinic, 140-144  
High Street**  
Tel: 01303 717070

Well Baby Clinic  
Tuesday 09.30-11.15;  
3rd Friday 14.00-16.00

Family Planning  
Tuesday 17.00-19.00

Podiatry  
Monday to Friday am/pm

Orthoptist  
1st Thursday 09.00-16.30

Psychiatric Clinic  
Tuesday am & Wednesday pm  
(by appointment)  
Counselling  
Monday am & Friday am/pm  
(by appointment)

Diabetes Clinic  
Friday 09.00-12.30  
(by appointment)

Respiratory Clinic  
Wednesday pm  
(by appointment)

Continence Clinic  
Adult: 3rd Tuesday pm  
Paediatric: 4th Tuesday am  
Tel: 01227 594610  
by appointment

**Kent House, Station Road, Lydd**

Well Baby Clinic  
Tuesday 13.30-15.30

**Lyminge, The Surgery**

Child Health  
1st & 3rd Thursday  
13.30-15.30

**New Romney Clinic, Station Road**

Tel: 01797 246600

Well Baby Clinic  
Thursday 09.30-11.30;  
Last Saturday 10.00-12.00  
(no milk sales)

School Clinic  
2nd & 4th Thursday  
14.00-16.00

Development Checks  
am as required

Hearing Tests  
am as required

Orthoptist  
1st Tuesday 09.00-12.00

Speech Therapy  
Monday & Tuesday am/pm  
18 month Development  
am as required;  
Monday pm as required

Dental (Community)  
Tuesday 09.30-15.30  
2-weekly  
Tel: 01797 246600  
Enquiries Wednesday &  
Thursday  
Tel: 01303 228851

Dental Access Centre  
Monday to Friday am/pm;  
Monday 17.00-20.30  
Emergencies only  
Tel: 01797 246613

Diabetes Clinic  
Tuesday am

Podiatry  
Monday to Thursday am/pm

Family Planning  
Monday 18.00-20.00

Young People's Clinic  
Monday 12.30-15.30

Mental Health  
Wednesday am/pm;  
Friday pm

Psychiatric  
2nd & 4th Wednesday  
09.00-12.30;  
2nd Wednesday (CAST)

Continence Clinic  
Adult: 2nd Thursday pm  
Paediatric: 2nd Thursday am  
Tel: 01227 594610  
by appointment

Paediatric Clinic  
Child Health  
Tuesday pm as required;  
1st Wednesday pm

**South Kent College, Folkestone Campus (College Students only)**

Sexual Health Outreach Service  
Monday 12.15-13.45  
Term-time only  
Under 20's only

**Swale Area**

**Bramblefield Clinic, Grovehurst Road, Kemsley, Sittingbourne**

Children and Families:  
01795 518521  
District Nurses:  
01795 518526  
Community Matrons:  
01795 421912  
Looked After Children:  
01795 518525  
Leg Ulcer Clinic  
(District Nurse)  
By appointment Information:  
01795 421824

**Bysingwood Children's Centre, Lower Road, Faversham**

Tel: 01795 531555

Well Baby Clinic  
10.00- 12.00

**Faversham Cottage Hospital And Health Centre, Stone Street**

Tel: 01795 562000

Minor Injury Unit  
Open from 08.30-17.30 every  
day and is staffed by nurses.  
GPs act individually as medical  
officers

Physiotherapy  
Monday to Thursday  
08.30-16.30;  
Friday 08.30-16.15

**Faversham Health Centre, Bank Street**

Tel: 01795 562000

Antenatal  
Tuesday & Wednesday am;  
Monday & Friday am

Audiology: Paediatric  
3rd Wednesday all day

Breast Feeding Clinic  
1st & 3rd Thursday  
13.00-15.00

Consultants  
Gynaecology  
1st & 3rd Monday am  
Rheumatology  
2nd & 4th Monday am  
ENT  
3rd Monday pm  
Paediatrics  
2nd Tuesday pm  
Cancer Clinics  
4th Tuesday, 3 monthly,  
am/pm  
Chemo Therapy  
Every Friday am/pm

Carers Group  
3rd Thursday 14.00-15.15

Continence Clinic  
Adult: 2nd & 4th Monday pm  
Paediatric: by appointment  
Tel: 01227 594610

Dental Access Centre  
Monday to Thursday am/pm;  
Enquiries Monday to Friday  
am/pm; Late evening  
Thursday  
to 20.00  
Tel: 01795 562027

Dietician  
Tuesday pm

District Nurse Clinics  
Monday & Tuesday  
13.30-14.30;  
Wednesday 10.00-11.30;  
Friday 13.30-14.15

Family Planning Clinics  
Thursday 18.00-20.00

Young People's Clinic  
& Choices  
Wednesday 15.30-18.00

Hand in Hand Group  
Tuesday 09.30-11.00

New Mothers Group  
Monday 14.00-16.00

Well Baby Clinic  
Monday 13.00-15.00

Orthoptist  
1st & 4th Thursday  
13.30-16.00;  
1st Friday 13.30-16.00

Phlebotomy  
Monday to Friday 09.00-  
11.00

Podiatry  
Monday to Thursday  
08.30-17.00;  
Friday 08.00-16.00  
Tel: 01795 562044

School Health  
2nd & 4th Wednesday am,  
2nd & 4th Thursday pm;  
3rd Friday 13.30-17.00  
Speech Therapy  
Adult: Wednesday am/pm  
Paediatric: Wednesday  
& Thursday am/pm

**Grovepark Children's Centre, Hilton Drive, Sittingbourne**

Tel: 01795 477468

Child Health Clinic  
1st and 3rd Wednesday in  
month 09.30-11.30

**Milton Court Children's Centre, Brewery Road, Milton**

Tel: 01795 473396

Child Health Clinic  
2nd and 4th Wednesday in  
month 14.00-15.50

**Newton Place Surgery, Faversham**

Continence Clinic  
Adult: 2nd & 4th  
Wednesday pm  
Tel: 01227 594610  
by appointment

**Poppyfields, Murston School, Church Road, Murston**

Tel: 01795 424303

Child Health Clinic  
1st & 3rd Wednesday  
14.00-15.30

**Queenborough Church Hall, North Road, Queenborough, Sheppey**

Child Health Clinic  
2nd Thursday of month  
14.00-15.00

**Sheerness Healthy Living Centre, Off Broadway, Sheerness**

Tel: 01795 668061

Child Health Clinic  
Tuesday 09.30-12.00  
Sexual Health Outreach  
Services  
Wednesday 15.30-17.00  
Under 20s only

**Sheppey Community Hospital, Plover Road, Minster-On-Sea**

Tel: 01795 879100

Family Planning  
Monday 18.30-20.45Young People's Clinic  
Monday 16.00-18.30  
No appointment necessaryGUM One Stop Shop  
08.00-10.45 Walk-in  
(no appointment necessary)  
Friday 17th October  
Friday 31st October  
Friday 14th November  
Friday 28th November  
Friday 12th DecemberLeg Ulcer Clinic  
(District Nurse)  
Monday mornings by  
appointment  
Tel: 01795 879116  
for informationPhlebotomy  
Monday & Friday 08.00-13.30**SITTINGBOURNE  
MEMORIAL HOSPITAL,  
BELL ROAD,  
SITTINGBOURNE**  
Tel: 01795 418300Family Planning  
Tuesday 18.30-20.45Family Planning  
Young People's Clinic  
Monday 15.00-17.15;  
Tuesday 17.30-18.30  
No appointment necessaryGUM Clinic  
Monday 17.00-18.30Leg Ulcer Clinic  
(District Nurse)  
Wednesday morning by  
appointment  
Tel: 01795 424303  
for informationPhlebotomy  
Monday & Friday 08.00-13.30**St Mary's  
Children'scentre,  
Orchard Place,  
Faversham**  
Tel: 01795 591101Well Baby Clinic  
Wednesday 13.00-15.00**Teynham Village Hall,  
Belle Friday Close,  
Teynham, Sittingbourne**  
Contact Faversham HC on  
Tel: 01795 562000Child Health Clinic  
1st Monday 14.00-15.00**Warden Bay Villagehall,  
Warden Bay  
Road,Warden, Sheppey**Child Health Clinic  
1st Thursday in month  
14.00-15.00**Woodgrove  
Children'scentre,  
Johnson  
Road,Sittingbourne**  
Tel: 01795 438777Child Health Clinic  
Thursday 13.30-15.00**Thanet Area****Broadstairs Health  
Centre**  
Tel: 01843 255300Child Health  
Tuesday 10.00-11.30;  
Thursday 13.30-15.00Podiatry  
Monday to Friday am;  
Monday to Thursday pmSpeech Therapy  
Children: Monday,  
Wednesday & Friday am/pm  
Adult: Tuesday & Thursday  
amOccupational Therapy  
Monday, Wednesday & Friday  
am by appointmentOrthoptist  
3rd Monday pmDiabetes Care  
Monday 13.30-16.30  
by appointmentDietician  
1st & 3rd Wednesday am;  
2nd & 4th Monday pmFamily Planning  
Tuesday 18.00-20.00 (drop-in)  
Tel: 01843 255315Psychiatric Nurse  
Friday 13.00-14.00  
by appointmentSchool Clinic  
Thursday am as required by  
appointmentHearing Tests (children)  
As required by appointmentContinence Clinic  
Adult: 3rd Monday am  
Paediatric: 4th  
Wednesday am  
Tel: 01227 594610  
by appointment**Broadstairs Suite, Qeqm  
Hospital, Margate**

Tel: 01843 225544

Paediatric Outpatients  
Tel: 01843 225544 ext 62688**Birchington & Westgate  
Clinic**  
Tel: 01843 831139Podiatry  
Monday to Friday 09.00-  
16.30  
by appointment onlyBaby Clinic  
Monday 13.30-15.30  
(drop in); Wednesday  
10.00-12.00 (drop in)Hearing Tests (babies)  
By appointment with  
Health VisitorOrthoptist  
3rd Monday am  
by appointmentAdult Continence  
1st & 2nd Monday am  
Tel: 01227 594610  
by appointmentSchool & Child Health  
1st Tuesday am  
by appointmentSchool Nurse  
1st Thursday am;  
4th Friday am by appointmentDietician  
2nd Thursday pm;  
3rd Tuesday pm  
Tel: 01227 594739  
by appointmentDiabetic Clinic  
1st & 3rd Monday pm;  
2nd & 4th Thursday am  
Tel: 01843 234470  
by appointmentMount Zeehan  
Community Alcohol  
Service  
Tuesday all day; Thursday pm  
Tel: 01227 761310  
by appointmentSexual Health Outreach  
Wednesday 15.30-16.45  
(drop in) term-time onlyBaby Massage  
Contact clinic for information**Newington Road Clinic,  
Ramsgate**

Tel: 01843 255200

Podiatry  
Monday to Friday (all day)  
Child Health  
Hearing tests by appointment;  
Developmental by  
appointmentBaby Clinics  
Please contact your health  
visitor for details  
Family Planning  
Wednesday 18.00-20.00  
Choices Clinic Under 25s  
Thursday 17.00-19.00Speech  
By appointment only  
Dental Access Centre  
Monday to Friday am/pm  
Tel: 01843 255211Mothercraft  
Thursday 10.00-12.00  
Healthy Legs Clinic  
Monday 14.00-16.00Dietician  
Wednesday & Thursday  
by appointment only  
Eye Testing – 3 years  
Tuesday am  
by appointment onlyDiabetic Clinic  
Thursday am  
by appointment onlyPsychiatric Nurse  
Friday pm  
by appointment onlySchool Clinics  
By appointment only  
Young People's Clinic  
Thursday 17.00-19.00  
Tel: 01843 255200Orthoptist  
Tuesday pm**College Road Clinic,  
Margate**  
Tel: 01843 255175School Health  
Monday & Wednesday  
by appointment only;  
2nd & 4th FridayOrthoptist Clinic  
3-5 yrs check  
Friday pm by appointment  
onlyHearing Tests  
By appointment withHealth Visitor  
Development Assessment  
By appointment with

Health Visitor  
Dental Service (Community)  
Wednesday & Thursday  
Tel: 01843 255188  
phone for additional days

Podiatry  
Monday to Friday 09.00-  
16.30 by appointment only

Mental Health  
Wednesday pm  
Young People's Clinic  
Monday 18.00-20.00 (drop-  
in); Wednesday 18.00-20.00  
(drop-in)  
Tel: 01843 255180

Continence Clinic  
Adult: 2nd Thursday am  
Paediatric: 1st Thursday pm  
Tel: 01227 594610  
by appointment

**Minnis Bay Clinic, Qeqm  
Hospital, Margate**

Tel: 01843 225544,  
ext 64041  
New outpatients dept.

Family Planning  
Friday 11.30-13.00

Sexual Health (GUM)  
Tuesday 09.00-11.30;  
13.30-16.00 (walk-in);  
17.30-19.00  
(appointments only);  
Friday 09.00-11.30 (walk-in)  
Tel: 01843 227903  
(clinic times)

**Moving Forward,9 Cecil  
Square, Margate**

Sexual Health Outreach  
Service  
Thursday 14.00-16.00  
Under 20's only

**Newington Road  
Surgery**

Continence Clinic  
Adult: 1st Monday am  
Paediatric: 2nd Thursday am  
Tel: 01227 594610  
by appointment

**Surestart Margate,  
Sixbells, Margate**

Sexual Health Outreach  
Service  
Monday 12.00-14.30  
(directions from 46 Hawley  
Square, Margate)  
Under 20's only

**Thanet College,  
Ramsgateroad,  
Broadstairs**

Sexual Health Outreach  
Service  
Tuesday 12.00-14.00  
(term-time only) for Thanet  
College students only

**Westgate And  
Birchingtonclinic,  
Westgate**

Sexual Health Outreach  
Service  
Wednesday 15.30-16.45  
(term-time only)  
Under 21's only