

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

Continance 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

Continance 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;
15.30-1700
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

Continance 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

Continance 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)

Continance 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)

Continance 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)

Continance 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

Continance 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**Continance 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 18.30-20.45

Young People's Clinic
Monday 16.00-18.30
No appointment necessary

GUM 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 December

Leg Ulcer Clinic (District Nurse)
Monday mornings by appointment
Tel: **01795 879116**
for information

Phlebotomy
Monday & Friday 08.00-13.30

SITTINGBOURNE MEMORIAL HOSPITAL, BELL ROAD, SITTINGBOURNE
Tel: 01795 418300

Family Planning
Tuesday 18.30-20.45

Family Planning
Young People's Clinic
Monday 15.00-17.15;
Tuesday 17.30-18.30
No appointment necessary

GUM Clinic
Monday 17.00-18.30

Leg Ulcer Clinic (District Nurse)
Wednesday morning by appointment
Tel: 01795 424303
for information

Phlebotomy
Monday & Friday 08.00-13.30

St Mary's Children'scentre, Orchard Place, Faversham
Tel: 01795 591101

Well Baby Clinic
Wednesday 13.00-15.00

Teynham Village Hall, Belle Friday Close, Teynham, Sittingbourne
Contact Faversham HC on
Tel: 01795 562000

Child 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 438777

Child Health Clinic
Thursday 13.30-15.00

Thanet Area

Broadstairs Health Centre
Tel: 01843 255300

Child Health
Tuesday 10.00-11.30;
Thursday 13.30-15.00

Podiatry
Monday to Friday am;
Monday to Thursday pm

Speech Therapy
Children: Monday,
Wednesday & Friday am/pm
Adult: Tuesday & Thursday am

Occupational Therapy
Monday, Wednesday & Friday am by appointment

Orthoptist
3rd Monday pm

Diabetes Care
Monday 13.30-16.30
by appointment

Dietician
1st & 3rd Wednesday am;
2nd & 4th Monday pm

Family Planning
Tuesday 18.00-20.00 (drop-in)
Tel: 01843 255315

Psychiatric Nurse
Friday 13.00-14.00
by appointment

School Clinic
Thursday am as required by appointment

Hearing Tests (children)
As required by appointment

Continence 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 831139

Podiatry
Monday to Friday 09.00-16.30
by appointment only

Baby Clinic
Monday 13.30-15.30
(drop in); Wednesday
10.00-12.00 (drop in)

Hearing Tests (babies)
By appointment with
Health Visitor

Orthoptist
3rd Monday am
by appointment

Adult Continence
1st & 2nd Monday am
Tel: 01227 594610
by appointment

School & Child Health
1st Tuesday am
by appointment

School Nurse
1st Thursday am;
4th Friday am by appointment

Dietician
2nd Thursday pm;
3rd Tuesday pm
Tel: 01227 594739
by appointment

Diabetic Clinic
1st & 3rd Monday pm;
2nd & 4th Thursday am
Tel: 01843 234470
by appointment

Mount Zeehan Community Alcohol Service
Tuesday all day; Thursday pm
Tel: 01227 761310
by appointment

Sexual Health Outreach
Wednesday 15.30-16.45
(drop in) term-time only

Baby 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 appointment

Baby Clinics
Please contact your health visitor for details
Family Planning
Wednesday 18.00-20.00
Choices Clinic Under 25s
Thursday 17.00-19.00

Speech
By appointment only
Dental Access Centre
Monday to Friday am/pm
Tel: 01843 255211

Mothercraft
Thursday 10.00-12.00
Healthy Legs Clinic
Monday 14.00-16.00

Dietician
Wednesday & Thursday
by appointment only
Eye Testing – 3 years
Tuesday am
by appointment only

Diabetic Clinic
Thursday am
by appointment only

Psychiatric Nurse
Friday pm
by appointment only

School Clinics
By appointment only

Young People's Clinic
Thursday 17.00-19.00
Tel: 01843 255200

Orthoptist
Tuesday pm

College Road Clinic, Margate
Tel: 01843 255175

School Health
Monday & Wednesday
by appointment only;
2nd & 4th Friday

Orthoptist Clinic
3-5 yrs check
Friday pm by appointment only

Hearing Tests
By appointment with

Health 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