

# Rehabilitation@Foxbury

3rd floor, main building  
Queen Marys Hospital, Sidcup  
0300 003 1216

## I've heard of this service called 'rehabilitation'- what does this mean?

Rehabilitation is defined as:

*'the restoration, to the maximum degree possible, of an individual's function and/or role, both mentally and physically, within their family and social networks and within the workplace where appropriate.'*

NHS England

## What is the Bromley Healthcare Rehabilitation Unit ?

The unit offers rehabilitation following a stay in hospital. Our aim is to help and encourage our patients to become as independent as possible before returning home.

Intervention by this service is short-term and depends upon individual requirements.

**Bromley  
Healthcare**  
better together

The Rehabilitation service is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley and its neighbouring boroughs.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

## Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court  
1b Knoll Rise  
Orpington BR6 OJA

**020 8315 8880**

[bromh.feedback@nhs.net](mailto:bromh.feedback@nhs.net)

[bromleyhealthcare.org.uk](http://bromleyhealthcare.org.uk)

Bromley Healthcare Community Interest Company Ltd  
Company no: 06815987 Registered in England  
Registered office: Central Court, 1 Knoll Rise, Orpington BR6 OJA

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**Rehabilitation@Foxbury  
Visitor Information**

## Where is the Bromley Healthcare Rehabilitation unit (Foxbury) located?

The unit is located on the third floor of the main building of Queen Marys Hospital, Sidcup. The address is:

**Bromley Healthcare  
Rehabilitation@Foxbury  
3rd floor - Main building  
Queen Mary's Hospital  
Frognal Avenue  
Sidcup DA14 6LT**

The telephone number for the unit is:

**0300 003 1216**

The telephone number for Queen Mary's Hospital reception is: **020 8302 2678.**



## What time can I visit?

Monday to Friday  
2:00pm–5:00pm, 6:00pm–8:00pm  
Saturday, Sunday, Bank Holidays  
11:00am–12:00pm, 2:00pm–5:00pm,  
6:00pm–8:00pm

We will always try to be flexible depending on individual circumstances. If you are unable to attend during visiting hours, talk to the member of staff in charge of the unit to arrange an alternative time to visit.

## How can I get there by public transport?

### Arriving by bus

You can catch any of the following buses: 160, 229, 269, 286, B14, R11.

### Arriving by train

Trains travel regularly to Sidcup station from London Charing Cross, London Bridge, Waterloo East, Cannon Street and New Cross as well as Dartford, Gravesend, Slade Green and Crayford.

The hospital is about 25 minutes walk from Sidcup station or you can take a bus or taxi – buses 160, 229 and 286 run between the hospital grounds and the train station.

## Is there parking available on the site?

Queen Mary's Hospital has 350 pay and display public parking spaces with bays for people with disabilities outside each main building.

There is a paved area for motorcycles and cycle racks to the left of the main building.

Parking at the Queen Marys Hospital site is limited and can be expensive.

Parking charges apply continuously over 24 hours including weekends and at night. Where possible, it is better to use public transport when visiting someone in the unit.

## Is there anything I need to know about visiting the unit?

### Hand hygiene

When visiting someone in the unit, always clean your hands using soap and water, or alcohol hand rubs. Do this when you enter or leave a patient's room or other areas of the hospital.

### What not to do when visiting someone in the unit

- It is best not to sit on the patient's bed, as this can spread germs. Use the chairs provided.
- Do not put your feet on the patient's bed.
- Do not touch dressings or any medical equipment they are attached to, such as catheters. This can cause infections.
- Do not use the patients' toilets. Ask the staff in the unit where the nearest public toilets are.
- Do not share property, such as toiletries, tissues or items of hospital equipment, with other patients.

### Illness

If you have a cough, cold, diarrhoea, vomiting or any other infectious condition, contact the unit for advice before visiting patients.