

BREASTFEEDING



Finding Support

The Breastfeeding Network was founded in 1997 and enables mothers and families to make informed decisions about breastfeeding. When you visit our breastfeeding support groups, you can be sure of speaking to a mother who has experience of breastfeeding her own baby and has also trained to give you evidence based information and practical support. We work closely with the Health Visiting team and the Children Centre Staff to ensure we really offer the best support possible. There is the National Breastfeeding Helpline which trained volunteers help run from 9:30am - 9:30pm, 365 days a year. (Tel: 0300 100 0212). Getting help with breastfeeding, at a time you need it, is really important. Please don't be afraid to ask for help; BfN Registered Volunteers want to help you.

www.breastfeedingnetwork.org.uk

<https://www.breastfeedingnetwork.org.uk/breastfeeding-support/>

STOP PRESS!

- Look out for Health Information Evenings starting in September. Details will be on the Patient Group section of the KC website soon.
- Look up the CCG website for up & coming events:

www.bracknellandascotccg.nhs.uk

Kings Corner Surgery Patient Participation Group Newsletter - June 2017



Articles this month

- Lynwood Development
- Caring for a relative
- Breastfeeding
- Stop press!

LYNWOOD DEVELOPMENT

An important and highly relevant issue for Kings Corner patients is the anticipated development of a modern new medical facility on the Ben Lynwood site down the road from the current surgery, joining both Magnolia House and Kings Corner practices. This will give patients additional services such as minor surgery, Talking Therapies, physiotherapy, social prescribing, a clinical pharmacy and voluntary social care. The new facility will provide a more comprehensive patient-centred service which will meet the needs of patients now and in the future. The Public Consultation process is ongoing with a further meeting on the 17th June 2017. The plans, which have the full support of the medical staff, the NHS, Ben Lynwood and Bracknell & Ascot CCG, have been submitted and we are awaiting the decision of the planning department of the Royal Borough of Windsor & Maidenhead Council. We will update you on developments via the usual text, newsletter and website channels. Visual plans are available to view at the surgery.

Date of next Public Meeting Saturday 17th June at Lynwood 12 - 3pm



CARE ISSUES AND CARING FOR A RELATIVE

Caring for a relative is a topic which comes up repeatedly in conversations with patients. The need to take on full or part-time caring often occurs at short notice due to a fall, or stroke or sudden illness. Will you be doing the caring or do you need external support? Where do you go in the first instance and who can help you? Here are some situations which your relative and you need to consider.

Attendance Allowance.

If you're 65+ and have a physical or mental disability and your disability is severe enough for you to need help caring for yourself or someone to assist you then you can apply for an Attendance Allowance. It comes in 2 forms, the lower rate of £55.65/week for people needing help day or night. The higher rate, £83.10/week, is for people needing help both day and night. You can find form AA1A to apply for Attendance Allowance using this link: www.gov.uk/government/publications/attendance-allowance-claim-form.

Care at Home - beyond the Attendance Allowance. A carer might be needed for 24 hours a day living in at a cost of £750 to £900+ per week. If live in is not needed then carer visits up to 3 times a day can cost from £70 to £80 per day. Care & Nursing Homes - If conditions worsen, a care home maybe the way forward. Care homes charge from £700 to £1,200+ per week.

Worsening health may require a move to a nursing home where medical staff are available. Nursing homes usually incur even higher fees.

Nursing Allowance

If you pay some or all of your own fees in a care home where you're receiving care from a registered nurse, you may be eligible for NHS-funded nursing care. This will involve an assessment process and is at the rate of £155.05 per week (May 2017). For further advice, look at:-

<https://www.moneyadvice.service.org.uk/en/articles/nhs-nursing-care-contribution>



CANCER: GETTING DIAGNOSED EARLY

Screening programmes are available FREE on the NHS for bowel, breast and cervical cancer. **Breast** screening is currently offered to women aged 50 - 70, and 67% of breast cancer cases are picked up in screening in the 50-69yr age group where 50% of cancers occur. **Cervical** screening is available for women aged 25 to 64 years. Are you aware that 80% of cervical cancers can be prevented if the screening programme is followed? For **Bowel** cancer, screening home test kits are sent every 2 years to those who are 60-74, and samples are returned via freepost for analysis. You then receive a return letter with your results. Did you know that by 2025 the bowel cancer screening programme will save 2000 lives per year? Early diagnosis by screening means that 90% will survive for 5+ years. BUT - only 50% take part in the screening

In East Berkshire Cancer we must achieve the National Cancer Strategy targets by 2020 to improve the uptake of cancer screening so that diagnosis is made as early as possible. Attending screening appointments and returning bowel screening home test kits can help early diagnosis for you for these three cancers.

More information on cancer screening is available on the NHS Choices web page: www.nhs.uk or from the practice. Look out for a talk on breast and bowel cancer screening in the health information programme starting in September this year.