

WILLINGHAM & LONGSTANTON SURGERIES
Reception Tel: Willingham 01954 260230 Longstanton 207600 Dispensary 207602
District Nurse Team: 01223 726469 Option 2 Health Visitors: 0300 029 50 50
Out of hours cover: Ring 111 Website: www.willinghammedicalpractice.nhs.uk

A&E is not an alternative to a GP appointment. If we are closed, please call 111.

Fear of flying (Flying phobia) prescriptions

We are often asked to prescribe sedative drugs, such as diazepam (Valium), for fear of flying. We have recently agreed a practice policy that we will no longer prescribe these drugs for fear of flying. There are a number of good reasons why prescribing of drugs such as diazepam is not safe or recommended as other treatments are safer and more effective.

We recognise that fear of flying is real and frightening and we don't underestimate the impact it can have. We recommend tackling this properly by using self-help resources or considering one of the 'Fear of Flying' course run by many airlines. We do not recommend any specific course but you may find the following websites useful.

- NHS: www.nhs.uk/mental-health/conditions/phobias/self-help/
- EasyJet: www.fearlessflyer.easyjet.com
- British Airways: www.flyingwithconfidence.com/courses/venues/glasgow
- Virgin: www.flyingwithoutfear.co.uk/fear-of-flying-courses/adult-course

Heatwave and very hot weather

Most of us welcome hot weather, but when it's too hot for too long, there are health risks. In England there are on average 2000 heat related deaths every year. If hot weather hits this summer, make sure it does not harm you or anyone you know.

Why is a heatwave a problem?

The main risks posed by a heatwave are:

- not drinking enough water ([dehydration](#))
- overheating, which can make symptoms worse for people who already have problems with their heart or breathing
- [heat exhaustion and heatstroke](#)

Who's most at risk?

A heatwave can affect anyone, but the most vulnerable people are:

- older people – especially those over 75
- those who live on their own or in a care home
- people who have a serious or long term illness – including heart or lung conditions, [diabetes](#), [kidney disease](#), [Parkinson's disease](#) or some mental health conditions
- those who may find it hard to keep cool – babies and the very young, the bed bound, those with drug or alcohol addictions or with [Alzheimer's disease](#)
- people who spend a lot of time outside or in hot places – those who live in a top floor flat, the homeless or those whose jobs are outside

The top ways for staying safe when the heat arrives are to:

- look out for others, especially older people, young children and babies and those with underlying health conditions
- close curtains on rooms that face the sun to keep indoor spaces cooler and remember it may be cooler outdoors than indoors
- drink plenty of water as sugary, alcoholic and caffeinated drinks can make you more dehydrated
- never leave anyone in a closed, parked vehicle, especially infants, young children or animals
- try to keep out of the sun between 11am to 3pm
- take care and follow local safety advice, if you are going into the water to cool down
- walk in the shade, apply sunscreen and wear a hat, if you have to go out in the heat
- avoid physical exertion in the hottest parts of the day
- wear light, loose fitting cotton clothes
- make sure you take water with you if you are travelling

For more information please visit: <https://www.nhs.uk/.../heatwave-how-to-cope-in-hot-weather/>

Carers Meeting

If you are a carer for someone and need advice and financial or emotional support, please come along to our carers support meeting **on Weds 2nd August** at Willingham Surgery, where we will be holding a drop in meeting **between 2pm and 4pm**. Please come along and get some support from other people in the local community. Refreshments provided, no need to pre-book and completely **FREE!**

Meetings are held on the first Wednesday of every month at Willingham Surgery. Please contact Sue Lawson at the surgery or email her at susan.lawson7@nhs.net for more information.

Lisa Smith –Assistant Practice Manager– July 2023