



If you have any suggestions or features that you would like published in the newsletter, please email the practice on [practmail.wg7294m@wales.nhs.uk](mailto:practmail.wg7294m@wales.nhs.uk) or inform a receptionist.

## Practice News

It's been some time since our last newsletter, and a lot has changed since then. It's good to see the back of lockdown and that we're able to enjoy our freedom and benefit from the company of friends, family and neighbours.

The team have worked tirelessly throughout the pandemic, and we're extremely grateful to them. Can we thank you all for your support and understanding whilst we continue to provide patient services during the COVID pandemic. We will be continuing to wear surgical face masks whilst in the Practice and politely ask that all patients/visitors unless exempt continue to do so to minimise risk to both our staff and patients.

We are also delighted to announce that we have recently recruited new members of staff to join our Practice.

Dr. Ai Lean Ko – Salaried GP

Dr. Sukhi Sharma – Salaried GP

Dr. Holly Peteres – Salaried GP

Dr. Osian Gwilym – Salaried GP

Sister Ceri-Ann Mathias-Jones – Practice Nurse

New receptionists – Sam, Alison and Wanda.

Our Health Care Assistant Annemarie has decided to take retirement. Annemarie is looking forward to travelling around Europe in her motorhome. We wish you the very best.

## National Bereaved Parents Day.

Please join us to help spread the message, keep the conversation going, raise awareness and show the bereaved parent community that they are NOT alone.

The theme of this year's day is **Keeping Their Memory Alive.**

Light a candle on the 3<sup>rd</sup> of July at 7p.m to remember all of the children who lost their lives too soon.

A Child Of Mine 01785 283 434  
Charity: 1152159



## You asked...

We've recently upgraded the reception area to make it modern and more patient friendly.

... We listened

## Carers Week 6-12 June

A carer is someone who provides unpaid care and support to a family member or friend who has a disability, illness, mental health condition, addiction, or who needs extra help as they get older.

**If you are a carer, it is important that you inform the practice. This is because we are keen to provide all the support and advice to make the role as problem free as possible, even if the person you are caring for is not a registered patient.**

Our Carer's Champions are Lisa Latner and Lesley Clarke.



# Sedative Prescribing for Fear of Flying Policy

Whitchurch Medical Centre has taken a policy decision to stop prescribing diazepam outside the terms of its licence, including as a sedative for aircraft flights. This policy decision has been made by the GP Partners and will be adhered to by all prescribers working in the practice. The reasons for this can be found below:

- 1) Diazepam is a sedative, which means it makes you sleepy and more relaxed. If there is an emergency during the flight, it may impair your ability to concentrate, follow instructions and react to the situation. This could have serious safety consequences for you and those around you.
- 2) Sedative drugs can make you fall asleep, however when you do sleep it is an unnatural non-REM sleep. This means you won't move around as much as during natural sleep. This can cause you to be at increased risk of developing a blood clot (DVT) in the leg or even the lung. Blood clots are very dangerous and can even prove fatal. This risk is even greater if your flight is greater than 4 hours.
- 3) Whilst most people find benzodiazepines like diazepam sedating, a small number have paradoxical agitation and in aggression. They can cause disinhibition and lead you to behave in a way that you would not normally. This could impact your safety as well as that of other passengers and could also get you into trouble with the law. This is particularly likely if they are combined with alcohol.
- 4) Diazepam and similar drugs are illegal in a number of countries and may be confiscated or you may find yourself in trouble with the police.
- 5) Diazepam stays in your system for quite a while. If your job requires you to submit to random drug testing you may fail this having taken diazepam.

We appreciate that fear of flying is very real and very frightening. A much better approach is to tackle this properly with a Fear of Flying course run by the airlines. We have listed a number of these below.

Easy Jet [www.fearlessflyer.easyjet.com](http://www.fearlessflyer.easyjet.com) Tel 0203 8131644

British Airways <http://flyingwithconfidence.com/courses/venues/glasgow> Tel 01252 793250



## Pride Month

June is Pride month – a month dedicated to celebrating LGBTQ+ communities all around the world. It is celebrated in June to honour the 1969 Stonewall Uprising in Manhattan – a tipping point for the Gay Liberation Movement in the United States.

Pride is a celebration of people coming together in love and friendship, to show how far LGBTQ+ rights have come, and how in some places there's still work to be done.

### Ever wondered what the rainbow flag means?

**Red** represents life. **Orange** represents healing. **Yellow** represents sunlight. **Green** represents nature. **Indigo** represents harmony. **Violet** represents spirit.

During Pride month there are usually colourful parades, concerts and marches.

Global Pride Day is the 27<sup>th</sup> of June.



## Get to know a member of the team

Name : Soula Arnott  
Job Title : Assistant Practice Manager  
Time at Practice : 3-years.



Soula joined the practice in March 2019. Prior to joining the team, Soula managed restaurants in Cardiff. Soula is currently studying Business Management with the Open University.

Soula spends her free time walking her dachshund, Thor.

## Upcoming Closures.

The Practice will be closed on the 2<sup>nd</sup> and 3<sup>rd</sup> of June to mark The Queen's Platinum Jubilee. The phones will be switched over to the Out of Hours service from 6:30p.m on the 1<sup>st</sup> of June.

The next newsletter will be published in August.