



Fear of Flying Medication

Many patients will be going away on their holidays over the next couple of months. Some people are nervous flyers so now is probably a good time to clarify the practice policy on prescribing sedatives for 'fear of flying'. The practice does not routinely prescribe sedatives (e.g. Diazepam) for flying or any other phobias. There are lots of reasons for this which are all listed on our website where you can read them in more detail. If you go to www.greatbentleysurgery.nhs.uk and click on the page called 'Other important Information' you will find everything you need to know at the bottom of this page, including details of some fear of flying courses offers by several airlines.

Family Navigator Service – Alzheimer's Society

We are hosting a new service offered by the Alzheimer's Society for our patients living with dementia and their family or carers. The Dementia Navigators are here to provide our patients with information, guidance and support to help them live well, whether they have dementia or are caring for someone with dementia. They'll make sure they fully understand their unique needs and circumstances so they get the right information and support for them. These specialist Dementia Navigators can provide:

- Information and guidance including information about diagnosis, all aspects of living with dementia, legal rights, welfare benefits.
- Signposting or referring to national and local Alzheimer's Society services and external organisations.
- Practical support to help you cope with the day to day challenges of living with dementia.
- Emotional support to help you work through any difficult feelings about your circumstances.

Our Dementia Navigator Angela Steggles is here on the **second Friday of each month starting on Friday 13th July in the afternoon from 2.00pm**. Appointments can be made by calling our reception team and asking to book an appointment with our Dementia Navigator. Please pass this information on to friends and neighbours who this might interest.

Privacy & Confidentiality – General Data Protection Regulations

A couple of months ago, I mentioned that we may need to get every patients' explicit consent to continue sending appointment reminders by text. This was due to new data protection laws coming into effect from 25th May 2018 called the General Data Protection Regulations (GDPR). I'm pleased to say that this was not necessary after all. There has been so much misinformation and myths about this new legislation, but I'm glad to say that we are now fully compliant as far as we can tell! It's all down to interpretation and I'm sure it will evolve as time goes by. We've always treated privacy and confidentiality extremely seriously, so you will not see much day to day change as patients. To find out more please visit our website and click on the page called "How we use your personal information".

<p>Patient Participation Group (PPG) – This is the last meeting until September as the PPG has a break in August. Come along at 6.30pm on Thursday 21st July to the Great Bentley Village Hall and get involved. The PPG welcomes new members at all times.</p>
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