



Hello and welcome to July's Newsletter!

I would like to thank everyone who came to the first Flying Phobia Clinic at the Eden Rural Foyer on Thursday 5th July.

Here are a few memory joggers:

1. 1 in 5 people have a fear of flying.
2. There are 3 types of fear:
 - a) "White knuckle" fear
 - b) "Don't want to make a scene" fear
 - c) "Air rage" fear
3. No one was born with a fear of flying.
4. Are you using your Reptile Brain, your Dog Brain or your Human Brain?
5. Which category are you in?
 - a) I just can't
 - b) I don't want to
 - c) I don't know how to

Remember to think very carefully about your answer, if you don't know how to you can always be helped!!

6. Homework – Make a list of all the things that are scary to you about flying. For example, booking the holiday, driving to the airport, sitting in the departure lounge. Prioritise your list,

starting with the lowest and list everything through to the highest level of anxiety. Use the exercises learned to disassociate from these anxieties.

I'm sure you are all desperate to find out how we got on at Carlisle Airport for the second part of the Flying Phobia Clinic. Well I can tell you we had the most fantastic day!! Huge CONGRATULATIONS to DIANE who conquered her fear and took to the skies of Carlisle! Diane is an absolutely amazing lady and an inspiration to us all!

Pilot Alan Rayson from Carlisle Flight Training flew the G-RNCH PIPER ARCHER II plane with Diane up front, Ian in the back and Helen from BBC Radio Cumbria. As well as BBC Radio Cumbria the I TV Border News and the News and Star covered the event! I am thrilled to have got this coverage so that people out there can see that you really can overcome your fears and phobias.

Having organised all of this and never actually flown in a small plane like this, I didn't want to miss out on the action so I took to the skies with my hubby (Dave) and Ian in the back! And I can tell you it was absolutely brilliant!! Alan let me fly the plane too and it was the best!!

A massive thank you to Ian Banyard, the Carlisle Flight Training, BBC Radio Cumbria, I TV Border News, News and Star, but most of all the biggest THANK YOU goes to DIANE for being an absolute star!!! I am sooooo proud of you Diane xxx

Other News

I am just starting to put the wheels in motion for a Confidence for Kids Clinic on the 1st September. This will help kids with all sorts of issues including fears of snakes and spiders, fears and phobias passed on by parents and confidence issues. I will post details on the Confidence Clinic page at a later date. If you are interested in this Clinic please get in touch.

After the huge success of the first Flying Phobia Clinic we are going to hold another one on the 2nd September. This will be at the Carlisle Flight Training Centre, final details have not been decided yet, but the idea is that people will book a slot, have a one to one session with Ian and then a

short flight (the flight is not compulsory, the choice is always yours). If you are interested in this please let me know asap!

If you would like to get in touch about any forth-coming events or anything in this newsletter please have a look on the Contact Details page to get my details!

Thank-you for reading!

Caroline x