



# THE JAMES COCHRANE PRACTICE



Newsletter | Spring 2024



[www.jamescochranepractice.co.uk](http://www.jamescochranepractice.co.uk)

@TheJamesCochranePractice

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## WELCOME!

### GP TRAINEE'S

Did you know that our practice is approved to train fully qualified doctors who wish to specialise in general practice? Our GP trainee's will have had 2-4 years of experience as a qualified hospital doctor working in various specialities and whilst they are with us, they consult patients on their own under the mentorship of our GP's. You may have already met our current trainee's Dr Matthew Donlon who is with us until August and Dr Aimee McCreedy who is with us until May. We will also be welcoming Dr Emily Ingram back to our team soon who will be with us until November.

### PARAMEDIC

You may have met Fiona Butters, our new Paramedic. Fiona and Mike (our other Paramedic) are experienced practitioners and can consult with you about a wide variety of problems such as new abdominal pain, new breathlessness, possible chest infections, children with fevers over 2 years old and new ear pain.

## FAREWELLS!

We are sadly saying goodbye to some members of our team. Jody works in our Dispensary and Care Navigator teams and has been with The James Cochrane Practice for 24 years! In her time with us, she has helped deliver medication when short-staffed, become the voice you hear on the dispensary phone line and made some amazing friends. She's not going far though, Jody is joining the Kendal Integrated Care Community as a Care Navigator where she'll continue her love of patient care!

We are also saying goodbye to Hazel, our senior clinical pharmacist, who has been with us for 7 years, and Caite, our Nurse Specialist who has been with us for 3 years. Both Hazel and Caite have been majorly involved in our Long Term Condition services undertaking regular medication monitoring and annual reviews.

We wish Jody, Hazel and Caite all the best in their future endeavours!



### URGENT DENTAL APPOINTMENT PHONELINE

Urgent NHS dental appointments are available for those who need them in Lancashire and South Cumbria. Call the dental support helpline if you need urgent treatment or advice.

**0300 1234010 from 8am to 9pm Monday to Friday, 10am to 5pm weekends and bank holidays.**

Alternatively contact NHS 111.

### DATES FOR YOUR DIARY

- **Saturday 27th April** - Patient Participation Group Meeting
- **Monday 6th May** - May Day Bank Holiday - CLOSED
- **Thursday 16th May** - CLOSED from 1.00pm (staff training)
- **Saturday 18th May** - Menopause Cafe at The Bakery at No.4
- **Monday 27th May** - Bank Holiday - CLOSED
- **Wednesday 19th June** - CLOSED from 1.00pm (staff training)
- **Thursday 11th July** - CLOSED from 1.00pm (staff training)

See your  
pharmacist

Help us  
help you

## PHARMACY FIRST SERVICE

As of 31 January 2024, community pharmacies can offer treatment for seven common conditions without patients needing to see a GP as part of a major transformation in the way the NHS delivers care. These conditions are:

- sinusitis (ages 12+)
- sore throat (ages 5+)
- acute otitis media/ear ache (ages 1-17)
- infected insect bite (ages 1+)
- impetigo (ages 1+)
- shingles (ages 18+)
- uncomplicated urinary tract infections in women (ages 16-64, not suitable if recurring)

*\*Please note that the pharmacy first service is not suitable if you are pregnant*

If you or your child has one of these issues, please contact your local pharmacy and they will advise on how is best to help you.



We are incredibly proud that The James Cochrane Practice and the South Lakes Dermatology Service have both been awarded the iWantGreatCare Certificate of Excellence in 2024 for delivering outstanding care, based on the reviews submitted by our patients. We are honoured to have received this award and thank all our patients who have taken the time to review both services. Your feedback is collated and reviewed every month, and helps us look for opportunities to make improvements and celebrate when we are doing well!



**Armed Forces veteran  
friendly accredited  
GP practice**

We are now an official Veterans Accredited Practice! Having accreditation enables us as a Practice to better identify and care for veterans. All of our clinicians have extensive knowledge about dedicated NHS services which is important in helping ex-forces to get the best care and treatment.

If you are a veteran, please contact us to ensure this is detailed on your medical record.

## COVID-19 SPRING VACCINATION PROGRAMME

The NHS will contact you if your NHS record suggests you may be eligible for a seasonal spring COVID-19 vaccine. You may be offered a spring COVID-19 vaccine from April 2024 if you:

- are aged 75 years old or over
- live in a care home for older adults
- are aged 6 months old or over and have a weakened immune system

Clinics are going to be held at Captain French Surgery starting end of April, and run by our Kendal Primary Care Network.

You can book your appointment via the National Booking system (search 'book covid vaccine' in your search engine to find the NHS website) or by calling 119.



## BECOME A DISPENSING PATIENT!

Did you know that if you live more than 1 mile away from a pharmacy that you are eligible to be a dispensing patient? This means you can:

- Collect your medication directly from Helme Chase - there's no need to go to a Pharmacy.
- Take advantage of our Automatic Repeat Dispensing Scheme – no need to order your prescription.
- Have your medication delivered by the practice to your home, free of charge
  - Our delivery drivers will deliver your medication straight to your door. (Monday – Friday, 10:00 – 15:00)
  - No need to order – we will arrange to deliver your medication every 4 weeks.

Contact our dispensary today to enquire if you are eligible for this service.

