

# THE JAMES COCHRANE PRACTICE

Newsletter | Winter 2023



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

## AMY MAWSON

## WELCOME!

You may have already met Amy Mawson, our new Physician's Associate who joined us recently. Physician's Associates are medically trained and qualified healthcare professionals, who work alongside doctors and other members of the practice team to provide a range of patient care. Amy runs her own clinical appointments under the supervision of a GP, and works with us on Mondays, Tuesdays, Thursdays and Fridays.

## DO YOU FOLLOW US ON



We now have an Instagram account, sharing important Practice information and lots of helpful posts about health and wellbeing. Follow us at: @JamesCochranePractice

## MEDICINE SHORTAGES

You may have experienced difficulty in getting hold of some medications recently. Currently, over 300 medications are unavailable or in short supply, including some antibiotics, HRT & ADHD medications.

This is a national and in some cases international problem.

### Why do we have medication shortages?

*Due to many different reasons, such as availability of raw ingredients, manufacturing issues or disruption, increased demand, distribution and logistical problems, and commercial withdrawal among many.*

### What does it mean for you?

*You may need to visit alternative pharmacies to find your medication, or we may prescribe you an alternative such as a generic version of a branded item.*

### What are we doing?

*We're working hard to find alternatives for you where we can, this is having a big impact on our Clinical Pharmacists and Dispensary team but we are very thankful for your patience.*

## NEW 'NHS APP' BANNERS IN OUR WAITING AREAS

Order Repeat Prescriptions  
Manage Appointments  
View Your Health Record  
Download the App today!



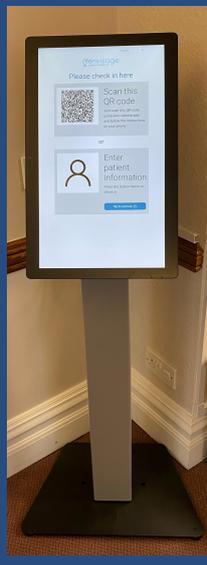
# THANKS FOR YOUR FEEDBACK

We've got new check in systems, and patient call systems at Helme Chase and Maude Street.

Our old systems were unreliable and were often out of action, this was also highlighted through your feedback.

We've recently made the decision to switch to a new system, please have a go next time you have an appointment.

We know that lots of you do like to speak to the Care Navigator when you come to see us, and we are still very happy to help you.



# All Things Menopause



We celebrated 1 year of South Lakes Menopause & Wellbeing Hub on Monday 4th December!

If you missed it, join us at the next Menopause Café

Monday 29th January 2024  
No.4 The Bakery in Kendal

Drop in any time 10.30am-12.00pm, for a coffee, a cake, and a chat about menopause. With experts in the field and people going through the same thing.



# Christmas Opening Hours



## MEDICATION ORDERING DATES

The **last day** to order your medication before **Christmas Day** is **TUESDAY 19TH DECEMBER**

The **last day** to order your medication before **New Years Day** is **FRIDAY 22ND DECEMBER**

	Helme Chase	Maude Street	Online	Phones
Friday 22nd December	8am to 6:30pm	8am to 5pm	8am to 5pm	8am to 6:30pm
Saturday 23rd December	CLOSED	CLOSED	CLOSED	CLOSED
Sunday 24th December	CLOSED	CLOSED	CLOSED	CLOSED
Monday 25th December	CLOSED	CLOSED	CLOSED	CLOSED
Tuesday 26th December	CLOSED	CLOSED	CLOSED	CLOSED
Wednesday 27th December	8am to 8pm	8am to 5pm	8am to 5pm	8am to 6:30pm
Thursday 28th December	8am to 6:30pm	8am to 5pm	8am to 5pm	8am to 6:30pm
Friday 29th December	8am to 6:30pm	8am to 5pm	8am to 5pm	8am to 6:30pm
Saturday 30th December	CLOSED	CLOSED	CLOSED	CLOSED
Sunday 31st December	CLOSED	CLOSED	CLOSED	CLOSED
Monday 1st January	CLOSED	CLOSED	CLOSED	CLOSED
Tuesday 2nd January	8am to 6:30pm	8am to 5pm	8am to 5pm	8am to 6:30pm

## DID YOU SEE SANTA ON HIS DELIVERY SLEIGH?

Our delivery driver Phil donned his finest red suit in December, spreading some festive cheer whilst delivering medications to our patients.



If you live more than a mile away from a pharmacy, **we can deliver your medications to you for free** in our eco friendly, fully electric van. ❤️

We ALSO offer a free delivery service (for all patients) for appliances such as:

- Catheters and urine bags
- Dressings
- Colostomy bags

Contact our Dispensary Team (01539 718080 option 2) to arrange or for more information!

## Dates for Your Diary

See above for Christmas and New Year opening hours

- **Saturday 20th January**  
Patient Group Meeting
- **Monday 29th January** -  
Menopause Cafe at The Bakery at No.4
- **Thursday 22nd February** -  
CLOSED from 1.00pm (staff training)
- **Thursday 14th March** -  
CLOSED from 1.00pm (staff training)
- **Tuesday 16th April** -  
CLOSED from 1.00pm (staff training)