

THE JAMES COCHRANE PRACTICE

Newsletter / Spring / Summer 2026

NEW FACES

We were very pleased to welcome Philippa who recently joined our Care Navigator team, Lucy our new Pharmacy Support Administrator, Maya our new Practice Administrator and Helen our new Finance Administrator.

DR COTTAM

Dr Steve Cottam is taking partial retirement at the end of July and will be leaving the practice then.

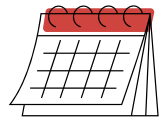
"I have really enjoyed my time in Kendal and appreciate the characterful nature of this town and it's people. I'd like to thank the amazingly supportive and helpful team at JCP for all their help over the last few years. All the best for the future. God bless you all." Dr Steve Cottam.

iWantGreatCare

Have you experienced great care at the James Cochrane Practice? Scan the QR code to leave your feedback!



DATES FOR YOUR DIARY



- **Monday 25th May** - CLOSED due to Bank Holiday
- **Saturday 30th May** - Patient Participation Group Meeting
- **Wednesday 10th June** - CLOSED from 1:00pm (staff training)
- **Tuesday 30th June** - Last day for Covid Spring Booster Vaccines
- **Saturday 4th July** - Menopause Café at The Bakery at No.4
- **Thursday 9th July** - CLOSED from 1.00pm (staff training)
- **Monday 31st August** - CLOSED due to Bank Holiday

DO YOU WANT TO QUIT SMOKING?

Contact the Westmorland and Furness 'Free Stop Smoking Support' for 1-1 and group support. The team can also provide 12 weeks of free nicotine replacement therapy to help you deal with cravings and withdrawal symptoms while you're quitting smoking.



WHAT CAN I DO FOR YOU TODAY?

When starting a consultation, Clinicians often begin by asking open-ended questions like *"what can I do for you today?"* or *"how can I help?"*

Asking these questions serves several purposes:

MEDICATION REVIEWS

Patients taking regular medication are required to have a medication review at least once a year. Some medications or medical conditions may require reviews more frequently to ensure your treatment remains safe and effective. You can find out when your medication review is due by checking your [prescription request form](#) or by contacting the surgery.

Please make sure to book your medication review in advance to avoid delays or running out of your medication. Booking early helps us continue issuing your prescriptions safely and without interruption.



- It allows you to tell us the reason for your visit or call. Although this is often in the booking notes of an appointment, it's helpful for us if you can tell us.
- It helps you to talk openly.
- It encourages you to tell your story, which helps us to understand what you want to achieve in the appointment.

Your medication review is overdue!! You must contact the surgery before your next prescription request or your prescription may be reduced. If you have any questions, please speak to a member of the team.

We do not take prescription requests over the phone.

Please order your prescriptions by :

*Ordering online - via the NHS app

*Using this repeat slip (tick the items you require and put in the post box at the surgery)

Please allow a minimum of THREE working days for your prescriptions to be ready.

TOP

TIPS

FOR TELEPHONE CALLS

We do lots of telephone appointments, particularly for medication and long term condition reviews. If you are expecting a telephone call, it's really important that you treat this in the same way you would a face-to-face appointment.

It can be tricky for us on the other end of the phone if there is a lot of background noise, or if your signal isn't great, and we want to make sure you get the most out of your appointment. **Please make sure:**

- You are available at the time of the call
- Your phone has charge and has signal
- You are in a quiet area and able to have a private conversation





WEEK IN THE LIFE OF A: Senior Pharmacy Technician

Emily Armer works as The James Cochrane Practices' Senior Pharmacy Technician. Emily has an extremely varied role, with no two days the same. This is what her most recent week looked like:

"On Monday, I spent most of the day visiting or telephoning three different care homes. I reviewed any new patients who had moved in and had a Personalised Care Plan and DNAR. I also helped with medication queries and attended my weekly clinical meetings.

On Tuesday, I completed administrative work with the Lancashire and South Cumbria Integrated Care Board, reviewing medication safety updates and communicating these to the team and clinicians.

Wednesday was a clinical day, primarily spent administering vaccinations.

To end the week, I spent Thursday scheduling and planning vaccine roll-out, assisting our new Pharmacy Support Administrator, and completing any other required audits. Overall, it was a busy but rewarding week!"



Emily Armer

LET'S TALK ABOUT MEN'S HEALTH

- On average, men spend a fifth of their lives in poor health.
- Men are twice as likely as women to die prematurely from cardiovascular disease, lung cancer, liver disease and accidents. On average, men live nearly 4 years fewer than women.
- Men facing combinations of socioeconomic deprivation, minority ethnicity, disability, insecure or precarious work, and social marginalisation carry a disproportionate burden of preventable ill health.
- Despite this, men are less likely to attend NHS Health Checks. Let's change this!

Don't suffer in silence, we are here to help you!

If you are worried about your own health, or the health of a loved one, please get in contact and ask for a Men's Health Clinic appointment with Dr Richard Russell.

Tips for dealing with Hay Fever

Hay Fever season is March - September

- Check the pollen forecast and limit time outdoors when levels are high.
- Wear wraparound sunglasses to protect your eyes from pollen.
- Put a small amount of Vaseline inside your nostrils to trap pollen.
- Shower and change clothes after being outside.
- Keep windows and doors closed on high-pollen days.
- Avoid drying clothes outdoors.
- Ask your local pharmacist about suitable treatments if symptoms persist.

If you have a vaccine appointment booked with us, but choose to have it elsewhere please do let us know so your appointment and allocated vaccine can be given to someone else. Pharmacies cannot cancel your appointment for you.

Have you got Summer Travel Plans?

We offer a full travel advice and immunisation service. If you are travelling abroad we ask that you please complete and submit the travel form found on our website in plenty of time (we recommend 6-8 weeks) before your journey. Please note that we require at least 6 weeks to have your vaccines at the Practice. Our reception team will then book you a telephone consultation with one of our Practice Nurses to discuss your travel vaccinations, and arrange your appointment to receive them. It is important that this is done as early as possible before you travel. Please allow 2-3 working days after your submission for us to process this.

Spring Covid Boosters

For patients aged 75 and over or who have a weakened immune system, the NHS offers a free covid booster in the spring (until 30th June) to top up their protection.

This spring we have vaccinated lots of our eligible patients, and we want to say a big thank you for choosing to have your vaccine at the practice.

It's important that all of our eligible patients are vaccinated, but it really does help the practice if you have your Flu or Covid vaccines with us. This is because we get paid for this and can invest that money back into the practice.

Flu vaccines will be coming from October 1st, so keep your eye on our website and social media for more information.

GCSE and A-Level Exams run May - June

How can I manage exam stress?

Sleep

Aim for around 8 hours a night.

Take Regular Breaks

Avoid burnout by rewarding yourself with regular breaks, including exercise.

Limit Distractions

Plan social media breaks so your phone doesn't interrupt your revision time.

Look After Your Body

Eat regular, healthy meals and avoid excess caffeine, alcohol and smoking.

Keep Perspective

Avoid comparing yourself to others and remember exams don't last forever!