

# THE JAMES COCHRANE PRACTICE

Newsletter | Autumn 2023



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

 @TheJamesCochranePractice

## WELCOME!

### DR SORCHA HODGSON

Some of you may have already met our new GP Registrar Dr Sorcha Hodgson who joined us recently!

### TESSA HIGGS

Tessa is our new Associate Psychological Practitioner, she supports patients with mild mental health difficulties such as stress, low mood, anxiety, sleep issues, or people struggling to manage their physical health. Tessa can't see patients that are under age 13, or who have severe, complex or diagnosed mental health difficulties, substance misuse issues, are at risk of self-harm or suicide, or are having ongoing psychological treatment. Your GP can refer you to see Tessa!

### IAIN HARBISON

Iain is our new Mental Health Practitioner, he sees patients with more severe mental health difficulties such as self harm, suicidal thoughts, low mood, anxiety, stress or grief. Iain cannot see patients under the age of 13, or who are under Secondary Care or First Step.

We also wish a warm welcome to Finn who has joined our nursing team, Brooke and Naomi who have joined our Care Navigator team, and Chloe our new Dispenser. We have also very recently welcomed our new Practice Business Manager, Debra Jones.

## YOU CAN NOW BOOK THESE

### APPOINTMENTS VIA THE NHS APP!

Have you got the  
**NHS APP**  
yet?

- Order Repeat Prescriptions
- Book Appointments
- View Your Health Record

Download for free  
today!



#### ✓ Flu & Covid Vaccines

*For eligible patients*

#### ✓ NHS Health Checks

*Free health checks for patients aged 40-75 without a long term condition*

#### ✓ First Contact Physio

*New musculoskeletal problems, patients over 16*

#### ✓ Thyroid Medication Review

*Medication review for patients only taking thyroid medication, after they have had their blood test*

#### ✓ Smears

*If you are due and have received an invite letter*

#### ✓ Diabetic Annual Review


*If you are diabetic and due your annual checks, before your Nurse Specialist review*


#### ✓ CDM1


*Annual checks for patients with a Long Term Condition (other than Diabetes), before their Nurse Specialist review*


**& MORE COMING SOON....**

## BREAST SCREENING

 All women aged 50-74 are invited for breast screening every 3 years.

 When last recalled, just under 80% of our eligible patients attended for their screening, which is fantastic!

 If you receive an invitation for your screening, please do attend or contact the screening team if you need to re-arrange - weekend appointments are available!

 Screening saves lives from breast cancer, please attend your appointment!

## All Things Menopause

### Menopause talk and Q&A with Dr Munro

Thursday 21st September

7.00pm-9.00pm, No.4 The Bakery in Kendal.

Admission is free!

### Menopause Café

Monday 25th September

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.

### World Menopause Day

Wednesday 18th October

Follow 'South Lakes Menopause & Wellbeing Hub' on Facebook for info about exciting things happening locally



## AUTUMN VACCINES

It's that time of year again! We have begun booking for our joint flu and covid vaccine clinics which start in September 2023. If you are eligible, book your vaccines online today via the NHS app or by calling 01539 718080 option 1.

You are eligible for both of the vaccines if you meet at least one of the criteria below:

#### Are you:

- Immunosuppressed?
- Over 65?
- Pregnant?

#### Do you have:

- Asthma?
- Bronchiectasis?
- COPD?
- Diabetes?
- a BMI of more than 40?
- a Learning Disability?

#### Do you:

- Care for someone who is vulnerable?
- Work in Health or Social Care?

## HAVE YOU MET HAZEL, ANDREW AND ANOTHAI, OUR CLINICAL PHARMACISTS?

Hazel, Andrew and Anothai are our Clinical Pharmacists, they run several clinics through the week and can speak to you over the phone, or see you in person.

Clinical Pharmacists can help you get the best from your medication, help you with any queries you might have related to side effects or dosage, and are the best people to do your regular medication reviews.

All patients that have a repeat prescription should have their medications reviewed each year, its really important for your long term health, safety and to make sure your medication is working well.

Call us or contact us online, and our Care Navigators will book you in!

## Dates for your Diary

- **Thursday 14th September** - CLOSED from 1.00pm (staff training)
- **Thursday 21st September** - Menopause Talk with Dr Munro
- **Monday 25th September** - Menopause Cafe with Dr Munro
- **Thursday 12th October** - CLOSED from 1.00pm (staff training)
- **Wednesday 15th November** - CLOSED from 1.00pm (staff training)