



THE JAMES COCHRANE PRACTICE

★ Newsletter | Summer 2024 ★

www.jamescochranepractice.co.uk @TheJamesCochranePractice @JamesCochranePractice

NEW FACES

Our team is growing and we've recently welcomed lots of new faces! We wish warm welcomes to Sia and Jess in our Care Navigator team and Amy in our Notes Summarising team.

Anothai has been working with us on a locum basis as a Clinical Pharmacist however we are pleased to announce that he will be joining the team on a permanent basis working on Mondays, Tuesdays and Wednesdays.

You may have also spotted some familiar faces in different teams recently. Naomi has joined the Nursing and Long Term Conditions team as a General Practice Assistant. You may see her when having your annual reviews or coming for a blood test. Additionally, Chris has joined the Dispensary team as a Dispensary Administrator. Both Naomi and Chris are still a part of our Care Navigator team alongside their new roles.

**Measles is not just
a childhood disease –
it can make adults
seriously unwell too**



Make sure you are up to date with your MMR vaccinations

Frailty Index score

Test date
20 May 2024

Healthcare professional's comment
Automatically added via protocol

Your result

Frailty Index score: 0.083
Normal range: No range

[View test result history](#)

You may see medical abbreviations that you are not familiar with.

[Help with abbreviations](#)



eFI Frailty Index Score

If you use the NHS App, you may have seen over the past few months an entry in your medical records mentioning an eFI Frailty score. This is because GP practices have been asked by NHS England to identify patients who could be at risk of frailty however having this score on your record does not mean you are frail.

The eFI Frailty score is a screening search that will help us to identify patients who are genuinely frail and who may need some extra support. If you fall into this category, then we will be in touch with you in due course.



It is with deep sadness and heavy hearts that we had to say goodbye to our colleague and friend Lydia earlier this year after she passed away following a short illness.

Lydia worked in our Dispensary for many years and made countless friends along the way. She will be sorely missed by everyone at James Cochrane Practice.

We thank our patients for their kindness at this continued difficult time.

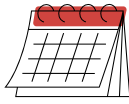
COVID-19 SPRING VACCINATION PROGRAMME

Our COVID-19 vaccination clinics ran from April - June and we vaccinated a total of 3,435 people, 1,456 of which were James Cochrane Practice patients.

Autumn Flu and Covid booster season is just around the corner! Make sure your contact details are up to date to ensure you receive your invitation from the Practice.



DATES FOR YOUR DIARY



- **Tue 20th Aug** - Cut-off date for ordering medication prior to Bank Holiday
- **Mon 26th Aug** - Bank Holiday - CLOSED
- **Wed 11th Sept** - CLOSED from 1.00pm (staff training)
- **Sat 14th Sept** - Menopause Café at The Bakery at No.4
- **Thurs 10th Oct** - CLOSED from 1.00pm (staff training)
- **Sat 19th Oct** - Patient Participation Group Meeting

PHARMACY NOMINATION: YOUR CHOICE



When you request a prescription, you can have this sent electronically to a pharmacy of your choice. This is called a nomination. This means you no longer have to collect paper prescriptions from the practice and take them to a pharmacy, instead they go direct to your nominated pharmacy enabling you to simply pick up your medicines or medical appliances.

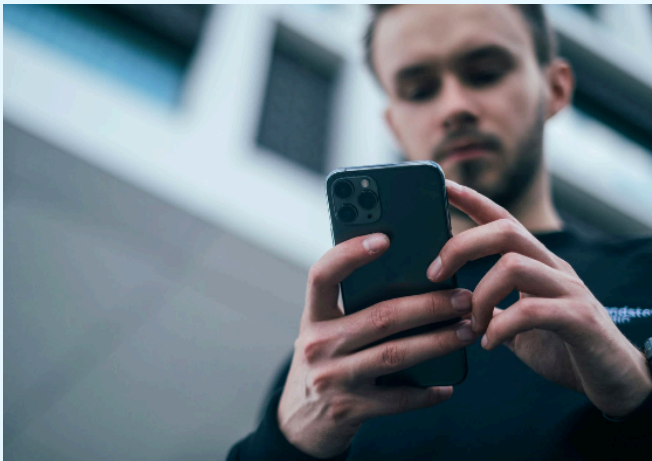
Don't forget that if you live more than a mile from a pharmacy, you can have your prescriptions delivered to home for free! Please speak to our Dispensary team to arrange this.

Visit the prescriptions page on our website to watch our step-by-step video on how to change your nomination using the NHS app. Alternatively, please speak to our Dispensary team for more information.

A GUIDE TO OUR ONLINE BOOKABLE APPOINTMENTS

If you book online appointments either through the NHS app or other online access apps, we recommend you check out our new guide on what each appointment is for and when you should be booking them.

Visit the appointments page on our website for more information!



Asthma Only Face To Face Review & Annual Asthma Only Telephone Review

5 Year Health Check 40 to 74

Annual Diabetic Review

Annual Health Review

Blood Test Only As Requested By GP

First Contact Physio Face To Face Appointment

International Normalised Ratio (INR)

Smear Only

Sutures Removal Only

JOIN OUR PATIENT PARTICIPATION GROUP

Patient Group members are invited to attend regular meetings at the surgery, which give us an opportunity to really engage with our patients and understand their perspectives of our service. These meetings are not a forum to raise individual complaints or seek medical advice.

The aims of the group are:

- To give us a patients perspective on how we can improve our services
- To improve communication between us and our patients
- To exchange information and ideas
- To provide our patients with an opportunity to be involved in how their practice is run

For more information, or to join our group, you can:

- Email our Patient Services Manager at lscicb-mb.surgeryinfo.jcp@nhs.net
- Visit our website and fill in the online form
- Pop in to either surgery and complete a form

Our Patient Services Manager will then add you to our group and will be in touch with you soon.

