Havelock Grange Practice News

Spring/Summer 2026

FACTS & FIGURES

For Q3/Q4 2025/2026

Appointments	8,186	Did not attend	1,244
No of E-consults	1,381	Home Visits	525
Answered Calls	25,673	Prescription Requests	8,162
New Registrations	241	Total of Patients Registered	13,560

Respiratory Syncytial Virus (RSV) vaccinations

The start of April sees the launch of the respiratory syncytial virus (RSV) vaccination programme for older adults.

RSV is a major cause of lung infections like bronchitis and pneumonia, and can be particularly dangerous for older adults leading to difficulty breathing, often resulting in hospital admissions.

From 1 April 2026, the NHS RSV vaccine will be available to all adults aged 80 and over, and to all residents in care homes for older adults - with adults aged 75–79 remaining eligible if they have not yet received their RSV vaccination.

It is also available for pregnant women from 28 weeks of pregnancy to protect their baby from serious lung infection.

A single dose of the RSV vaccine is needed to provide protection for a few years. The vaccine can be booked via Reception



Warmer days are coming

Did you know? Sense of smell can be more acute in Spring as there is usually more moisture in the air. It is officially spring!! Lighter evenings and warmer weather is on the way.



Start Hartlepool Now Accepts Online Referrals!

Start, Hartlepool's drug and alcohol treatment and support service is now able to receive online referrals, making it easier than ever for people to access support.

Self-referrals welcome. Start is a drug and alcohol support service. It gives free and confidential treatment to help people get back on their feet. No matter what advice or level of support you need, Start is here to help.



www.hartlepool.gov.uk/health-wellbeing/start-hartlepool's-drug-alcohol-service

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Sunscreen and sun safety

Advice for adults and children on sunscreen and sun safety in the UK and abroad.

Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy.

There's no safe or healthy way to get a tan. A tan does not protect your skin from the sun's harmful effects.

Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.



Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

You can also check the UV index on a weather app or website. If it's 3 or higher, consider protecting your skin.

Make sure you:

- spend time in the shade between 11am and 3pm
- never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- keep babies under 6 months out of direct sunlight
- use at least factor 30 sunscreen – make sure to use enough and re-apply frequently

Don't forget to book your travel vaccinations early – please ask Reception for a travel form



Appointments

Due to changes in the General Medical Services Contract, which were implemented on the 1st April 2026, we have unfortunately had to make some changes to our appointment system to allow for clinically urgent requests to be dealt with on the same day, along with patients being able to contact our Practice throughout core hours via all routes of access, and that online consultations operate with the same parity as telephone and walk-in access.



Although we welcome the changes that allows our patients to contact the Practice for all requests. All clinically urgent and non-clinically urgent requests need to be assessed by the Practice, which has increased the demand on the Practice and its appointments.

Unfortunately, we are not an infinite resource and do have and often reach maximum capacity. We are trying to work on solutions for this; nevertheless, we are aware that not all patients will be seen in the timescales they would like.

Over the years, we have seen an increase in demand to General Practice. The funding uplifts through NHS England do not match the increases needed for all our patients across all aspects of the Practice, including appointments with our clinical staff.

We appreciate your ongoing support and understanding during this period of change.

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