

**The Green House Surgery
Autumn 2026 Newsletter
www.thegreenhousesurgery.co.uk**



Welcome to our Autumn 2026 Newsletter

We would encourage our patients to read our newsletter as it contains some useful information, some of which you may not be aware. You are welcome to take a copy home with you. However, an electronic copy is available on The Green House Surgery Website www.thegreenhousesurgery.co.uk

As the seasons change, we would like to thank all our patients for their ongoing support and understanding. Autumn and winter can be particularly busy periods for the NHS, with an increase in respiratory illnesses such as flu and Covid.

If you are eligible for vaccination, we strongly encourage you to come forward when invited. Vaccination remains one of the most effective ways to protect yourself, your family and our community, while helping to ease pressure on local health services during the winter season.

Autumn Vaccination Programme

Flu vaccinations

The annual flu vaccination programme will begin shortly. Eligible patients will be contacted directly to arrange an appointment.

You may be eligible if you:

are aged 65 and over (including those who will be 65 by 31 March 2027)

are aged 18 to 64 and have certain long-term health conditions

are pregnant

live in a care home

are the main carer for an older or disabled person, or receive a carer's allowance

live with someone who has a weakened immune system

are experiencing homelessness or staying in a homeless hostel or night shelter.

Front line health and social care workers can also get a flu vaccine through their employer.

Covid vaccinations

You may be eligible for a covid vaccination if you:

are aged 75 and over (including those who will be 75 by 31 January 2027)

are aged 6 months to 74 years and have a weakened immune system because of a health condition or treatment

live in a care home for older adults.

Patients eligible for both the seasonal flu and covid vaccination may be offered the opportunity to receive both vaccines at the same appointment. We will aim to co-administer these vaccines wherever possible, subject to vaccine availability and clinic arrangements.

Are your University Vaccinations up-to-date?

MenACWY (Meningococcal ACWY)

- Protects against meningococcal groups A, C, W, and Y.
- Strongly recommended for first-year students, particularly those living in halls of residence.
- Eligible individuals up to age 25 who missed the school programme can usually receive it through their GP.

MMR (Measles, Mumps and Rubella)

- Ensure two documented doses have been received.
- Important due to periodic outbreaks of measles and mumps in university settings.

Td/IPV Booster (Tetanus, Diphtheria, Polio)

- Most people should have received a total of five doses during childhood.
- **Check immunisation history if uncertain.**

MenB (Meningococcal group B)

Participating Pharmacies will be offering MenB vaccinations to Year 13 students and young adults under 25 who are heading to university this autumn. As GP practices are not currently commissioned to provide this service, eligible individuals are encouraged to contact their local participating pharmacy for further information and vaccination availability.

- The programme has been introduced in response to [recent meningitis outbreaks](#) while a full review of the evidence by the Joint Committee on Vaccination and Immunisation (JCVI) is underway
- Eligible students will need 2 doses of the MenB vaccine for protection, with the first being offered from late July and the second dose from August.

In England, the following groups are eligible:

- young people currently in school Year 13 (born between 1 September 2007 and 31 August 2008)
- all undergraduate freshers born on or after 21 July 2001 who will be attending university for the first time in autumn 2026
- those born on or after 21 July 2001 who are starting further education for the first time in autumn 2026 and who will be living in further education accommodation or halls of residence

This includes international students who may not arrive in the UK until September, and those from the devolved nations and Crown Dependencies attending these settings in England.

NHS App

We're encouraging all patients to download the NHS App and switch on notifications. Using the NHS App allows us to send you important messages directly through the App at no cost to the NHS.

By receiving messages through the NHS App, you can help us reduce costs, allowing more NHS funding to be spent on patient care.

We've also made it even easier to manage your appointments. If you receive a message inviting you for a recall appointment, such as a routine health review, your message may include a booking link allowing you to book your own appointment quickly and conveniently.

If you haven't already downloaded the NHS App, we'd encourage you to do so and make sure notifications are switched on so you don't miss important updates from the Practice.

NHS APP

The NHS App allows you to:

- ✓ Order repeat prescriptions
- ✓ View your medical record
- ✓ Check test results
- ✓ Manage appointments
- ✓ Receive messages from your practice

If you have not yet registered for the App, please speak to a member of our reception team.

Please visit www.nhs.uk/nhs-app/ for information on setting up the NHS App to manage your healthcare using a phone, tablet or computer.

Digital Support in Redcar and Cleveland



**DIGITAL SUPPORT IN
REDCAR & CLEVELAND**

If you are aged 50+ we can support you with:

- Getting online and staying safe
- Setting up phones, tablets, and laptops
- Using essential services
- Navigating the NHS App
- Booking GP appointments
- Shopping online
- Staying connected with friends and family



Here to help
with home visits
and group
sessions

Contact Jane
01642 638968
07577950134

www.ageuk.org/teesside Registered Charity No. 702714

Choosing the Right NHS Service This Autumn

As we enter the colder months, demand for NHS services increases significantly. By choosing the most appropriate service for your healthcare needs, you can often receive advice and treatment more quickly while helping GP appointments remain available for patients with more complex medical needs.

Pharmacy First: Get Expert Help Without a GP Appointment

Did you know that your local community pharmacy can now assess and treat several common conditions without the need to see a GP first? The NHS Pharmacy First service allows pharmacists to provide clinical advice and, where appropriate, supply prescription-only medicines for certain conditions.

Pharmacists can assess and treat:

- Sore throat (aged 5 years and over)
- Sinusitis (aged 12 years and over)
- Earache (aged 1 to 17 years)
- Infected insect bites (aged 1 year and over)
- Impetigo
- Shingles (aged 18 years and over)
- Uncomplicated urinary tract infections in women aged 16 to 64 years

You can usually access the service by simply walking into a participating pharmacy or contacting them directly. If further assessment is needed, the pharmacist can advise you on the next steps.

Your Pharmacist Can Also Help With:

- Coughs, colds and minor illnesses
- Medication advice
- Minor skin conditions
- Hay fever
- Stomach upsets
- Blood pressure checks (where available)
- Smoking cessation support
- Contraception and vaccinations at participating pharmacies.

When Should I Contact the GP Practice?

Please contact the practice for:

- Ongoing or complex health conditions
- Worsening symptoms that are not improving
- Mental health concerns
- Medication reviews
- Long-term condition management
- New symptoms requiring clinical assessment

Our reception team may ask a few questions to help ensure you are directed to the most appropriate clinician or service as quickly as possible.

NHS 111

If you need medical help but are unsure where to go, NHS 111 is available online and by telephone 24 hours a day. They can advise on the most appropriate service and arrange urgent care if required.

Remember: Call 999 for Emergencies

Always call 999 or attend A&E for serious or life-threatening emergencies such as:

- Chest pain
- Signs of a stroke
- Severe breathing difficulties
- Loss of consciousness
- Severe bleeding

Helping Us Help You

Choosing the right service means you can receive care sooner, often closer to home, while ensuring GP appointments are available for patients who need them most. This Autumn, please consider whether your local pharmacy may be the quickest and most appropriate place to start.

🌟 Meet Our New Salaried GP 🌟

We are delighted to welcome Dr Sarah Carlton, General Practitioner, to The Green House Surgery.

Dr Carlton will be joining the practice in mid-September and will be seeing patients across a wide range of general practice services. Her arrival further strengthens our clinical team and supports our commitment to providing high-quality, timely care for all our patients.

We are very pleased to have Dr Carlton joining our team. We hope you will join us in giving her a warm welcome as she settles into her new role.

Welcome to The Green House Surgery, Dr Carlton! 🙌😊

Thanks for reading our autumn newsletter. We look forward to providing a further newsletter in the winter. Please keep checking in with us via our website at www.thegreenhousesurgery.co.uk as things change constantly.




