

**The Green House Surgery**  
**Spring 2026 Newsletter**  
**[www.thegreenhousesurgery.co.uk](http://www.thegreenhousesurgery.co.uk)**



**Welcome to our Spring 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](http://www.thegreenhousesurgery.co.uk)

**Stay Connected**

For updates, health advice, and services changes:

- visit our Practice Website [www.thegreenhousesurgery.co.uk](http://www.thegreenhousesurgery.co.uk)
- follow our social media channel – follow The Green House Surgery on Facebook
- ensure we have your up-to-date mobile number and e-mail address.

**A message from our team**

As Spring arrives and the days brighten, we want to take a moment to thank you for your patience, kindness, and support over the past few months. We know the NHS has been under pressure, and we're incredibly grateful for the understanding shown by so many of you. Every smile at reception, every "thank you" on the phone, and every bit of feedback helps us keep going 😊

## **Welcoming New Faces**

We're delighted to introduce Kenzie, who is joining us as a Paramedic Practitioner at the end of March 2026. This role is designed to improve access to timely care. Kenzie will assess and treat a wide range of conditions, carry out home visits, support urgent on-the-day requests, and work alongside our GPs to ensure patients receive safe, effective care.

We're also happy to welcome Tamara, who will be covering the Health Care Assistant role while Bex is on maternity leave. Tamara looks forward to meeting patients and supporting the team during this time.

We welcomed our new Practice Pharmacist, Judith, in December 2025. Judith's role includes conducting structured medication reviews, providing advice on long-term condition management, supporting prescription queries, and working closely with our clinical team to ensure safe, coordinated care.

## **Spring Health Advice**

### **Managing Hay Fever**

Spring pollen levels are rising. Many people can manage symptoms with:

- antihistamines
- nasal sprays
- eye drops
- keeping windows closed on high-pollen days.

Your local Pharmacy can advise on suitable treatments.

### **Spring Infections**

Coughs, colds and stomach bugs are still circulating. To protect yourself and others:

- wash hands regularly
- stay home if you're unwell with a fever
- use NHS 111 Online for advice when unsure where to seek help.

### **Sun Safety Starts Early**

Even mild spring sunshine can cause skin damage. Consider:

- SPF 30+
- protective clothing
- avoiding midday sun.

## **Spring Covid Boosters**

From 13 April 2026, in-line with national guidance, 2026 Spring Covid Boosters will be offered in England to:

**Adults aged 75 and over**

**People living in care homes for older adults**

**Individuals aged 6 months and over who have a weakened immune system**

Our Practice will get in touch with you directly if you are eligible, so there's no need to contact us to book. We'll make sure you have all the information you need when it's your turn.

## **MAGGIE'S**

**Everyone's home of cancer care**



Maggie's at James Cook University Hospital offers a calm, uplifting space where anyone affected by cancer can find practical advice, emotional support, and a friendly face. Whether you're a patient, family member, or friend, you can drop in at any time—no referral or appointment needed. The team includes specialist cancer support staff who are there to listen, guide, and help you navigate treatment, worries, or everyday challenges. Maggie's is here to make sure no one faces cancer alone. Free parking is available for people using Maggie's services at James Cook University Hospital.

## Safe Haven, Redcar

Safe Haven, Redcar, is a calm, welcoming place where you can attend when you're feeling overwhelmed, distressed, or finding it hard to cope. The team is there to listen, offer emotional support, and help you feel safe and grounded. Anyone aged 18 or over who is struggling with their mental health, experiencing a crisis, or needs support outside normal service hours can use the service. You don't need an appointment or referral—just a safe space and someone to talk to.

Open 365 days a year from 4 pm – 10.30 pm.

If you're aged 18+ you can call Safe Haven on 01642 989077 from 3.30 pm every day or you can drop-in to the Safe Haven organisation, which is based at Citizens Advice, 17 Queen Steet, Redcar, TS10 1AB.

**Everyone's needs are different, so the Safe Haven offers a variety of support**

- **A safe and relaxing space** - where you can be yourself and access de-stressing and calming activities, talk to members of our team or take some time for yourself.
- **One-to-one support** - with a member of our team, face-to-face or over the phone, to explore ways to cope and how to manage your crisis.
- **Practical advice** - information about other services that might be helpful to you.

**When is the Safe Haven open?**  
Our team are here for you every day, 365 days a year from 4pm - 10:30pm

If you're aged 18+ you can call us on 01642 989077 from 3:30pm every day if you want to drop in to the Safe Haven.

**Where to find us?**  
We've created a warm, safe and welcoming space with a lounge and private rooms at:

**Citizens Advice**  
17 Queen Street  
Cleveland  
TS10 1AB



**mind**  
Teesside

T: 01642 257020  
www.teessidemind.org.uk

   @TeessideMind  
Registered charity number: 118208

## **Spring Bank Holiday Closures – Easter & May 2026**

As we head into the Spring season, please note our upcoming bank holiday closures:

- **Easter Bank Holiday:** We will be closed from **Friday 3 April to Monday 6 April 2026**, inclusive re-opening on **Tuesday 7 April**.
- **Early May Bank Holiday:** We will be closed on **Monday 4 May 2026**, re-opening on **Tuesday 5 May**.
- **May Bank Holiday:** We will be closed on **Monday 25 May 2026**, re-opening on **Tuesday 26 May 2026**.

Please ensure you order repeat prescriptions in good time. For urgent medical help during closures, NHS 111 remains available 24/7.

**Thanks for reading our Spring newsletter. We look forward to providing a further newsletter in the Summer. Please keep checking in with us via our website at [www.thegreenhousesurgery.co.uk](http://www.thegreenhousesurgery.co.uk) as things change constantly.**

