

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



Welcome to our Summer 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

Stay Connected

For updates, health advice, and services changes:

- visit our Practice Website 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

With summer in full swing, we hope you find moments to relax, recharge, and enjoy time outdoors. If you're managing ongoing health issues, please don't hesitate to contact us for advice or support.

We're proud to care for our local community and wish you a safe, enjoyable summer.



Staying Safe in Hot Weather

Hot Weather can affect anyone, but older adults, young children, and people with long term conditions are particularly at risk.

Top Tips

Drink plenty of water throughout the day.

Avoid direct sun during the hottest hours (11am–3pm).

Wear sunscreen and a hat outdoors.

Keep your home cool where possible.

Check on vulnerable friends, relatives, and neighbours.

Seek medical advice if you experience:

- Dizziness
- Severe headaches
- Confusion
- Difficulty breathing
- Signs of dehydration.

Here are some additional tips to help you and your family stay safe and healthy:

Food safety

In warm weather, food can spoil more easily. Keep refrigerated foods chilled and follow good hygiene when preparing meals, especially at barbecues.

Avoid bites and stings

Use insect repellent when needed and cover up exposed skin, particularly if travelling abroad.

Medication care

Some medicines can be affected by heat—store them as advised and speak to your pharmacist if you have concerns.

Travel vaccinations

If you are planning to travel abroad, it's important to check whether you need any travel vaccinations or health advice before you go.

We recommend booking an appointment at least 6–8 weeks before your departure date, as some vaccines need time to become effective or may require more than one dose.

Depending on your destination, you may need protection against illnesses such as hepatitis, typhoid, tetanus or yellow fever, as well as advice on staying healthy while travelling.



What you should do:

Contact us as early as possible after booking your trip

Provide details of your destination(s) and travel dates

Attend your appointment in good time before travel

Please note that some travel vaccinations may require referral to a specialist travel clinic.

Planning ahead helps ensure you stay safe and well during your trip.

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.

Digital Drop In Sessions

Anyone over 50 living in Redcar & Cleveland are welcome to join the digital drop ins provided by Teesside Age UK - no need to book simply turn up.

The aim of these sessions is to increase confidence and promote safe online practices, while addressing any barriers to accessing the digital world. Ultimately, the goal is to help reduce social isolation and loneliness.



We'll soon be offering digital drop-in sessions from the Practice premises — dates will be announced shortly.

Artificial Intelligence

At our GP Surgery, we use carefully selected artificial intelligence (AI) tools to support our team in providing clear information and an efficient service for our patients. These tools help with tasks such as drafting written content and organising information.

What this means for our patients

- **Your healthcare is always led by qualified clinicians.** AI never replaces medical judgement, diagnosis, or the personalised care you receive from our doctors, nurses, and staff.
- **Your privacy is protected.** We follow strict NHS and data-protection standards to keep your information safe.
- **AI is simply a behind-the-scenes helper.** It assists our team with administrative and communication tasks, but it does not make decisions about

Use of Accurx Scribe During Your Consultation

At our Practice, we use Accurx Scribe to help clinicians document consultations more accurately and efficiently.

In short, the Accurx Scribe feature does the following after it is manually started by the clinicians:

- Listens to the conversation a clinician has with their patient during the consultation. The audio stream is processed in real-time during conversations and **automatically deleted** as soon as the audio is transcribed by Accurx Scribe.
- Transcribes the conversation
- Summarises the transcription of the conversation
- Generates content based on the transcription such as clinical notes, referral and/or patient letters
- Saves consultation notes and coding back to the patient record

Accurx Scribe documents only the relevant clinical information rather than the full conversation. It captures the medical summary, not the entire discussion, so our clinicians can focus more time on your care and less on typing.

All notes generated by Accurx Scribe are reviewed and checked by your clinician before being added to your medical record. Your information remains confidential and is handled securely in accordance with NHS data protection and information governance requirements.

If you have any questions or concerns about the use of Accurx Scribe, please speak to a member of our team.

Learning Disability Health Checks

Patients aged 14 and over with a learning disability are entitled to a free Annual Learning Disability Health Check.

These appointments help identify any physical or mental health concerns early and ensure patients receive the support they need to stay healthy and well.

Health checks may include:

- General health reviews
- Medication reviews
- Mental wellbeing support
- Lifestyle advice
- Screening and vaccination checks.

If you or a family member would like more information about Learning Disability Health Checks, please contact the Practice.

Annual Health Checks

Did You Know?

If you are aged between **40 and 74** and do not already have certain long-term health conditions, you may be eligible for a free NHS Health Check.

NHS Health Checks help identify early signs of conditions such as:

- High blood pressure
- Diabetes
- Heart disease
- Kidney disease
- Stroke.

Early detection can help prevent more serious health problems in the future.

If you think you may be eligible and have not yet been invited, please contact the practice.

Summer Bank Holiday Closures

- **Monday 31 August 2026:** We will be closed on Monday 31 August 2026, re-opening on Tuesday 1 September 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 Summer newsletter. We look forward to providing a further newsletter in the Autumn. Please keep checking in with us via our website at www.thegreenhousesurgery.co.uk as things change constantly.





