



North & South Essex
Local Medical Committees

**Essex LMC
General Practice
Appointments Overview:
May 2026**



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Essex General Practice: May 2026 Service Snapshot

Scale of GP Service Delivery & Impact of Missed Appointments

SERVICE DELIVERY & ACCESS

442.8
appointments
for every 1,000
registered patients

Total
863,561
Appointments
Offered

70.3%

Urgent Patients
Seen Same-Day

45%

All Patients Received a
Same-Day Appointment



572,924
Face-to-Face
Consultations

Approximately 1 in every 3.56 registered
patients saw their GP in person

THE COST OF MISSED APPOINTMENTS



28,072

Did Not Attend
Appointments



1,871 Hours

Clinical Time Wasted

Time lost based on the
impact of missed 15-minute
appointment slots

MAY vs. APRIL 2026 TRENDS

Total Appointments	May	863,561	↓ 6.8%
	April	926,937	
GP-Specific Appointments	May	357,720	↓ 5.4%
	April	378,186	
Same Day Appointments	May	387,009	↓ 6.4%
	April	413,318	

2,013,855

Total Registered Patients

Slight decrease of 700
people since April 2026



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Essex LMC General Practice Appointments Overview: May 2026 Analysis

Executive Summary

As of May 31, 2026, the Essex healthcare system served a registered patient population of 2,013,855. While the total number of appointments offered reached 863,561, data indicates a month-on-month decline in clinical activity across all primary metrics compared to April 2026.

Despite this downward trend in volume, accessibility remains a core focus, with 45% of patients who contacted their practice receiving a same-day appointment. However, operational efficiency continues to be challenged by "Did Not Attend" (DNA) occurrences, which resulted in nearly 1,900 hours of wasted clinical time during the month.



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Patient Population and Practice Overview

The registered patient base in Essex experienced a slight contraction during the month of May.

- **Total Registered Patients:** 2,013,855 (as of May 31, 2026).
- **Monthly Change:** This figure represents a decrease of 700 patients compared to April 2026.
- **Publication Context:** Data was officially published by NHS Digital on June 25, 2026, utilising the NHSE GPAD dataset.

Appointment Volume and Trends

Data from May 2026 shows a comprehensive decrease in appointment volumes across both GP-specific and general practice staff categories when compared to the previous month.

<u>Metric Type</u>	<u>May 2026 Figure</u>	<u>April 2026 Figure</u>	<u>Trend</u>
Total Appointments (GP & Non-GP)	863,561	926,937	↓ Decrease
GP-Specific Appointments	357,720	378,186	↓ Decrease
Total Same Day Appointments	387,009	413,318	↓ Decrease
Total Appointments per 1,000 Patients	442.8	472.7	↓ Decrease
GP Appointments per 1,000 Patients	182.1	192.1	↓ Decrease
Same Day Appts per 1,000 Patients	203.2	215.0	↓ Decrease



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Access and Delivery Modes

The Essex GP practices utilise a mix of appointment types and clinical staff to manage patient needs.

Same-Day Accessibility

- **General Access:** 45% of patients who contacted their practice secured a same-day appointment.
- **Urgent Care:** 70.3% of urgent patients were seen on the same day as booking. (Note: Data visualisations indicate a target or comparative benchmark of 90.0% for this metric).

Face-to-Face Consultations

Physical appointments remain a significant portion of service delivery:

- **Total Face-to-Face Patients:** 572,924.
- **GP Specific Ratio:** Approximately 1 in every 3.56 registered patients saw their GP face-to-face during the month.

Operational Challenges: 'Did Not Attend' (DNA) Impact

Missed appointments represent a significant drain on clinical resources. In May 2026, the volume of unattended appointments resulted in substantial lost capacity:

- **Total DNA Appointments:** 28,072.
- **Total Wasted Time:** 1,871 hours (calculated based on standard 15-minute appointment slots).



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Strategic Patient Guidance and Alternative Care Pathways

To optimise GP availability and ensure patients are seen as quickly as possible, the system emphasises that a GP is not always the necessary point of contact. Trained clinical staff within practices are equipped to treat a range of conditions, often leading to faster treatment.

Patients are encouraged to utilise alternative digital and community resources before contacting their practice:

- **Digital Self-Service:**
 - NHS Website: General health information www.nhs.uk
 - NHS 111 Online for urgent medical advice: 111.nhs.uk
- **Specialised Support:**
 - Mental Health Support: “Every Mind Matters”: www.nhs.uk/every-mind-matters
 - Parental Advice (Children & Young People): healthiertogether.nhs.uk
- **Community Services:**
 - Pharmacy Services: Local pharmacy search for minor ailments: www.nhs.uk/service-search/pharmacy/find-a-pharmacy
- **Healthier Together:**
 - Specific advice for parents of children and young people: www.healthiertogether.nhs.uk

The primary directive to the public is to remain kind, patient, and responsible when accessing services to ensure the continued support of GP practices.



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