



**North & South Essex**  
Local Medical Committees

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



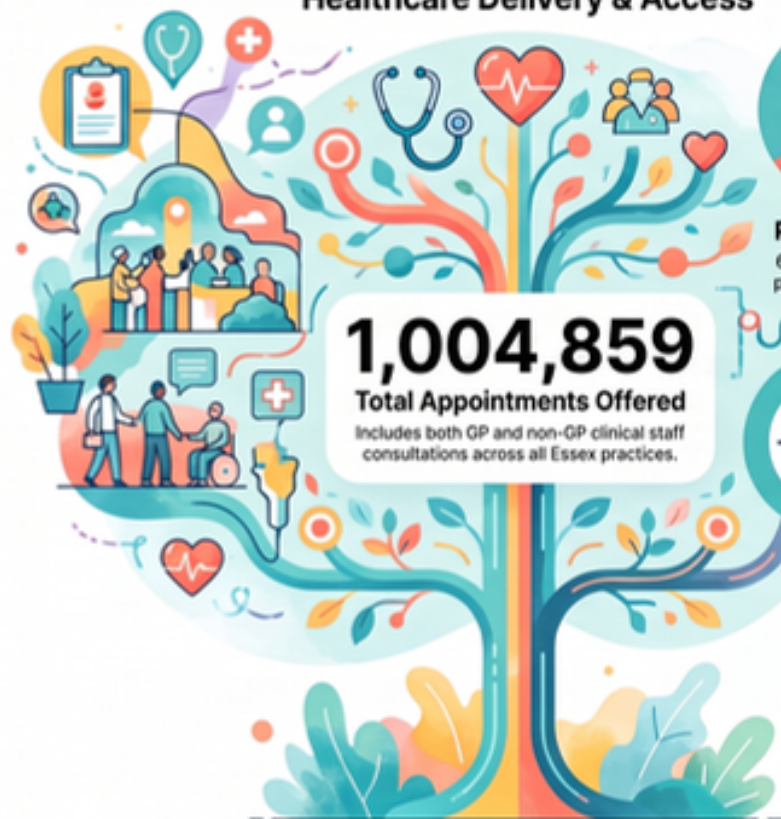
# North & South Essex

Local Medical Committees

## Essex General Practice: June 2026 Monthly Snapshot

Summarizing appointment data for over 2 million registered patients in Essex, highlighting the scale of care with over 1 million total appointments, contrasted with significant clinical time lost due to patient absences.

### Healthcare Delivery & Access



66%

#### Patients Seen Face-to-Face

668,098 appointments were conducted in person rather than via telephone or online.

46%

#### Same-Day Appointment Rate

Nearly half of all patients who contacted their practice were seen on the same day.

### The Impact of Missed Appointments

32,348

#### 'Did Not Attend' Appointments

A significant number of scheduled sessions were missed by patients without prior cancellation.

2,157

#### Clinical Hours Wasted

Based on 15-minute slots, these missed appointments represent a massive loss of practitioner time.

1 in 3.05

#### Patients Saw a GP Face-to-Face

Despite the high volume of missed care, a substantial portion of the population accessed direct care.

### Comparison: Total vs. GP-Led Volume

| Category                         | Monthly Total (June 2026) |
|----------------------------------|---------------------------|
| Total Appointments (GP & Non-GP) | 1,004,859                 |
| GP-Specific Appointments         | 417,159                   |
| Urgent Same-Day Appointments     | 71.5%                     |



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

#### **Executive Summary**

In June 2026, General Practices across Essex delivered over one million appointments to a registered patient population of 2,012,316.

This period saw a significant increase in service volume compared to May 2026, despite a slight decrease in the overall number of registered patients. Key performance indicators show a strong emphasis on immediate care, with 46% of patients receiving same-day appointments.

However, operational efficiency was hindered by more than 32,000 missed appointments, representing over 2,000 hours of lost clinical time. While face-to-face consultations remain a primary delivery method, there is a clear strategic push toward utilising diverse clinical staff and alternative digital resources to manage the growing demand.



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### Comprehensive Appointment Data Analysis

#### Appointment Volume and Growth

Data published by NHS Digital on July 30, 2026, indicates a substantial month-on-month increase in the number of medical consultations provided within Essex.

#### 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> |
|---------------------------------------------|------------------------|--------------------------|--------------|
| <b>Total Appointments (GP &amp; Non-GP)</b> | 1,004,859              | 863,561                  | ↓ Increase   |
| <b>GP-Specific Appointments</b>             | 417,159                | 357,720                  | ↓ Increase   |
| <b>Total Same Day Appointments</b>          | 454,129                | 387,009                  | ↓ Increase   |

The utilisation rates per 1,000 patients also saw an upward trend:

- **Total Appointments per 1,000 Patients:** 512.7 (up from 442.8 in May).
- **GP Appointments per 1,000 Patients:** 212.8 (up from 182.1 in May).
- **Same-Day Appointments per 1,000 Patients:** 236.7 (up from 203.2 in May).



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### Access and Delivery Modes

The data reflects a multi-modal approach to patient care, prioritizing both physical presence and speed of access.

- **Face-to-Face Consultations:** 668,098 appointments were conducted in person. This translates to a ratio where approximately 1 in 3.05 registered patients saw their GP face-to-face during the month.
- **Same-Day Access:** 46% of all patients who contacted their practice were seen on the same day.
- **Urgent Care Efficiency:** For patients classified as urgent, 71.5% were seen on the same day as their booking.
- **Staff Diversity:** The briefing emphasises that patients "may not always need to see a GP," noting that "trained clinical staff can treat a range of conditions," which supports the total appointment volume exceeding GP-specific consultations.

### Operational Challenges and Resource Management

#### Impact of Missed Appointments (DNAs)

A significant factor affecting service efficiency is the volume of "Did Not Attend" (DNA) appointments.

- **Total DNA Count:** 32,348 appointments.
- **Time Impact:** This volume of missed appointments resulted in 2,157 hours wasted, based on a standard 15-minute appointment duration.

### Patient Population Dynamics

As of June 30, 2026, the number of registered patients with an Essex GP practice stood at 2,012,316. This represents a marginal decrease of 1,539 patients compared to the previous month, contrasting with the increase in total appointment demand.



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### Strategic Patient Guidance and Alternative Care Pathways

The documentation encourages a responsible approach to accessing primary care services to ensure resources are directed appropriately.

### Patient Conduct and Responsibility

Practices are requesting that patients support staff through specific behaviours:

- Showing support by being "kind, patient and responsible" when accessing services.
- Considering the necessity of a GP versus other clinical staff who are qualified to treat various conditions.

### Alternative Care Pathway

Before contacting a GP practice, patients are directed to utilize a variety of digital and community resources:

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