



North & South Essex
Local Medical Committees

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



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Essex LMC General Practice Appointments Overview: July 2026 Analysis

Executive Summary

This briefing document synthesises performance data for General Practice (GP) services across Essex for the month of July 2026, based on datasets published by NHS Digital and the NHSE GPAD.

The data reveals a period of high demand, with a registered patient population exceeding 2 million. While the total number of appointments offered (including both GP and non-GP staff) saw a slight increase compared to June 2026, there was a measurable decline in appointments specifically conducted by GPs. Same-day accessibility remains a core feature of the service, with 45% of patients securing same-day appointments, though urgent patient care reached a same-day threshold of 72.3%.

Operational efficiency continues to be challenged by "Did Not Attend" (DNA) incidents. In July 2026 alone, over 32,000 missed appointments resulted in more than 2,100 wasted clinical hours. To manage this pressure, the system emphasises a multi-disciplinary approach, utilising trained non-GP clinical staff and directing patients toward digital and community-based alternatives.



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Patient Population and Demand

The Essex healthcare system serves a growing demographic, with population figures as of July 31, 2026, indicating sustained pressure on local practices.

- **Total Registered Patients:** 2,012,730.
- **Population Growth:** There was an increase of 414 patients compared to June 2026.
- **Appointment Volume:** A total of 1,006,092 appointments were offered across all practice staff.
- **Appointments per 1,000 Patients:** 515.5 (an increase from 512.7 in June 2026).

Appointment Delivery and Workforce Composition

The data distinguishes between appointments handled by GPs and those managed by the broader clinical team (non-GP staff).

General Practitioner (GP) Specific Data

- **Total GP Appointments:** 409,668. This represents a decrease from June 2026, which saw 417,159 appointments.
- **GP Appointments per 1,000 Patients:** 211.5 (down from 212.8 in June 2026).

Multi-Disciplinary Care

The total appointment volume (1,006,092) is significantly higher than the GP-only volume, reflecting the role of the wider clinical team.

- **Total Appointments (GP & Non-GP):** 1,006,092 (up from 1,004,859 in June 2026).
- **Clinical Staff Roles:** The system utilises trained clinical staff beyond GPs to treat a range of conditions, which is intended to help patients be seen and treated more quickly.



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Access and Appointment Types

The following table outlines the modes and timeliness of patient access in July 2026:

<u>Metric</u>	<u>Statistical Value</u>	<u>Comparative/Contextual Data</u>
Face-to-Face Appointments	666,665	1 in 3.06 registered patients were seen face-to-face.
Same-Day Appointments	452,144	45% of patients who contacted their practice received a same-day appointment.
Urgent Same-Day Access	72.3%	Percentage of urgent patients seen on the same day as booking.
Same-Day Appts per 1,000	236.3	A decrease from 236.7 in June 2026.

Operational Pressures and Efficiency Gaps

A significant portion of clinical capacity is lost due to patient non-attendance.

- **"Did Not Attend" (DNA) Appointments:** 32,141.
- **Wasted Clinical Time:** 2,143 hours (calculated based on 15-minute appointment slots).
- **Public Guidance:** Practices have requested that patients remain kind and responsible when accessing services to support the staff managing these volumes.



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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
 - 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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