

Akerman Medical Practice

September 2024 Newsletter



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We are improving the way you can request or book an appointment with us

From September 2nd, if you are between the ages of 0-55 years, you will be asked to complete an online questionnaire regarding your request for an appointment. This questionnaire can be filled out for children on behalf of their guardians.

Your online consultation will be reviewed by our team within 24 hours and responded to with appropriate actions, or you will be sent a booking link to make an appointment with the relevant team member.

This appointment could be either a telephone or face to face appointment.

If you have difficulty completing the form, Akerman Medical Practice staff will be at hand to complete this on your behalf.

To go to our online consultation page:

- Step 1 - Go to our website landing page: www.akermanmedicalpractice.com/
- Step 2 - Click on online consultation

Opening hours

Mon to Fri - 8am to 7:30pm

Sat - 9:30am to 4:30pm

For help on a weekend
or bank holiday
call NHS 111

Preparing yourself for winter

There are some things you can do to help yourself stay well in winter. This includes getting your flu vaccination. If you're 65 or over, you're also eligible for the pneumococcal vaccine. Other things include:

- Keeping warm
- Helping vulnerable neighbours and family
- See if you're at risk and who is
- Getting advice if you feel unwell

Read more by [clicking this link here](#)
or by scanning the QR code below.

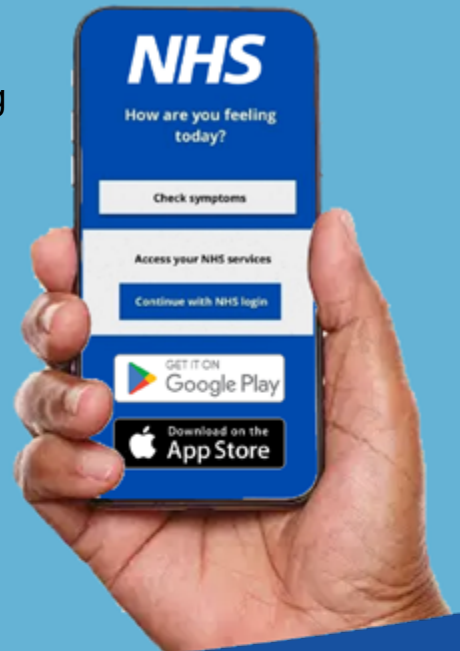


The NHS App - Download now!

Take control of your health in your hands by downloading the NHS app and **turning on notifications**. The NHS App gives you a simple and secure way to access a range of NHS services such as:

- Booking and managing GP and hospital appointments
- Ordering repeat prescriptions
- Viewing your hospital records

Download the NHS App on your phone or tablet via [Google play](#) or the [App store](#) or by scanning the QR code.



We're registering new patients



Do your friends or family need to register with a GP? Register them now by visiting [our website here](#), or scanning the QR code to the left. Our practice outer boundary includes all London boroughs. If your address changes within London, you can remain registered as a patient with Akerman Medical Practice.

Industrial Action

Some GP practices, including us, are taking collective action, but we will remain open. Please continue to attend your appointments. We will not be reducing any available appointments or any other patient facing services. As part of the industrial action, the practice will not be actively taking part in any requests which we feel will not directly benefit patient care.

Over 45s healthcheck

We're offering over 45's a healthcheck if you haven't had one in the last two years. Come to our open days on Thursday 12th and 26th September to get checked for:

- Blood pressure screening
- Weight management
- Diabetes screening
- Bowel cancer screening
- Prostate screening for men

These healthchecks are only for patients registered to Akerman Medical Practice. If you know someone who needs the checks, they can register with the practice and have their healthchecks on the same day.

Childhood Immunisation

Is your child starting school and between the ages of 3.5-6? Make sure they have had their preschool booster vaccination to protect them from diseases such as polio, tetanus, diphtheria, and measles, mumps, rubella.

Having these vaccines also completes their vaccination course until the age of 14.