

# Akerman Medical Practice

January 2025 Newsletter



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## Health Visitors for Under 5s

Evelina London's health visiting service offers comprehensive support to families with children under five in Lambeth and Southwark. Their health visitor advice line operates Monday to Friday, 9am to 5pm (excluding Bank Holidays), providing guidance on topics such as transitioning to parenthood, infant feeding, child development, immunisations, family mental health, and managing minor childhood illnesses. Call the practice us for referral or find out more by [clicking here](#).

## Pharmacy first

The NHS Pharmacy First service provides quick and convenient care for minor health conditions through your local pharmacy. Pharmacists can treat a range of conditions, including sore throats, sinusitis, and uncomplicated urinary tract infections, offering expert advice and even prescription medications if needed. This service helps reduce the need for GP appointments, ensuring patients receive timely support. Contact your local pharmacy or [click here to learn more](#).

## Surgery closure for training

The surgery will be closed on Tuesday 21st January for training.

## Opening hours

Mon to Fri - 8am to 6:30pm

Sat - 9:30am to 4:30pm

For help on a weekend  
or bank holiday  
call NHS 111

## Get your Flu Vaccine

Flu season is in full swing, with high levels of the virus circulating and many hospital beds occupied by patients with flu-related illnesses. Protecting yourself and your loved ones is more important than ever, as flu can cause severe complications, especially for vulnerable individuals such as young children, older adults, and those with underlying health conditions.

It's not too late to get your flu vaccine and safeguard your health this winter. Vaccination is the most effective way to reduce your risk of severe illness, complications, and spreading the virus. Look out for an invite from the practice to book your appointment, or walk in between 10 am and 5 pm, Monday to Friday, to get your vaccine. Stay healthy, protect those around you, and help ease pressure on local healthcare services—get vaccinated today.

# The NHS App - Download now!

Take charge of your health by downloading the NHS app and enabling notifications. The app offers a secure way to access key NHS services, including:

- Booking and managing appointments
- Ordering repeat prescriptions
- Viewing your hospital records & more!

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



## Travel vaccinations

Planning to travel during the Easter break this April? Ensure your health and safety by checking if you need any travel vaccinations before your trip. Vaccines are essential to protect against diseases like yellow fever, typhoid, or hepatitis, which may be prevalent in your destination.

Visit our practice website to complete the online travel vaccination form and start the process today. Preparing in advance ensures you're ready for a healthy and worry-free holiday. Book now by [clicking here](#).

## Keep Your Contact Details Updated

It's important that we have your correct contact details to ensure we can reach you when needed. If you've moved or changed your phone number, please let us know.

You can update your information by contacting us, by [clicking here](#)

Keeping your details up to date ensures we can provide you with the best care and keep you informed about important updates.

## Your Feedback Matters!

At AMP, we're dedicated to providing top care, and your feedback helps us improve. Whether positive or constructive, we want to hear from you!

Share feedback on our website by filling out the suggestions form, found by [clicking here](#), or scanning the QR code.



Your input helps us enhance our services to better meet your needs.

## Blood testing services running as normal

If you have a chronic health condition such as diabetes, high blood pressure, or heart disease and your blood test is due, please email the practice to schedule your test. Following the recent cyberattack, services at Guy's and St Thomas' are now back to normal, ensuring smoother care for patients.