

Akerman Medical Practice

October 2025 Newsletter



Gaia Centre: Help for Anyone Affected by Gender-Based Violence



If you or someone you care about is experiencing gender-based violence, abuse or coercion, the Gaia Centre (operated by Refuge in Lambeth) can help.

The Gaia Centre offers confidential, free and non-judgemental support for adults, children and young people of all genders who live, work or study in Lambeth.

Services include:

- Independent gender-based violence advocacy (IGVA) to guide you through your rights and options
- Sanctuary support for staying safely in your own home
- Group support and a peer support scheme, which can help you feel less isolated
- A dedicated young people's service, for children and teens affected by abuse or exploitation

You can meet staff in the centre, in community settings, or get help by phone. An out-of-hours on-call service is available on weekdays from 6 pm to 10 pm.

The centre is closed on weekends and bank holidays; outside of opening hours you can contact the National Domestic Abuse Helpline or call 999 in an emergency.

For full details and contact info, visit the Gaia Centre page by [clicking here](#).

New patients register here



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When Should You Worry About Coughs, Colds & Fevers in Children?

It can be hard to know when a child's illness needs medical attention. The NHS "When Should I Worry?" guide explains which symptoms are usually harmless and which need prompt care.

Most coughs, colds, sore throats and earaches get better on their own, and antibiotics rarely help. Fever is often part of recovery, and coloured mucus doesn't always mean infection.

Seek medical help urgently if your child has trouble breathing, a persistent high fever, unusual drowsiness, dehydration, a rash that doesn't fade under pressure, or if symptoms last longer than expected.

You can view the full guide by [clicking here](#)



Practice closed - 9th October



The practice will be closed on the 9th of October 2025, from 1:30pm onwards. This is for PLT (Protected Learning Time).

In case of urgency, please contact 02081750143. The practice will reopen at 8am the next day as usual.

Stay Protected: Keep Your Vaccines Up to Date



Vaccines aren't just for children — they're an important way for people of all ages to stay healthy and avoid serious illness. Making sure you're up to date with your vaccines helps protect you, your family, and the wider community.

Some key vaccines to check include:

- Shingles vaccine – reduces the risk of shingles and its complications in older adults.
- Pneumococcal vaccine – protects against pneumonia, meningitis and blood infections.
- RSV vaccine – helps prevent severe illness from respiratory syncytial virus in older adults and vulnerable groups.
- MMR vaccine – protects against measles, mumps and rubella, and is important for anyone who missed doses in childhood.

If you're not sure which vaccines you've had, speak to our team. We can check your records and arrange any that you need.

World Menopause Day 2025

World Menopause Day takes place on 18 October each year, raising awareness, breaking down stigma, and encouraging better support for people experiencing menopause and perimenopause.

The theme for 2025 is Lifestyle Medicine – an approach that looks at how our daily habits influence long-term health. During and after menopause, lifestyle choices can play a big part in managing symptoms and improving quality of life.

Key areas of Lifestyle Medicine during menopause include:

- Diet & Nutrition – A balanced diet rich in fruit, vegetables, and calcium-containing foods supports bone and heart health. Staying hydrated can also ease some symptoms.
- Exercise & Movement – Regular activity strengthens bones, protects the heart, and lifts mood. Even brisk walking or light resistance exercises can make a difference.
- Stress Management & Sleep – Relaxation techniques such as mindfulness or breathing exercises, along with good sleep routines, can help manage anxiety, hot flushes, and fatigue.
- Connection & Support – Strong social networks, supportive workplaces, and open conversations all contribute to better wellbeing.

This World Menopause Day, we encourage everyone to reflect on the importance of lifestyle choices in building resilience and supporting health through this important stage of life.

