

# Akerman Medical Practice

December 2025 Newsletter



## Season's Greetings from AMP



The Akerman Medical Practice team want to wish all our patients a very Merry Christmas and a Happy and Healthy New Year in 2026.

As we face another difficult winter we want all our patients to know that we are here for you. Our diverse team includes a physiotherapist, clinical pharmacists, health care assistant, care coordinator and a social prescriber working alongside our traditional doctors and nurses to help all our patients be healthy and connected in 2026.

## Practice Closure Dates

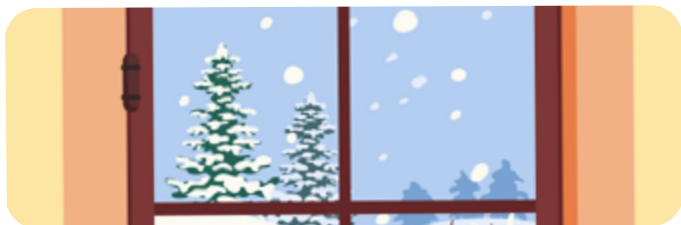
The practice will be closed on the below dates:

- Thursday 25th December 2025
- Friday 26th December 2025
- Thursday 1st January 2026

Please contact NHS 111 if you require medical assistance whilst the practice is closed.

Please note the last day to order routine repeat prescription before the Christmas Bank Holiday is: Friday 19th December 2025

The practice will operate as normal on 24th and 31st December 2025.



## New patients register here



## Follow us!



Inspected and rated

Good



## Lung Cancer Awareness: "It Started With..."



The NHS South East London Cancer Alliance (SELCA) has launched its "It Started With..." campaign to help people recognise early signs of lung cancer and encourage anyone with concerns to speak to their GP. Lung cancer can present differently for everyone, making awareness of symptoms essential.

Key symptoms include a new or persistent cough, breathlessness, a hoarse voice, chest or shoulder pain, repeated chest infections, coughing up blood-stained phlegm, unexplained weight loss, loss of appetite, or ongoing fatigue. These signs can be easy to overlook, but if they're new or unusual for you, it's important to get checked. Early detection greatly improves treatment outcomes.

You may see campaign messaging across social media and local advertising. We encourage you to stay aware of the symptoms and contact us if you have any concerns — speaking up early can make a real difference.

## 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:

- 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.



## Take Control of Your Shoulder Pain - Free Patient Webinar From Shoulder Conditions to Solutions: Managing Your Pain

Join us for an engaging and practical session designed to help you better understand shoulder conditions and learn effective strategies to manage your pain. Discover simple exercises, posture tips, and lifestyle changes that can make a real difference in your daily life.

Date: 9/12/2025

Time: 4:30 PM – 5:15 PM

Platform: Zoom

<https://bit.ly/3LSSOGN>



## Welcome to Our New Care Home Residents

We're pleased to welcome residents of Windmill Lodge, Limetree Care Centre, and St Mary's Care Home to AMP. Over 220 elderly residents are now registered with us, and we are committed to providing supportive, person-centred care.

Our clinical team, Dr Anas Ahmed, Dr Jackie Masterton, Dr Ammara Javed, and Dr Mukadam, bring more than 50 years of combined experience in caring for older adults. We work closely with geriatric specialists, mental health services, community teams, social services, dietitians, and care home staff to make sure residents receive the best possible care.

We hope to invite you all to a Residents and Next of Kin Participation Group, offering families a chance to get involved and share feedback. We also have a dedicated email address for care home staff, friends, and family to contact the practice, and we look forward to meeting residents and their next of kin throughout the year.

AMP uses an online consultation triage system to help direct concerns to the right clinician quickly. If you need help using online tools, staff can complete the form on your behalf and send it to the clinical team for review.

## Keeping Well this Winter

Flu season is here, and we're working hard to protect our community. We've already vaccinated many eligible patients and still have plenty of flu jabs available. If you haven't had your flu vaccine and fall into one of these groups, please contact reception or book with our nurse:

- Aged 50 or over
- In an 'at-risk group'
- A carer

We're also offering flu immunisation for children aged 2 and 3 via a quick, painless nasal spray.

If you're at high risk of flu complications, have a long-term condition, or a weakened immune system, don't delay— protect yourself and your loved ones.