

# Akerman Medical Practice

January 2026 Newsletter

## Missed Your Flu Vaccine?



We are currently in flu season, and flu can be more serious than many people realise, especially for those at higher risk.

You may be eligible for a free flu vaccination if you are aged 65 or over, are pregnant, have a long-term health condition (such as asthma, diabetes, heart disease, or a weakened immune system), live in a care home, or are a carer. Children of certain ages and frontline health or social care workers are also eligible.

If you think you may be eligible and haven't yet had your flu jab, please contact the practice to arrange an appointment.

## Practice Closure – Staff Training

Please note that the practice will be closed from 1:30pm on January 20th due to a Protected Learning Time (PLT) training session for staff. This allows our team to take part in essential training to improve patient care. Thank you for your understanding.

## Patient Participation Group (PPG) Meeting

Our next (PPG) meeting will take place on 22 January, from 2pm to 3pm, in person at Akerman Medical Practice. The PPG allows patients to share feedback and help shape how our services are delivered.

**New patients register here**



**Follow us!**



Inspected and rated

Good



## Pharmacy First

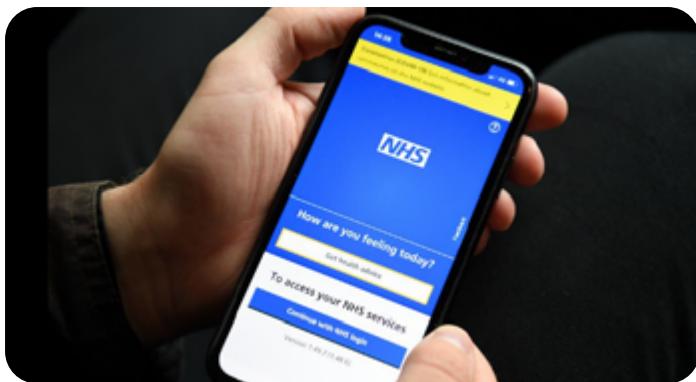


The NHS Pharmacy First service means you can get advice and treatment for a range of common conditions directly from your local community pharmacy, often without needing to see a GP. Pharmacists are trained health professionals who can assess symptoms, offer self-care advice and, where appropriate, provide NHS-supplied medicines for conditions such as sore throat, sinusitis, ear infections, shingles, infected insect bites, impetigo and uncomplicated urinary tract infections in women.

You can visit a participating pharmacy directly, or you may be referred there by NHS 111 or your GP practice. Many pharmacies offer private consultation rooms, and they will let your GP know about your consultation if needed. Pharmacy First helps you get the care you need more quickly, while also helping GP appointments remain available for people with more complex health needs.

Read more by [clicking here](#).

## 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.



## getUBetter – Support for Muscle and Joint Problems

If you are experiencing muscle, joint, or soft tissue pain, such as back, neck, knee, or shoulder problems, the getUBetter app can help support your recovery. getUBetter is a free, NHS-approved self-management app designed to guide you day by day through your recovery from a musculoskeletal (MSK) problem.

The app provides personalised information, easy-to-follow exercises, and practical tips tailored to your condition and stage of recovery. It helps you stay active, manage symptoms, and build confidence at your own pace, with support available 24/7. getUBetter can be used alongside care from your GP or physiotherapist and is a helpful first step for many common MSK conditions.



## Walworth Road Sexual Health Clinic – Temporary Closure

Please be aware that the Walworth Road Sexual Health Clinic will be closed from Monday 5 January 2026 until further notice. This temporary closure is taking place to help improve the quality and reliability of services at other local sexual health clinics. We understand this may be inconvenient, but alternative services are available nearby to ensure patients can continue to access care.

From 5 January onwards, all appointments and services previously offered at Walworth Road will be moved to one of the following clinics: Burrell Street Clinic in Southwark or Minnie Kidd House in Lambeth. Patients will be directed to the most appropriate location based on availability and the service required.

If you do not already have an appointment booked, you can also attend the Camberwell Sexual Health Centre in Southwark, which offers a full range of sexual health services. Please check clinic opening times before attending. Access to sexual health services remains available locally, and support is still in place during this change.



## 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.