

Akerman Medical Practice

September 2026 Newsletter



Please Check You're Still Registered With Your GP Practice

It's important to make sure your GP registration details are kept up to date. As part of a routine NHS process called list validation (or list cleansing), you may receive a letter, text message or other communication from NHS England or Primary Care Support England (PCSE) asking you to confirm your details. This helps ensure GP records are accurate and that you remain registered with your practice.

If you receive a message asking you to confirm your registration, **please don't ignore it**. Follow the instructions provided, check that your details are correct and respond within the stated deadline, which is usually 30 days for online responses. If you do not respond and your details cannot be confirmed, you may be removed from the practice list and would need to re-register before you can make a GP appointment. Keeping your details up to date also helps ensure you receive important communications about screening, vaccinations and other healthcare.



Flu Vaccinations – Stay Protected

Flu season is approaching, so now is the time to think about protecting yourself and those around you. Our flu vaccination campaign starts on 1 October. If you are eligible, please contact the practice to book your flu vaccination appointment. Find additional resources below:

- [When should I have my flu vaccine?](#)
- [Who should have the flu vaccine and why?](#)
- [Protect yourself from flu](#)



New patients register here



Follow us!



Inspected and rated

Good



Holistic Frailty Assessment Programme

We are pleased to offer a Holistic Frailty Assessment Programme at Akerman Medical Practice, supporting the continued development of Integrated Neighbourhood Teams (INTs) across Lambeth. The programme provides a more coordinated and person-centred approach to supporting older adults and people living with frailty or complex health needs. By bringing together healthcare professionals, social care teams and community services, it aims to ensure patients receive the right support, at the right time and in the right place.

The programme also supports people living with multiple long-term conditions (MLTCs) through early identification, comprehensive assessments and personalised care planning. This means considering not only physical health, but also mental and social wellbeing. At Akerman Medical Practice, we remain committed to providing proactive, compassionate care that helps older patients maintain their independence, wellbeing and quality of life, while supporting them to receive more joined-up care closer to home.



24 Hour Monitoring with Pharmacy First and other services

From 3 September 2026, community pharmacies will have an updated role in helping identify high blood pressure. The NHS Community Pharmacy Hypertension Case-Finding Service allows patients to be signposted or referred by their GP practice for a blood pressure check or 24-hour ambulatory blood pressure monitoring (ABPM). This can provide a clearer picture of blood pressure throughout the day and night.

The updated service supports earlier identification of hypertension and reflects a more proactive, person-centred approach to healthcare in Lambeth.

Yoga for Neck, Back, and Chronic Pain



Yoga for Neck, Back & Chronic Pain

Gentle movement. Feel better.
Live better.



EVERY THURSDAY
6:00 PM – 7:00 PM



GROUP SESSION
Pre-booked sessions
Spaces are limited



ALL ABILITIES WELCOME
No experience needed.



HOW TO BOOK

Sessions are pre-booked. Please speak to Reception or call us to reserve your place.
Spaces are allocated on a first come, first served basis.



FREE

for patients
registered with
Akerman Medical
Practice



This session can help you:



Reduce neck, back
and chronic pain



Improve flexibility,
posture and mobility



Ease stress and tension



Support your overall
wellbeing



BRING YOUR OWN MAT
Wear comfortable clothing.



Akerman Medical Practice
2nd Floor, 60 Patmos Road,
London SW9 6AF



020 3582 0000