Akerman Medical Practice

November 2026 Newsletter

Vitamin D – Stay Healthy This Winter

During the autumn and winter months (October to March), there is less sunlight for our bodies to produce vitamin D naturally. Everyone should consider taking a daily supplement containing 10 micrograms (400 IU) of vitamin D to help keep bones, teeth and muscles healthy.

Vitamin D supplements are available to buy over the counter from most pharmacies and supermarkets. Taking a daily supplement can help maintain healthy vitamin D levels throughout the winter months.



Keep us Informed

It's important that you keep us informed of any changes to your;

- address
- phone number
- email

This is so that we can contact you quickly in an emergency and to ensure that NHS England can contact you.

You can **update your details** by either:

• Emailing us at: **selicb.akermanmedicalpractice@nhs.net**

• Calling us on: **0203 582 0000**



New patients register here

Follow us!

Inspected and rated Good

CareQuality Commission

Next Patient Participation Group Meeting - 5 November

Our next Patient Participation Group (PPG) meeting is on 5 November, 2-3pm. The PPG gives patients an opportunity to share their views, discuss their experiences, suggest improvements and help shape the future of services at AMP.

We welcome patients from all age groups and backgrounds to get involved. You can attend meetings in person or take part in the virtual PPG, sharing your views through email, surveys and other opportunities. Your feedback matters, so please consider joining us and having your say about the services we provide.

If you would like to join the PPG or attend the meeting, please contact reception for more

Practice closed - 25th November



The practice will be closed on Wednesday 25th of November from 1pm. This is due to the PLT.

In case of urgency, please call 999. Alternatively, call 111. The practice will reopen at 8am the next day as usual.

November Health Awareness Month

November is an important month for raising awareness of several health issues and encouraging people to take steps towards looking after their health and wellbeing.

- **Movember:** highlights men's health, including prostate cancer, testicular cancer and mental wellbeing, encouraging men to talk openly about their health and seek help when needed.
- **Lung Cancer Awareness:** highlighting the importance of recognising symptoms such as a persistent cough and breathlessness, and seeking medical advice early.
- **World Diabetes Day (14 November):** focuses on diabetes prevention, recognising symptoms and managing blood glucose levels.
- **Antibiotic Awareness Week (18–24 November)**: reminds us of the importance of using antibiotics responsibly to help tackle antimicrobial resistance and ensure these medicines remain effective for the future.



Yoga for Neck, Back, and Chronic Pain



Yoga will continue every Thursday, 6-7pm, as normal.

Yoga is a group session and not
1 to 1.





