

Akerman Medical Practice

July 2024 Newsletter



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Delays in Blood Tests

Due to a ransomware attack on a pathology provider at St Thomas' & Kings College London, only urgent blood test requests are being handled. If you have a non-urgent form, please do not book appointments as they are likely to be canceled. You can find more info by [clicking here](#).

Do you need your MMR vaccine?

The MMR vaccine is the best way to prevent measles Mumps and Rubella infections. The NHS is offering boosters to all under the age of 50 to improve immunity and reduce the circulation of MMR viruses in the community. Read more by [clicking this link](#).

Leave us a review!

Leaving a review for our clinic helps us immensely in improving our services and ensuring that we meet your needs and expectations. We welcome your feedback on our services and aim to respond quickly to any issues.

Leave us a review on google by [clicking here](#).

Leave us a review on the NHS choices website by [clicking here](#).

Comments can also be sent via our website by [clicking here](#).

Opening hours

Mon to Fri - 8am to 7:30pm

Sat - 9:30am to 4:30pm

For help on a weekend
or bank holiday
call NHS 111

Advanced Nurse

Practitioner

With an increased demand for appointments we're bringing in an Advanced Nurse Practitioner. Advanced Nurse Practitioners (ANPs) are all trained specialist nurses who have undertaken additional education in order to provide advanced nursing care. They can provide treatment and advice for many problems for which you may have seen a Doctor for in the past. They can assess and examine you, make a diagnosis and provide advice, organise blood tests or x-rays if appropriate, and treatment including a prescription if required.

Social prescribing link worker

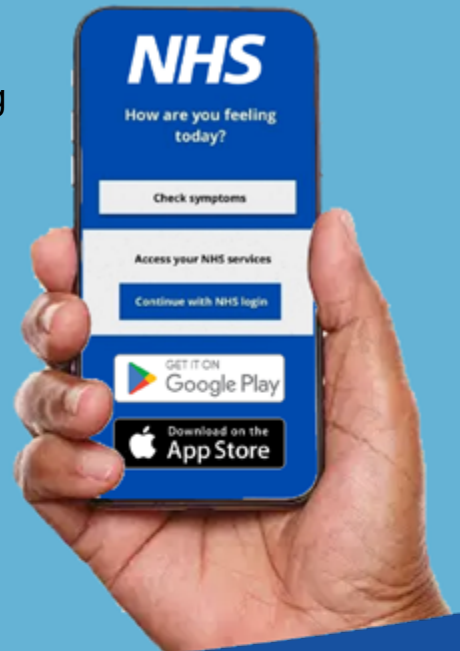
Social prescribing is a means of enabling health professionals to refer people to a range of local, non-clinical services. Our Social prescriber (Ruth) has finished her backlog and is now taking on new patients. For an appointment contact your GP and you will be contacted by Ruth. Appointment are on Thursdays.

The NHS App - Download now!

Take control of your health in your hands by downloading the NHS app and **turning on notifications**. The NHS App gives you a simple and secure way to access a range of NHS services such as:

- Booking and managing GP and hospital appointments
- Ordering repeat prescriptions
- Viewing your hospital records

Download the NHS App on your phone or tablet via [Google play](#) or the [App store](#) or by scanning the QR code.



We're registering new patients



Do your friends or family need to register with a GP? Register them now by visiting [our website here](#), or scanning the QR code to the left.

Free Little Library

We are excited to announce that our Free Little Library is up and running with great success! Patients can now enjoy reading while waiting at the practice. Feel free to bring in a book to drop off and take a new one home with you. This is a wonderful opportunity to share your favorite reads and discover new ones. Happy reading!



Physiotherapy update

The practice has recently changed Physiotherapy service provider. We will be having Guy's & St Thomas physios joining us soon. In the meantime you will still be seen if you need a physiotherapist. Appointments are available at Herne Hill Group Practice. To book, please contact us, and the admin team will speak with you.

Lyme Disease

Whilst having fun outdoors in the sunshine this summer don't forget that tick bite prevention and correct removal are crucial when it comes to avoiding Lyme disease. Here are a few simple steps you can take to reduce your chances of being bitten by a tick.

1. Wear insect repellent
2. Avoid walking through long grass
3. Wear light coloured clothing to easily see ticks and brush them off
4. If you have to walk in long grass, tuck your trousers into your socks
5. Shower and check for ticks once home