

# Akerman Medical Practice

November 2024 Newsletter



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## Are you getting enough Vitamin D?

Many people may be deficient to Vitamin D, especially in winter months or with limited sun exposure.

Low vitamin D symptoms includes muscle or bone pain, tiredness, and weakness, especially in the hips or thigh muscles. Some may also experience "pins and needles" or frequent muscle cramps.

You can also purchase Vitamin D supplements over the counter. Read more about vitamin D and your health by [clicking here](#).

## Are you a carer in Lambeth?

We're pleased to partner with Carers Hub Lambeth to provide health checks for carers of all ages, regardless of who they care for.

Carers Hub Lambeth offers various services to help carers manage their roles, you can find them all by [clicking here](#).

Contact the practice today to book your carers health check.

## Opening hours

Mon to Fri - 8am to 6:30pm

Sat - 9:30am to 4:30pm

For help on a weekend  
or bank holiday  
call NHS 111

## SE London Eye Care

If you suffer from an eye condition, you can self-refer to an optician for a free service MECS offers quick support for non-urgent eye issues like infections, sudden vision changes, and more. This service is available at participating practices, providing expert care close to home. Read more [by clicking here](#).

South East London has recently commissioned an eye tests service for adults and children with learning disabilities or who are autistic. More information [here](#)

The service is provided by selected local opticians who offer longer appointments and a patient report.

# 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, including:

- 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.



## Whooping Cough

South London is experiencing an outbreak of whooping cough at the moment. Newborn babies are at most risk. If you have reached 20 weeks of pregnancy or later and have not yet been offered the whooping cough vaccine, talk to your midwife or GP practice and make an appointment to get vaccinated.

Don't take the risk. Act now to protect your baby against whooping cough from birth.

## Thriving Brixton

Lambeth's Wellbeing Hubs provide resources to help residents stay active and healthy. Located across the area, the hubs offer services like blood pressure checks, vaccine info, mental health support, and more. Each hub has wellbeing champions who focus on key health areas: physical activity, diet, diabetes, blood pressure, cancer screening, and stress. With regular events and accessible services, the hubs are a valuable resource for Lambeth residents. See them all [by clicking here](#)

## Your Feedback Matters!

At AMP, we're dedicated to providing top care, and your feedback helps us improve. Whether positive or constructive, we want to hear from you!

Share feedback on our website by filling out the suggestions form, found by [clicking here](#), or scanning the QR code.



Your input helps us enhance our services to better meet your needs.

## Flu vaccine

It is still not too late to get the winter flu jab. We urge you to get vaccinated to protect yourself and others, especially vulnerable groups like older adults, children, and those with health issues.

Vaccines significantly reduce illness severity and complications.