

# Akerman Medical Practice

December 2024 Newsletter



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## Season's Greetings from AMP

The Akerman Medical Practice team want to wish all our patients a very Merry Christmas and a Happy and Healthy New Year in 2025.

As we face another difficult winter we want all our patients to know that we are here for you. Our diverse team now includes a physiotherapist, clinical pharmacists, health care assistant, care coordinator and a social prescriber working alongside our traditional doctors and nurses to help all our patients be healthy and connected in 2025.

## Practice Closure dates

The practice will be closed on the below dates:

- Wednesday 25th December 2024
- Thursday 26th December 2024
- Wednesday 1st January 2025

Please contact NHS 111 if you require medical assistance whilst the practice is closed.

Please note the last day to order routine repeat prescription before the Christmas Bank Holiday is: **Friday 20th December 2024**

The practice will operate on 24th and 31st December 2024 for emergency calls only.

Find the opening times for your local pharmacies by [clicking here](#).

## 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

## Keeping Well this Winter

Flu season is here, and we're working hard to protect our community. We've already vaccinated many eligible patients and still have plenty of flu jabs available.

If you haven't had your flu vaccine and fall into one of these groups, please contact reception or book with our nurse:

- 65 or older
- Aged 50 or over
- In an 'at-risk group'
- A carer

We're also offering flu immunisation for children aged 2 and 3 via a quick, painless nasal spray.

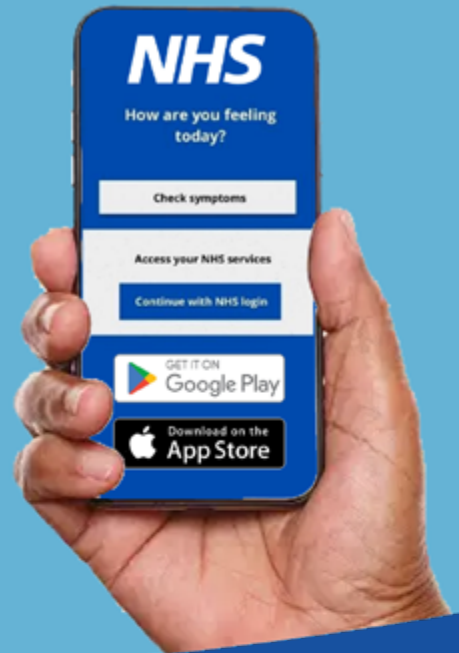
If you're at high risk of flu complications, have a long-term condition, or a weakened immune system, don't delay—protect yourself and your loved ones.

# 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.



## Unwell Child - When Should I Worry?

Having a sick child can be a scary experience for parents, but understanding more about the illness can help you feel more in control.

For helpful information and guidance, please follow the link below:

[Child Illness - When Should I Worry?](#)

## 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:

- Emailing us:  
selicb.akermanmedicalpractice@nhs.net
- Calling us:  
0203 582 0000

Keeping your details up to date ensures we can provide you with the best care and keep you informed about important updates. Don't delay—check your details today!

## 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.

## Keeping safe online this Christmas

Michael Knight, the new Chief Information Security Officer for South East London ICS has shared his top tips for keeping safe online over the festive period. These tips will help you protect your personal accounts, but also apply to things you can do to stay safe at work. Find them by [clicking here](#)