

Akerman Medical Practice

June 2025 Newsletter



Good

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Free Health Sessions for Women in Lambeth

Your local health teams are hosting a series of free, in-person health education sessions focused on women's health. Topics include menopause, menstrual health, contraception, and preconception. Each event features expert speakers, health checks, and peer support.

Upcoming Dates:

- **Menopause:** 17/06/25, Godwin Hall
- **Heavy Periods:** 16/09/25, Myatt's Field North Centre
- **Sexual Health:** 09/12/25, Godwin Hall
- **Preconception:** 17/03/26, Myatt's Field North Centre

All sessions run from 12:30–3:30 PM.

Check NHS Waiting Times

The South East London Integrated Care System (ICS) has launched an upgraded Planned Care Waiting Times website, providing patients and GPs with up-to-date information on outpatient waiting times across local hospitals.

By selecting a specialty, users can compare waiting times and travel information to various hospitals in South East London. The ICS is seeking feedback from patients and carers who use the website to help improve its functionality.

Visit the site at selondonwaitingtimes.org.uk



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

Tackling Abuse in GP Practices

Violence and abuse against NHS staff is a growing concern—not just in hospitals, but in GP practices too. South East London ICB is working with Coventry University to understand how this affects teams in primary care.

This research aims to highlight the impact on staff wellbeing and patient care.

Workplace violence costs the NHS an estimated £1.36 billion. Let's work together to make GP practices safer for everyone.

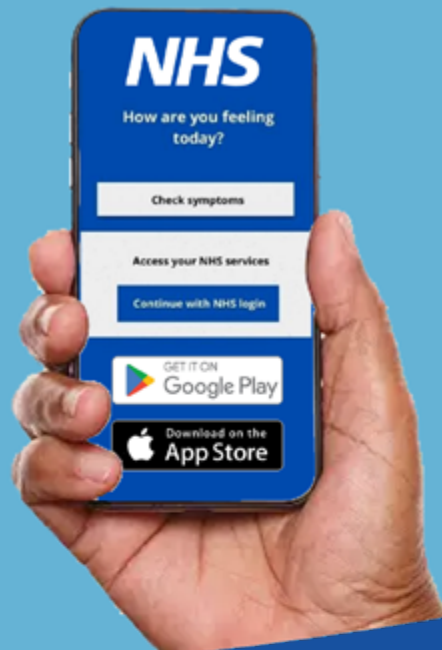


The NHS App - Download now!

The NHS 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.



Golden Age Health & Wellness Day

Lambeth residents aged 65 and over are invited to the Golden Age Health and Wellness Day on Monday 16th June 2025, > Moorlands Community Centre, 50A Corry Drive, SW9 8QT
> 11:00 AM – 3:30 PM

This free event offers a relaxed space to meet healthcare professionals, ask questions about cancer, and connect with peers. A complimentary lunch will be provided.

There will also be workshops and support on topics such as balance, sleep, memory, bladder and bowel health, staying active, wellness—and even free massages!

Come along for a day of support, learning, and connection. No registration needed—just drop in!



Your Feedback Matters!

Your input helps us enhance our services to better meet your needs. Share feedback on our website by [clicking here](#), or scanning the QR code.



Lambeth Together Public Forum

The Lambeth Together Public Forum is a chance for residents to share their views on local health and care services. It takes place before the Lambeth Together Care Partnership Board meetings and is open to everyone.

Meetings are held online and in person. To find out more or join a session, [click here](#)

