

# Akerman Medical Practice

August 2025 Newsletter



## Saturday Appointments Available – More Flexibility for You



We know it's not always easy to find time for appointments during the working week. That's why we now offer extended access appointments on the third Saturday of every month.

These Saturday clinics run just like a normal weekday clinic, with a full team on site, including:

- GPs
- Nurses
- Prescribing pharmacists
- General Practice Assistants (GPA)

You'll have access to the same range of services as during the week, whether you need medical advice, prescriptions, routine care, or a check-up. Appointments are available in face-to-face, telephone, and online formats.

This service is designed to make healthcare more accessible and convenient, especially for patients who are busy during the week. It's all about giving you more flexibility to look after your health.

To book a Saturday appointment, just contact us as usual or speak to reception.

We're here when you need us.

**New patients register here**



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## Shingles Vaccine to Be Expanded for More People

From 1 September 2025, the NHS shingles vaccination programme will be expanded to protect more people at risk.

Currently, the Shingrix® vaccine is offered to people aged 50 and over who are severely immunosuppressed. From September 2025, it will also be available to severely immunosuppressed adults aged 18 to 49.

Shingles is a painful condition caused by the reactivation of the chickenpox virus. People with weakened immune systems are more likely to develop shingles and suffer from complications such as long-lasting nerve pain.

This change means more people will be protected earlier. Call us to book now. You can also read the official update by [clicking here](#).



## Get protected against HPV

The HPV vaccine helps protect against the human papillomavirus, a very common virus that can lead to several types of cancer later in life, including cervical cancer, as well as head and neck, anal, and genital cancers. It also helps prevent genital warts.

If you are between the ages of 14-24 and missed your vaccination at school you can now catch up by having the HPV vaccine at our clinic. It's free on the NHS for

those eligible, usually given as a single dose, and offers lifelong protection against HPV and related cancers. You don't need a referral, just email us quickly and easily by [clicking here](#).

We're happy to answer any questions you might have, and we'll make sure your visit is quick and straightforward. Catching up on missed vaccines is a simple step that can protect your health well into the future.

For more details on the HPV vaccine and who is eligible, visit the NHS website by [clicking here](#).



## Laugh 'Til You Drop: Comedy Night for a Good Cause!

Join Age UK Lambeth on Wednesday 23 July 2025 for Laugh 'Til You Drop, a charity comedy night at Brixton House, SW9 8GL. Doors open at 7:00 pm, show starts 7:30 pm. Tickets are £15 and all proceeds go to support older people in Lambeth.

Hosted by Eshaan Akbar, the event promises a night of top comedy, with a lineup of great acts and all the laughs you need, while helping fund vital local services like befriending, dementia support, and social activities.

Book your tickets on the Brixton House website, and support a fantastic local cause while enjoying a brilliant night out! [Click here](#).



## Get More Done with the NHS App



The NHS App makes it easy to manage your healthcare from your phone or device, and it does much more than just booking appointments.

You can order repeat prescriptions, view test results, and access your health records securely, all in one place. You can also request sick notes, vaccination records, and other documents directly through the app, saving time and reducing the need to call or visit the practice.

It's free, safe, and easy to use. Download it today from your usual app store or visit the NHS website to learn more.