

Akerman Medical Practice

September 2025 Newsletter



Track Your Prescriptions Like Your Online Orders



The NHS App now has a new “Amazon-style” tracker for prescriptions!

- See if your prescription has been approved
- Check if it's being prepared
- Know exactly when it's ready to collect

Since launching in May, over 400,000 people have used it, and more than 1,600 pharmacies are signed up. This means fewer wasted trips, fewer calls to pharmacies, and more time for pharmacists to support patients.

■ Try it today – log in to the NHS App, go to Prescriptions, and click “Track your prescription”.



New patients register here

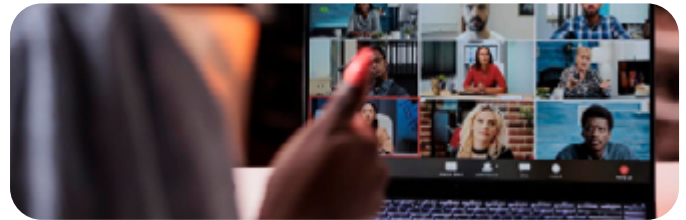


Follow us!



Inspected and rated

Good



Free Webinar for Patients - Managing Lower Back Pain

Join us for a free, practical webinar on lower back pain:

- Tuesday 9 September
- 16:30
- Online via Zoom

We'll cover:

- Causes of back pain
- Treatment options
- Self-care tips and exercises

■ Join via Zoom: [Click here](#)



New Gonorrhoea Vaccine Available

From 1 August, a new vaccine is available at local sexual health clinics for gay, bisexual, and men who have sex with men (GBMSM) who are at higher risk.

- Gonorrhoea is one of the most common STIs in Lambeth
- Can cause long-term complications if untreated
- Vaccine reduces risk by up to 40% and helps fight antibiotic resistance

■ Available at clinics run by Guy's and St Thomas' NHS Foundation



Hypertension Awareness Week

8th–15th September

Around 5.5 million people in England have high blood pressure but feel fine - and don't even know it. Yet, high blood pressure puts you at greater risk of cardiovascular diseases affecting your heart and blood vessels. Protect yourself - come in for a blood pressure check today!

Get Ready for This Year's Flu Vaccination Campaign

The NHS Flu Vaccination Campaign starts soon:

- From 1 September: school children & those with weakened immune systems
- From 1 October: available for everyone else

Flu can be serious for older adults, children, pregnant women, and people with long-term conditions.

Protect yourself and your loved ones.

■ Book through your GP or local pharmacy



Weekend Clinics - Easier Access to Care



We now run Saturday clinics every month!

■ Upcoming dates:

- 20 September
- 18 October
- 15 November
- 20 December

Appointments available with GPs, nurses, and healthcare staff.

■ Book online: [our website](#)