

Akerman Medical Practice

November 2025 Newsletter



Protect Yourself with the MMR Vaccine



Measles is currently circulating in the UK. The MMR vaccine protects against measles, mumps and rubella, highly infectious diseases that can cause serious complications.

Two doses of the MMR vaccine give long-lasting protection. It's usually given to children at 1 year and at 3 years 4 months, but if you missed out, you can still get it later as an adult.

If you're unsure whether you've had both doses, contact your GP to check your records or book a catch-up vaccination.

Have Your Say on Local Health and Care Services

Health and care services are changing in Lambeth, with more support becoming available online and closer to home.

We want to hear from local residents about what matters most to you. Help shape how services are delivered in your neighbourhood.

Complete the short survey by [clicking here](#)
Or call 020 7274 8522.



New patients register here



Follow us!



Inspected and rated

Good



Move Better with Hip Pain – Free Patient Webinar

Do you struggle with hip pain, stiffness, or reduced mobility? Join our free online session “From Stiffness to Strength: Managing Hip Pain Together” to learn practical ways to ease discomfort and stay active.

This engaging webinar will help you understand the causes of hip pain and explore effective strategies to manage it day-to-day. You'll discover simple exercises, useful lifestyle changes, and tips for managing conditions such as hip osteoarthritis. The session is designed to help you move with greater comfort, confidence, and independence.

Date: 11th November 2025

Time: 4:30 PM – 5:15 PM

Platform: Zoom

Everyone is welcome – don't miss this opportunity to learn how to support your hip health and improve your quality of life.



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:

- 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.



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](#).

Armistice Day - Tuesday 11 November 2025

Armistice Day is a time to remember those who served and sacrificed for our country. Today, fewer than 8,000 UK veterans who fought in World War II remain with us, and it's important we continue to recognise and support all who have served.

Veterans are more likely to experience both physical and mental health problems. We are a Veteran Friendly Accredited Practice, so please let us know if you have served and we'll ensure you get the understanding and care you deserve.



World Diabetes Day - 14 November 2025

Each year on 14 November, we observe World Diabetes Day to raise awareness and challenge stigma. Last year, Diabetes UK launched a conversation about how shame, blame and misunderstanding affect people with diabetes, hundreds shared how stigma shows up in their lives.

In 2025, the campaign continues by highlighting myths, hurtful comments, and the everyday impact of stigma. We're calling on everyone to strike out stigma, to speak more kindly, listen more openly, and support one another.

You can join online through Diabetes UK's website and social channels, share your story, or help spread the message that words matter

