

# Akerman Medical Practice

February 2026 Newsletter



## RSV Vaccination Programme Expanded



The NHS has announced that eligibility for the respiratory syncytial virus (RSV) vaccine will expand from 1 April 2026 to include people aged 80 and over, as well as residents in care homes for older adults. This change is designed to protect those at higher risk of serious illness from RSV.

RSV vaccination has already been offered routinely to adults when they turn 75, and the updated programme will continue to use a single-dose vaccine that can be given at the same time as certain other vaccines, including COVID-19 or shingles vaccines where appropriate. The vaccine is available all year round, helping ensure ongoing protection for eligible patients.

If you think you or a family member may now be eligible, please contact the practice for further advice or wait to be invited when the programme begins.

## Practice Closure – Staff Training

Please note that the practice will be closed from 12:30pm on February 25th due to a Protected Learning Time (PLT) training session for staff. This allows our team to take part in essential training to improve patient care. Thank you for your understanding.

## New patients register here



## Follow us!

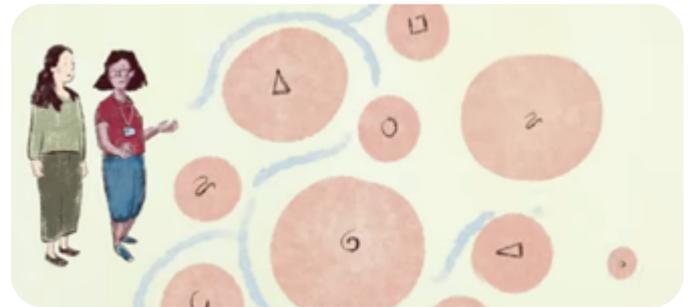


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## Sexual Abuse & Violence Awareness Week – Support is Available



NHS England has launched Sexual Abuse and Sexual Violence Awareness Week to raise awareness of sexual assault referral centres (SARCs). These specialist services provide dedicated care and support to anyone who has experienced rape, sexual assault or abuse at any point in their life, and are available to contact 24 hours a day across England.

SARCs offer free, confidential support for people of all ages, regardless of sex, sexual orientation or gender identity. This can include emotional support, medical care, forensic examinations, emergency contraception, and testing for sexually transmitted infections (STIs) and HIV. They can also arrange referrals to sexual health, mental health and sexual violence support services. You can access a SARC without speaking to the police or making a report.

To find your nearest SARC or learn more about the support available, visit [www.nhs.uk/sarcs](http://www.nhs.uk/sarcs)

## 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.



## Pharmacy First

Pharmacy First is an NHS service offering quick and expert advice for common health conditions without needing a GP appointment. Your local pharmacist can provide consultations, recommend treatments, and, in some cases, offer prescription medicines for conditions like sore throats, ear infections, and urinary tract infections.

Pharmacists are highly trained healthcare professionals who can assess symptoms and guide you on the best course of action. If necessary, they will refer you to a GP or another service.

Find out more about Pharmacy First by [clicking here](#)



## National HIV Testing Week – 9 to 15 February

National HIV Testing Week takes place each February and supports the UK goal of ending new HIV transmissions by 2030. In South East London, where HIV prevalence is among the highest in the country, testing and early diagnosis are especially important.

HIV is now a manageable long-term condition, and with effective treatment many people live long, healthy lives. When treatment reduces the virus to an undetectable level, it cannot be passed on to sexual partners (U=U). Preventative options such as PrEP are also highly effective and available through sexual health services, including digital access for Lambeth residents.

Local services across South East London may offer community testing events and additional support during the week. If you would like an HIV test or more information about prevention and treatment, please contact the practice or your local sexual health service.



## Patient Participation Group (PPG) Meeting

Our next (PPG) meeting has been rescheduled to 26th February 2026, and we invite interested patients to join, in person, at Akerman Medical Practice. The PPG allows patients to share feedback and help shape how our services are delivered.

