

Akerman Medical Practice

April 2026 Newsletter



Repeat Prescriptions & Repeat Dispensing Explained



Repeat dispensing is a system that allows your doctor to authorise several months of your regular medication in advance. Instead of requesting a new prescription every month, we issue one prescription that covers multiple supplies, usually for up to 6-12 months. Before this is authorised, we check that everything is appropriate and that any required monitoring or investigations are in place, such as blood pressure checks or important blood tests, to ensure the medication remains safe for you. Your pharmacy then keeps the prescription and will supply your medication when it is due each month. When all the repeats have been used, you will need to contact your GP surgery for a review before a new batch of repeat prescriptions can be issued. This system helps make getting your regular medicines quicker and more convenient while still ensuring your treatment is monitored appropriately.

New patients register here



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Inspected and rated

Good



Meningitis Outbreak: What Patients Need to Know

There has been a recent rise in cases of Meningitis in parts of England, including among young people. While this has increased awareness, meningitis remains rare overall, and health teams are responding quickly to prevent further spread.

Meningitis is a serious infection that needs urgent medical attention. It spreads through close contact, such as coughing, kissing, or sharing drinks. Symptoms can include fever, headache, vomiting, sensitivity to light, confusion, and sometimes a rash. To help stay safe, avoid sharing drinks or utensils, practise good hand hygiene, and be aware of symptoms. Vaccination is the best protection. Ensure you are up to date with your routine NHS vaccines, including MenACWY and MenB where eligible. If you're unsure about your vaccination status or develop symptoms, contact your GP practice.

getUBetter - Struggling with a muscle, joint or soft tissue problem?

Whether it's back pain, a sprain, or a long-term MSK condition — getUBetter is your free, local app designed to help you recover and stay active.

Take control of your recovery — start using getUBetter today.

With getUBetter, you'll have:

- 24/7 personalised information for your injury and stage of recovery
- Easy-to-follow progressive exercises
- Expert advice to help you manage symptoms and build confidence

Find your personalised plan on

getubetter.com



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](#)



COVID-19 Spring Vaccination Programme



The COVID-19 spring vaccination programme is now underway, offering extra protection to those most at risk of serious illness. Immunity can reduce over time, so this seasonal booster helps to keep you protected, particularly as we move through the year. The vaccine continues to be the best way to reduce the risk of severe symptoms, hospitalisation, and complications from COVID-19.

You may be eligible for a spring COVID-19 vaccine if you are aged 75 or over, or if you have a weakened immune system (immunosuppressed). If you are eligible, we encourage you to take up the offer when invited. Please contact Akerman Medical Practice or check your NHS messages for booking information.

Extended access

Weekend Clinic - 18 April

Our Extended Access service will be running a weekend clinic on Saturday 18 April, offering additional appointments outside of normal opening hours. This is designed to make it easier for patients who may find it difficult to attend during the week to access care. A range of appointments will be available, including GP and healthcare professional consultations.

If you need to be seen, please contact Akerman Medical Practice to book an appointment in advance.