

Akerman Medical Practice

May 2026 Newsletter



Akerman Community Centre - Community Open Day

We're delighted to invite you to a Community Open Day at the Akerman Community Centre, a free local event celebrating the people, services, and organisations that make our neighbourhood such a vibrant place to live. The day will include:

- Live Music
- Free Catering
- Stalls and information from local community and voluntary groups
- Activities and representation from across the local resident community

Child care available on the day and the building is fully accessible.

This is a chance to meet local organisations, find out what support and opportunities are available in the area, and come together with neighbours for a relaxed and enjoyable community event.

When: Friday 8th May 2026, 2pm - 8pm

Where: Akerman Health Centre

Everyone is welcome - please feel free to bring family and friends.



Vaccination Dates - Care Homes

Please find the dates below for the upcoming COVID vaccinations for care homes.

- Limetree Care Home - 1st May 2026
- Windmill Lodge - 8th May 2026
- St Mary's Care Home - 15th May 2026

New patients register here



Follow us!



Inspected and rated

Good



Breathe Melodies for Mums – Supporting Wellbeing Through Music

Breathe Arts Health Research, in partnership with Lambeth Council, is running a 10-week “Breathe Melodies for Mums” programme this summer. These friendly singing groups are designed for new mothers and their babies, offering a supportive and welcoming space to boost emotional and mental wellbeing through music, connection, and shared experiences with others.

Sessions will take place at Jubilee Children's Centre (Tuesdays, 12 May to 14 July 2026) and Myatt's Fields North Community Centre (Mondays, 18 May to 27 July 2026, excluding the 25 May bank holiday). Places are free for eligible participants, and you can self-refer via [the Breathe website](#) by completing a short health and wellbeing questionnaire. This is a great opportunity to meet other mums, build confidence, and support your wellbeing in a relaxed environment.

The programme is based on ground-breaking research showing that group singing can significantly improve mood, reduce stress, and strengthen the bond between mother and baby. Many participants report feeling more confident, energised, and connected after taking part, with some studies showing faster improvements in symptoms of postnatal depression compared to other activities.

Connect to Work Lambeth – Employment Support



*Ehsan Karim
IPS Employment Specialist - Connect to Work
Growth and Environment
London Borough of Lambeth*

Lambeth Council offers Connect to Work Lambeth, a free, personalised programme helping residents find work, stay employed, or access training. It is especially useful for those facing barriers such as health conditions, disabilities, or long-term unemployment.

The service is open to Lambeth residents aged 18+ who are unemployed, at risk of losing their job, or struggling to work. Support includes one-to-one coaching, help with CVs and applications, interview practice, and confidence-building, with flexible support available in person or remotely.

If you are interested, you can book an appointment with the IPS employment specialist. To get started, complete the online support request form by [clicking this link](#) here and selecting the 'I have an admin or routine care request' option or email belambeth@lambeth.gov.uk

Summer Courses at Baytree Women's Service

Baytree Centre is offering a range of free and supportive courses for women this summer, with spaces still available for those looking to learn new skills, improve wellbeing, and connect with others in the community. Based in Brixton, Baytree provides a welcoming environment where women can build confidence, gain knowledge, and access opportunities for personal development.

One of the courses available is a 7-week Stress Management class, running on Thursdays from 9:30am to 12pm (4 June to 16 July). This course focuses on practical and creative ways to manage stress, including art therapy, gentle physical activity, and calming techniques to support mental wellbeing. It's ideal for anyone looking to better understand stress and develop simple tools to manage it in everyday life.

Also on offer is the 'Our World' ESOL English class, designed for women who want to improve their English while learning about sustainability and the environment. Running Mondays and Wednesdays from 9:45am to 1:00pm (11 May to 24 June), the course includes trips to green spaces and community gardens, helping learners build confidence in English while exploring important topics around climate and community.

To take part, you can register online via the Baytree website or visit the centre at 300 Brixton Road, SW9 6AE to speak with the ESOL team in person (Wednesdays, 10am–12pm or 1pm–3pm). All courses require booking and confirmation of your place. To find out more and sign up, visit: <https://baytreecentre.org/>

