

Akerman Medical Practice

June 2026 Newsletter



Carers Week: Support for Carers in Lambeth

Carers Week is taking place next week, recognising the vital role unpaid carers play in supporting family members, friends, and loved ones.

If you look after someone with an illness, disability, mental health condition, or addiction, support is available through [Carers' Hub Lambeth](#). They offer:

- One-to-one tailored support, including help with finances, daily tasks, and advice
- Social activities and peer support groups,
- Workshops and events, giving carers a voice and access to useful information

They also provide specialist hospital support, helping carers while the person they care for is in hospital. This includes:

- A listening ear during difficult times
- Support with discharge planning
- Help attending meetings
- Guidance and signposting

Young carers who help look after a family member or friend can also access dedicated support. This may include help at school, at home, and in the community, as well as access to groups, activities, and clubs designed specifically for young carers in Lambeth.

To mark Carers Week, Carers' Hub Lambeth will be visiting our Herne Hill and North Wood practices on 10th June, running information stalls. This is a great opportunity to learn more, ask questions, and find out what support is available.

This service is available to unpaid carers living in, or caring for someone in, Lambeth.

If you think you might benefit from support, please speak to the team on the day or contact [Carers' Hub Lambeth](#) to find out more.

New patients register here



Follow us!



Inspected and rated

Good



About the 'Healthier You NHS Diabetes Prevention Programme'

It's Type 2 Diabetes Prevention Week – a great time to learn more about how you can reduce your risk of developing type 2 diabetes.

[The NHS Healthier You Diabetes Prevention Programme](#) has already helped prevent thousands of new cases of type 2 diabetes across England, supporting people to make simple, lasting lifestyle changes.

It focuses on helping you:

- Manage your weight
- Eat more healthily
- Be more physically active

Support is tailored to you and may include group sessions, one-to-one support, and digital options, making it easier to fit into your daily life.

Who can take part?

You may be eligible if you are aged 18 or over and have been identified as having non-diabetic hyperglycaemia (NDH), sometimes called pre-diabetes.

Women who have previously had gestational diabetes can also take part and may be able to self-refer.

How to access the programme

If you think you might be at risk, speak to your GP or a member of the practice team. They can check your risk and refer you if appropriate.

Taking small steps now can make a big difference to your future health.

Meet Your Practice Nurse – Supporting Your Health and Wellbeing

At our practice, the nurses play a vital role in delivering high-quality, patient-centred care. They are highly skilled professionals who provide a wide range of clinical services to help keep you and your family healthy. Here are some of the key services the nursing team offers:

Wound Care and Dressings

Our nurses are experienced in managing all types of wounds, including minor injuries, chronic wounds, and post-operative dressings.

Cervical Screening (Smear Tests)

Regular cervical screening is essential for early detection of changes that could lead to cervical cancer.

Post-Operative Care

If you've recently had surgery, our nurses can support your recovery with follow-up care.

Diabetes Reviews and Foot Checks

For patients living with diabetes, our nurses offer regular reviews to monitor your condition and provide advice on managing your health.

Asthma Reviews

Our nurses support patients with asthma by reviewing symptoms, checking inhaler technique, and helping you manage your condition effectively.

Childhood Immunisations

Protecting children from serious illnesses is a priority. Our nurses administer routine childhood vaccinations.

Vaccinations for Adults

We offer a range of vaccinations for eligible patients, including:

- COVID-19 vaccinations
- Shingles vaccine
- Pneumococcal vaccine
- RSV (Respiratory Syncytial Virus) vaccine

Mental Health Reviews

Our nurses are also here to support your mental wellbeing. They offer reviews and can help guide you towards additional support services if needed.

Vitamin B12 Injections

For patients who require B12 supplementation, our nurses provide regular injections as part of your ongoing care.



Janice Johnson
Practice Nurse

Cervical Screening Awareness Week 15-21st June 2026

Cervical Screening Awareness Week is happening this year from 15th to 21st June. The week aims to highlight the importance of regular cervical screening for women's health.

Two women per day die in the UK from cervical cancer – it is the most common form of cancer in women under the age of 35. Regular cervical screening can prevent up to 75% of instances of cervical cancer. Despite this, many women are reluctant to have the test done, with one in four women not responding to their cervical screening invitation.

The screening process checks for a virus called high-risk HPV, which causes almost all cervical cancers. This is the best way to find out who is at higher risk of developing cervical cell changes that, if left untreated, overtime could lead to cervical cancer.

The aim of this week is to encourage uptake of cervical screening, and provide information and reassurance to women about the test