

Akerman Medical Practice

July 2026 Newsletter



Stay Hydrated and Keep Cool During Hot Weather

As temperatures rise, it's important to take extra care to stay hydrated and avoid overheating. Hot weather can affect anyone, but young children, older adults, & people with long-term health conditions are particularly at risk.

Top tips for staying safe in the heat:

- **Drink plenty of fluids** throughout the day, even if you do not feel thirsty. Water is the best choice.
- **Avoid excessive alcohol, caffeine, and sugary drinks**, as these can contribute to dehydration.
- **Stay indoors during the hottest part of the day** (usually between 11am and 3pm) whenever possible.
- **Keep your home cool** by closing curtains or blinds in rooms exposed to direct sunlight.
- **Wear lightweight, loose-fitting clothing** and a wide-brimmed hat when outdoors.
- **Use sunscreen** with a high SPF to protect your skin from harmful UV rays.
- **Take cool showers or baths** to help lower your body temperature.
- **Look out for vulnerable family members, friends, and neighbours**, especially those who live alone.

Seek medical advice if you experience symptoms of heat exhaustion, such as dizziness, headache, excessive sweating, weakness, nausea, or confusion.

By taking simple precautions, you can enjoy the warmer weather while protecting your health and wellbeing. Stay cool, stay hydrated, and stay safe.



New patients register here



Follow us!



Inspected and rated

Good



Children's Hospital at Home

The Children's Hospital at Home service provides expert care for children and young people aged 0–16 years in the comfort of their own home. The service is available to families living in Lambeth or Southwark who are registered with a GP in either borough.

The team can support children with a range of common conditions, including:

- Fevers
- Diarrhoea and vomiting
- Bronchiolitis
- Asthma or viral-induced wheeze
- Respiratory illnesses such as croup, pneumonia and viral coughs or colds

Depending on your child's needs, the service can provide:

- Home visits from specialist nurses (up to three times a day)
- Support with medications, including IV antibiotics and nebulisers
- Blood tests and swabs
- Telephone advice and support
- Personalised care plans and education for families

The service is available every day of the year from 8:00am to 10:00pm.

If your child is unwell and may benefit from this service, speak to your doctor or nurse. They can discuss whether a referral to the Children's Hospital at Home team is appropriate.

Saturday Opening Hours

We are now open every Saturday from 9:00am to 1:00pm.

These additional hours are designed to offer greater flexibility for patients who find it difficult to attend appointments during the week. A Doctor will also be available to provide support and assist with appropriate healthcare needs.

During our Saturday clinic, you can:

- Collect blood test request forms
- Have your observations checked (such as blood pressure, height, weight, or pulse, where appropriate)
- Get help with healthcare queries and other practice services

We look forward to welcoming you.



Help Shape Your GP Practice

At AMP, we believe the best healthcare services are designed with patients, not just for them. Our Patient Participation Group (PPG) plays an important role in helping the practice understand what matters most to the people we care for.

The PPG is a voluntary group of patients who work alongside the practice to help improve the quality of care. Members meet around four times a year to discuss patient experiences, share feedback, suggest improvements, and hear about new initiatives.

You can take part in person or online, and you can contribute as much or as little as your schedule allows. Some members attend meetings, while others prefer to join the virtual PPG, where they share feedback by email, take part in short surveys, or comment on new ideas and developments at the practice.

Your perspective is valuable. By joining the PPG, you can help ensure patients are better represented and play a part in shaping the future of care at the practice.

Our previous PPG meeting was held on 25/6/26. Please contact the reception to join.

The Friday Sessions – Nourish Dignity Café at Akerman Health Centre

The Friday Sessions are a flagship community wellbeing programme delivered by RMUK Wellbeing right here at Akerman Health Centre, running on the 1st, 2nd and 3rd Friday of every month (excluding Bank Holidays).

Open to everyone — children, young people, parents, older adults, unpaid carers, and anyone experiencing isolation, food poverty or health inequalities — the sessions offer a warm, safe and culturally appropriate space where people can genuinely connect, eat well and feel looked after. Each session brings together African, Caribbean and Rastafari communities alongside the wider Lambeth neighbourhood and includes a rich range of free activities:

- Chair Pilates for physical and mental balance
- Ayurvedic Hand Massage using natural oils and botanicals
- Free nutritious meals to address dietary gaps
- Drumming and sing-alongs
- Indoor herb and seed planting to connect people with nature and green spaces
- Sound Bathing Therapy-using sounds of instruments to calm the mind and body for relaxation
- Visits from the Health & Wellbeing Bus offering health checks, housing advice and debt guidance.

The sessions are making a real difference — giving unpaid carers a rare moment to breathe and recharge, helping people manage the pressures of rising costs and poor mental health, and building friendships between neighbours who had never previously met.

As one participant shared: “I really needed this time for myself. Caring for my family every day, I had forgotten what it felt like to just breathe, meet people and feel looked after.”

If you or someone you know could benefit from community, nourishment and support, please do come along — everyone is welcome. The sessions are organised and facilitated each week by Mala Naicker -email - rmukwellbeing@gmail.com

