

Akerman Medical Practice

August 2026 Newsletter



Keep us Informed

It's important that you keep us informed of any changes to your;

- address
- phone number
- email

This is so that we can contact you quickly in an emergency and to ensure that NHS England can contact you.

You can **update your details** by either:

- Emailing us at: **selicb.akermanmedicalpractice@nhs.net**
- Calling us on: **0203 582 0000**



Open Every Saturday

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.

New patients register here



Follow us!



Inspected and rated

Good



Improving Support for Patients with Musculoskeletal (MSK) Conditions

If you are living with muscle, joint or back pain, support is available through getUBetter – a free digital self-management and rehabilitation platform for people with musculoskeletal (MSK) conditions. The app provides access to trusted NHS advice, guided exercises, personalised recovery plans, and information on when to seek further medical help, giving patients the confidence to manage their condition safely from home.

The platform has already shown positive results for patients in Lambeth. Audits of the lower back pain and knee pain pathways found that people using getUBetter needed fewer GP and physiotherapy appointments, required less pain medication, and were less likely to need scans or referrals to hospital specialists. By helping people manage their symptoms effectively, getUBetter supports recovery while ensuring NHS services are available for those who need them most.

If you have an MSK condition such as back, knee, shoulder or neck pain, speak to your GP practice or physiotherapist to find out whether getUBetter could help you manage your recovery.

Download now by [clicking here](#)



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](#)



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.

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.

Practice closed - 31st August



The practice will be closed on the 31st of August 2026. This is due to the bank holiday.

In case of urgency, please call 999. Alternatively, call 111. The practice will reopen at 8am the next day as usual.