

Akerman Medical Practice

October 2026 Newsletter



New Security Check for Accurx

From mid-October 2026, patients using our online Accurx Patient Triage form will see a new CAPTCHA security check. This is a standard web security measure designed to confirm that requests are being submitted by real patients.

For most patients, this will simply mean ticking an "I'm not a robot" box, although occasionally a quick puzzle may appear. It should only take a few seconds and will not otherwise change how patients use Patient Triage. The new check will help protect the practice from automated spam requests, ensuring our online triage service remains available for patients who need it.



Flu Vaccination Campaign

The NHS Flu Vaccination Campaign has started. The people who can get a free flu vaccine include:

- Pregnant women
- Children aged 2 and 3 years, and school-aged children up to 16
- Children in clinical risk groups
- Adults aged 65 and over, individuals aged 18 to 64 with certain long-term health conditions
- Care home residents
- Carers
- Close contacts of immunocompromised individuals,
- Frontline health and social care workers
- People experiencing homelessness

Protect yourself and your loved ones.
Book through your GP or local pharmacy

New patients register here



Follow us!



Inspected and rated

Good



Next Patient Participation Group Meeting

Our next Patient Participation Group (PPG) meeting is on 5 October. The PPG gives patients an opportunity to share their views, discuss their experiences, suggest improvements and help shape the future of services at AMP.

We welcome patients from all age groups and backgrounds to get involved. You can attend meetings in person or take part in the virtual PPG, sharing your views through email, surveys and other opportunities. Your feedback matters, so please consider joining us and having your say about the services we provide.

If you would like to join the PPG or attend the meeting, please contact reception for more information.

Practice closed - 8th October



The practice will be closed on Thursday 8th of October 2026 from 1pm. This is due to the PLT.

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

STOPTOBER officially starts 1st October 2026!

QUIT SMOKING, STRESS LESS

Smoking can increase stress and anxiety.
That's why quitting is good for your mind.



Scan for
help to quit



STOP TOBER LET'S QUIT SMOKING TOGETHER

Yoga for Neck, Back, and Chronic Pain



Yoga for Neck, Back & Chronic Pain

Gentle movement. Feel better.
Live better.



EVERY THURSDAY
6:00 PM – 7:00 PM



GROUP SESSION

Pre-booked sessions
Spaces are limited



Stretch. Breathe. Heal.



ALL ABILITIES WELCOME

No experience needed.



HOW TO BOOK

Sessions are pre-booked. Please speak to Reception
or call us to reserve your place.
Spaces are allocated on a first come, first served basis.



FREE

for patients
registered with
Akerman Medical
Practice

This session can help you:



Reduce neck, back
and chronic pain



Improve flexibility,
posture and mobility



Ease stress and tension



Support your overall
wellbeing



BRING YOUR OWN MAT

Wear comfortable clothing.

Yoga will continue every
Thursday, 6-7pm, as
normal apart from on the
8th of October due to
PLT.

Yoga is a group session
and not
1 to 1.



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