

Akerman Newsletter

Dec 2022

The Akerman Medical Practice want to wish all our patients a very Merry Christmas and a Happy and Healthy New Year in 2023. We know that many people have found the last two pandemic winters especially difficult - challenging both their physical and mental health. As we face another difficult winter we want all our patients to know that we are here for you. Our diverse team now includes health and well-being coaches, a physiotherapist, clinical pharmacists, health care assistant, phlebotomist and a social prescriber working alongside our traditional doctors and nurses to help all our patients be healthy and connected in 2023.

Keeping Well this Winter

The flu season is upon us early and we've vaccinated eligible patients so far and we still have plenty of flu jabs to give. So, if you are 65 or older, or you are in an 'at risk group' (with a longstanding medical condition such as diabetes, heart or lung disease at any age), aged over 50 or you are a carer and have not yet had your seasonal flu jab, please ask at reception or make an appointment with the nurse in the flu clinic. We are also offering flu immunisation to children aged 2 and 3. They have a nasal flu spray which is very well tolerated. Older primary school children will have been offered this vaccine at school. very high, you have a long-term medical condition or a weakened immune system (e.g. you are having chemotherapy), you are concerned about your child's symptoms.

Flu Vaccinations

The NHS is asking everyone who is at risk of being affected by flu to get vaccinated this winter. By having the flu vaccination, you will help protect yourself and others from what can be a severe, and sometimes fatal, illness which could lead to hospital treatment. You will also be helping to protect the NHS from coming under pressure this winter.

Practice Closure dates over the Christmas/ New Year Period

The practice will be closed on the below dates

Monday 26th December 2022

Tuesday 27th December 2022

Monday 2nd January 2022

Please contact NHS 111 if you require medical assistance whilst the practice is closed.

Please note the last day to order routine repeat prescription before the Christmas Bank Holiday is

Wednesday 21st December 2022.

For the New Year Bank Holiday will be Wednesday 28th December.

Practice will operate on 23rd and 30th Dec 2022 for emergency calls only.



GET IN TOUCH: SELICB.AKERMANNMEDICALPRACTICE@NHS.NET

Unwell Child – When Should I Worry?

Having an ill child can be a very scary experience for parents. If you understand more about the illness it can help you to feel more in control.

Please follow the link below for further information:


[Strep A - NHS \(www.nhs.uk\)](http://www.nhs.uk)

KEEP US INFORMED

Keep your surgery informed of any changes in your address or phone number by emailing us at selicb.akermanmedicalpractice@nhs.net or by ringing us on **0203 582 0000**. It is important for us to have correct details for the following reasons:

Vaccinating your child

Polio Booster



The NHS is inviting children aged 1 to 9 in your borough to receive a vaccine against polio. For some children this will be an additional booster dose if they are already up to date with their routine vaccinations, in others who are not up to date it will be a catch-up dose. Traces of poliovirus have been found in sewage in some London boroughs—the vaccine will boost your child's protection. Polio can be very serious and in unvaccinated people can on rare occasions cause paralysis.

You will be contacted by the NHS to book a vaccination appointment for your child once they become eligible.

NHS Bowel Cancer screening.

The NHS offer's Bowel cancer testing kits to anyone over the age of 60. You can find further information [here](#).

Online access

To access your medical records and book appointments online please sign up to online access [here](#).

Feedback

We welcome your feedback so please get in touch with us here: Contact us | Akerman Medical Practice <https://www.nhs.uk/services/gp-surgery/akerman-medical-practice/G85695/leave-a-review>

