

Although the world may feel a little unsettled and uncertain at the moment, some things remain constant - such as our commitment to first class private GP care here at SurreyGP. What also endures is our desire to offer more services as time goes by so we're thrilled to tell you about our after school clinics and our new partnership with globally renowned weight loss experts, PronoKal. So why not put the kettle on and read about all the latest news and views at SurreyGP? Enjoy our latest edition.

## Protect against pneumonia

*I can't vaccinate against pneumonia, can I?* Yes, you can! We can help you beat the winter blues and stay fit for the Christmas holidays (the countdown has started...)

Our Autumn/Winter vaccination programme is in full flow but we can offer you pneumonia vaccination all year round. Why not have your flu jab at the same time?

Conveniently, our pneumonia vaccine is a one shot dose for life. The NHS has traditionally offered protection against pneumonia to those aged 65 and over but we are pleased to provide this service to everybody on request - even children. If you suffer with ongoing chest, heart or diabetic problems, it's really important to protect yourself with this vaccine.

### Flu vaccine

**The virus is constantly changing so remember to get your flu vaccine every year. If you are pregnant, don't delay!**

## You spoke, we listened...

Thanks to your feedback about after school slots, we are delighted to offer additional clinics for consultations and vaccinations later in the afternoon and until 6pm. Just call our friendly Receptionists for more information.

## Saturday Clinics

We know that it can often be easier to come at the weekend so you'll be pleased to hear that on most Saturdays, we offer a morning clinic between 8am-11am. Just remember to ring early if you need an appointment.

## Partnering with PronoKal

Well established around the world, the PronoKal diet is a medically supervised weight-loss system that has been getting amazing results. Tailored to your personal profile following blood tests and a personal assessment, it combines high protein and low calorie food replacement products to help you reach your desired weight. We'll be launching this in December - you'll hear more about our partnership in a special newsletter very soon.

Appointments always available

Call **01483 230481** or book online **WWW.SURREYGP.COM**



## Ask The Doc

### Are you still vaccinating against Meningitis B?

We certainly are! Despite an extremely busy year, demand is still high. We are finding that as parents vaccinate baby on the national programme, they then wish to vaccinate siblings who are not included - it makes sense as well as being fair!

### How are you are able to offer longer hours?

Inevitably as families grow up, changes occur - offspring might disappear to school or university, pass their driving test, leave home. Suddenly more hours can appear on some days. The demand for GP appointments is extremely high, and we realise this is the backbone to our service so we want to get this right for you and happily, we're now in a position to do so.



Follow us on Twitter  
[@SurreyGP](https://twitter.com/SurreyGP)

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## Wave goodbye to your wrinkles

Botox and fillers are used to enhance your inherent good looks – for both ladies and gentlemen. Botox is used to treat wrinkles on the forehead, between the eyebrows and around your eyes (crow's feet). Fillers are used in the deep lines around the mouth and nose area where skin often loses some of its vitality. Take a closer look via the links on our website.

**Experience counts!** Dr Lewis has been administering wrinkle smoothing Botox injections and fillers for over 8 years – we have lots of satisfied customers who return regularly for top-up treatments; whether it's for a pre Christmas Party season boost or getting ready for the summer holiday. Once you've found somebody you can trust, there's never a question about who to see next time! Many people prefer to have quick and relatively painless injections twice per year. To find out more, please do get in touch to book your free, no obligation initial consultation with Dr Lewis.



### Spotlight: Richard Lewis

Richard combines overseeing operations at SurreyGP with piloting Boeing 747 jumbo jets part-time for a well-known UK airline.

His top two tips for flying a big jet:

1. Make sure you have a well-motivated team and trust them to do their job. Review performance at the end of the day and see what went well and why.

2. "Can anybody fly a plane?" - if you hear this during your holiday travels, simply volunteer your services by entering the flight deck, engaging the autopilot, donning the ear defenders on wires and ordering a strong white tea – known as a Julie Andrews; oh and don't forget to peer knowingly over half-moon spectacles when talking to anybody in a uniform.

## In your words...

We love hearing from you! Here's some of your recent feedback:

*"Dr Lewis was extremely kind to my son who was very scared ...this showed excellent doctoring skills. It meant a great deal to a frightened little boy, thank you"*

*"Everything was very immediate, as the blood tests were taken on the day, so I felt that I had received excellent service."*

*"Both my ears were completely blocked and I was unable to book an early appointment with my GP. SurreyGP saw me within 24 hours and syringed my ears. Problem solved!"*

**Don't forget...** Online booking is available for all appointments!

Same day appointments are usually available.

Call **01483 230481** or book online **WWW.SURREYGP.COM**



## Team News

We're delighted to report that Chloe and Ben tied the knot in the summer and have moved into their new home; Milly the dog is enjoying the freedom of the garden!

We were very sorry to lose the international flavour in our office as Danielle returned to the Netherlands with her family.

## Home Visits

Can't make it to surgery? Don't forget we can offer our bespoke home visit service. Just ring us to arrange. What could be simpler?

### Next Time: SPRING

**Typical...**  
Chickenpox vaccinations are back in vogue

**Tropical...**  
Holiday vaccinations are on the radar

**Typical...**  
A day in the life of Dr Lewis

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