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The Script

SurreyGP 
CONSULTATION BY REPUTATION

Issue 50, February 2025

Welcome to our latest newsletter, where we share essential health tips and practice updates. SurreyGP - Consistently leading in care and supporting your family's well-being.



Dr. Louise Bye, Acting Medical Director

I have been in my new role now for 6 months and have thoroughly enjoyed working even more closely with the leadership team. While Dr. Skilbeck is away, we continue to offer daily appointments for consultations, travel advice and vaccinations, sexual health tests, cryotherapy for troublesome skin lesions, blood tests and more.

Don't forget to check out the heart health tips below, and be sure to book your wellness check—an MOT for your health! Call us today.

Spring Reminders

- Travel Vaccinations - We have all essential jabs in stock and are ready to help.
- Heart Health Awareness - February is the perfect time to focus on your cardiovascular well-being.
- Cryotherapy - Now available during your first appointment.

Your Heart Your Health

This February, during Heart Health Awareness Month, we want to remind you how important it is to care for your heart. By adopting healthy habits and attending regular check-ups, you can protect your heart and lower your risk of heart disease.

Small Changes, Big Impact

1. **Eat a heart-healthy diet:** Focus on heart-friendly foods like fruits, vegetables, whole grains and lean proteins. Reduce salt and sugar intake.
2. **Stay active:** Aim for at least 30 minutes of physical activity most days. Walking, swimming, and yoga are great ways to strengthen your heart.
3. **Manage stress:** Chronic stress affects heart health. Try deep breathing, mindfulness, or engaging hobbies to stay balanced.
4. **Avoid smoking:** Smoking damages blood vessels and increases your risk of heart disease. Quitting is one of the best things you can do for your heart.

Even if you feel healthy, regular check-ups can detect potential issues before they become serious. Monitoring key health indicators such as blood pressure, cholesterol, and blood sugar keeps you one step ahead in maintaining heart health.

At SurreyGP we offer comprehensive health screenings, personalised advice, and ongoing support to help you lead a healthier life.

TO BOOK YOUR HEART HEALTH CHECK CALL NOW 01483 230481



1,450+ reviews over 7 years

Read our Satisfied Customer Reviews on eKomi

"Very helpful emergency treatment"

"Appointment on time and efficiently managed"

"I am most grateful to Dr. Bye for arranging the tests and for the consultation last Wednesday"

"Easy to arrange an appointment and flu jab. Quick and efficient service and pleasant people to deal with. Good experience from a valuable back-up to my hard-pressed NHS GP practice"

[Read more eKomi reviews here!](#)

Stop Press - New Doctor News

Exciting News - New Doctor Joins the Team!

We are thrilled to welcome Dr. Hannah Colley to SurreyGP this month. She will start with floating clinics and transition into a regular schedule mid-year. Stay tuned for more details in next month's issue.

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Looking Ahead

Our dedicated team remains committed to providing exceptional care for the SurreyGP community. As we all navigate the mid-winter season, prioritise your health by booking vaccinations, screenings, and consultations today.

Together, we can work towards a healthier future for everyone.

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