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The Script

SurreyGP 
CONSULTATION BY REPUTATION

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Dr. Louise Bye, Assistant Medical Director

As we move into late summer, it's the perfect time to reset, refocus, and take charge of your health. From flu protection and blood pressure checks to new services such as weight loss support, we're here to help you and your family stay well in the months ahead.

This month, we're also delighted to welcome back Dr. Jo Skilbeck! She returns as an integral part of The SurreyGP Team, and we couldn't be happier to have her back. Welcome, Jo!

Your voice matters: You've shared your feedback with us!

"Dr. Bye was efficient and confident in my consultation with her. I left feeling reassured after seeing her and by her prescribed treatment."

[CLICK HERE TO SHARE YOUR FEEDBACK](#)

Blood Pressure – Check Your Numbers

High blood pressure, also known as hypertension, often has no symptoms — but left unmanaged, it can lead to heart attack, stroke, and kidney problems.

What Do Your Numbers Mean?

Blood Pressure Reading (mmHg)	Category
Less than 120 / Less than 80	Normal Blood Pressure
120–129 / Less than 80	Elevated Blood Pressure
130–139 / 80–89	High Blood Pressure: Stage 1 Hypertension
140+ / 90+	High Blood Pressure: Stage 2 Hypertension
180+ / 120+	Hypertensive Crisis – Seek Emergency Care

- ✓ Quick, private checks to keep track of your numbers.
- ✓ Personalised guidance if your BP is high, including lifestyle advice and medication options when needed.

 **Know your numbers. Take control. Book a blood pressure check with us today.**

[SURREYGP - CLICK TO BOOK ONLINE](#)

□ Weight Loss Injections – Now Available

Struggling to manage your weight? We're now offering **weight loss injections** as part of a safe, GP-managed programme designed to support your long-term health goals.

What to expect:

- ✓ A personalised GP consultation and blood tests to assess your suitability
 - ✓ If appropriate, a prescription that can be collected from any UK pharmacy or our on-site Surgery Pharmacy
 - ✓ Ongoing support and follow-up care from your doctor to help you stay on track
- Learn more about how the programme works and what to expect by downloading our patient information leaflet.

DOWNLOAD WEIGHT LOSS INJECTION INFORMATION LEAFLET

□ World Sepsis Day is 13th September

World Sepsis Day is a global reminder of how serious and fast-moving sepsis can be. Early recognition saves lives. Whether for yourself, a loved one, or a patient, knowing the warning signs can make all the difference.

□ How to Spot Sepsis – Know the Signs

Group	Warning Signs
Adults (Use the acronym S.E.P.S.I.S.)	<ul style="list-style-type: none">• Slurred speech or confusion• Extrême shivering or muscle pain• Passing no urine (in a day)• Severe breathlessness• It feels like you're going to die• Skin mottled or discoloured

Group	Warning Signs
Children	<ul style="list-style-type: none"> • Breathing very fast • Having a fit or convulsion • Looking mottled, bluish or pale – on darker skin tones, colour changes may appear on the insides of the forearms or palms • A rash that does not fade when pressed • Very lethargic or difficult to wake • Feeling abnormally cold to the touch
Under 5s	<ul style="list-style-type: none"> • Not feeding • Repeated vomiting • No urine passed for 12 hours

What to Do If You Suspect Sepsis

Sepsis is a medical emergency. If you or someone you're with shows signs of sepsis, **don't delay — call 999 or go to A&E immediately.**

Trust your instincts — early treatment can be lifesaving.

Register for your Flu Vaccine

With the start of the autumnal season and the seasonal illnesses that come with it, it's important to keep yourself and your loved ones protected.

Get ahead and join our 25/26 Flu Vaccine Registration list today.

[CLICK HERE TO JOIN OUR FLU REGISTRATION LIST](#)



1,536+ reviews over 7 years

Read our Satisfied Customer Reviews on eKomi

"Great experience. Receptionist staff in particular were extremely helpful, both

with communication before the appointment and finding a creative solution to mobility issues"

"Really grateful to get an appointment on the same day when needed. I am so glad I know about your service"

"Hannah (Dr. Colley) was great!"

[Read more eKomi reviews here!](#)

□□ Who's In and When – Your Weekly GP Schedule

Day	Doctor(s) Available
Monday	Dr Jo Skilbeck & Dr Hannah Colley
Tuesday	Dr Fiona Cochrane & Dr Jo Skilbeck
Wednesday	Dr Jo Skilbeck & Dr Louise Bye
Thursday	Dr Rachael Hardy & Dr Hannah Colley
Friday	Dr Sanjay Sood

[SURREYGP - CLICK TO BOOK ONLINE](#)



Useful Links



Repeat Prescription

[Request your repeat medication](#)



Appointments

✉ Contact

Get in touch

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