

Just to let you know



2014 !

What did we do in 2013? What have we planned for 2014?

Centennium House

2013

Well, we've been here for 2 years. Ta Da!!!

The "Welcome to Our New Home" banner has come down. We now have pictures on the walls and heating in the hall and patient loo.

Those big black cars in the car park belong to two lovely ladies who are the tenants of the top floor. They are the finance department of a company called Celaton.

Plans for 2014

- Refresh the seating in the waiting room- decisions.....
- New signage at the front.
- The atrium entrance also has a heater so maybe a lemon tree will be installed in 2014?
- Lose the scaffolding next door (we hope so soon.).

Dentistry

Firstly we had a CQC inspection in August and a great subsequent report. The inspector came for the morning and interviewed all the patients and sat in on about 4 treatments. She was pleased with all our paperwork and very satisfied with everything she viewed. BIG thanks to all the patients she saw for being so positive about the care we provide.

Christine continues to be the Regional Dental Tutor for Surrey and West Sussex and the team benefit from the training programme which she designs each year for the Guildford Dental Study group. We also hold in-house training on various clinical and non-clinical aspects of dentistry.

Christine will be installed as President of the Southern Counties Branch of the British Dental Association on 27th March 2014 and she is currently organising the Presidential Scientific Meeting, followed by a dinner which will take place on 28th March at the rather splendid Radisson Blu Hotel Guildford.

Cher has worked very hard on our new website and it is all looking good. We regularly add new material and over Christmas we had a funny festive YouTube Muppet clip with Elmo singing "All I want for Christmas is my two front teeth".

Gail left the practice in November so in 2014 we are currently recruiting.

In December Christine attended a very interesting study day about Snoring and Obstructive Sleep Apnoea. OSA is defined as the cessation of airflow during sleep preventing air from entering the lungs caused by an obstruction. When you experience an episode of OSA your brain will automatically wake you up. People with OSA will experience these waking episodes many times during the night and consequently feel very sleepy during the day. Dentists are ideally placed to provide appliances which hold the lower jaw forward and help with snoring and mild OSA.

So watch this space, Christine will be introducing this new service for patients within the next 2-3 months.

Podiatry

Sally continues to provide great foot care for our patients and many others as well as the dental team. She is also currently planning the next season Surrey Podiatry education programme as secretary of the group.

She is so pleased that those intrepid Duke of Edinburgh, charity walkers and those in training for exotic location treks are now coming to see her (clutching walking boots and socks) whilst in training and BEFORE they go, for a full foot health assessment, treatment and above all preventive advice rather than arriving with damaged feet after the event.

Foot and Mouth

In June we held an open morning to let visitors have a nose around the "back of house", view the wonderful entries to our tooth fairy competition and meet both our local tooth fairies. The tooth fairy stories varied from funny, heroic to down-right scary. Great fun.

Whilst the 20,000 cyclists whizzed through Pyrford on the Prudential Bike ride in August Christine and Sally hosted a "Foot and Mouth by Two Mad Cows" stall on the cricket ground. We had tooth fairies in attendance, lots of questions about teeth and even more about footy matters and some very skilful toes competing in our "Flexible foot" competition.

Just to prove it's not all healthcare Sally and Christine did a glass bauble blowing class at Adam Aaronson's studio in Horsley in December!

Massage

Nancy's healing hands continue to work magic on Christine's creaking dentist's neck and a number of our patients' back and sports injuries.

Beauty Therapy

Having joined us in September Liz is becoming increasingly busy on Fridays." **Liz, it's good to have you with us."**

Beauty Therapy at Centennium House!

Liz Matthews has joined us on Friday afternoons. She is a well known local beauty therapist who is delighted to be able to provide her treatments in a clinical environment, with all the support of our practice team and facilities. She will be providing treatments in our comfortable Therapy Room.

Her treatments include:

Hair Removal by:

1. Electrolysis using Sterex method
2. Waxing

Eye Treatments-Eye brow shape, Lash tint, Brow tint

Clinical Treatments

1. Anti aging cosmetic, non-surgical treatments

Agera Peel –

Blue Obagi Peel

Acne prone/problem skin –

2. Advanced Cosmetic Electrolysis

Effective removal of facial thread veins, spider naevi, skin tags, milia, xanthelasma & blood spots.

3. Ear Piercing in a full clinical environment using Caflon Hypoallergenic System

Relaxing Therapeutic Body Treatments including reflexology, massage and aromatherapy

Call and ask for a full price list and booking availability 01932 345562

Gift Vouchers Available-just ask!



Nancy Reyes-Our Massage Therapist

Available Monday afternoons and Thursdays

Nancy is a very experienced massage therapist and hydrotherapist with a strong background in kinesiotherapy, beauty and complementary therapies.

She is a trained PE Teacher and with additional qualifications in swimming training. She has substantial experience to treat a wide range of adults and children both able-bodied and disabled with a range of acute and long term problems.

Using massage therapy with breathing control, stretching and remedial exercise she can help you reduce pain and tiredness and the stress of conditions such as headaches, stiff and sore neck, back pain, painful hip joints and circulatory problems of feet and lower limbs

For first appointment call 07805 999 838

45 mins £30.00

75 mins £45.00

Sally Hodgkins –Our Podiatrist

Available on Tuesdays

She welcomes patients attending with pain or any acute foot or lower limb problems, and will endeavour to manage the immediate discomfort.

However, she does like to have a long initial consultation to undertake a full examination of the feet and lower leg to enable her to plan the treatment required to attain then maintain good foot health.

Once the initial treatment is completed each patient is advised of the recall intervals and treatment required for the maintenance programme.

For first appointment call 07790142401

Initial Consultation £49.00

General Chiropody £45.00

Emergency appointment £46.00