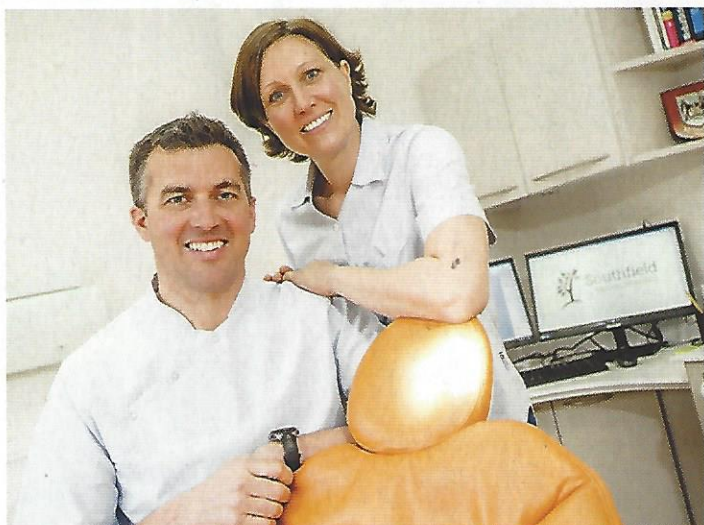


All smiles as **new** Dental Practice opens

Dental duo Christian and Caroline Gollings have opened the doors to a new dental practice in Ringwood. With nearly 40 years of combined dental experience they aim to offer a comprehensive range of dental solutions from basic family dentistry to more advanced procedures including Dental Implants and Facial Aesthetics.



“Our aim is to treat our patients as we ourselves would expect to be treated”

They have transformed a small detached property located near the brewery on the Christchurch Road into a modern dental surgery. It offers parking and level access at the rear of the building to make it easier for the less-abled and the elderly.

Chris was the principal dentist at a large private practice on the South Coast for 15 years, and has recently put his efforts into this new venture with his wife Caroline. The aim was to provide a unique and personal service for patients who require their dental care in a more discreet and comfortable setting. There is much more time allowed for putting patients at ease, and discussing their treatment options in detail.

Chris has over 20 years of dental experience, and his area of expertise is Implant Dentistry. He offers a wide range of dental options to include more advanced treatments and cosmetic solutions.

“Dental Implants are used to replace single teeth, replace multiple teeth and also to secure loose dentures,” explains Chris. “Whilst implants are a great method of replacing missing teeth, we will always discuss all the options available, as some treatments are more applicable for patients than others.”

Caroline has a soft and patient manner and works with families and patients who are anxious about dental treatment. She is happy to work with parents in the area of family oral education. Caroline is also training in Facial Aesthetics, and will be offering anti-wrinkle and Botox treatments from September 2016.

Chris has already hired two very experienced support staff Julie and Lilli, who understand the running of a dental practice. They were joined by a dental hygienist last month, as they have had over 150 new patients register in the first three months of opening.

“As a new dental venture, we welcome patients to Southfield Dental Practice, and are very grateful for all the kind referrals that have already been made. Our aim is to treat our patients as we ourselves would expect to be treated,” added Chris.



Southfield
DENTAL PRACTICE

Mr Christian Gollings
BDS Dip Imp Dent MFGDP

Mrs Caroline Gollings BDS

- **Dental Implants**
- **Botox Treatments**
- **Private Dentistry**
- **Parking Available**
- **Emergencies Welcome**
- **New Patient Exam £75**

Call for ‘green prescriptions’ to improve health

Doctors prescribing exercise outdoors to patients would get more people doing physical activity and help reduce obesity, say councils.

The Local Government Association, which represents more than 370 councils, is calling for a similar model to the green

prescription in New Zealand that gets people outdoors, to be introduced in England and Wales.

The LGA says that if GPs wrote down moderate physical activity goals, it would benefit patients who are obese or overweight.

The latest guidelines for

health professionals say that one in four patients would exercise more if advised to do so by a GP or nurse. Research published in the British Medical Journal found that a green prescription can improve a patient’s quality of life over 12 months and help people live longer, healthier lives.

The initiative is already being piloted in Dorset and is open to anyone living in Bournemouth, Poole and Dorset over the age of 18. It provides information, support and onward referrals. www.dorsetforyou.gov.uk/natural-choices



Do you want “Time to Care”?

Lewis-Manning Hospice in its own grounds with beautiful views overlooking Poole Bay and Brownsea Island offers care from diagnosis to end of life, however long or short time might be.

Volunteers’ Administrator

This is an exciting opportunity to set up and lead the engagement of volunteers to support and work alongside the existing committed team of staff and volunteers. As the hospice expands we need more people (18 and over) who can offer their time to help the team care for patients in all the clinics, day hospice and the inpatient unit.

Examples of volunteering opportunities include: reading to patients, helping them with eating and drinking, driving patients to and from clinic appointments, working in our shops, supporting fundraising and administration.

We also have a few vacancies left for trained nurses with palliative care, care of the elderly or oncology experience.

Download an application form via our website and return to the HR Department, or contact our HR team on 01202 708470



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Verwood supports Children in Need



Pudsey will be putting his best paw forward at the Hub in Verwood for BBC Children in Need on Friday, 18 November. He will be one of the stars in a Variety Performance that will include a tribute to the late Sir Terry Wogan.
For more on this story turn to page 5.

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