



July Newsletter

We know that we promised to write to you every quarter but the past month has seen so many changes that we simply had to write to let you know!!



Introducing new members of the Indigo Little Team

This summer has seen a shift in team members at Indigo Little. Our much loved dental nurse [Agnes Cardoso](#) is now on maternity leave. She will be missed, but we wish her and baby Leo all the best and can't wait to meet him!

In June we welcomed three new team members.

[Laura Scougall](#) is our new Dental Nurse who will be assisting Dr. Little with all patient Dental Care. Originally from Birmingham, she now lives in Surrey. Laura studied Fashion Journalism at University. She loves running (she was an English Schools Medalist for 300m) and she loves her job!! In fact we couldn't believe how enthusiastic Laura was about Dental Nursing when she came for her interview! She was hired on the spot. She fits right in to our team.

[Laura Bailey](#) graduated from Manchester University with a first class honours degree in Hygiene and Therapy. Bubbly, enthusiastic and a great clinician with a very gentle touch!! We are very lucky to have her!! Laura loves playing cricket, cross fit training, and walking her dog. Laura recently modeled for the Chelsea Summer Fashion Show Case and would be happy to give you a

touch of glamour with an Indigo Little Glamour Polish ☺ Laura is available on Monday afternoon and evenings for hygiene appointments.

Julia Vanhanen, our new receptionist, is recently back from a year in Paris and excited to be settling into her new home in London. Julia is from Finland originally. A media and communications graduate, Julia's exceptional and elegant approach to Customer Care was spotted by Dr Little whilst she was out having lunch in Wandsworth Common. Julia was offered a job on the spot and we have not looked back since. Julia is wonderful with our patients, and a fantastic asset to our team!!

Indigo Little Moto:

We discussed our ideals and values, and what makes us happy about coming in to work at Indigo Little and came up with the following...

“We enjoy providing a bespoke and personal service, in a warm and elegant environment, so that our members feel a sense of belonging”

We are proud of our little team and of the kind of work that we do and the way that we do it. As members of our practice we hope that you enjoy coming to see us and have a lovely experience each time you do.

With a view to improving your experience at Indigo Little, we will shortly be writing to all patients who have so far been to the practice to see us, to ask for feedback by way of a 2minute survey.

We really hope that you will take the time to let us know what you like about the practice and what you would have us change.

For every survey returned, as a little “Thank You” we will email you a voucher for £15 off your next Hygienist Appointment

Membership Plans:

We have been asked recently, by many of our members, whether we offer Care Plans with insurance etc, a monthly means of paying for our services.

Having thought about this for some time, we have come up with the following Care Plans. All plans include free X-rays (normally £10.50 each) and 10% discount on all routine dental procedures and routine GP medical services

Indigo Little “Great Shape” Care Plan: £15 per month

For those members who have great teeth and only require a check up once a year. This care plan offers you one check up and two hygienist visits per annum.

Indigo Little “**Healthy Smiles**” Care Plan: £19.90 per month

For all members who require a regular level of care for their teeth and gums. This plan gives you two checkups and two hygiene appointments per year.

Indigo Little “**Complete Care**” Care Plan: £29.99 per month

For those members who require a higher level of care and maintenance, this care plan gives you 2 check ups and 4 hygienist visits per year.

For children, we have the following Care Plans:

Indigo Little “**Happy Smiles**” Care Plan: £10 per month

2 check ups and 1 visit to the hygienist per annum. This Care plan is for children less than 10 years old.

Indigo Little “**Young Adult**” Care Plan: £12.90 per month

2 check ups and 2 visits to the hygienist per annum- recommended for children above 10 years of age or requiring a higher level of care.

We hope that there is a care plan here that suits you. If you would like to know more about the plans, please don't hesitate to call us or pop in for a chat.

Our GP Services

Dr Tish Gooneratne is now available to Indigo Little Members on Wednesdays from 16:00-18:00, Saturdays from 12:00-17:00, as well as Out of Hours Medical Cover for our members.

If your children are home from Boarding School or simply have a little more spare time over the summer holidays, this may be the perfect opportunity to book them in for a General Health Check, or to investigate any problems or health issues that they might have been complaining of but not had a chance to get looked at.

Tish Gooneratne is great with kids (and grown-ups!) and will be able to spend time discussing your concerns, get to the bottom of any health problems that you have been experiencing and help you create a Health Care Plan for the coming year.

One of the GP services provided, which we know you will love, is the [Indigo Little Health Check](#). This Health Check follows the practice's preventative approach in achieving overall health and wellbeing. The Health Check will consist of two, thirty minute appointments.

The first appointment will include:

- An initial consultation on general health, exercise, dietary habits and other lifestyle choices
- A comprehensive and bespoke physical examination including heart, chest, and abdomen
- Height, weight and BMI test
- Check blood pressure, pulse rate and rhythm
- Blood test to check for cholesterol, lipid profile, glucose, liver function, kidney function, and prostate (Additional blood tests will also be available as deemed necessary)
- Urine test to check for signs of diabetes or kidney disease
- Peak flow test to assess lung function
- Review of family history and cardiovascular risk assessment

The second thirty minute appointment:

- This is where the patient and GP to review the results of tests
- Create a Health Care Plan for the year ahead.

Dr. Gooneratne will give specifically tailored health and lifestyle advice (including nutritional advice), and provide referrals to relevant specialists if necessary. We are also looking at bringing in a specialist nutritionist to Indigo Little.

For a full list of GP services please visit: <http://www.indigolittle.com/gp-services/>

[House Keeping](#): small changes to the way we do things at Indigo Little that you might like to know about.

[Updating Medical History Forms at each visit](#):

In accordance with new UK health laws, we will be asking new and existing patients at Indigo Little to review their medical history forms at each routine dental check up. This will ensure that we are able to provide the best standard of care to all of our patients so we thank you for taking the time to help us achieve this.

Late Notice Cancellation and Failing to Attend Policy:

We understand that from time to time, you will be unable to keep your appointments with us and may need to reschedule for a more suitable day. All we ask is that you give us 48 hours notice of such changes. If appointments are cancelled without sufficient notice, a charge of £25 per 30mins of each appointment will be applied to your account.

Last but not least!! ZOOM laser whitening offer

Our new Zoom Whitespeed Laser Whitening treatments have been a hit this summer, so we have decided to extend this Summer Offer to our patients at Indigo Little.

Zoom Whitespeed is a cutting edge laser whitening treatment which achieves great results in just one visit to the dentist. The treatment minimizes sensitivity through the use of essential oils and ACP, which help keep the teeth hydrated during the procedure.

The SUMMER OFFER gives you Zoom Whitespeed Laser Whitening (normally £595) Plus a Top Up kit to take home (worth up to £200), for just £550

To brighten your smile in one trip to the dentist, call us now or book online!!

*To learn more about this treatment and tooth whitening, please visit our web site

<http://www.indigolittle.com/tooth-whitening/>