

Doctors:

Dr Tim Evans
(Clinical Director)
Dr Carolyn Barshall
Dr Michael Criswell
Dr Peter King-Lewis
Dr Stella Major
Dr Gillian Ostrawski
Dr Afza Zaki

Dentists:

Dr James Hall
Dr Jo Metz

Consultants:

Dr Carl Brookes
(Medical Director)
Mr Hamid Daya
Dr Owen Bowden-Jones
Dr Mandy Bryon
Dr John Martin
Dr Nilesh Morar
Dr Sarah El-Neil
Mr David Nott
Dr Nazima Pathan
Dr Michael Pelly
Dr Nerys Roberts
Dr Janet Ross
Dr Martin Seifert

Dear Members,

I am delighted that the integration of Brompton Cross and Westover House practices has been completed successfully.

Amber and I shared an identical vision of integrated healthcare, with GPs and complementary practitioners working alongside the most distinguished medical consultant and surgical specialists in order to provide our members with a uniquely convenient service all under one roof. Now we are excited to be delivering this vision under two roofs – both at Brompton Cross and Westover House.

As a result of our merger all our members now have unlimited access to our GPs and nurses at both Brompton Cross and Westover House for a monthly subscription. In addition, our members have the opportunity to take up an annual health check to monitor their health, lifestyle and any continuing medical conditions and to set health goals and targets.

Patients who visit their GPs only infrequently may instead prefer to take up our basic registration scheme, rather than full membership, as registration provides access to lower-cost fees for GP consultations on a pay-as-you-go basis, rather than the free, unlimited structure our full members enjoy.

The combination of the two practices has immediately increased the range of consultant medical and surgical specialists available to our members and patients at both locations, while the integration of our medical records means that, with patients' consent, patients' notes can be reviewed by GPs and specialists at either location to speed up our underlying administrative processes.

Over the next few months we are planning a number of talks and seminars for our members in both clinics and details of these are set out in this newsletter. I hope to see many of the old Westover House faces there over the next few months (however well you now are!)

Many developments are now in the pipeline, including the opening of two further new clinics in the first half of 2008, so do visit the websites at www.bxclinic.co.uk and www.westoverhouse.com to see what we're up to. The websites themselves will be integrated in the coming months too, enabling our members to make appointments, amend their contact details and order repeat prescriptions in a secure online environment.

Your suggestions and feedback are always of enormous value to us and help us in our efforts to improve the quality of healthcare that we believe that you, as members, deserve. Keep it coming.

I look forward to seeing old friends at Westover House and making new friends at Brompton Cross in the coming months.

With best wishes,



Dr Tim Evans
Clinical Director
October, 2007

New Dental Practice at Westover House

Westover House members have often said that it would be amazingly convenient if they could combine their visits to Westover with their dental appointments. So we are excited to be opening a new Dental Practice at Westover House on Monday 19th November.

Dr Jo Metz will be our General Dental Practitioner in residence and she brings her wealth of experience and extraordinary expertise to us. Her particular specialisations in cosmetic dentistry and paediatric dentistry are particularly suited to the requests that Westover patients have consistently made.

Dr Jo Metz BDS
General Dental Practitioner

Jo has extensive experience in private general dentistry and has developed a particular specialism in cosmetic dentistry including tooth whitening and tooth-coloured fillings. Jo has also completed many top accredited courses in the UK, Australia and New Zealand.



Jo's areas of expertise include paediatric, cosmetic and restorative dentistry, root canal therapy and oral hygiene. A great advocate of helping people keep their teeth for life, Jo places great emphasis on preventative dentistry.

Jo graduated from prestigious Otago University in Dunedin (New Zealand) as a Bachelor of Dental Surgery and now lives in West London with her husband and two children, Zara and Hugo.

Flu – protect yourself this winter

- Flu is highly infectious and people pass on the virus even before they show symptoms.

- A bout of flu can leave you bedridden for a week or more with fever, chills, headaches, sore throat, runny nose and extreme fatigue.

- Flu is particularly dangerous if it affects adults or children with asthma, diabetes, or chronic heart, chest or kidney complaints, those with lower immunity and those over 65 years of age.

- If flu affects the more vulnerable, complications can arise that can result in hospitalisation or even death.

- The World Health Organisation (WHO) maps flu epidemics and the vaccine is altered each year to ensure that it gives the best protection against the latest strains of virus.

- As the virus changes every year the fact that you haven't had the flu before does not mean that you won't catch it this year.

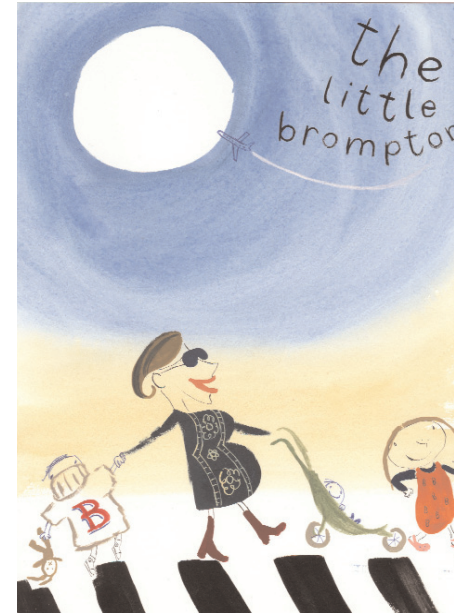
- The flu jab does not contain a live virus and cannot give you flu.

So ensure that you do not catch flu this year or pass it on to someone more vulnerable than yourself in the coming months by having a flu jab this Autumn. Now is the time to give yourself good protection against the expected strains this coming Winter.

The flu jab is now available for just £25.

Book an appointment with our nurses at Brompton Cross Clinic on 020 7052 0070 or Westover House on 020 8877 1877.

The Lady & The Little Bromptons



We are delighted to be opening 'The Little Bromptons' Clinic at Brompton Cross this autumn. This Clinic draws together the enormous range of services and specialists that cater for women at all and every stage of pregnancy and parenthood – from those who are considering conception through to parents needing advice on which school to send their children to.

The Little Bromptons will be led by Consultant Paediatrician, Dr Sarah El-Neil, who will draw on the wide range of medical specialists, paediatric leaders and services that we have assembled within the group, including:

Speech & Language therapist • Infertility specialist
• Paediatricians • Child immunisation programmes
• Child healthchecks • Paediatric dietician
• Psychotherapist • Psychiatrist • Life coach
• Parenting counsellor • Baby masseuse • Infertility acupuncturist • Incontinence physiotherapist
• Antenatal courses • Postnatal courses • First aid courses • Nutritionists • Personal trainers
• Postnatal parenting courses • Obstetrician
• Gynaecologist • 24hr on-call services • Infertility counsellor • Educational needs specialist
• Tutoring and educational consultant • Mentoring services • Baby yoga • Pregnancy yoga • Midwifery
• Ultrasound / Scanning • Paediatric cranial osteopathy • Osteopathy • Physiotherapist
• Childhood immunisations • Allergy specialist

We are lucky to have obtained the help of leading specialists such as Jan Stimpson as our Parenting skills adviser; Rosan Meyer as our Paediatric Dietician and Pessi Elias as our Child Psychotherapist - to name just three. However, 'The Little Bromptons' adopts the same integrated approach as we have pioneered at both Brompton Cross and Westover House in our approach to and treatment of adults.

We strongly believe that looking at the 'whole needs' of families in an environment where there is immediate access to the full range of leading specialists across every area of child-centric medicine will provide new and powerful solutions to the wide range of needs young and growing families face today.

Do pick up a Little Bromptons brochure when you next visit either of the clinics.

Upcoming events & courses



Wednesday 14th November

Westover House is hosting a talk by Lorraine Thomas in association with the charity Parent Talk on children's behavioural issues – how to encourage the good and deal

with the bad, eating and sleeping habits and sibling rivalry. This will be a great opportunity to learn from Lorraine's long and varied experience and benefit from each others' parenting experiences.

Monday 19th November & Thursday 22nd November

Dr Tim Evans and Dr Jo Metz would be delighted if members joined them at these Westover Open Evenings. These will provide a relaxed opportunity to meet the new additions to our team of practitioners and discuss any questions or queries you may have relating to Westover House and the opportunities that the merger with Brompton Cross opens up.



Wednesday 28th November

Dr Anna Pellicaros (Consultant specialist in Sexual Health) and Dr Sarah El-Neil (Consultant Paediatrician) will be giving a talk at Westover House on the benefits of HPV vaccination for adolescent girls to protect them against developing HPV related cervical cell changes in later years and possibly cervical cancer.

Postnatal First Aid Courses

Wednesday 7th November – 11:30am–3:00pm
& Wednesday 5th December – 11:30am–3:00pm

Accidents in the home are the most common cause of child death. This course will give you a comprehensive grounding for dealing with emergency situations that might arise.

You will learn resuscitation and what action to take when a child is choking and you will spend time practising these skills on first-aid dolls. The course covers many other important aspects of first-aid such as what you should have in your first-aid box and how to identify a sick child and, crucially, when to take action.

Price per course is £55.

The Inaugural Brompton Cross Run



Saturday 13th October dawned a bright blue day in Richmond Park where 50 members set off on a 10km run that represented the culmination of a

structured programme of fitness conditioning organised by our bodyism fitness consultants. Some personal best times were recorded and no injuries were sustained despite the attendance of some specialist medical supervisors and with sponsorship money still appearing it looks as though we should have produced £20,000 for Breakthrough Breast Cancer and Kipungani Schools Trust too. Congratulations to all the runners!

New team additions to Westover House and Brompton Cross Clinic

We are delighted to welcome the following people to the group:

Mr Hamid Daya	ENT Specialist
Dr Owen Bowden-Jones	Psychiatrist
Dr Sarah El-Neil	Paediatrician
Dr Nazima Pathan	Paediatrician
Dr Nilesh Morar	Dermatologist
Jose Marcelino	Physiotherapist
Nicola Bhatt	Incontinence Physiotherapist
Sally Christ	Baby Cranial Osteopath and Pregnancy Masseur
Anna Percy-Davis	Life Coach
Sas Ahmadi	Podiatrist
Darren Ginn	Remedial Sports Masseur
Kerry Marshall	Acupuncturist
Emma Cannon	Fertility Acupuncturist

Most of the team will be available for consultation at both Westover House and Brompton Cross.

Westover House

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