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Welcome to our Autumn Newsletter



Autumn is upon us, the clocks have gone back and its time for another edition of our Practice Newsletter to keep you all up to date with what we have been up to over the past few months.

[Client feedback](#)

Doctor Ash .

I just wanted to say a huge "thank you so much" for looking after me at the beginning of the month. I was in so much pain and coupled with my irrationale fear of Dentists I was not the easiest patient! You made me feel at ease, I was in safe hands.

It wasn't the nicest way to meet, but it was the start of a fresh perspective for me ~ and my family will also be joining your practice.

Thank you once again. 😊

5th July 2018

Dear Derek,

I had cause to check your website earlier in the week and I thought how wonderfully it reflected the warmth of your surgery.

Every single member of your team makes me feel valued, cherished and relaxed on each and every visit I make.

Only a very few years ago I was terrified of any kind of dental discomfort. Whilst I don't actively enjoy toothache now, knowing that I'll be in the care of your team and your good self, makes it all much less bad!

Thank you so very much for the care that you take of all of us.

with heartfelt thanks

How did we do?

We have received some more lovely reviews off our clients over the past few months.

The feedback we receive from our clients motivates the whole team and it helps us to understand if we are on the right track.

We would be really grateful if you could spare a few minutes to drop us an email or leave us a review on Facebook or Google to tell us what you think about the service we provide.



We are nearing the end of a year long business course with one of dentistry's best business coaches - Chris Barrow. Being on the course has given us a wealth of knowledge in how to run our business and has seen us grow both personally and professionally.

Chris - the self confessed adrenaline junky recently and successfully undertook a massive challenge alongside 4 other prestigious dental business consultants (Les Jones, Sheila Scott, Simon Tucker and Ashley Latter). They took on the huge challenge of cycling almost 1,000 miles in fifteen days from Land's End to John O'Groats to raise money for Cancer Research, Bridge2Aid and BrushUpUK.

We think such an amazing achievement that has so far raised £33,688.16 for the three charities well deserved a mention in our newsletter. If like us, this has humbled you and you wish to donate then the donation page is still open <https://uk.virginmoneygiving.com/Team/FiveGoForth>





Back in July Cara made this delicious Chocolate Orange Cheesecake for Ash's birthday. We thought we'd share the recipe with you

Ingredients

Biscuit Base

300 g Digestives

150 g Unsalted Butter/Stork

Cheesecake Filling

500-600 g Cream Cheese (full fat)

300 ml Double Cream

75 g Icing Sugar

300 g Terry's Chocolate Orange

Decoration

150 ml Double Cream

2 tbsp Icing Sugar

12 Terry's Chocolate Orange Segments

75 g Melted Chocolate

Sprinkles

Instructions

For the Biscuit Base

Melt the butter in the microwave on short bursts on in a small pan over a medium heat until fully melted.

Blitz the biscuits in a food processor to a small crumb or in a bag with the end of a rolling pin, add the butter, and mix until it is combined well.

Tip into a 8"/20cm Deep Springform Tin and press down firmly – chill in the refrigerator for at least an hour.

For the Cheesecake Filling

Melt the 300g of Chocolate orange in a bowl over a pan of gently simmering water, stirring gently or microwave in short bursts until fully melted – leave to cool slightly whilst doing the rest.

Mix together the cream cheese and Icing sugar until thick and whip up the double cream in a separate bowl – fold the mixtures together, and then fold through the melted & cooled chocolate. If you find its quite sloppy, whisk till thick!

Pour the mix on to the biscuit base, smooth over, cover, and chill in the fridge for 5-6 hours, or preferably overnight.

For the Decoration

Add a segment per slice, and sprinkle over some sprinkles!



Practice Pink For Charity

We have been buying pink products from our supplier for the past couple of months to raise awareness and funds for all cancers.

A percentage of the money we have paid on our pink products has been donated to Cancer

Research UK to support the fight against cancer and wearing pink gloves and masks in practice has risen awareness of Cancer.



See what your missing - follow us on Facebook. We are very sociable here at Christchurch and love to share with our followers what the team and practice are up to.



This is a picture of some of the team recently on a team night out. We were at a quiz night and have well and truly established that our intelligence is somewhat average as we have fallen in the middle of the winning table on both occasions that we have been. Thank goodness to the music round which was our highest scoring round. without it, we may have ended up towards the

bottom of the table - what a musical bunch we are!

This editions birthday wishes.....



Derek celebrated his birthday in October - here he is with his delicious cake made by our Practice Manager Cara. Derek loves a chocolate cake. Happy Birthday Derek!



Beth celebrated her birthday in September - here she is with her beautiful birthday flowers. Happy Birthday Beth!



Clem celebrated her birthday in October during a family holiday to Turkey
Happy Birthday Clem

We hope you enjoyed the read.

Have a great few months and dare I say it.....a fabulous Christmas!!

Best Wishes
The Christchurch Team



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69 Fonnereau Road, Ipswich, Suffolk IP1 3JN
Tel 01473 250977

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