



Daleswood
HEALTH

Private General Practice

Caring for you, all year round

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Welcome to Daleswood Health

We offer confidential, private GP services, tailored to meet individual needs.

A range of allied services are also now available, enabling us to provide a truly holistic approach to healthcare.

Daleswood Health is a **Private General Practice** which cares for people in and around Solihull in the West Midlands.

Set up by husband and wife, Oliver and Alison Denton, the vision has always been to create a more personalised approach to General Practice. Both local GPs, each with over 15 years' experience of working within the NHS, they were able to recognise the limitations of this system currently, for both patients and doctors alike.

At Daleswood Health, we have moved back to a more traditional style of General Practice with time and consideration given to you by the same doctor, providing complete continuity of care. This is delivered in a flexible way, providing longer appointments at times that are convenient to you.

Our private GP services include:

- Private GP consultations
- Annual Healthcare Plans
- Health screening & blood tests
- Medical examination & reports
- Vaccinations
- Physiotherapy
- Psychotherapy & Psychology
- Chiropody & Podiatry
- Nutrition & weight management
- Consultant led clinics



Meet the GP team

All of the staff at Daleswood Health are committed to providing you with the best healthcare possible, in a confidential setting, to meet your individual needs.



Dr Alison Denton *BMedSci BM BS MRCP DFPSRH* studied Medicine at Nottingham University. She is an experienced doctor, having worked in several different areas of medicine since 2001. She gained her Membership to the Royal College of General Practitioners in 2007, passing her examinations with distinction.

With over 15 years experience of working within the NHS, Alison enjoys all aspects of being a GP, thrives on the variety, and has a particular interest in Women's and Children's Health. She was well regarded at her previous practice for her warm, approachable manner and high standards of clinical care.

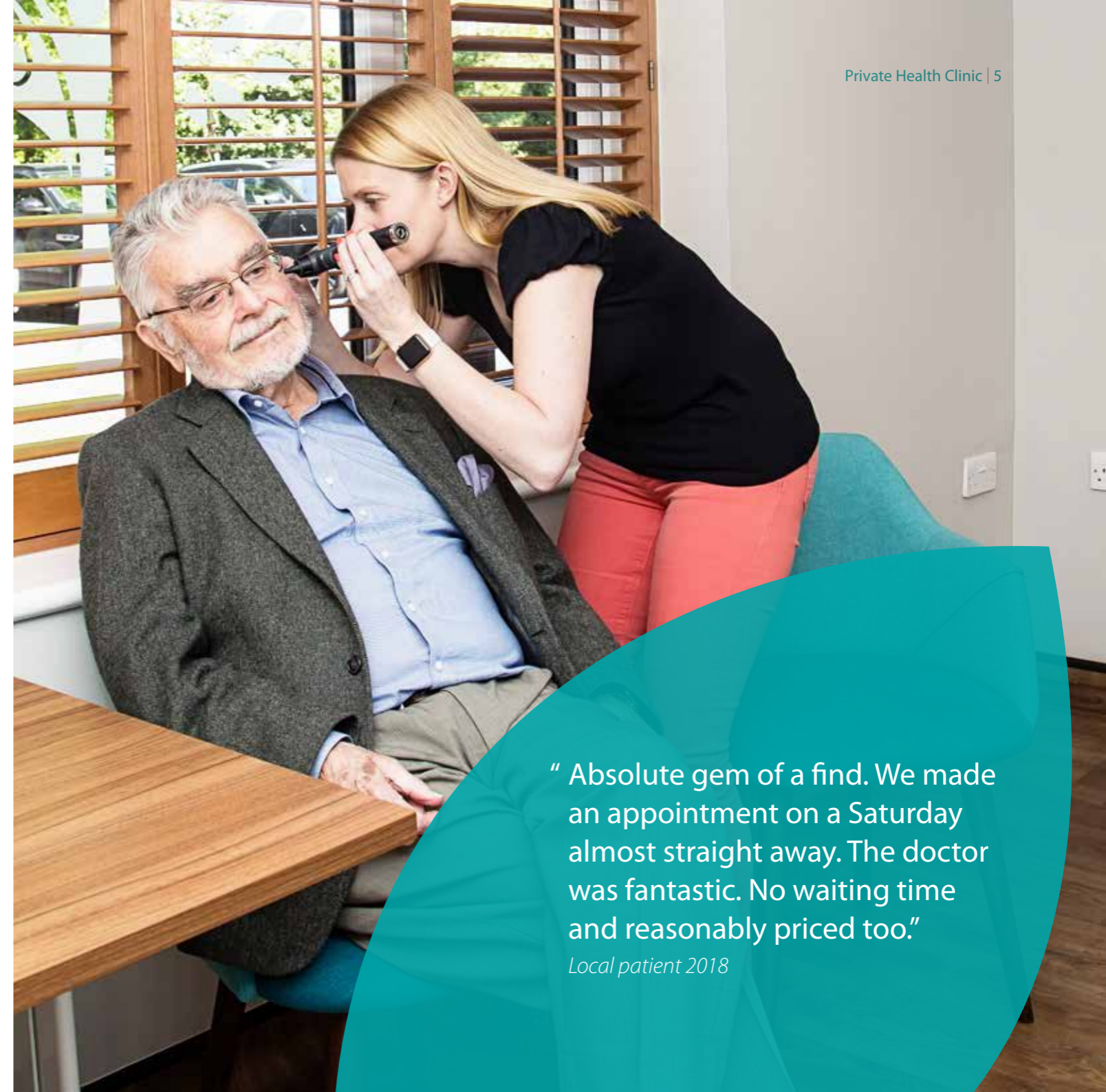
Outside of work, family life keeps Alison very busy spending time with her husband, Oliver, and their three young children. She also enjoys playing netball for a local team and is a keen runner, participating in the occasional off-road mud and obstacle run!



Dr Oliver Denton *BSc MB BS MRCP* studied at Imperial College School of Medicine, qualifying in 2001. He is also a highly experienced doctor who has worked in several areas of medicine, focusing on paediatrics and surgery. He has been a Member of the Royal College of Practitioners since 2008.

An extremely thorough and caring clinician, his special interests include Dermatology, Minor Surgery and Men's Health. He has a great deal of knowledge across many areas of Medicine and always ensures that he stays up to date with the latest evidence based treatments.

Oliver loves the great outdoors and spent a significant amount of time throughout his childhood (and beyond!) at his grandparents farm, Daleswood Farm. He has since taken great pleasure in spending time with his own children there.



“ Absolute gem of a find. We made an appointment on a Saturday almost straight away. The doctor was fantastic. No waiting time and reasonably priced too.”

Local patient 2018

Healthcare plans

We offer a selection of Healthcare Plans to suit your needs.

Individual Healthcare Plan

- Six GP consultations per year
- Annual Core Health Screen
- Additional telephone or email consultations
- Annual flu vaccine.

Family Healthcare Plan

- Includes two adults and all children up to 18 years old
- Twelve GP consultations per year which may be spread throughout family members
- Annual Core Health Screen for both adults
- Additional telephone or email consultations
- Annual flu vaccine.

Homecare Plan

- Our health needs are changing. We now belong to an ageing population who often require complex medical care to be delivered in their own home. The Homecare Plan is a bespoke home visiting service, designed to bring a high level of care to our patients in the comfort of your own home.
- Depending on your individual needs, we will routinely visit you at home every two to four weeks. At each visit we will re-assess your current health and address any concerns that you may have.
- Our Homecare Plan can offer much needed peace of mind to both you and your family.

Health screening

For many people, a health screen is the first step in early intervention, with the aim to prevent potential health events later in their lives.

At Daleswood Health, we recommend annual health screening and believe that this should be tailored to you as an individual. This may be influenced by your age, sex, family history and other possible risk factors.

For this reason, we offer a **Core Health Screen** with a set of tests that are relevant to everyone. This can then be personalised with additional tests to meet your requirements.

- Health and lifestyle questionnaire
- Consultation with a doctor
- Height and weight
- BMI
- Blood pressure
- Body fat percentage
- Blood test for diabetes
- Cholesterol test and analysis
- Cardiovascular risk assessment
- Personalised report.

All our health screens are carried out by a doctor so that you can raise any specific areas of concern.



GP services

Here at Daleswood Health, we offer a full range of general practitioner services:

CONSULTATIONS

Available on the same day as requested and with the same GP each time.

Booked at a time to suit you and for as long as you require.

HOME VISITS

INVESTIGATIONS

Including

- 24 hour blood pressure
- Blood tests
- ECG (electrocardiogram)
- Spirometry

PROCEDURES

Including:

- Minor skin surgery
- Joint injections
- Coil fitting
- Contraceptive injection
- Ear syringing

VACCINATIONS

Including

- Chicken pox
- MMR
- Meningitis B
- Pneumococcal
- Shingles

MEDICALS & REPORTS

Including:

- DVLA/HGV/Taxi/PVC
- Private/insurance
- Pre-employment

TRAVEL HEALTH

Including

- Typhoid
- Diphtheria/tetanus/polio
- Hepatitis A & B
- Rabies

HEALTH SCREENING

- Core Health Screen
- Sexual health
- Allergy testing

SEASONAL FLU VACCINATION

Meet the rest of the team

Physiotherapy



Karen Scott is a Chartered Physiotherapist with over 20 years clinical experience in the NHS and private practice, specialising in musculoskeletal conditions.

She employs a wide range of manual therapy techniques in the treatment of sports and performance injuries, postoperative rehabilitation and physical conditioning programmes and practices pilates with individuals and small groups. A holistic approach, tailored to the individual, enables clients of all ages to promptly access effective therapy, allowing them to manage their condition and improve their fitness, functioning and comfort.



Kate Oakley is an experienced Chartered Physiotherapist who graduated in London in 2001. Starting her career at University Hospital Lewisham and then on to Imperial College Healthcare Trust, gaining experience in musculoskeletal and orthopaedic outpatients, as well as neurology, cardiothoracics, medical, surgical, respiratory and community physiotherapy.

Kate enjoys working with a wide range of musculoskeletal injuries, using manual techniques and rehabilitation methods. She has a particular interest in sports injuries, knee and foot pathologies, back and pelvic dysfunctions and pre and postnatal pilates.

CONSULTATIONS Assessment - treatment - follow-up:

- Post operative knee, hip & shoulder rehabilitation
- Specific injury rehabilitation
- Spinal rehabilitation
- Fascial release
- Sports injury therapy/ massage
- Sports / balance taping
- Acupuncture

SKI-FIT SESSIONS BACK-FIT SESSIONS

PILATES

Individual & group sessions

PREGNANCY PILATES

Individual & group sessions
Ante & post natal

“ I wouldn't hesitate to recommend Karen as she has worked wonders for Noah. He couldn't put his heels on the floor when he initially saw her, due to so much pain. She put him at ease and kept him interested and motivated throughout his treatment.”

*Caroline Gambroude
Parent of physio patient 2018*



Chiropody & Podiatry



Sarah Davis qualified at Matthew Bolton School of Podiatric Medicine in 2000. She is registered with the Health and Care Professions Council and the Society of Chiropodists and Podiatrists and has worked in private practice since 2001.

After graduating Sarah worked for Birmingham Specialist NHS Community Health Trust, then moved to work in private practice firstly at Scholl Footcare and then Boots Footcare delivering high quality Chiropody & Podiatry to the general public. Sarah then successfully set up her own private practice in 2005 under the name of Sarah Davis Chiropody continuing to deliver all aspects of Chiropody & Podiatry.

Sarah enjoys the challenge of treating all foot complaints and her main aim is to provide the patient with a high quality treatment and experience thus making them feel like they are walking on air when leaving the practice. Sarah continues to develop her professional knowledge of Chiropody and Podiatry by attending courses and reading journals on a regular basis.

She offers a full range of Chiropody treatments in a full equipped surgery and is available Monday, Tuesday, Wednesday, Friday and Saturday, from 9.00am to 5.00pm.

The range of treatments include:

- Chiropody treatment
- Nail cutting
- Verruca treatment
- Cryosurgery
- Biomechanical assessment
- Insoles and Orthotics
- Treatment for ingrown toenails.



CBT and Psychotherapy (adolescents & adults)



Jennie Spain has 25 years' experience working within the NHS as a Senior Sister in Mental Health and as an Accredited Cognitive Behavioural Psychotherapist. Jennie works with adults, adolescents and older adults, suffering from a number of psychological problems including:

- Depression & anxiety
- Trauma & PTSD
- Low self esteem
- Excessive worrying
- Perfectionism
- Pain management & chronic fatigue
- Adolescents, (16-18 yrs), experiencing stress & pressure at school and all other areas of their lives.

Clinical Psychology (children & families)



Dr Jessica Donohoe is a Chartered Clinical Psychologist who specialises in the assessment and treatment of young people. This includes the full spectrum of psychological difficulties including:

- Depression, anxiety & panic
- Self-esteem & identity issues
- Relationship problems
- Obsessive compulsive disorder
- Eating disorders
- Trauma & PTSD
- Bereavement & loss

Jessica also offers cognitive assessments, which identify a young person's general cognitive ability ('intelligence'), as well as strengths and weaknesses such as verbal and perceptual skills, working memory and processing speed. Jessica is a recognised provider with Aviva, Axa PPP and WPA.

Nutrition & Weight Management



Frances Mason is an experienced Nutritionist, working in all areas of nutrition and specialising in weight management.

With over 10 years' experience working in both the public and private sectors, she supports people on a one-to-one basis with any nutrition related issue or question. Frances offers appointments covering all areas of Nutrition including:

- Specialist advice on reducing raised blood pressure & HbA1c levels (diabetes)
- Optimal nutrition for good health & other specific health conditions.

Lifestyle, Metabolic Health & Weight Management



Gayle Gerry qualified in 1998 with a BSc Hons. She was formally an A&E junior sister & spent 12 years in the Territorial Army as a Nursing officer, before moving into General Practice nursing. She continues to work one day a week in an NHS practice where her patients achieve fantastic results with weight loss and diabetes remission. She is Solihull's ambassador for the Public Health Collaboration UK, a charity dedicated to informing and implementing healthy decisions for better public health.

- Specialist advice in successfully treating and achieving remission of type 2 diabetes
- Supports low glycaemic index food choices to achieve sustainable weight loss.



Consultant services

Jonathan Pollock is a Consultant Plastic & Reconstructive Surgeon who specialises in facial reconstruction and skin cancer surgery. He offers a range of non-surgical cosmetic treatments, skincare advice and minor surgery.

Seni Mylvaganam is a Consultant Oncoplastic Breast Surgeon with expertise in the surgical management of breast cancer, breast reconstruction and cosmetic breast surgery.

Peter Monksfield is a Consultant ENT Surgeon who specialises in disorders of the ears. He also specialises in neurotology and has expertise in managing tumours related to the inner ear such as acoustic neuromas, glomus tumours and other malignant tumours.

Gunaratnam Shyamalan is a Consultant Hand Surgeon with expertise in complex nerve procedures, children's hand problems, soft tissue hand trauma, including tendon, nerve and arterial repair, arthritis work, including joint replacement and wrist arthroscopy.

James Arbuthnot is a Consultant Orthopaedic & Trauma Surgeon. He specialises in knee surgery, sports injuries and knee replacement. He has a particular interest in the treatment of early knee arthritis and cartilage injuries.

Tarek El Gamal is a Consultant Orthopaedic Surgeon, Foot & Ankle Specialist who treats the full spectrum of foot and ankle disorders. Amongst his special interests he includes minimally invasive foot surgery, ankle and subtalar arthroscopy and the management of foot and ankle sports injuries.

Jerome Ment is a Consultant Interventional Cardiologist dealing predominantly with coronary artery disease and its consequences, including myocardial infarction and heart failure.



Changing the
way healthcare is
delivered to you



Daleswood
HEALTH



To book an appointment
or find out more contact:

Daleswood Health

Barn House
Barston Lane
Barston

Solihull B92 0JJ

☎ 01675 489489

✉ contact@daleswoodhealth.co.uk

🌐 www.daleswoodhealth.co.uk