NEWSLETTER

5 DENTAL & SKIN

A fantastic result

FROM OUR LATEST CQC INSPECTION

We're delighted to share the results of our Care Quality Commission inspection on 6 July 2026. The CQC confirmed our dental practice meets all relevant regulations, with effective systems to keep patients safe and deliver high-quality care.

✓ SAFE ✓ EFFECTIVE ✓ CARING ✓ RESPONSIVE ✓ WELL-LED

What makes us proud

Our patients said

They had enough time, clear information on treatment and costs, and a say in decisions about their care

The CQC saw

A team described as welcoming, attentive and compassionate, acting with integrity.

Our team told them

They feel respected, supported and valued, and are proud to work here.

A good inspection isn't about preparing for the day. It reflects the standards and culture that are part of everyday life at 5 Dental & Skin, from infection control and clinical training to governance and continuous improvement.

Thank you

TO OUR PATIENTS FOR TRUSTING US. AND TO EVERYONE WHO HELPS MAKE 5 DENTAL & SKIN WHAT IT IS

BOOK YOUR APPOINTMENT,

Book online 24/7

Our online booking system makes it easy to find a convenient appointment without having to call us

Scan to book

Or tick the link in our Digital Newsletter

A fond farewell...

George started working at 5 Dental & Skin when she was 16. After years as the heart of our practice, sadly she is leaving us to focus on her growing family. We are so happy for her, though she will be hugely missed by everyone here, and especially by her very good friends and Dr Emma Clayton-Jones the practice owner.



To send her off in style, the team gathered at Mad Swans for an evening of Padel, Pickleball and some very competitive electronic darts, followed by a lovely meal and drinks. We presented Georgina with a beautiful bag as a small thank you for everything she has done for the practice, our patients and all of us.

Georgina, thank you for everything. We wish you and your family every happiness, and the door is always open.

Autumn Specific Tips & Tricks



1. Sensitive to the cold? Chilly air and hot drinks can make sensitive teeth twinge. A sensitivity toothpaste helps, but if it lingers, let us take a look.
2. Cold and flu season: Many lozenges and cough syrups are packed with sugar. Choose sugar-free where you can, and swap your toothbrush once you're well again.
3. Central heating dries you out: A dry mouth means less saliva to protect your teeth. Keep a glass of water nearby and sip through the day.
4. Back to sport: Rugby, hockey and martial arts season is here. A custom-fitted mouthguard protects far better than a shop-bought one.
5. Stoptober: Quitting smoking is one of the best things you can do for your gums, and your smile will thank you too.

5 Stars Children's Clinic



Halloween treats: It's how often, not how much. Let children enjoy their sweets in one sitting after a meal rather than grazing all evening.

Children's body clocks can take up to a week to adjust when the clocks go back. Tired kids tend to reach for quick energy, which usually means sugary snacks and drinks.

The timing is tricky this year because Halloween falls on the following Saturday. That week, keep snacks tooth friendly (cheese, apple slices, plain popcorn) and save the treats for mealtimes, when saliva flow is higher and teeth recover more easily.

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Join the Practice Plan Now!

SKIN NEWSLETTER

3 Hydrafacials for £375 - saving you £60

A HydraFacial deep-cleanses, exfoliates and hydrates in one treatment, leaving skin fresh, plump and glowing with no downtime.
Ours goes a step further. Every HydraFacial at 5 Skin includes a relaxing massage, so you get visible results and a proper moment of calm.
The offer: a course of three HydraFacials for £375 (usually £145 each).

Three sessions spaced a few weeks apart is the ideal way to build lasting results, and it's the perfect time to treat yourself before the party season.



Lou's Autumn Specific Tips & Tricks

1. **Don't pack away the SPF just yet:** UVA rays still reach your skin on grey days and cause most visible ageing. Keep SPF 30 in your morning routine all year.
2. **Upgrade your moisturiser:** Cooler air and central heating strip moisture. Switch to a richer cream as the temperature drops.
3. **Autumn is repair season:** It's the ideal time to treat post-summer dullness and uneven tone. A HydraFacial is a lovely reset.
4. **Go easy on hot showers:** However tempting, very hot water dries the skin. Lukewarm is kinder, followed by moisturiser while skin is still damp.
5. **Don't forget lips and hands:** They're the first to show the cold. A nourishing balm and hand cream will make a big difference.
6. **Party-season prep:** Plan skin treatments 2–4 weeks before a big event so your skin is glowing on the day, not recovering.

Stay in Touch

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Meet our skin therapist Lou. With 20 years' experience in HydraFacials & advanced skincare. She loves helping clients improve their skin tone and texture and feel confident without make-up. Book in with Lou on 01428 605594.

5 DENTAL & SKIN

Your feedback MATTERS

We love hearing about your experiences at 5 Dental & Skin. Your kind words not only mean the world to our team, but also help other people find us and trust us too.

Google Reviews

★★★★★

SCAN THE QR CODE
to leave your review

Helps us rank higher in searches

Supports our small local business

Thank you

FOR YOUR SUPPORT