

# St Anne's Check Up Newsletter



St Anne's House  
DENTAL PRACTICE COOKHAM



## Meet the Newest Member of our Clinical Team Dr. Harj Singh

BDS, BSc, PG Cert Dent Ed.

caring nature, with a very thorough clinical grounding. This, combined with a continuing desire to learn and improve, while maintaining the highest standards. We feel these are crucial to our philosophy at St. Anne's House.



### *My clinical background...*

I am a clear and concise communicator and try to focus my advice around honesty, compassion and respect for my patients.

I have completed a post graduate certificate in

dental education and a highly acclaimed cosmetic and restorative dentistry course in Harley Street with the aim of providing minimally invasive, high quality treatment for my patients. I have been fortunate enough to be closely mentored by some very eminent restorative consultants and specialists for various cases which has given me a broader and more holistic view when treating more complex cases.

### *From the principal...*

Harj joined our team after a rigorous recruitment drive which took us close to a year to find the right person. We wanted someone who shared our vision of how dentistry should be provided and believes in our goals for St. Anne's House.

He came highly recommended because of his highly-ethical and

### *From Harj...*

Hi everyone, I just wanted to say that I feel hugely privileged and excited about being part of the team here at St Anne's House and I look forward to working alongside the experienced staff and meeting all the patients who have been coming here for years. I have been looking to join a team which is dedicated to high standards, quality care and practicing ethically, and I believe Ash and the team at St. Anne's House believe in the same philosophy.



The thing that stands out about Harj, is that he's an immediately likeable guy and leaves a lasting and positive impression. We know he will fit in well with our team here and give back to the local community in Cookham.



# Get to know your Dentist

## Why did I choose to be a Dentist?

I initially studied to be a Biochemist, but after completing my degree and starting working, I quickly realised that I preferred being around people rather than looking

down a microscope!

I am very creative and a huge perfectionist, that's why dentistry was such a great fit. I soon decided to go off and study dentistry

in the South West,

working in Exeter, Plymouth and Truro.

After qualifying, I worked for a while in the lovely Wiltshire market towns of Devizes, Marlborough and Salisbury. I currently work part-time in Berkshire and I'm looking forward to adding my personality to the team at St Anne's House.

## How do you like to unwind?

I am constantly trying to improve myself, when it comes to my career and my clinical

I really enjoy reading anything history based (or Harry Potter); in fact, I initially wanted to be a history teacher!

Travelling is a particular passion of mine, as there are so many cultures and places in the world to appreciate. I have been fortunate enough to enjoy trips to Mexico, Singapore, Indonesia, Malta and Rhodes. Places on my bucket list are Cuba, Argentina, Japan, New Zealand and Alaska..... one day!!

## Memorable Experiences

I've done a few cool things, but a few stand out. In particular, a dessert safari on quad bikes in Egypt; paragliding and white-water rafting in the Himalayas. However, I would say, living with Buddhist monks in Nepal, helping teach English during a gap year, was an experience of a lifetime and one I will never forget.

over 10,000 free health screenings to the public.

## Do you have any hidden talents?

Not sure if they'd be considered talents but I'm quite musical. I play two instruments, the Dhol and Tabla (which are Indian drums) and am part of a drumming group called Beat Evolution. We've played at venues



across the UK and abroad for weddings, concerts, album launches and festivals. We even managed to make it on to an episode of EastEnders!

## Who are the Special people in your life?

Family are really important to me. I feel my life has been blessed with two beautiful nephews who are one and two years old. They are always able to make me laugh and help me de-stress. They keep me really busy and I'm forever having to chase after them, which is great fun!



knowledge, but when I haven't got my hands full with all things dental, I like to keep fit by going to the gym and playing sport. I am a keen footballer and massive Liverpool fan. I particularly enjoy skiing and kickboxing.

I have also worked in Nairobi for 6 weeks, in 2012, in a remote field hospital, on the outskirts of Africa's biggest slum (Kibera); assisting with surgery and doing basic dental work which was a real eye opener about the hardships people endure in other countries.

Something which is particularly close to my heart is giving back to those less fortunate.

I have worked for a charity called the British Sikh Doctors Organisation; we provide free health screenings and advice on a Samaritan basis, to date we have provided

