

January 2025



The High Street Dental Practice NEWSLETTER



We hope you
enjoy reading our
newsletter.

Happy New Year!

May the canvas of the New Year be painted with
vibrant moments and unforgettable memories.

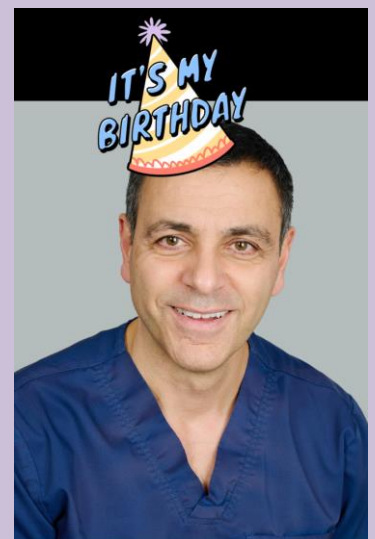
Wishing you all a year filled with joy, peace, and
prosperity.

All our best,

Team HSDP x

Team News

Happy 60th Birthday
Andy!



A very Happy Birthday to
our Karaoke King Andy who
turns 60 on 23rd January.

We hope you have a
fantastic time celebrating!

Kate's fundraiser for The Brain Tumour Charity

Our wonderful Kate Cash is running The London Landmarks Half Marathon 2025, on 6 April 2025 in memory of a dear friend.

A close family friend was diagnosed in November 2021 with a brain tumour. The lives of him and his family were changed for ever.

Sadly after 2 years and 8 months our friend died at home. I am doing this run with his wife, his 2 children and some of their amazing family and friends to raise money so there can be fewer lives lost in the future but also that The Brain Tumour Charity can offer support to them and other families as they come to terms with this devastating diagnosis.

Please support us



The Brain Tumour Charity is the world's leading brain tumour charity and the largest dedicated funder of research into brain tumours globally. Committed to saving and improving lives, we are moving further and faster to help every single person affected by a brain tumour.

We are set on finding new treatments, offering the highest level of support and driving urgent change. And we are doing it right now. Because we understand that when you, or someone you love, is diagnosed with a brain tumour a cure really cannot wait.

If you would like to donate, click on the link below!

[Kate's Fundraiser](#)

Fireworks and New Years Eve

We do not know exactly how fireworks were invented but most experts agree that the unknown inventor came from China more than 2,000 years ago. The Chinese began to use green bamboo in religious ceremonies, people would throw chunks of it onto a fire. What they did not expect was that when the bamboo burned, it exploded with a loud sound. They believed that the sound made evil spirits afraid and so they were used at happy occasions to ward off evil. Thus, the idea for the modern firework was found. Years later, with gunpowder's brighter light and louder sounds, it soon replaced the age-old method of bamboo.

But why Fireworks? They give us light to restore the missing sunshine. Fire to warm the night and the soul. Explosions to scare away the demons and the evil spirits. Colour to replace the drab dark days. Magic to bring back a touch of wonder. Parties to encourage the return of spring.

They help us to celebrate the fact that life continues whatever the winter has thrown at us – and let's face it parts of this winter have been pretty grim.



Heres to a brighter and prosperous New Year!

Christmas Hamper Raffle

Thank you to everyone who brought a ticket in our Christmas Hamper Raffle.

We raised an incredible £587 for CRY

(Cardiac Risk in the Young)

A great cause, very close to our hearts. CRY helps prevent young sudden cardiac deaths through awareness, screening and research, and supporting affected families.



Congratulations Robin!



Did you know?

Everyday we share a 'positive vibe' from the day, it could be something a patient has said, shared with us or something a team member has done, anything that made us smile!

Did you know we are predisposed towards a negativity bias which means that we remember the bad more than the good. And the ratio is about 5:1. And, remembering the good has been proven to improve peoples' moods.

We think sharing a positive vibe everyday helps us recognize the happy moments we get at work which thanks to you all, we often have!

WORD OF THE MONTH

