

January 2026



# The High Street Dental Practice NEWSLETTER



We hope you had a wonderful Christmas and wish you a very happy New Year.

As we move into 2026, we hope it brings lots of positives your way.

From all the team at The High Street Dental Practice, thank you for your continued support — we really appreciate it.

*Thank you*

## **Congratulations!**

A big congratulations to our lovely patient Moira on winning this year's Christmas Hamper



With your help we raised an amazing

**£712.95**

for

**Operation Smile.**

Operation Smile is an international children's charity that provides free, life-changing surgery for children and young adults born with cleft lip and cleft palate. Working with local medical professionals and volunteers around the world, the charity also supports long-term care, training, and education to help improve access to safe surgery in underserved communities.

Thank you so much for helping us use 'Dentistry For Good'

## Christmas Party 2025

For this year's Christmas party we decided to stay local, and we are so glad we did — oh yes we are! We went to our local theatre, Chequer Mead, to see the pantomime Cinderella, and we all thought it was fantastic.

Followed by a delicious dinner on The High Street we even managed to fit in a little boogie woogie before we called it a night.



Our Christmas Party includes the announcement of our  
Team Member of the Year.

This year the award went to our brilliant Receptionist, Denise!



She always greets you with a welcoming smile when you walk up the stairs.

She is always helpful sorting patients out nothing is ever too much trouble.

She sings a lot!

HSDP would not be the same without her!

She is an integral part of the team

She is always happy and smiling

She helps the practice run smoothly day to day

Patients love her friendly and helpful persona

She is a little ray of sunshine! She is always jolly and positive.

She is excellent with the patients, always making them feel comfortable and laughing with them

Congratulations Denise!

## New Years Resolutions

The New Year gives us an opportunity for a fresh start and to make a goal of new habits.

Our favourite New Years Resolution, of course is to ensure you are cleaning between your teeth.



It's essential but often skipped: Brushing misses about 40% of tooth surfaces, so flossing or *preferably as they are much more effective* using an interdental brush removes hidden plaque and food, preventing decay and bad breath.

It reduces risks of cavities, gingivitis, gum disease, infections, and even tooth loss, saving you money long-term.

The New Year offers a fresh start and a structured time to focus on self-improvement and adopting healthier routines that might have been neglected.

Do not be discouraged by bleeding gums, it means your gums are inflamed and you need to floss more, not less, the bleeding will settle as your gums settle.

It is a small daily commitment (just a few minutes) that yields huge preventative rewards, making it a sustainable resolution.

Happy Flossing!



## WORD OF THE MONTH

